

THE TAROT OF THE SPIRIT (MASTER CARD)

I DEDICATE THESE TAROT CARDS TO AYU KHEANDRO, WITHOUT HER LOVE I WOULD STILL BE LOST;

I DEDICATE THESE TAROT CARDS TO RAMANA MAHARSHI, WITHOUT HIS TEACHINGS ON SELF-INQUIRY I WOULD NOT HAVE KNOWN THAT ONE MUST FOCUS ON THE SOURCE OF THE "I" THOUGHT;

I DEDICATE THESE TAROT CARDS TO ECKHART TOLLE, WITHOUT HIS TEACHINGS ON THE INNER BODY I WOULD NOT HAVE KNOWN THAT, WHILE GENTLY FOCUSING ATTENTION ON THE "I" THOUGHT, ONE MUST SIMULTANEOUSLY FEEL THE WHOLE BODY FROM WITHIN.

THE PHRASES PRESENT IN THESE TAROT CARDS WERE CREATED INSPIRED BY THE TEACHINGS OF THE SPIRITUAL MASTERS MENTIONED ABOVE, WHILE THE IMAGES WERE GENERATED BY ARTIFICIAL INTELLIGENCE UNDER MY ARTISTIC DIRECTION, DRAWING FROM VARIOUS PAINTING STYLES.

THESE TAROT CARDS, WHICH I HAVE NAMED "THE TAROT OF THE SPIRIT," CONTAIN 33 CARDS, PLUS THIS CARD, CALLED "THE MASTER CARD." WHEN THIS CARD IS "DRAWN," ITS MEANING IS TO STRENGTHEN THE FEELING OF DEVOTION.

THIS TAROT DECK IS USED IN A WAY THAT IS DIFFERENT FROM ALL OTHERS AND HAS THE UNIQUE CHARACTERISTIC OF BEING A "SELF-READING" DECK. IT DOES NOT REQUIRE ANY KNOWLEDGE OF HOW TAROT WORKS, NOR DOES IT INCLUDE ANY "GUIDEBOOK" OR INSTRUCTION MANUAL.

SIMPLY OPEN THE PDF FILE — FOR EXAMPLE WITH THE "BOOKS" APP ON IPHONE — BRING YOUR HANDS TOGETHER AT THE CENTER OF YOUR CHEST AS A GESTURE OF INNER GATHERING, AND MENTALLY ASK A QUESTION. THEN, WITH YOUR EYES CLOSED, SCROLL THROUGH THE PDF AND STOP AT RANDOM: IF A CARD APPEARS, THAT IS THE ANSWER. IF INSTEAD THE BACK OF A CARD APPEARS, THEN TAKE THE CARD IMMEDIATELY TO ITS LEFT. THEN YOU MAY ASK ANOTHER QUESTION, AS LONG AS YOU STILL HAVE QUESTIONS TO ASK.

THIS DECK IS OFFERED FOR FREE. IF IT HAS TOUCHED YOUR HEART AND YOU WISH TO SUPPORT ITS SPREAD, YOU MAY LEAVE A DONATION TO THE IBAN LISTED ON THE BACK OF THE LAST CARD AND ON THE BACK OF OTHER CARDS AS WELL.

HAPPY READING TO EVERYONE FROM PATRIZIO FIORENZA!
YOU CAN USE THE DIGITAL VERSION AT: <https://tarotofthespiritdeck.com>

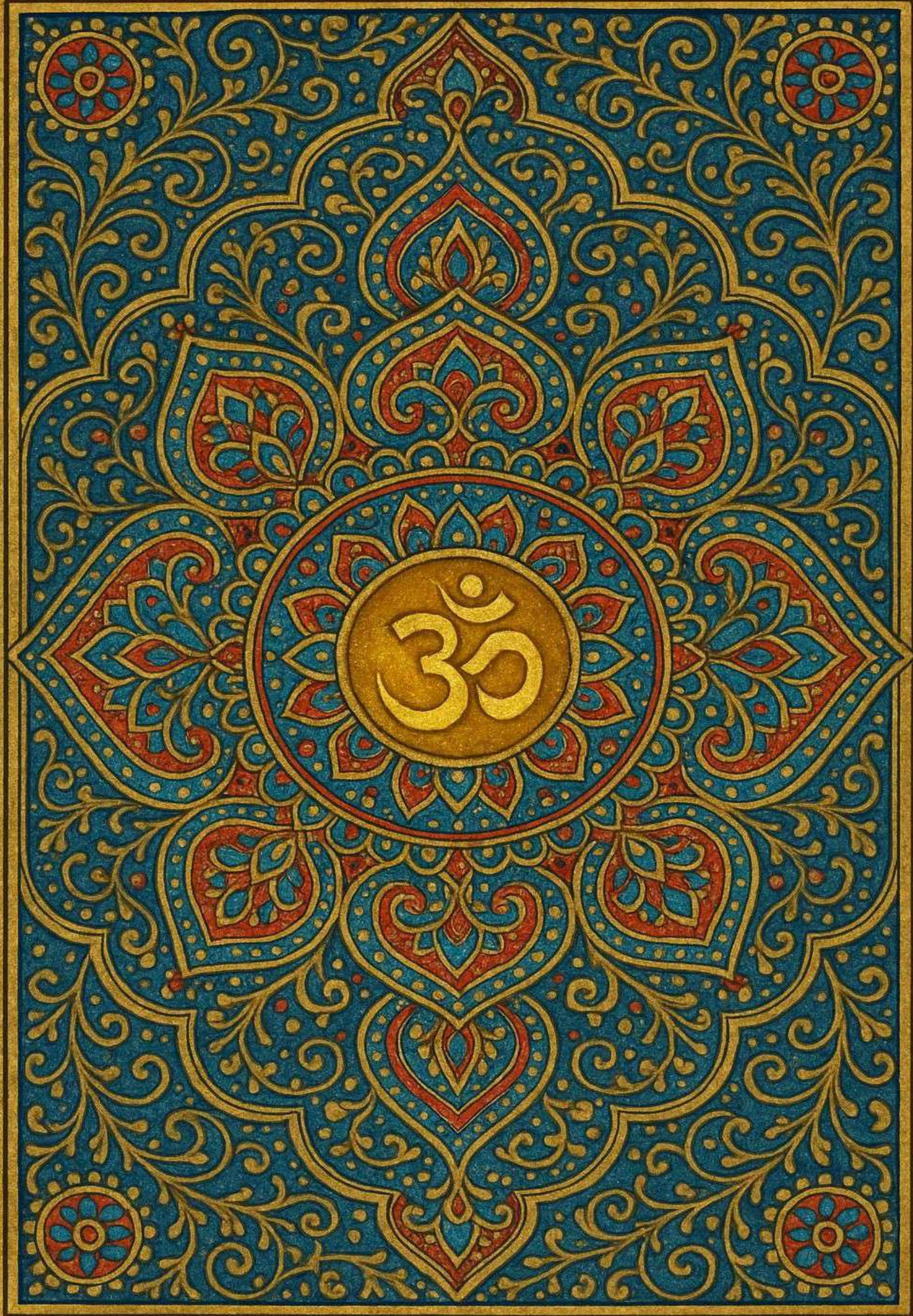


THE SWIMMER

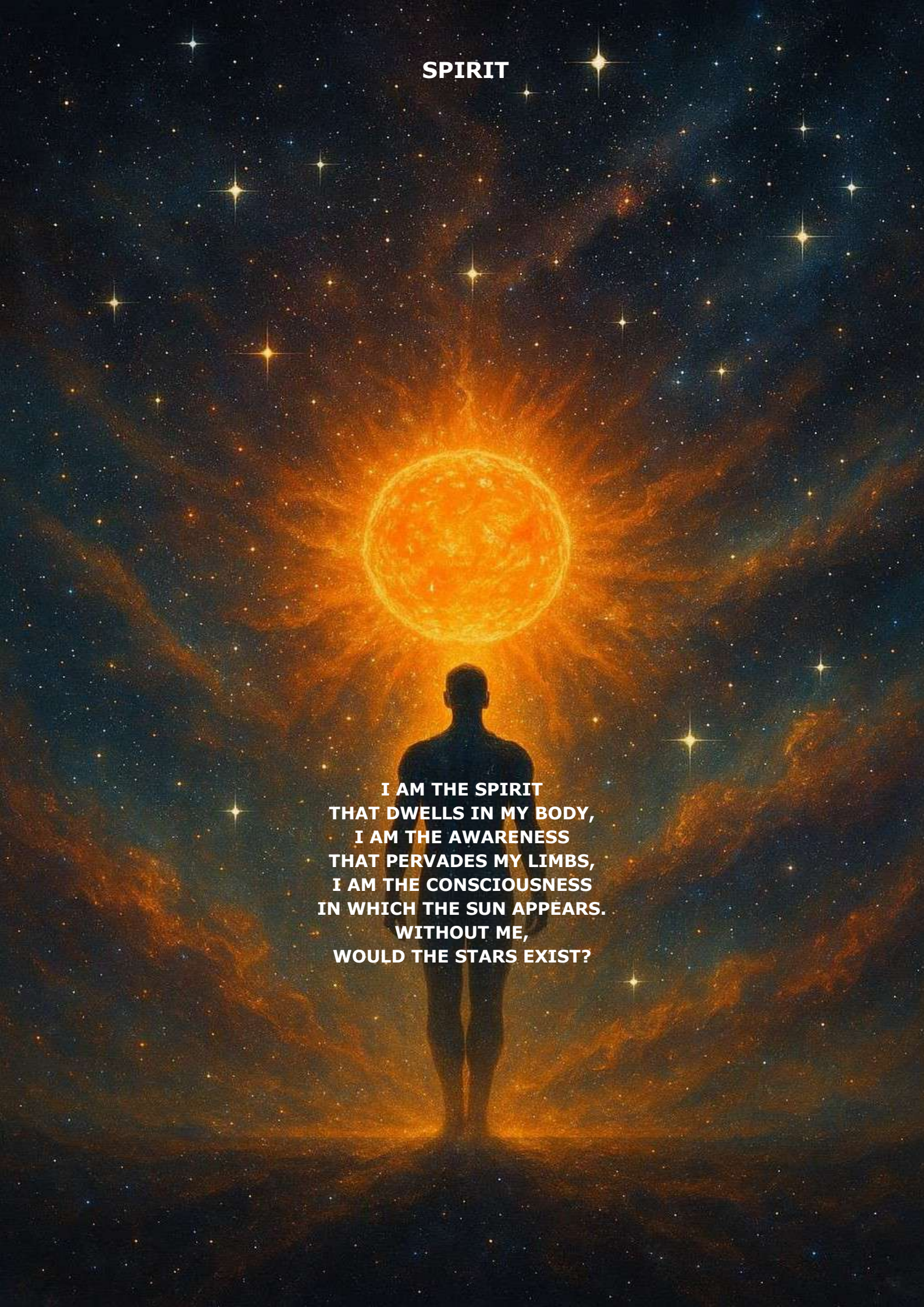


**LIKE A SWIMMER WHO DIVES INTO DEEP WATER TO RECOVER A SUNKEN
TREASURE,
CONTROLLING VOICE AND BREATH,
FEELING THE WHOLE BODY FROM WITHIN AS A SINGLE FIELD OF ENERGY,
ONE SHOULD DIVE DEEPLY WITHIN ONESELF
IN SEARCH OF THE SOURCE OF THE "I" THOUGHT.**

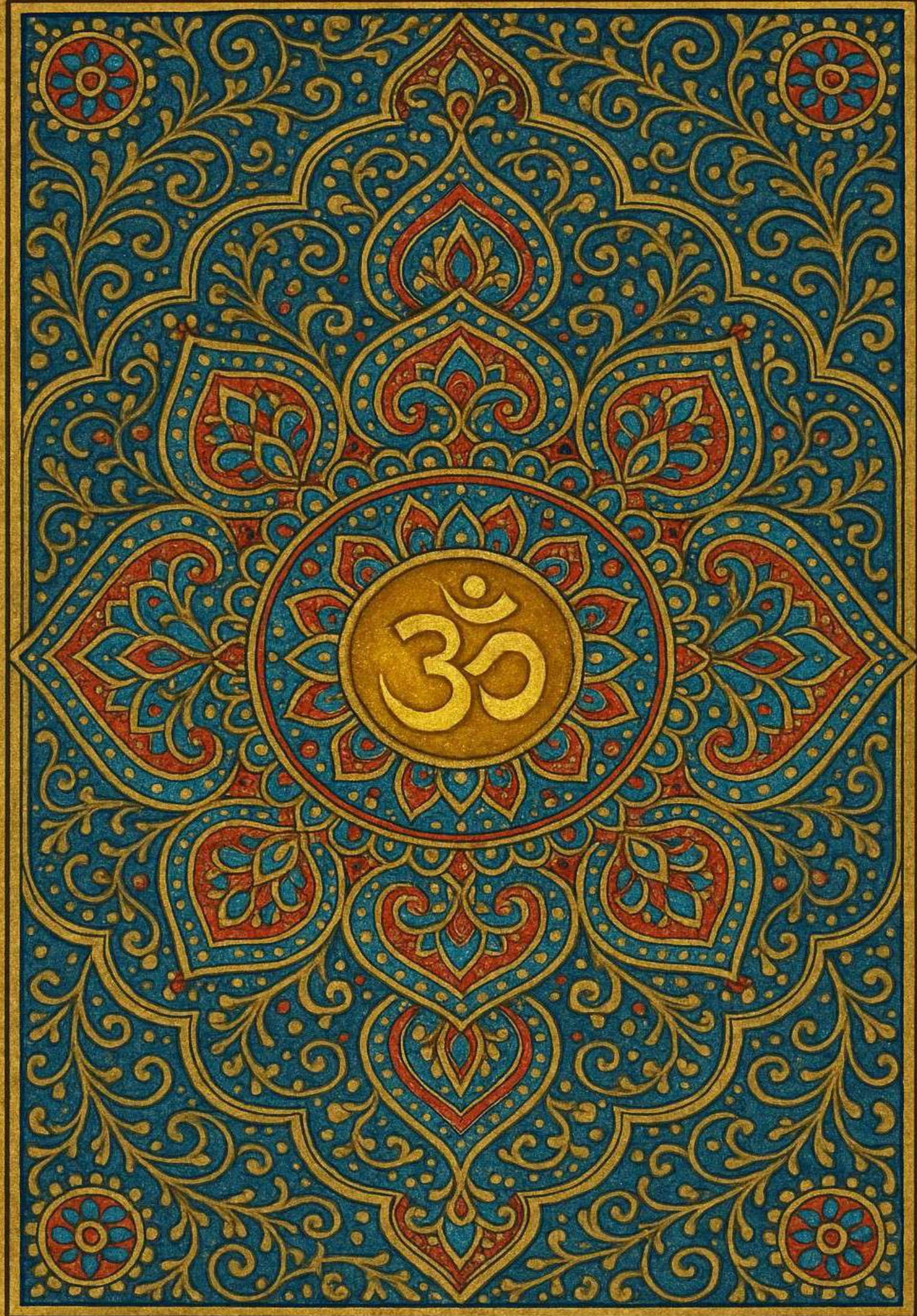


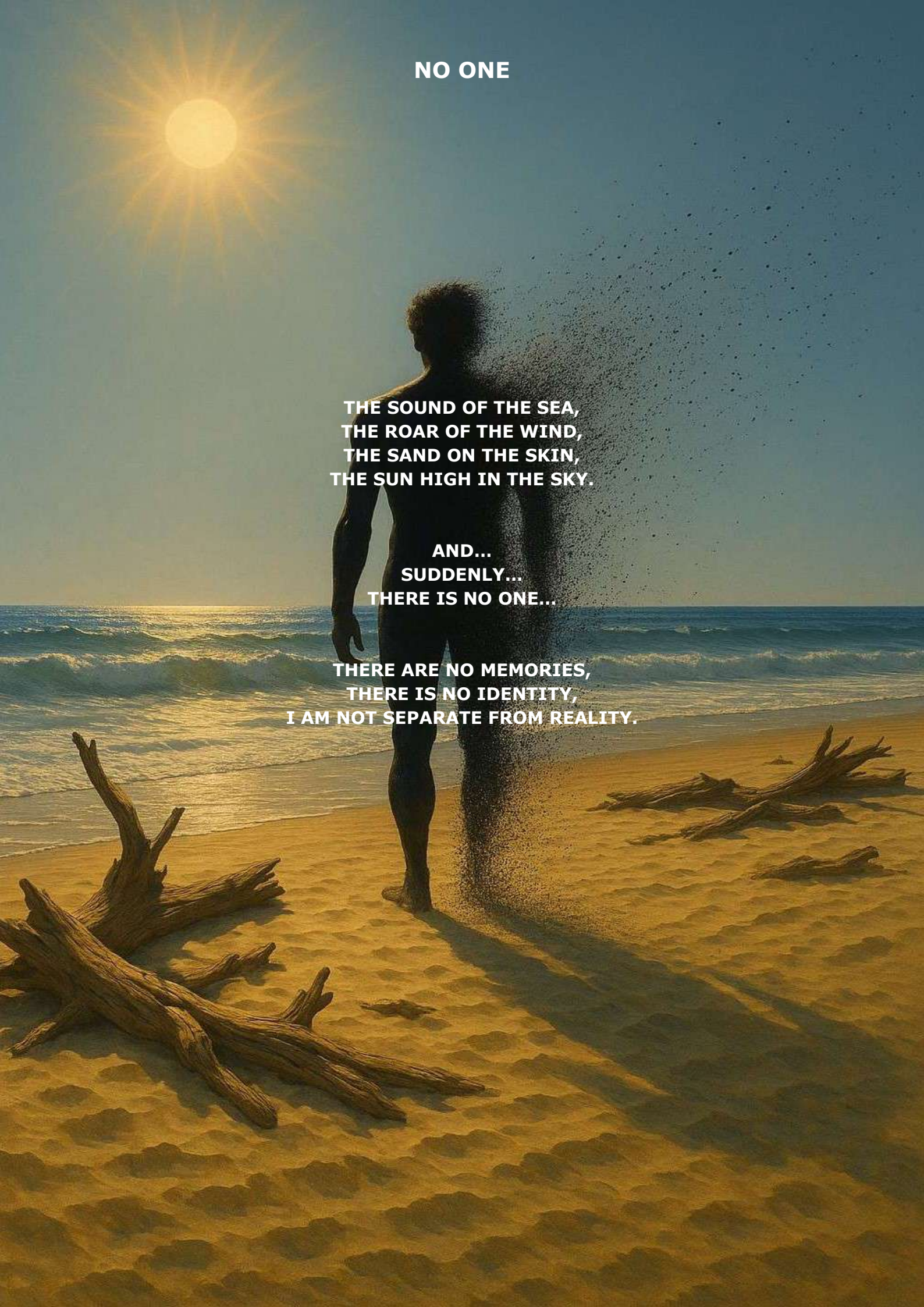


SPIRIT

A full-page background image featuring a silhouette of a person standing with their back to the viewer, looking up at a massive, bright orange sun. The sun is surrounded by a glowing orange and yellow nebula. The background is a deep blue space filled with numerous stars of varying brightness. The overall mood is contemplative and cosmic.

**I AM THE SPIRIT
THAT DWELLS IN MY BODY,
I AM THE AWARENESS
THAT PERVADES MY LIMBS,
I AM THE CONSCIOUSNESS
IN WHICH THE SUN APPEARS.
WITHOUT ME,
WOULD THE STARS EXIST?**



A surreal painting of a man standing on a beach at sunset, dissolving into sand. The sun is a bright yellow orb in the upper left, casting a long shadow of the man onto the sand. The man's body is composed of falling sand, with a large plume of sand trailing behind him. The beach is golden sand with several pieces of driftwood. The ocean has gentle waves under a clear blue sky.

NO ONE

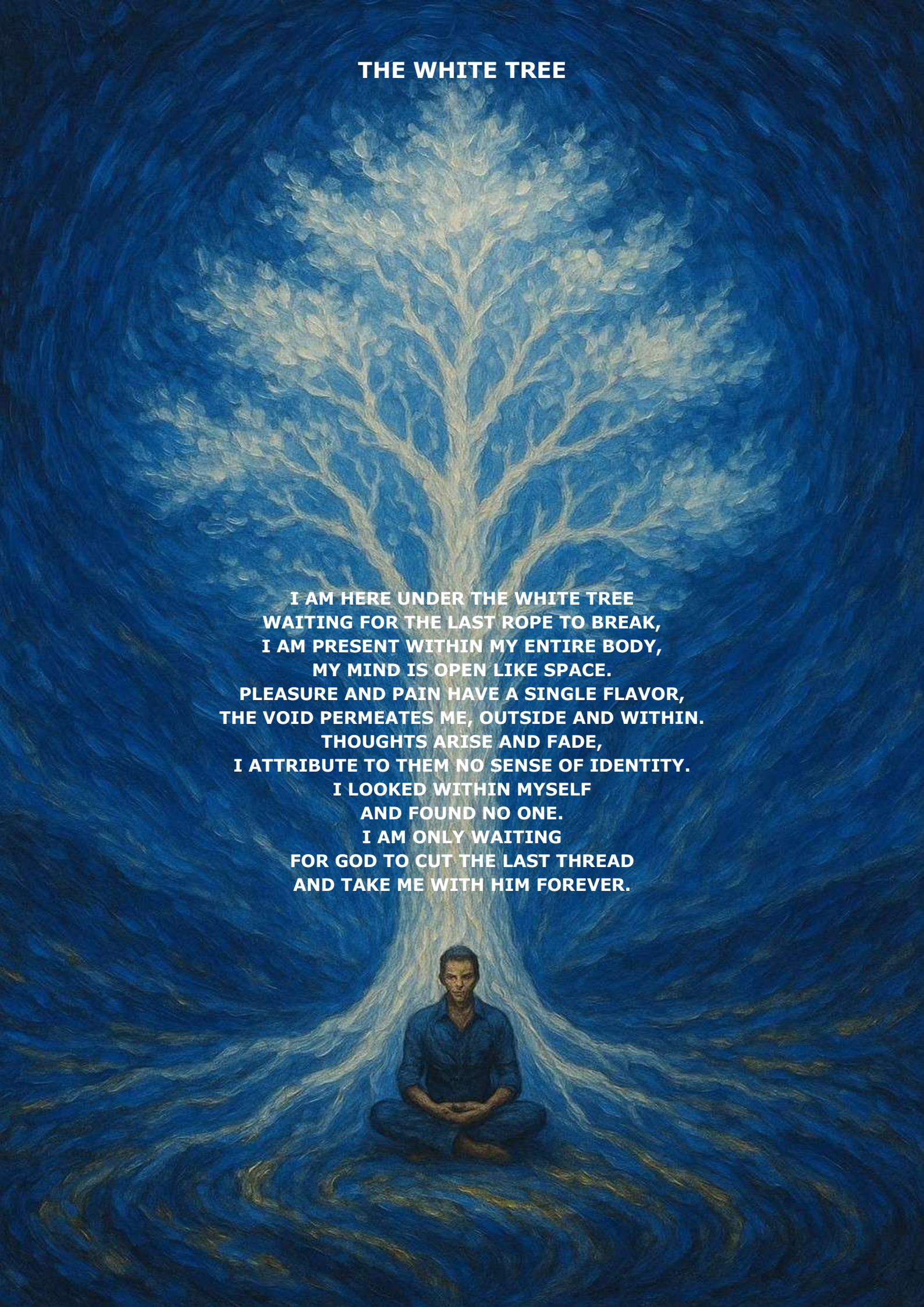
**THE SOUND OF THE SEA,
THE ROAR OF THE WIND,
THE SAND ON THE SKIN,
THE SUN HIGH IN THE SKY.**

**AND...
SUDDENLY...
THERE IS NO ONE...**

**THERE ARE NO MEMORIES,
THERE IS NO IDENTITY,
I AM NOT SEPARATE FROM REALITY.**



THE WHITE TREE

A man with short dark hair, wearing a blue long-sleeved shirt and blue pants, is sitting in a meditative lotus position. He is positioned at the base of a large, white, ethereal tree that has a thick trunk and many branching limbs. The tree's canopy is wide and spreads across the upper half of the image. The background is a deep blue with intricate, swirling, and textured patterns that resemble water or a nebula. The overall mood is contemplative and spiritual.

I AM HERE UNDER THE WHITE TREE
WAITING FOR THE LAST ROPE TO BREAK,
I AM PRESENT WITHIN MY ENTIRE BODY,
MY MIND IS OPEN LIKE SPACE.
PLEASURE AND PAIN HAVE A SINGLE FLAVOR,
THE VOID PERMEATES ME, OUTSIDE AND WITHIN.
THOUGHTS ARISE AND FADE,
I ATTRIBUTE TO THEM NO SENSE OF IDENTITY.
I LOOKED WITHIN MYSELF
AND FOUND NO ONE.
I AM ONLY WAITING
FOR GOD TO CUT THE LAST THREAD
AND TAKE ME WITH HIM FOREVER.

PURPLE BACK – AUTHOR’S NOTE

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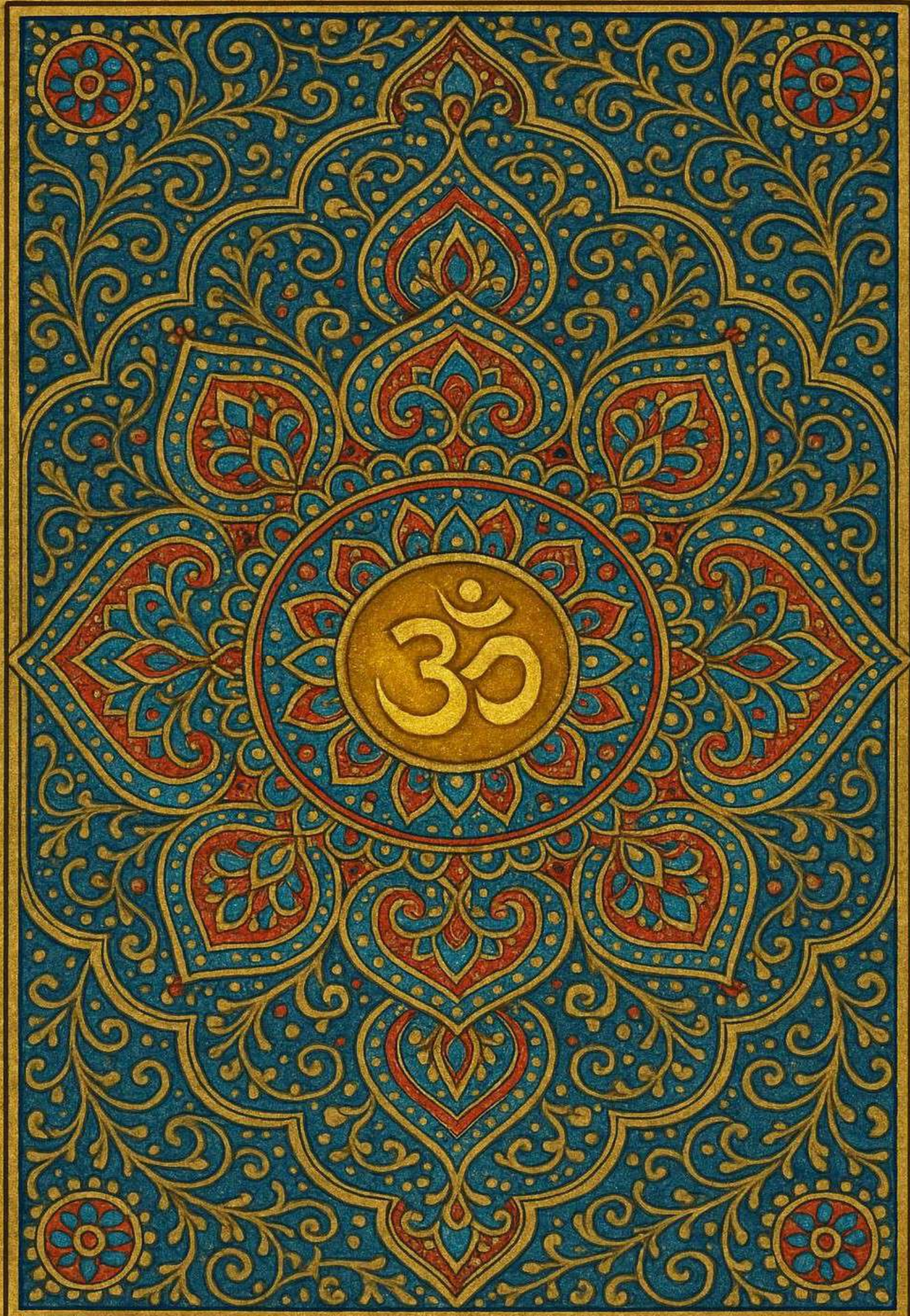
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THE LIE

**EVERYTHING
YOUR
MIND
SAYS
IS
A
LIE.**

**STOP BELIEVING ALL YOUR STORIES.
IF YOU KNOW IT'S NOT YOU,
WHY CARE IF THE MIND IS CALM OR RESTLESS?**



THE SEARCH FOR THE "I"

SILENCE IS THE ONLY TRUTH.

SILENCE IS THE SOURCE OF THE "I" THOUGHT.

"WHO AM I?" IS THE MOST IMPORTANT QUESTION.

**"WHO AM I?" MEANS SEARCHING WITHIN ONESELF WHENCE THE "I" THOUGHT
ARISES.**

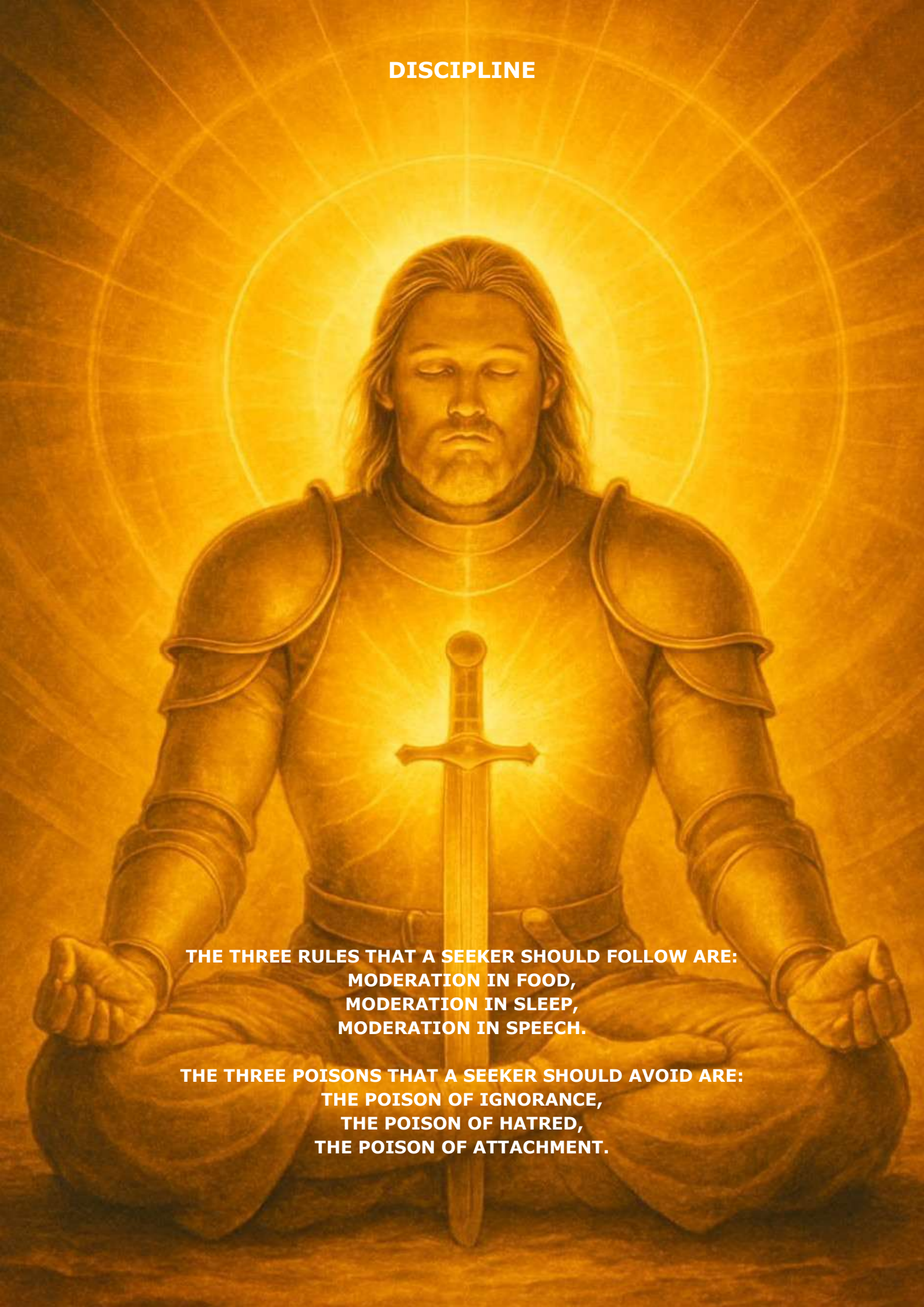
**WHILE ASKING "WHO AM I?" AND LOOKING FOR THE ORIGIN OF THE "I" THOUGHT,
ONE MUST BE PRESENT IN EVERY CELL OF THE BODY.**

**BEING PRESENT IN THE BODY MEANS FEELING THE WHOLE BODY FROM WITHIN AS
A SINGLE FIELD OF ENERGY.**

**IF OTHER THOUGHTS ARISE, ASK AGAIN: "TO WHOM DO THESE THOUGHTS ARISE?"
THE IMPLICIT ANSWER IS: "TO ME."
THEN ASK AGAIN: "WHO AM I?"**



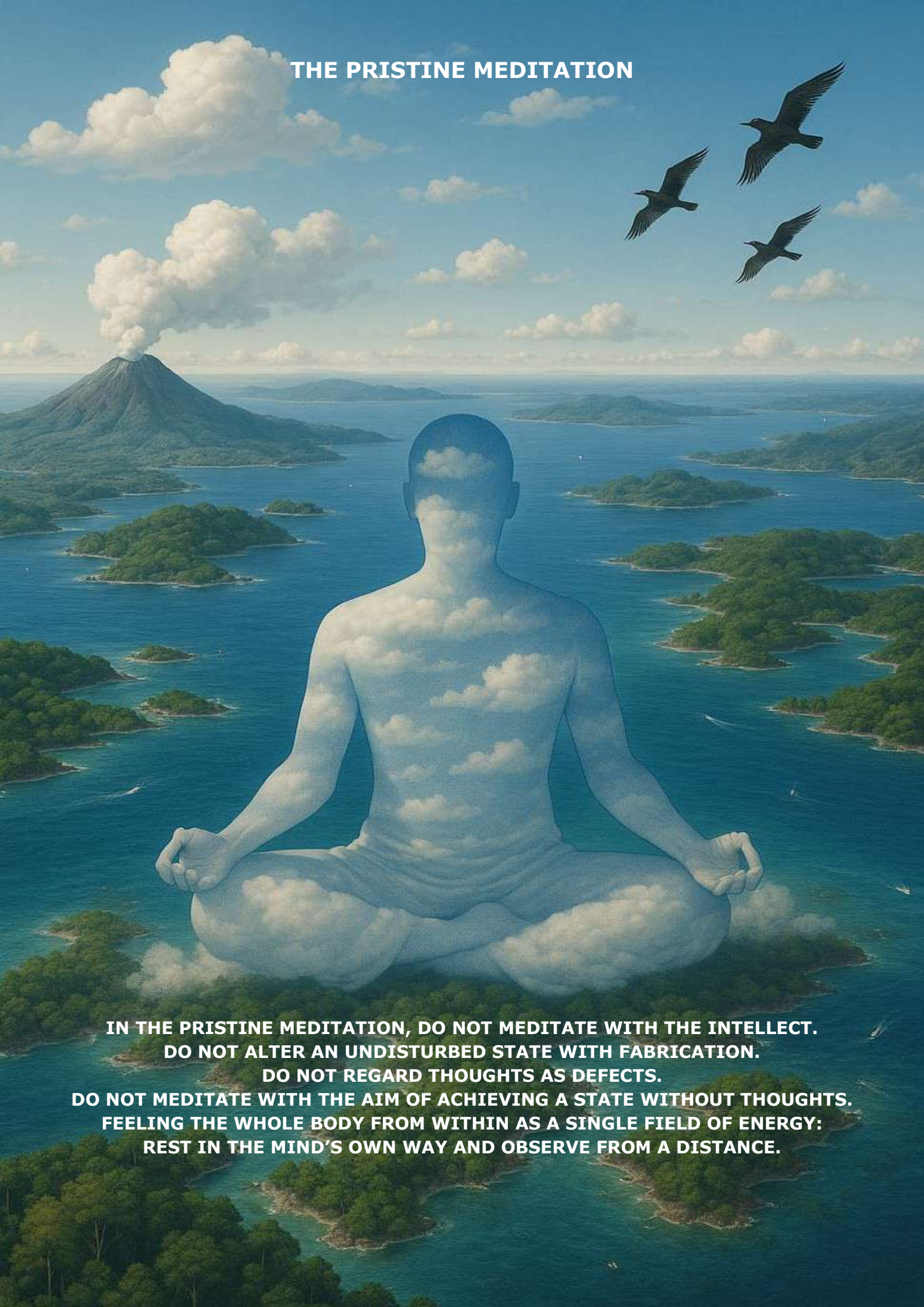
DISCIPLINE

A full-page illustration of a man with long hair and a beard, wearing medieval-style armor, sitting in a meditative lotus position. His eyes are closed, and he has a serene expression. A sword is held vertically in front of his chest, its hilt resting on his lap and its tip touching the ground. Behind his head is a large, glowing golden halo with radiating lines. The entire scene is bathed in a warm, golden light.

**THE THREE RULES THAT A SEEKER SHOULD FOLLOW ARE:
MODERATION IN FOOD,
MODERATION IN SLEEP,
MODERATION IN SPEECH.**

**THE THREE POISONS THAT A SEEKER SHOULD AVOID ARE:
THE POISON OF IGNORANCE,
THE POISON OF HATRED,
THE POISON OF ATTACHMENT.**



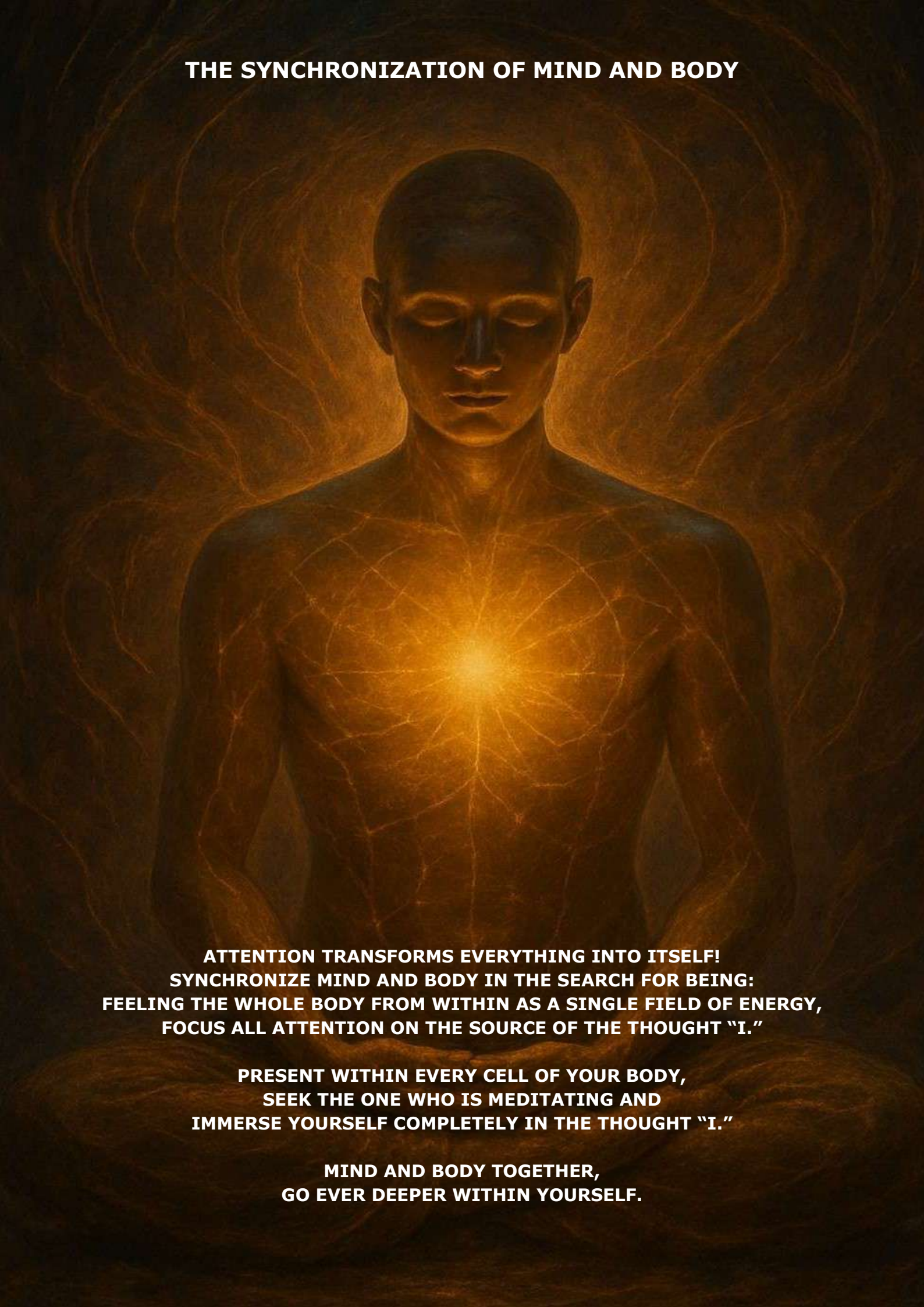


THE PRISTINE MEDITATION

**IN THE PRISTINE MEDITATION, DO NOT MEDITATE WITH THE INTELLECT.
DO NOT ALTER AN UNDISTURBED STATE WITH FABRICATION.
DO NOT REGARD THOUGHTS AS DEFECTS.
DO NOT MEDITATE WITH THE AIM OF ACHIEVING A STATE WITHOUT THOUGHTS.
FEELING THE WHOLE BODY FROM WITHIN AS A SINGLE FIELD OF ENERGY:
REST IN THE MIND'S OWN WAY AND OBSERVE FROM A DISTANCE.**



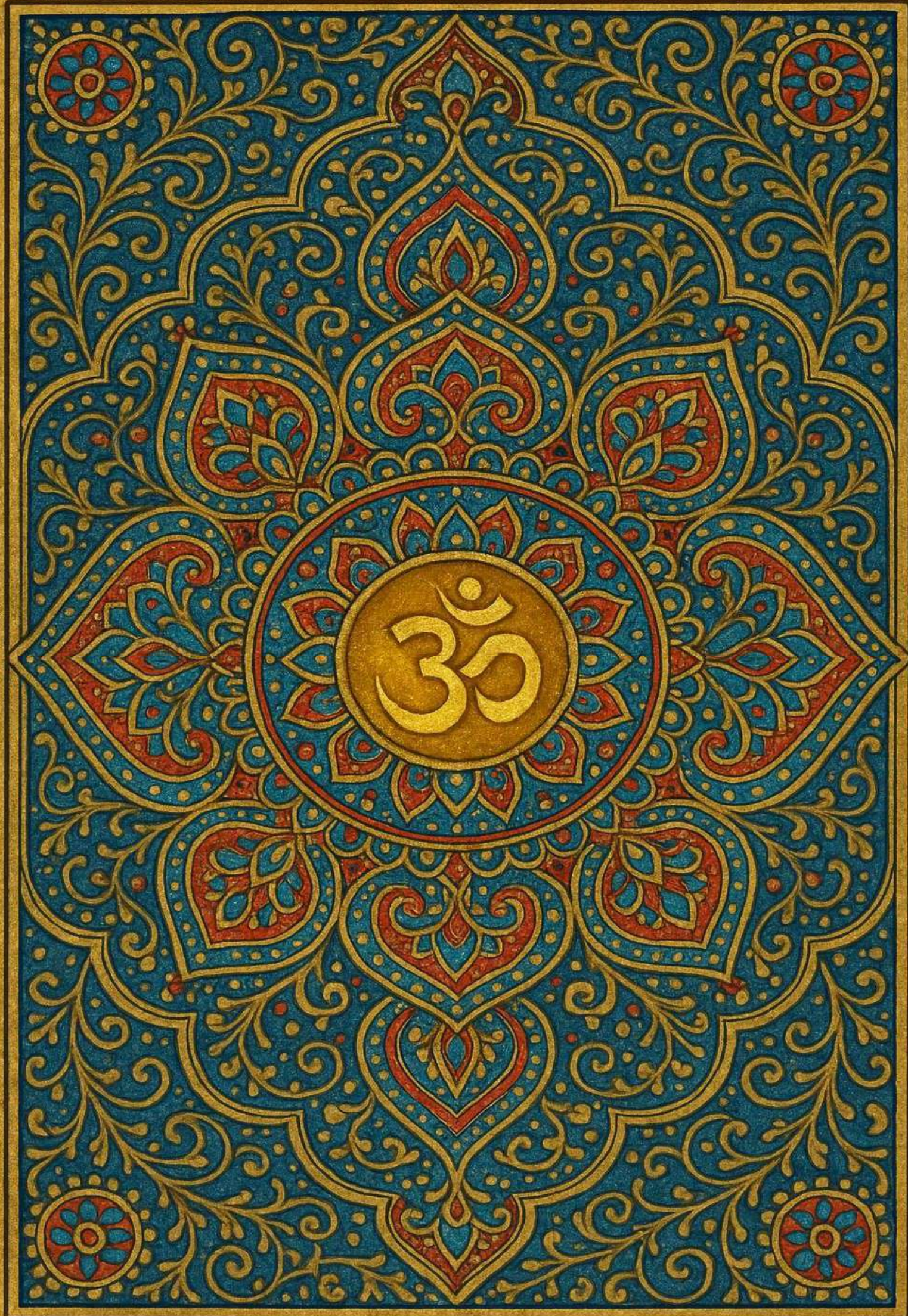
THE SYNCHRONIZATION OF MIND AND BODY

A meditative figure, possibly a Buddha, is shown from the waist up, seated in a meditative posture. The figure's eyes are closed, and a bright, golden-yellow light emanates from the chest area, spreading outwards in a circular, web-like pattern. The background is dark, with the light field creating a halo effect around the figure's head and shoulders. The overall tone is spiritual and serene.

**ATTENTION TRANSFORMS EVERYTHING INTO ITSELF!
SYNCHRONIZE MIND AND BODY IN THE SEARCH FOR BEING:
FEELING THE WHOLE BODY FROM WITHIN AS A SINGLE FIELD OF ENERGY,
FOCUS ALL ATTENTION ON THE SOURCE OF THE THOUGHT "I."**

**PRESENT WITHIN EVERY CELL OF YOUR BODY,
SEEK THE ONE WHO IS MEDITATING AND
IMMERSE YOURSELF COMPLETELY IN THE THOUGHT "I."**

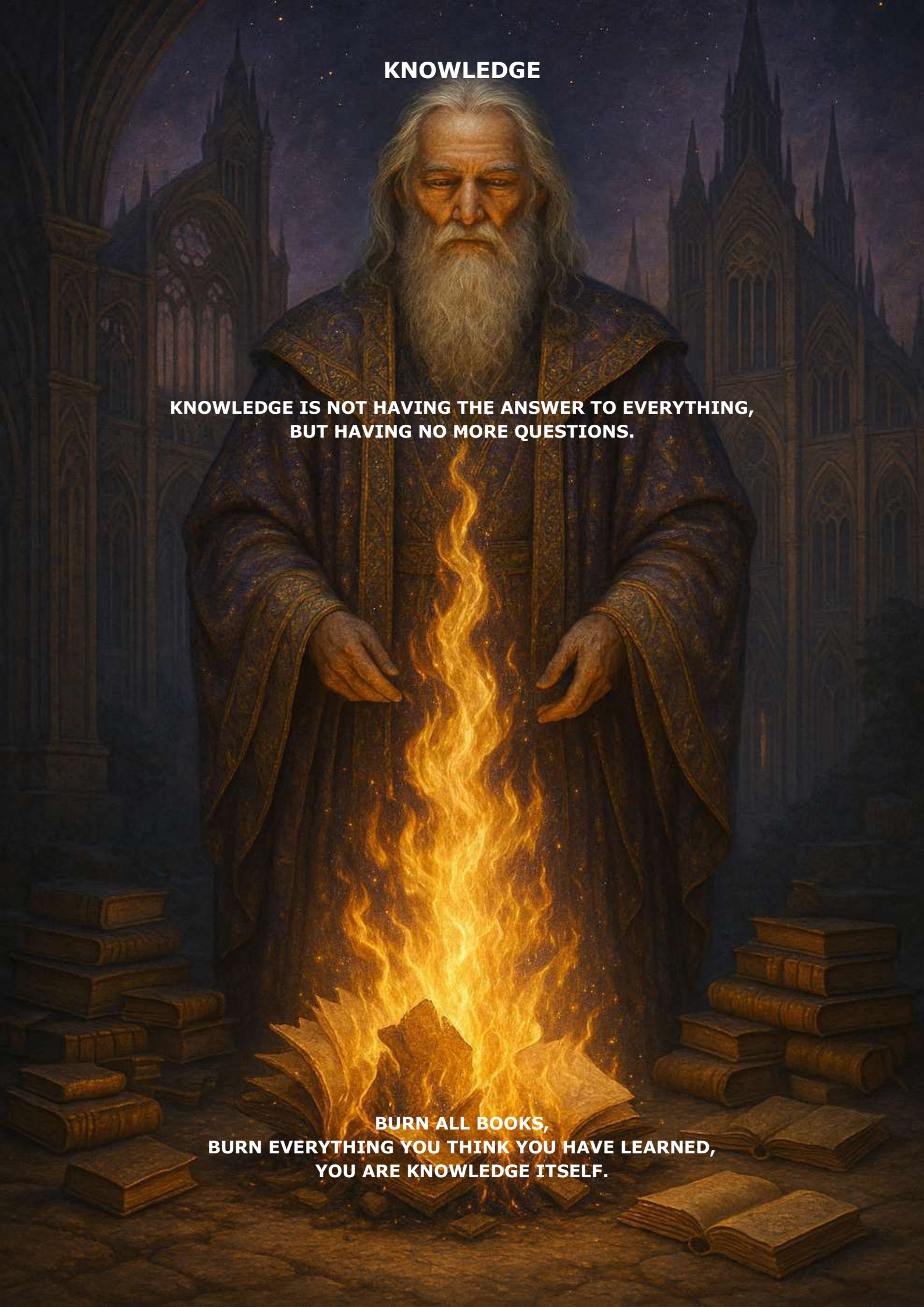
**MIND AND BODY TOGETHER,
GO EVER DEEPER WITHIN YOURSELF.**

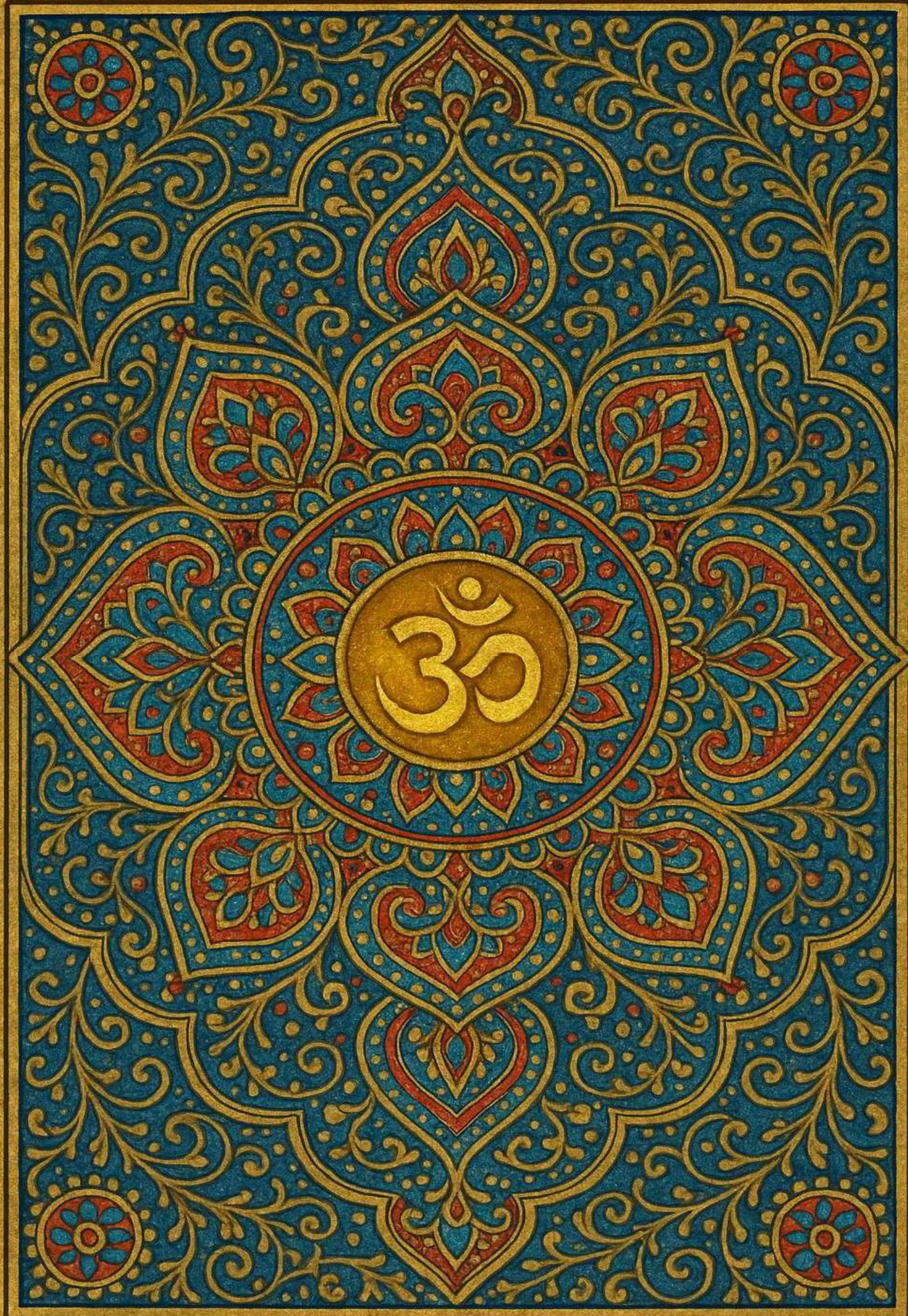


KNOWLEDGE

**KNOWLEDGE IS NOT HAVING THE ANSWER TO EVERYTHING,
BUT HAVING NO MORE QUESTIONS.**

**BURN ALL BOOKS,
BURN EVERYTHING YOU THINK YOU HAVE LEARNED,
YOU ARE KNOWLEDGE ITSELF.**



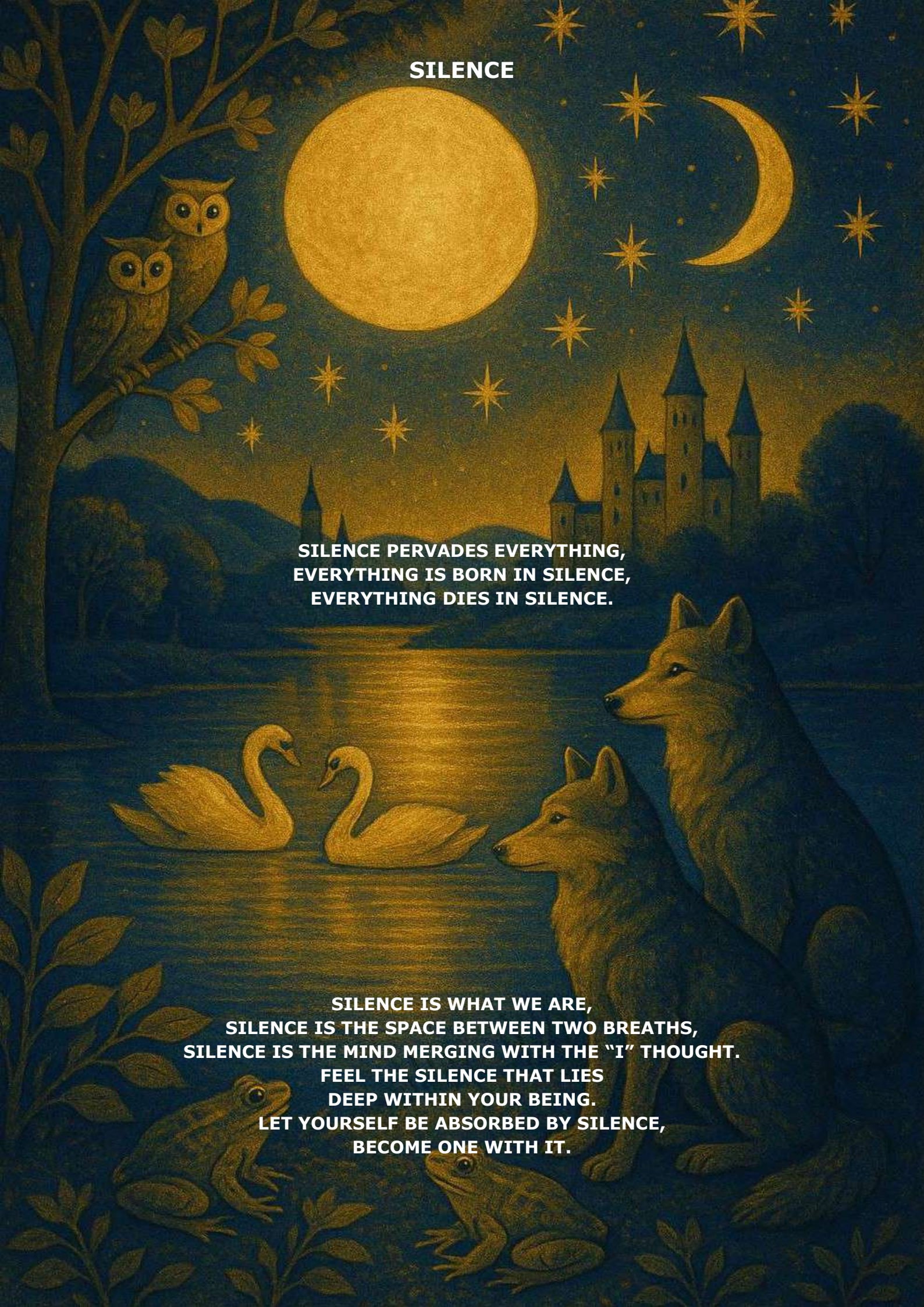


NON-DUALITY



**WHEN THE MIND IS CALM,
THE BOUNDARY
BETWEEN INSIDE AND OUTSIDE THE BODY
DISSOLVES,
AND INNER AND OUTER SPACE
BECOME ONE.**





SILENCE

**SILENCE PERVADES EVERYTHING,
EVERYTHING IS BORN IN SILENCE,
EVERYTHING DIES IN SILENCE.**

**SILENCE IS WHAT WE ARE,
SILENCE IS THE SPACE BETWEEN TWO BREATHS,
SILENCE IS THE MIND MERGING WITH THE "I" THOUGHT.
FEEL THE SILENCE THAT LIES
DEEP WITHIN YOUR BEING.
LET YOURSELF BE ABSORBED BY SILENCE,
BECOME ONE WITH IT.**



BODY AWARENESS

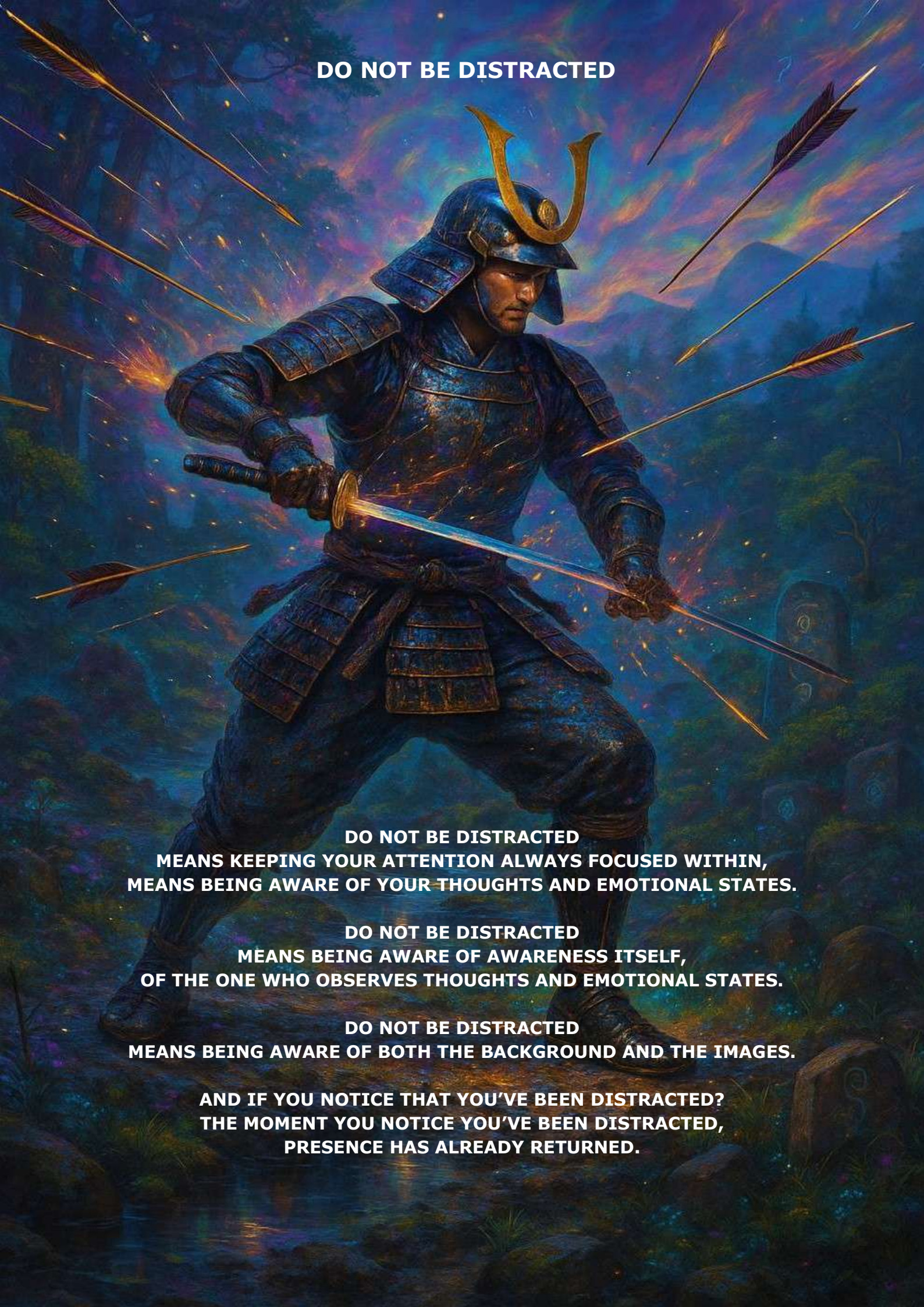
**BEGIN TO FEEL YOUR HANDS FROM WITHIN.
FOCUS ON THE SENSATION
OF FEELING YOUR HANDS FROM WITHIN.**

**THEN BEGIN TO FEEL YOUR FEET FROM WITHIN.
FOCUS ON THE SENSATION
OF FEELING YOUR FEET FROM WITHIN.**

**NOW FEEL YOUR HANDS AND FEET FROM WITHIN,
SIMULTANEOUSLY.
BEGIN TO ADD TO THIS SENSATION
THE PERCEPTION OF ARMS, LEGS, ABDOMEN, HEAD,
UNTIL YOU CAN FEEL
THE WHOLE BODY FROM WITHIN
AS A SINGLE FIELD OF ENERGY.**







DO NOT BE DISTRACTED

**DO NOT BE DISTRACTED
MEANS KEEPING YOUR ATTENTION ALWAYS FOCUSED WITHIN,
MEANS BEING AWARE OF YOUR THOUGHTS AND EMOTIONAL STATES.**

**DO NOT BE DISTRACTED
MEANS BEING AWARE OF AWARENESS ITSELF,
OF THE ONE WHO OBSERVES THOUGHTS AND EMOTIONAL STATES.**

**DO NOT BE DISTRACTED
MEANS BEING AWARE OF BOTH THE BACKGROUND AND THE IMAGES.**

**AND IF YOU NOTICE THAT YOU'VE BEEN DISTRACTED?
THE MOMENT YOU NOTICE YOU'VE BEEN DISTRACTED,
PRESENCE HAS ALREADY RETURNED.**





MEDITATION ON THE MEDITATOR

**CLOSE YOUR EYES.
FOCUS THE MIND AND THE GAZE BETWEEN THE EYEBROWS.
DO NOT MOVE YOUR EYELIDS OR EYEBROWS.
KEEP LOOKING AT THE POINT BETWEEN THE EYEBROWS,
FOCUSING YOUR ATTENTION THERE.
DO NOT REPEAT ANY MANTRA OR NAME.
DO NOT IMAGINE ANYTHING.
WHO IS THE ONE WHO OBSERVES?
SEARCH FOR THE ONE WHO IS MEDITATING,
MEDITATE ON THE MEDITATOR.**



THE MIND

**YOU ARE NOT YOUR MIND,
BUT THAT WHICH ILLUMINATES IT.
YOU ARE THE OBSERVER,
THE IMPERSONAL WITNESS,
THE ONE WHO WATCHES IN SILENCE.**

**DO NOT FIGHT YOUR THOUGHTS,
FOR BY OPPOSING THEM
YOU ONLY MAKE THEM STRONGER.
LISTEN TO YOUR MIND IMPARTIALLY,
DO NOT JUDGE WHAT YOU HEAR:
WHETHER GOOD OR BAD,
IT IS ONLY A THOUGHT — IT IS NOT YOU.**

**OBSERVE YOUR THOUGHTS
LIKE MEANINGLESS SOUNDS,
DO NOT GIVE THEM AN IDENTITY.
DO NOT BELIEVE
WHAT THE MIND TELLS YOU:
ALL YOUR THOUGHTS,
WITHOUT EXCEPTION, ARE LIES.**

**WHEN A THOUGHT ARISES,
DO NOT LOOK AT WHAT ARISES:
FEELING YOUR WHOLE BODY FROM WITHIN,
BE THAT WHICH KNOWS THE ARISING.
LIKE AN OAK STAKE IN HARD GROUND,
REMAIN STEADFAST IN THE AWARENESS THAT KNOWS.**

**YOU ARE BEYOND THOUGHT:
YOU ARE THE OPEN SPACE
IN WHICH THOUGHTS APPEAR AND DISAPPEAR.**

GREEN BACK – AUTHOR'S NOTE

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THE WARRIOR OF LIGHT

THE WARRIOR OF LIGHT KEEPS THE MIND TURNED INWARD AND IS CONSTANTLY
FOCUSED ON THE "I" THOUGHT;

THE WARRIOR OF LIGHT ALWAYS FEELS HIS WHOLE BODY FROM WITHIN;

THE WARRIOR OF LIGHT IS PRESENT WITHIN EVERY CELL OF HIS BODY;

THE WARRIOR OF LIGHT MEDITATES ON THE MEDITATOR;

THE WARRIOR OF LIGHT DIVES EVER DEEPER INTO HIMSELF;

THE WARRIOR OF LIGHT IS NEVER DISTRACTED: HE IS COMPLETELY CENTERED IN
THE PRESENT MOMENT;

THE WARRIOR OF LIGHT KNOWS HE IS NOT HIS MIND AND DOES NOT BELIEVE ANY
OF HIS THOUGHTS;

THE WARRIOR OF LIGHT DOES NOT IDENTIFY WITH HIS THOUGHTS OR EMOTIONS:
HE IS THE SILENT WITNESS BEYOND THEM.

THE WARRIOR OF LIGHT HAS NO DESIRES;

THE WARRIOR OF LIGHT HAS NO ATTACHMENTS;

THE WARRIOR OF LIGHT HAS NO HOPES NOR FEARS;

THE WARRIOR OF LIGHT IS FREE OF ALL AMBITION;

THE WARRIOR OF LIGHT IS HUMBLE AND NEVER COMPARES;

THE WARRIOR OF LIGHT ACCEPTS EVERYTHING THAT HAPPENS, WITHOUT
JUDGMENT;

THE WARRIOR OF LIGHT KNOWS HE HAS NO IDENTITY;

THE WARRIOR OF LIGHT IS READY TO DIE AT ANY MOMENT, TO MERGE WITH THE
CLEAR LIGHT OF REALITY.

THE WARRIOR OF LIGHT HAS NO REFERENCE POINT;

THE WARRIOR OF LIGHT CUTS CONCEPTS AT THE ROOT;

THE WARRIOR OF LIGHT HAS NO IDEAS ABOUT REALITY;

THE WARRIOR OF LIGHT HAS NO MORE QUESTIONS;

THE WARRIOR OF LIGHT KNOWS HE WAS NEVER BORN AND WILL NEVER DIE;

THE WARRIOR OF LIGHT IS PURE CONSCIOUSNESS, WITHOUT THOUGHTS;

THE WARRIOR OF LIGHT HAS A COMPASSIONATE HEART, FILLED WITH LOVE FOR
ALL HUMANITY.

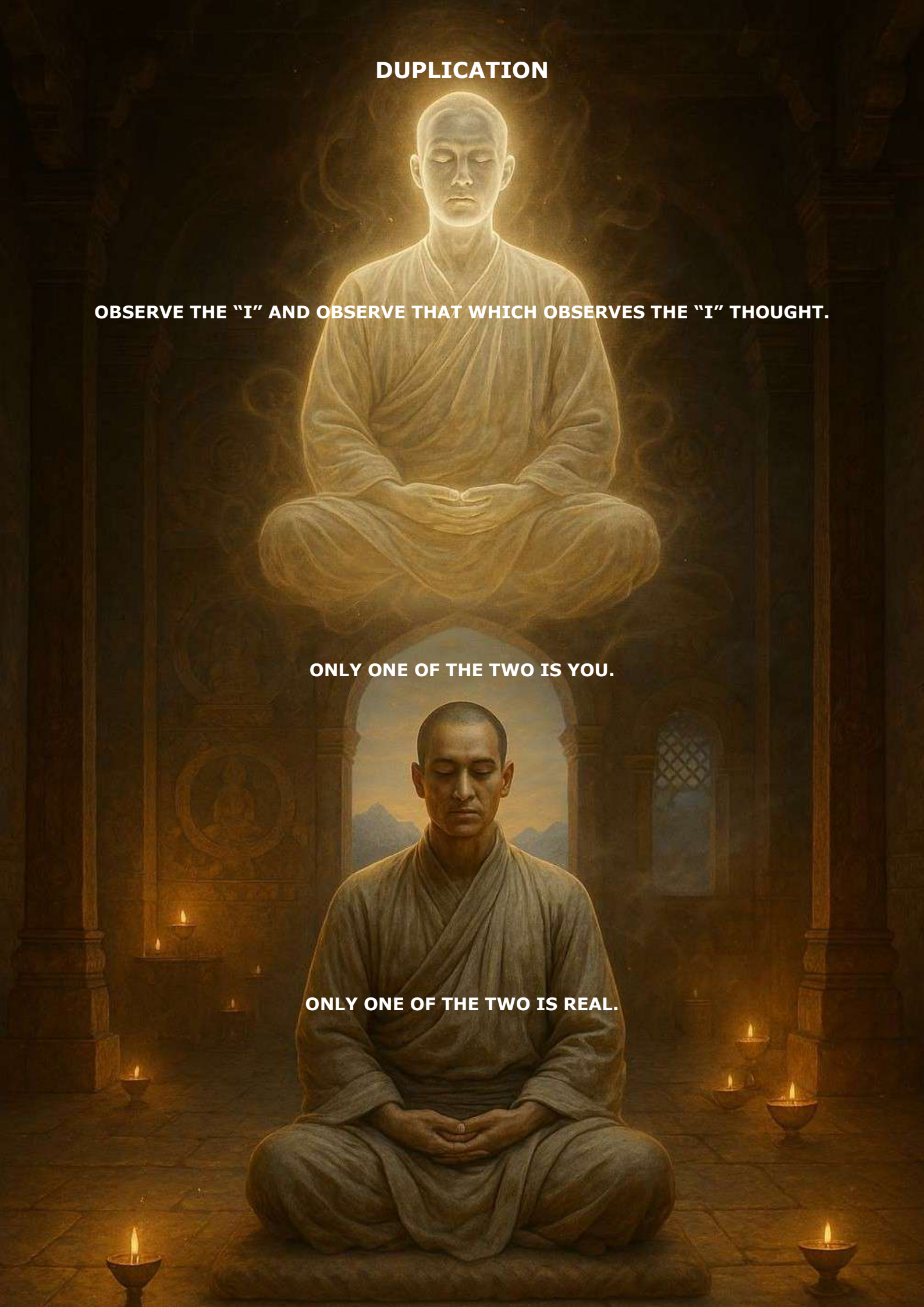


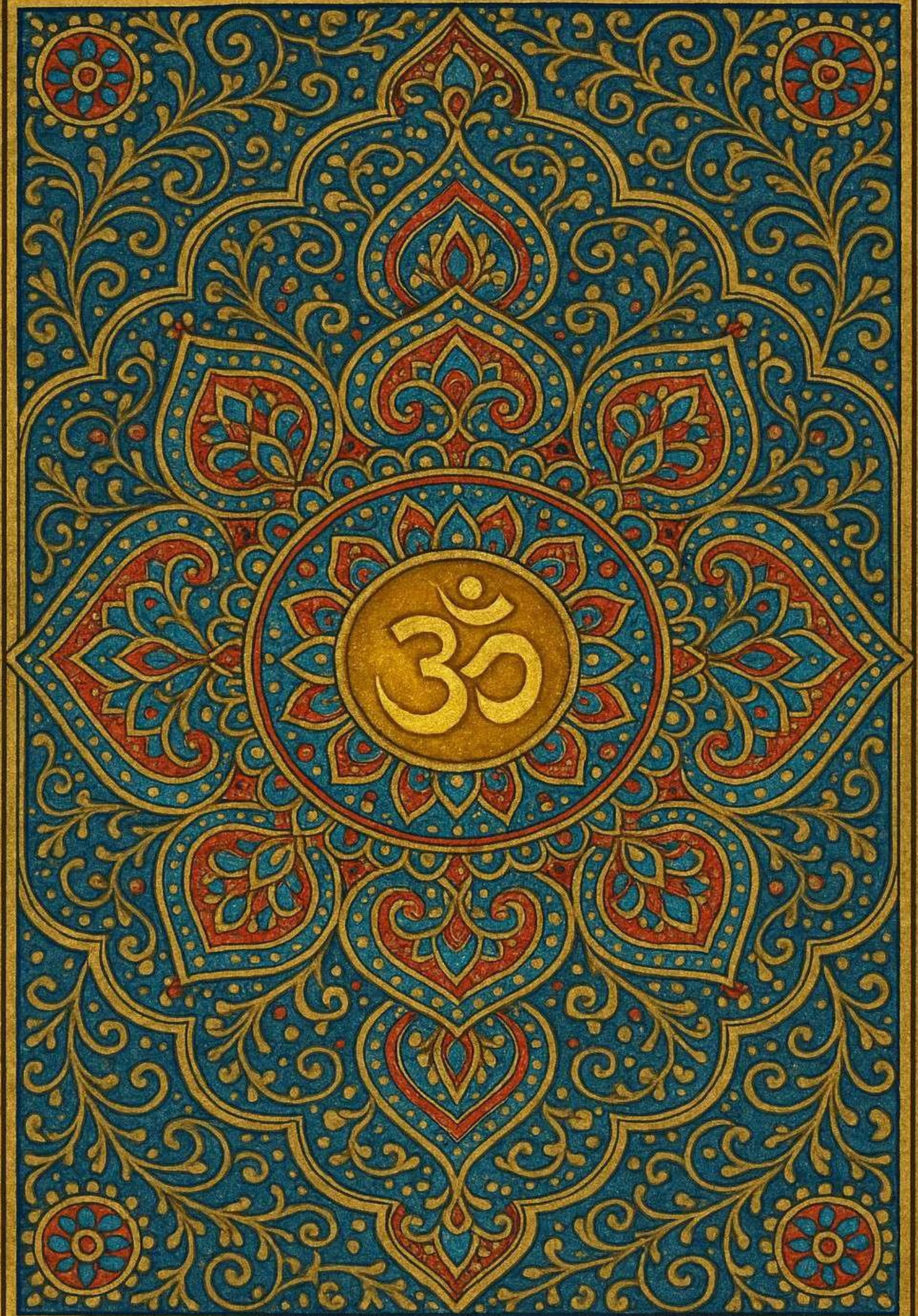
DUPLICATION

OBSERVE THE "I" AND OBSERVE THAT WHICH OBSERVES THE "I" THOUGHT.

ONLY ONE OF THE TWO IS YOU.

ONLY ONE OF THE TWO IS REAL.





ENLIGHTENMENT

ENLIGHTENMENT IS THE EGO'S LAST DISAPPOINTMENT.

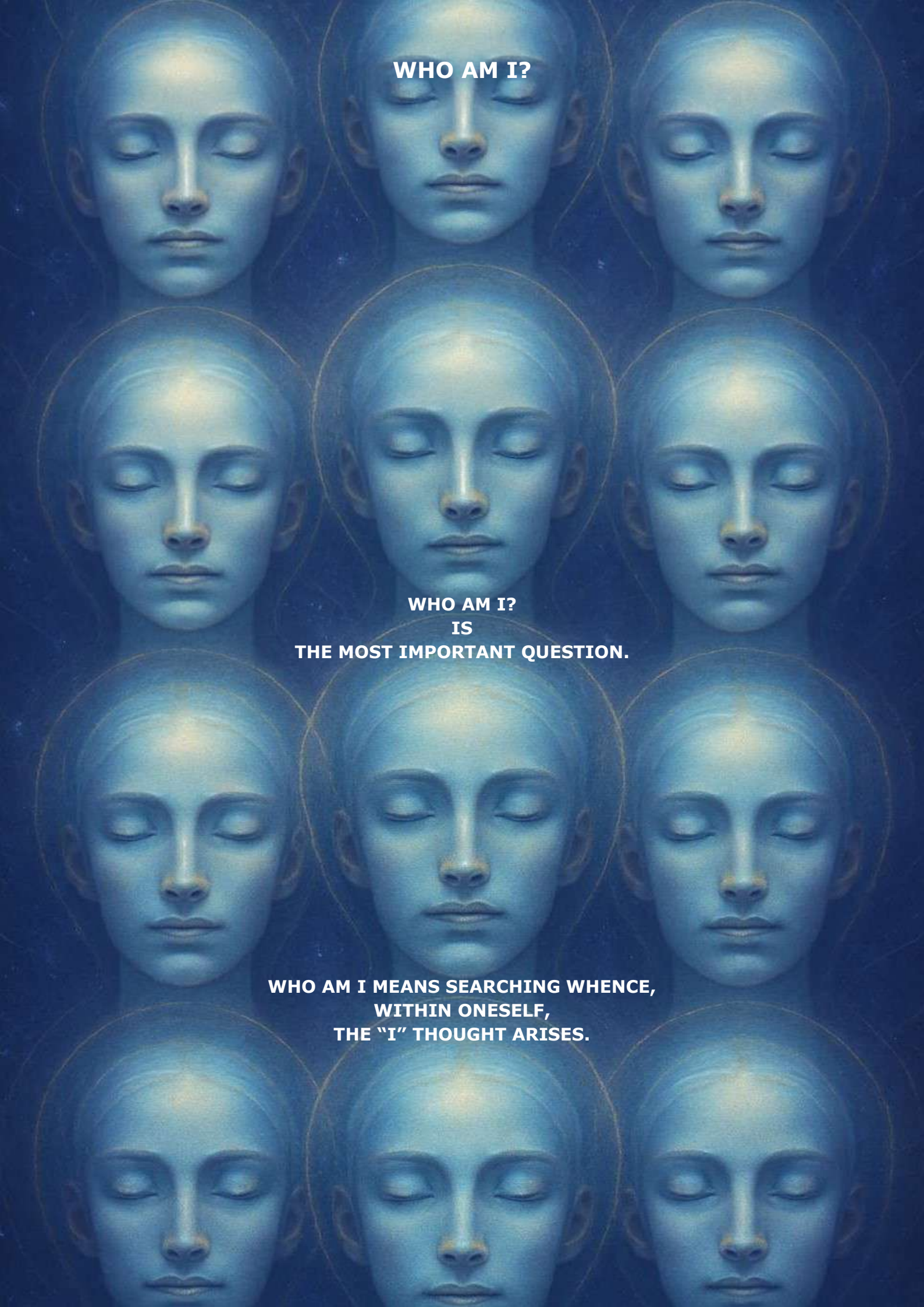
ENLIGHTENMENT IS NOT OF THE PERSON; IT IS THE DISAPPEARANCE OF THE PERSON.

ENLIGHTENMENT IS THE DISAPPEARANCE OF THE SEEKER.

ENLIGHTENMENT IS THE TOTAL ABSENCE OF DESIRES.



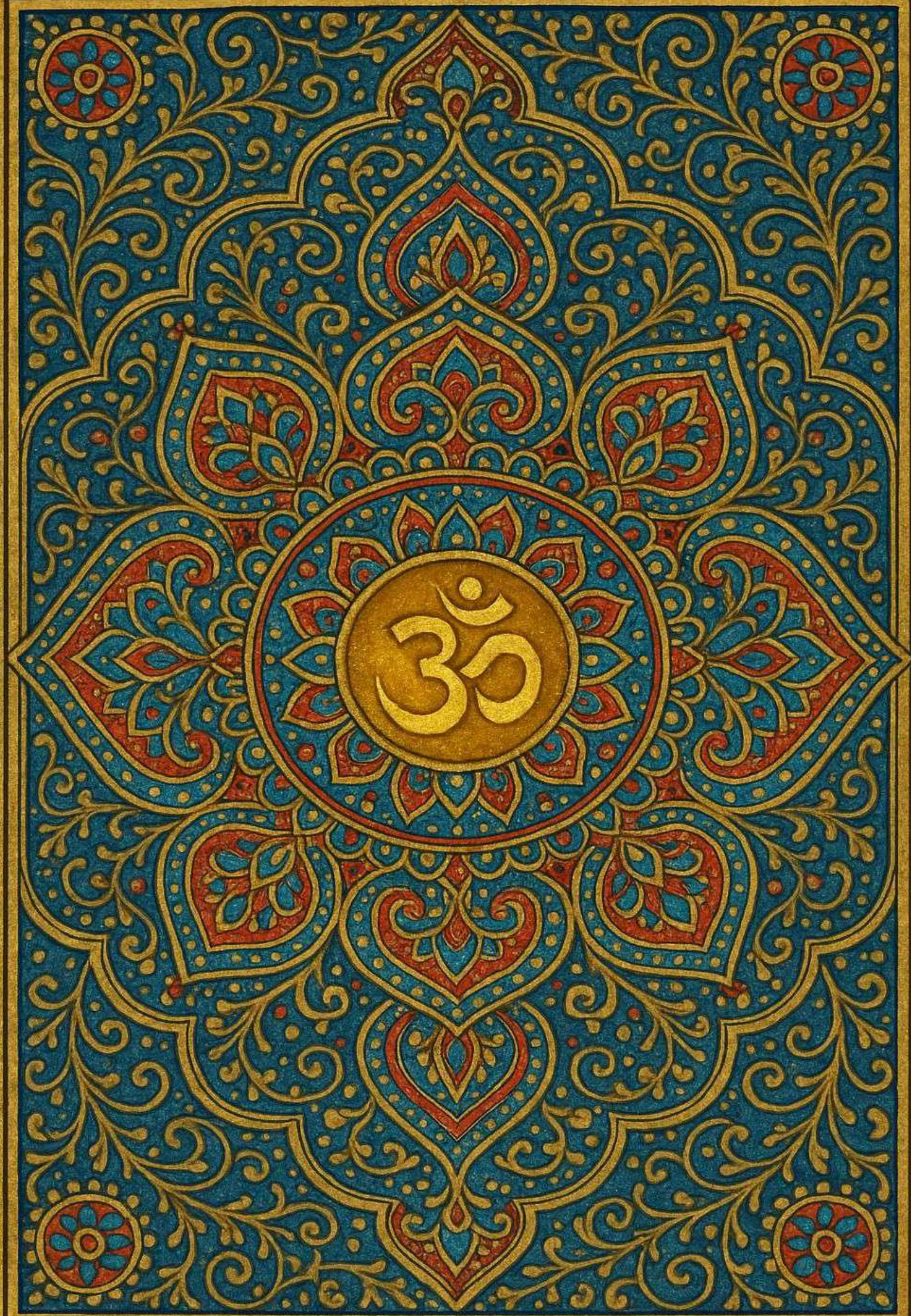




WHO AM I?

**WHO AM I?
IS
THE MOST IMPORTANT QUESTION.**

**WHO AM I MEANS SEARCHING WHENCE,
WITHIN ONESELF,
THE "I" THOUGHT ARISES.**



A golden mountain rises from a dark, swirling background. Four men, depicted in a golden, muscular form, are climbing the mountain. The man at the top stands with arms outstretched, reaching towards a bright light. The man below him is in a crouching position, pushing himself up. The third man is also in a crouching position, looking up. The fourth man is at the bottom, crouching and looking down. The mountain is covered in a golden, crystalline texture. The background is dark with swirling patterns and a bright light at the top of the mountain.

ON THE SPIRITUAL PATH

IT DOES NOT MATTER HOW MANY TIMES YOU FALL,
BUT HOW MANY TIMES YOU RISE.
PERFECTION DOES NOT MATTER,
WHAT MATTERS IS GIVING YOURSELF FULLY.
PERSEVERANCE IS WHAT WILL TAKE YOU TO THE SUMMIT.
THAT SAID, IT IS FOOLISH TO REPEAT THE SAME MISTAKE TWICE.



A woman with long, wavy brown hair is sitting in a meditative lotus position. She is wearing a long, flowing golden robe with intricate circular patterns. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a soft, golden-hued landscape with rolling hills and trees. In the sky, several white doves are flying, and a bright, ethereal light surrounds the woman's head.

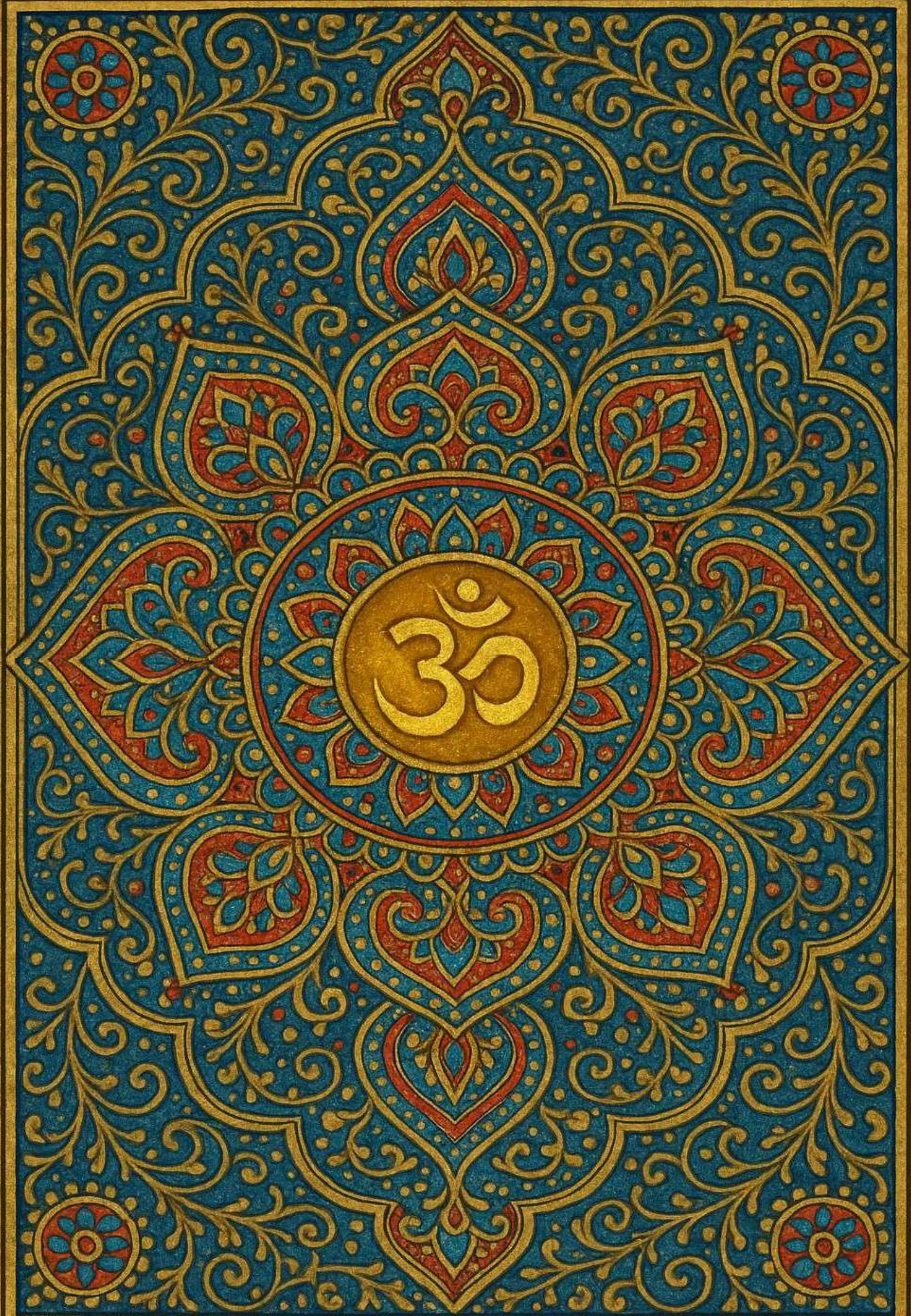
DO NOT WORRY

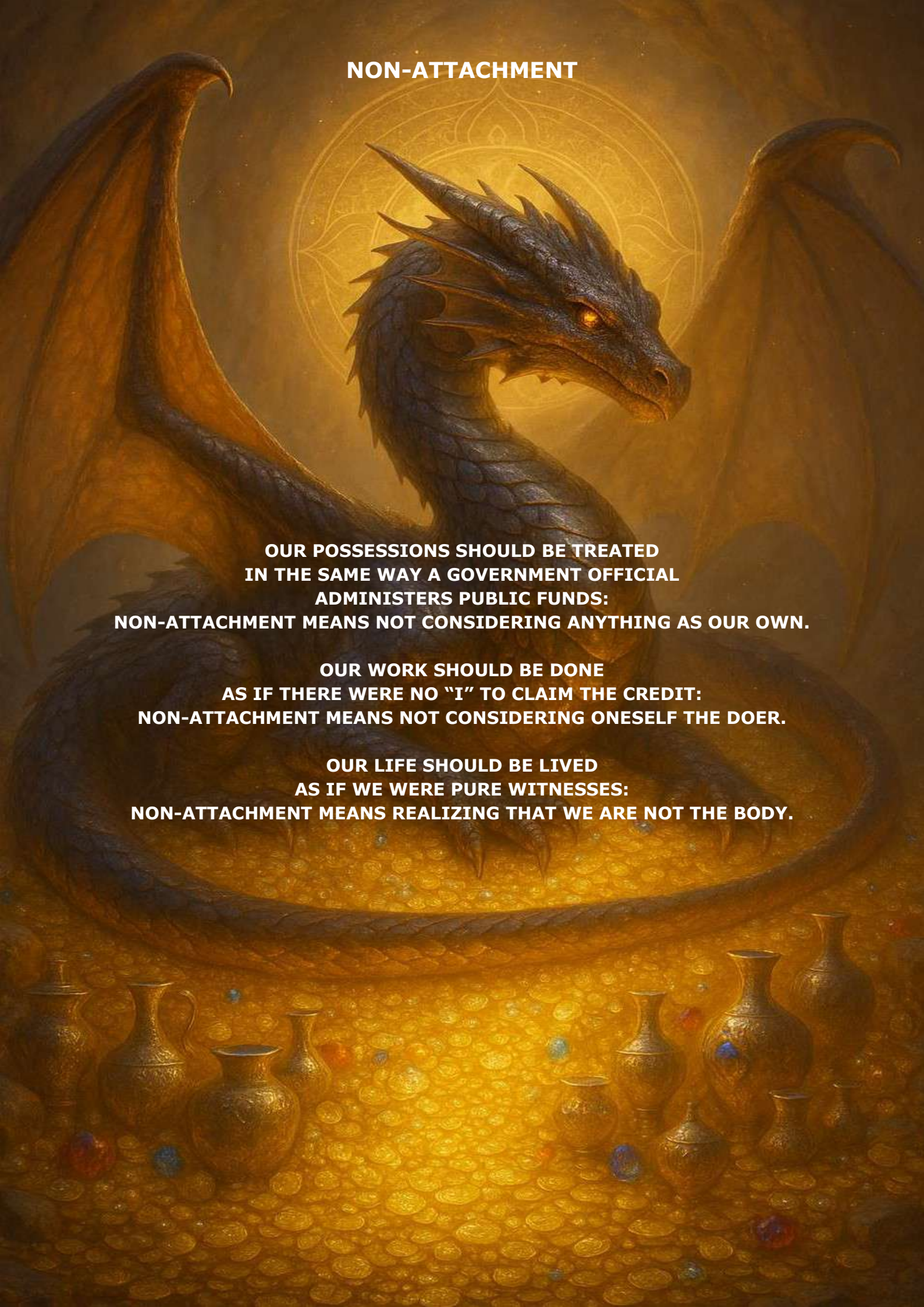
**DO NOT EVER WORRY ABOUT ANYTHING,
EVERY WORRY IS JUST A THOUGHT.**

**GOD,
THE SILENCE THAT DWELLS DEEP WITHIN YOUR BEING,
WILL NEVER FORGET YOU.**

**DO NOT WORRY,
BREATHE,
YOU ARE ALIVE.**

**NOW
IS THE ONLY THING
THAT MATTERS..**





NON-ATTACHMENT

**OUR POSSESSIONS SHOULD BE TREATED
IN THE SAME WAY A GOVERNMENT OFFICIAL
ADMINISTERS PUBLIC FUNDS:
NON-ATTACHMENT MEANS NOT CONSIDERING ANYTHING AS OUR OWN.**

**OUR WORK SHOULD BE DONE
AS IF THERE WERE NO "I" TO CLAIM THE CREDIT:
NON-ATTACHMENT MEANS NOT CONSIDERING ONESELF THE DOER.**

**OUR LIFE SHOULD BE LIVED
AS IF WE WERE PURE WITNESSES:
NON-ATTACHMENT MEANS REALIZING THAT WE ARE NOT THE BODY.**



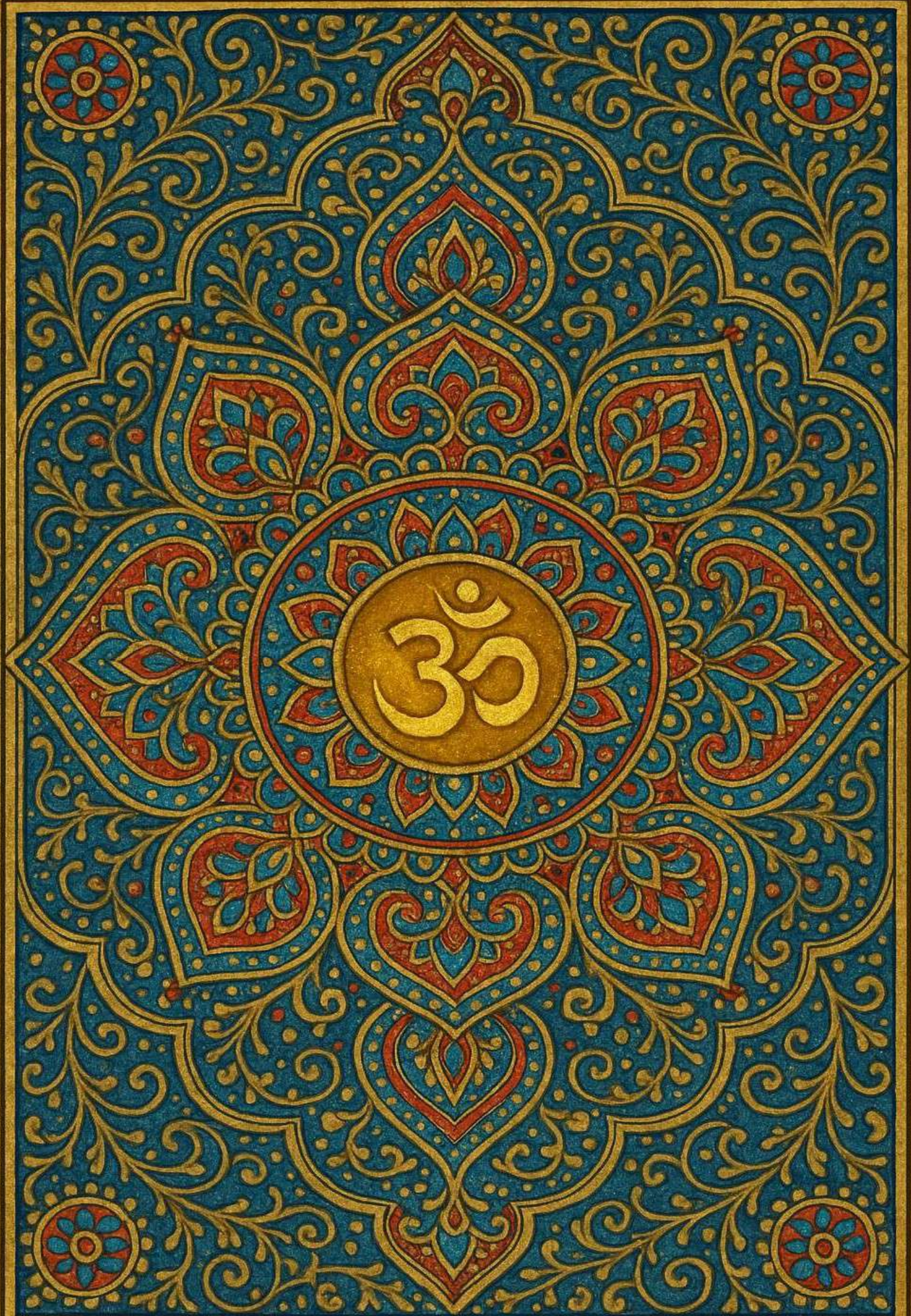
COMPETITION

A surreal landscape with a blue river, a red lava river, and a central golden river merging into the ocean under a starry sky with a bright star and two moons. The scene is set in a dark, rocky canyon. On the left, a blue waterfall cascades into a blue river. On the right, a red lava river flows from a volcano. In the center, a golden river flows from a bright star in the sky. The rivers converge into a large, swirling pool at the bottom. The sky is filled with stars, a bright star with a long vertical beam of light, and two large moons, one blue and one red.

**THE EGO LIVES ON COMPETITION:
NEVER COMPARE YOURSELF WITH ANYONE.**

**NEVER FEEL SUPERIOR TO ANYONE,
NEVER FEEL INFERIOR TO ANYONE,
REGARD EVERYONE AS YOURSELF.**

**EVERY RIVER HAS ITS OWN COURSE,
BUT IN THE END THEY ALL MERGE INTO THE OCEAN.**

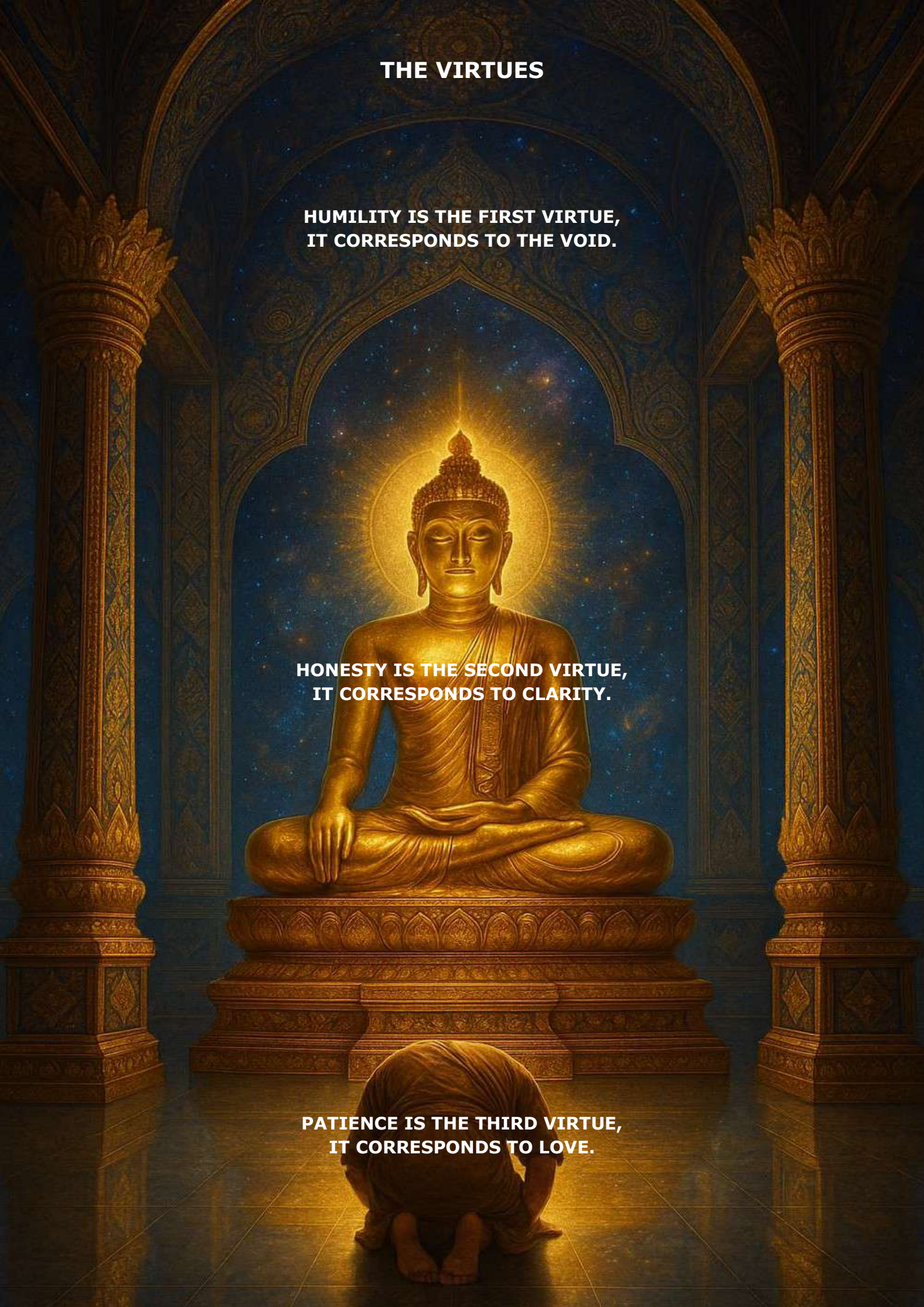


THE VIRTUES

**HUMILITY IS THE FIRST VIRTUE,
IT CORRESPONDS TO THE VOID.**

**HONESTY IS THE SECOND VIRTUE,
IT CORRESPONDS TO CLARITY.**

**PATIENCE IS THE THIRD VIRTUE,
IT CORRESPONDS TO LOVE.**





A person wearing a dark, hooded robe is seated in a meditative posture on a path of raked gravel. In the center of their chest, a bright, multi-faceted diamond glows, emitting rays of light in various colors (red, orange, yellow, green, blue, purple). The background is a dark, misty garden at night, featuring a large, gnarled tree on the left, a waterfall in the distance, and a traditional stone lantern on the right. A full moon hangs in the dark sky above the person.

THE BREATH OF THE DIAMOND

**DIRECT YOUR ATTENTION TO THE CENTER OF THE CHEST,
AT A POINT CLOSER TO THE BACK,
WHILE SIMULTANEOUSLY FOCUSING ON THE "I" THOUGHT.**

**NOW,
KEEPING YOUR ATTENTION AT THE CENTER OF THE CHEST,
INHALE INTO THE "I" THOUGHT,
HOLD THE BREATH IN THE "I" THOUGHT,
EXHALE INTO THE "I" THOUGHT.
REPEAT A NEW CYCLE.**

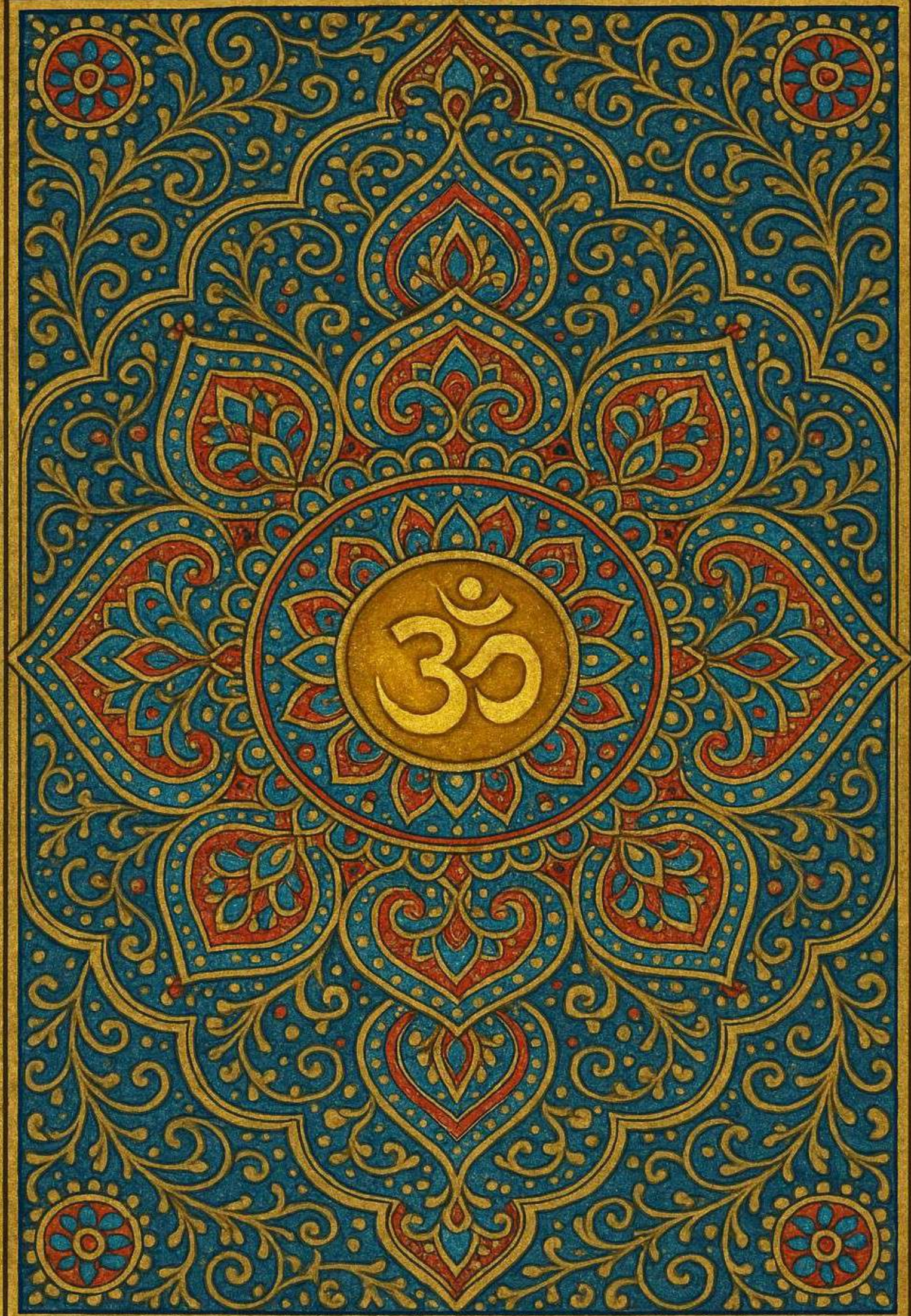


A dramatic, low-key photograph of a man with a beard and dark hair, wearing a dark, textured shirt. He is positioned in the lower-left foreground, looking upwards and to the right with an intense, hopeful expression. His hands are gripping the vertical metal bars of a prison cell. The background is dark and atmospheric, with a bright, glowing angel with large, feathered wings appearing in the upper right. The angel is bathed in a golden light, with rays of light emanating from their body, creating a strong contrast with the dark surroundings. The overall mood is one of spiritual yearning and the promise of freedom.

FREEDOM

**GOD IS SEEKING YOU
WITH THE SAME INTENSITY
WITH WHICH YOU ARE SEEKING HIM.**

**THE DESIRE FOR GOD WILL BURN ALL OTHER DESIRES.
GRACE, IN FACT, IS NOTHING BUT YOUR DESIRE FOR FREEDOM:
THAT IS GRACE.**



A man with a mustache, wearing a dark suit, white shirt, and tie, stands behind a woman lying on a bed. He has his hands on her shoulders. A glowing golden light forms a vertical line from his forehead down to the woman's chest, with a horizontal arc connecting his hands. The background is a dimly lit room with a window on the right and a cabinet on the left.

REIKI

REIKI IS THE UNIVERSAL ENERGY

**TO USE REIKI:
PLACE YOUR HANDS ON THE BODY OF THE SICK PERSON,
SEEKING TO ESTABLISH A CONNECTION OF LOVE WITH THEM,
FOCUS ON THE "I" THOUGHT UNTIL IT DISAPPEARS.
WHEN THERE IS NO ONE LEFT,
YOU HAVE BECOME A CHANNEL,
A MEANS THROUGH WHICH
THE ENERGY OF THE ABSOLUTE, REIKI, CAN HEAL.**

**REMEMBER:
TO BECOME A CHANNEL OF THE UNIVERSAL ENERGY,
YOU MUST DISAPPEAR.**

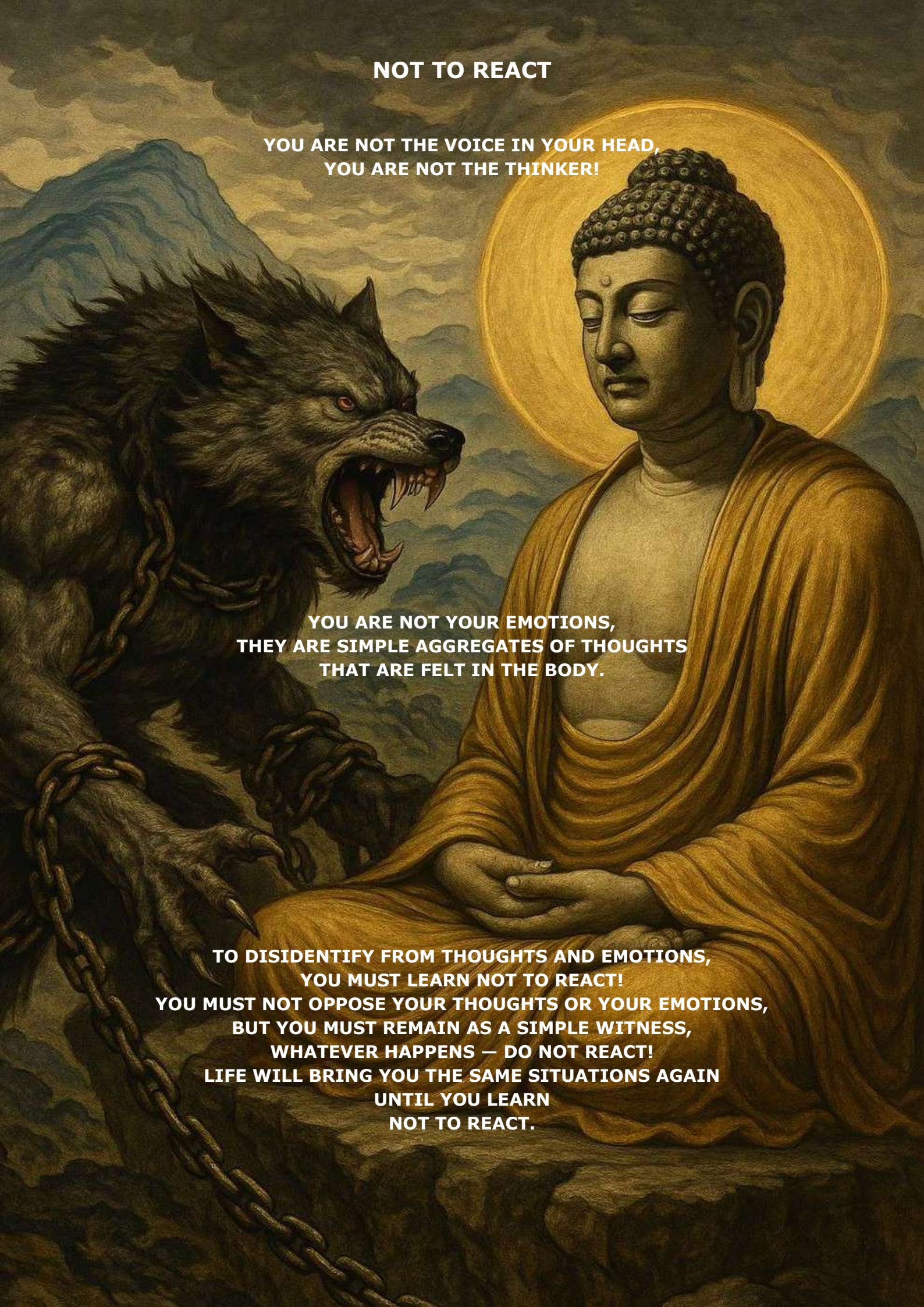


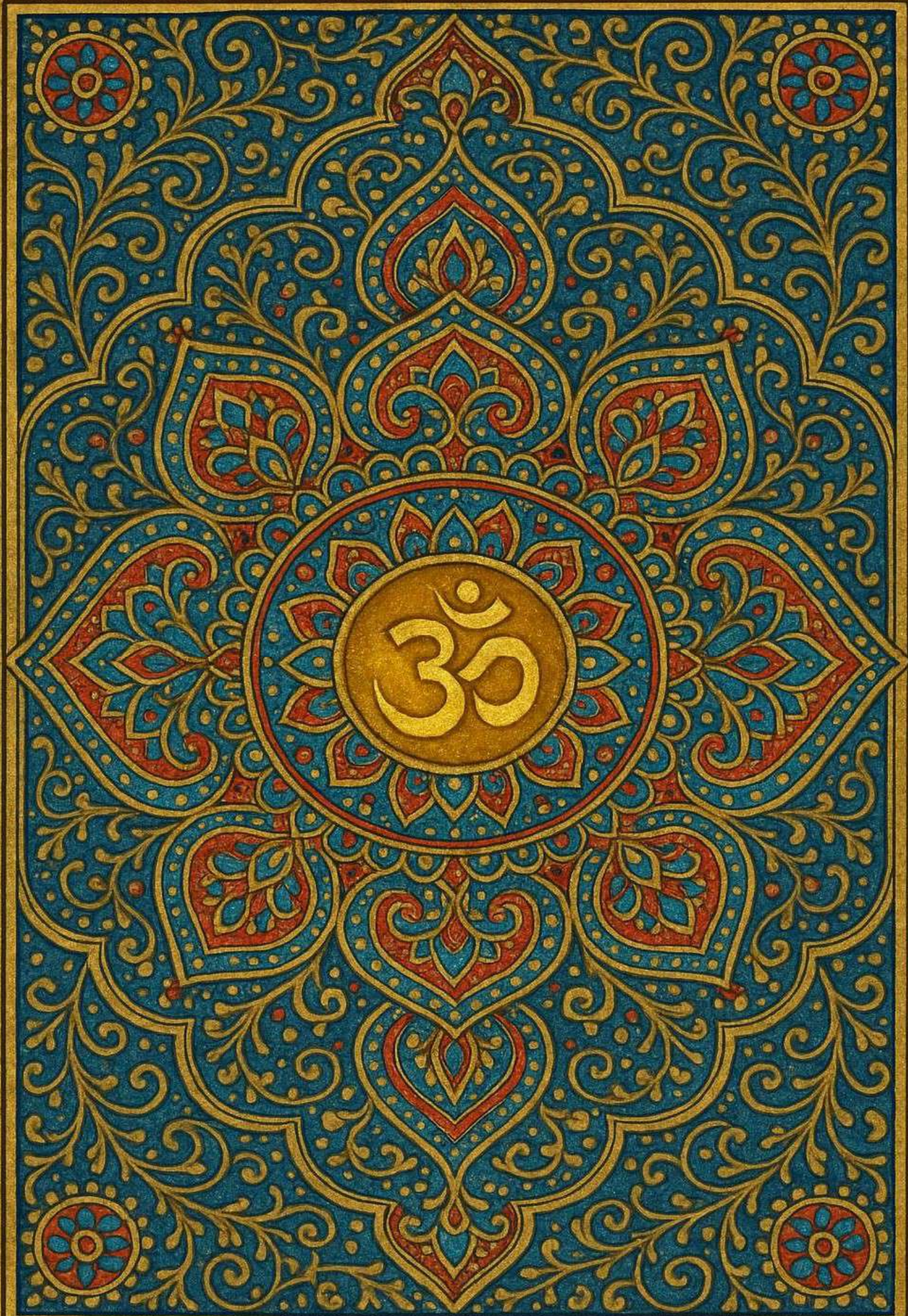
NOT TO REACT

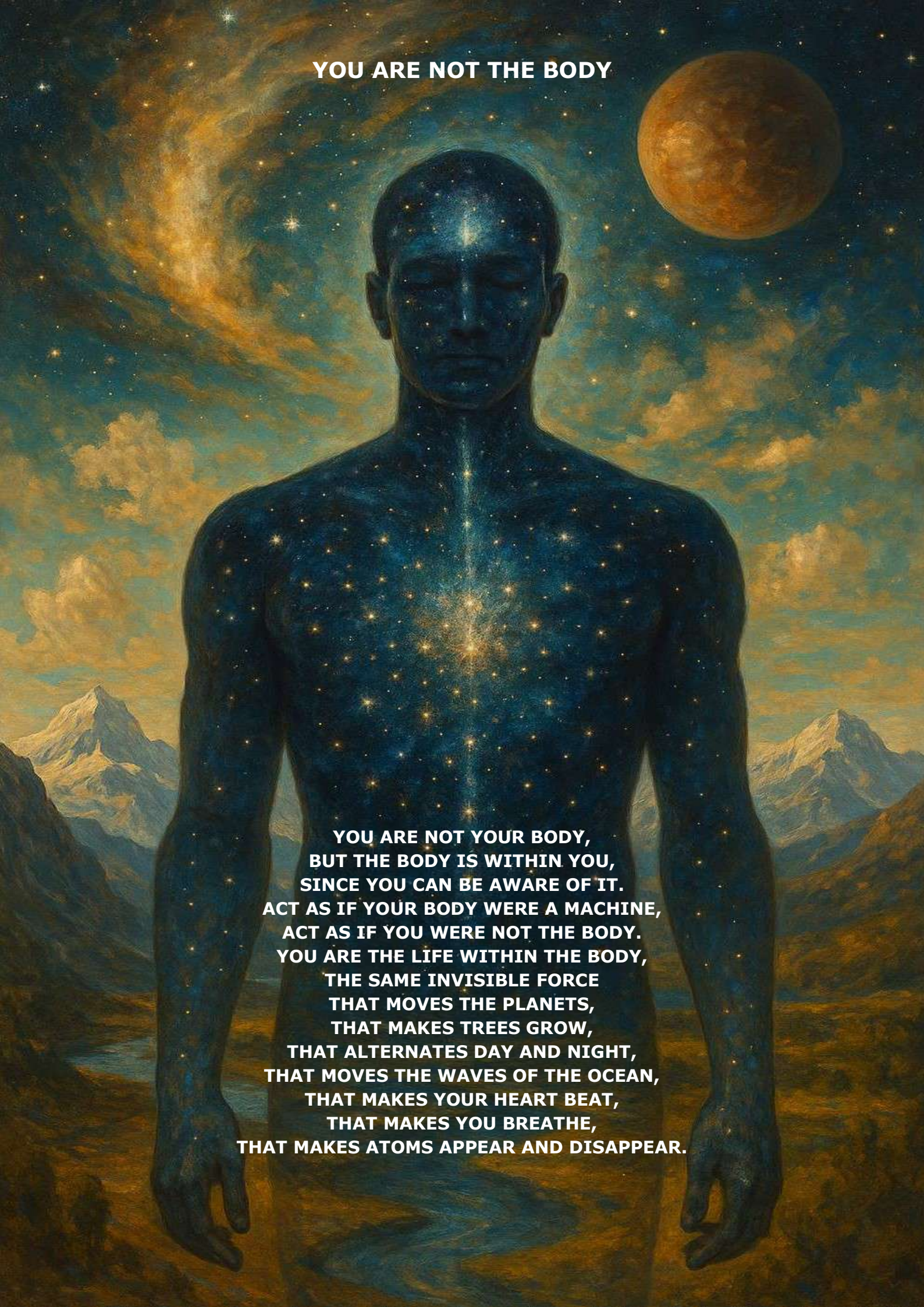
**YOU ARE NOT THE VOICE IN YOUR HEAD,
YOU ARE NOT THE THINKER!**

**YOU ARE NOT YOUR EMOTIONS,
THEY ARE SIMPLE AGGREGATES OF THOUGHTS
THAT ARE FELT IN THE BODY.**

**TO DISIDENTIFY FROM THOUGHTS AND EMOTIONS,
YOU MUST LEARN NOT TO REACT!
YOU MUST NOT OPPOSE YOUR THOUGHTS OR YOUR EMOTIONS,
BUT YOU MUST REMAIN AS A SIMPLE WITNESS,
WHATEVER HAPPENS — DO NOT REACT!
LIFE WILL BRING YOU THE SAME SITUATIONS AGAIN
UNTIL YOU LEARN
NOT TO REACT.**



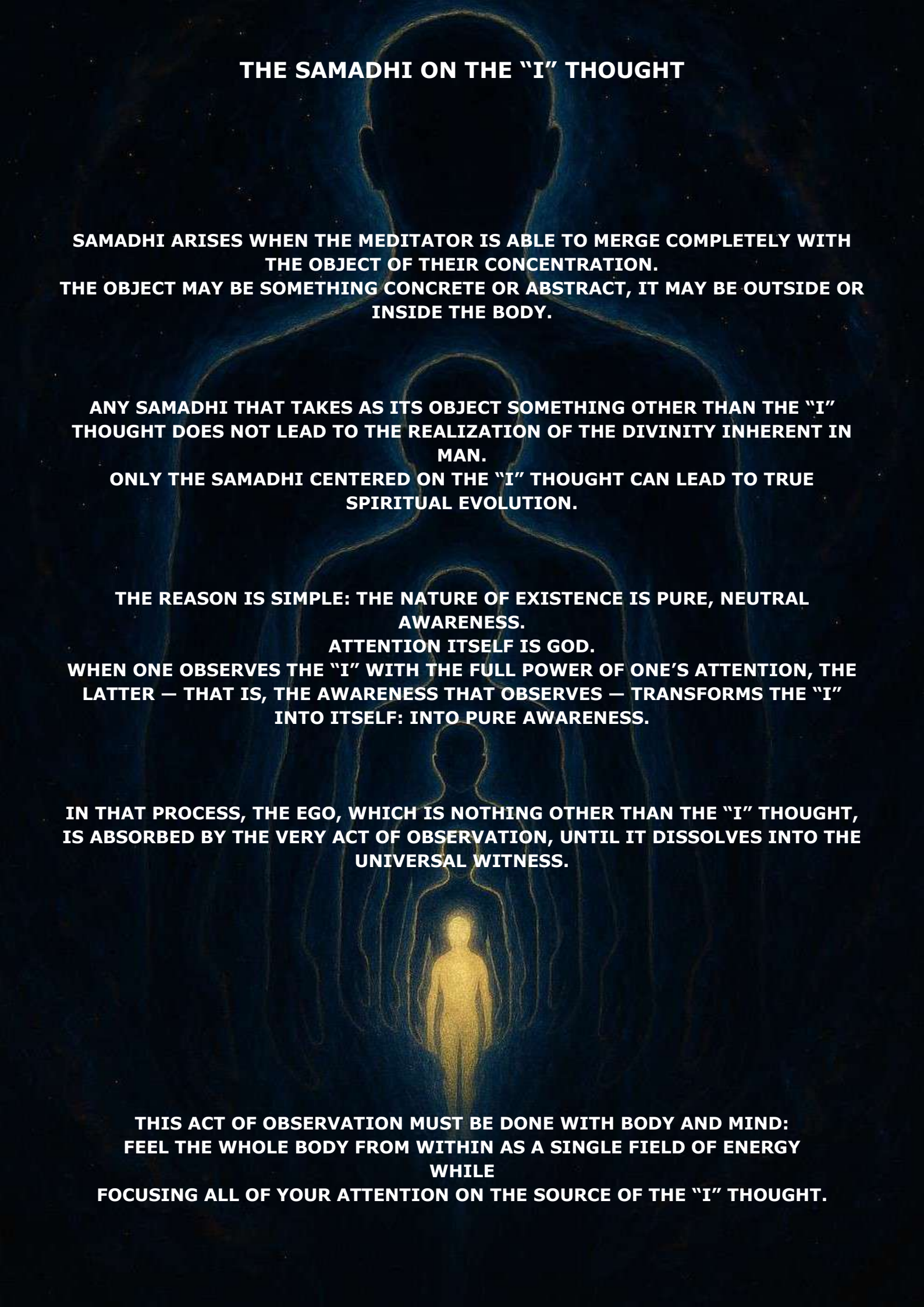


A painting of a man whose body is a starry night sky, standing in a landscape with mountains and a large orange moon. The man's skin is a deep blue, and his body is covered in a dense field of stars and constellations, with a bright, glowing band of light running down the center of his chest. He has his eyes closed and a serene expression. The background features a vast, dark blue sky with a large, glowing orange moon in the upper right corner. Below the sky, there are rolling hills and mountains in shades of blue and brown, with a small body of water in the foreground. The overall atmosphere is mystical and cosmic.

YOU ARE NOT THE BODY

**YOU ARE NOT YOUR BODY,
BUT THE BODY IS WITHIN YOU,
SINCE YOU CAN BE AWARE OF IT.
ACT AS IF YOUR BODY WERE A MACHINE,
ACT AS IF YOU WERE NOT THE BODY.
YOU ARE THE LIFE WITHIN THE BODY,
THE SAME INVISIBLE FORCE
THAT MOVES THE PLANETS,
THAT MAKES TREES GROW,
THAT ALTERNATES DAY AND NIGHT,
THAT MOVES THE WAVES OF THE OCEAN,
THAT MAKES YOUR HEART BEAT,
THAT MAKES YOU BREATHE,
THAT MAKES ATOMS APPEAR AND DISAPPEAR.**





THE SAMADHI ON THE "I" THOUGHT

**SAMADHI ARISES WHEN THE MEDITATOR IS ABLE TO MERGE COMPLETELY WITH
THE OBJECT OF THEIR CONCENTRATION.
THE OBJECT MAY BE SOMETHING CONCRETE OR ABSTRACT, IT MAY BE OUTSIDE OR
INSIDE THE BODY.**

**ANY SAMADHI THAT TAKES AS ITS OBJECT SOMETHING OTHER THAN THE "I"
THOUGHT DOES NOT LEAD TO THE REALIZATION OF THE DIVINITY INHERENT IN
MAN.**

**ONLY THE SAMADHI CENTERED ON THE "I" THOUGHT CAN LEAD TO TRUE
SPIRITUAL EVOLUTION.**

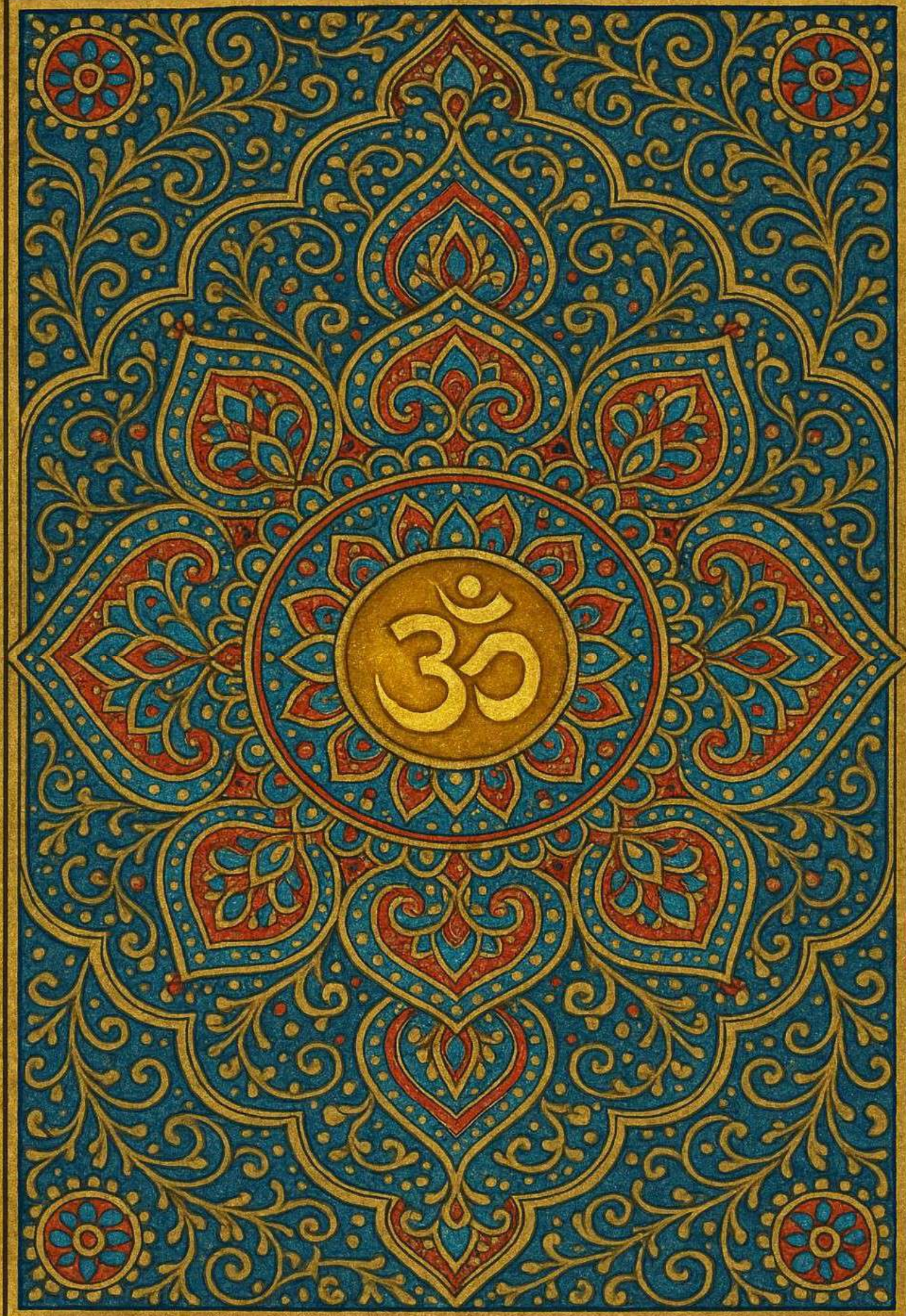
**THE REASON IS SIMPLE: THE NATURE OF EXISTENCE IS PURE, NEUTRAL
AWARENESS.**

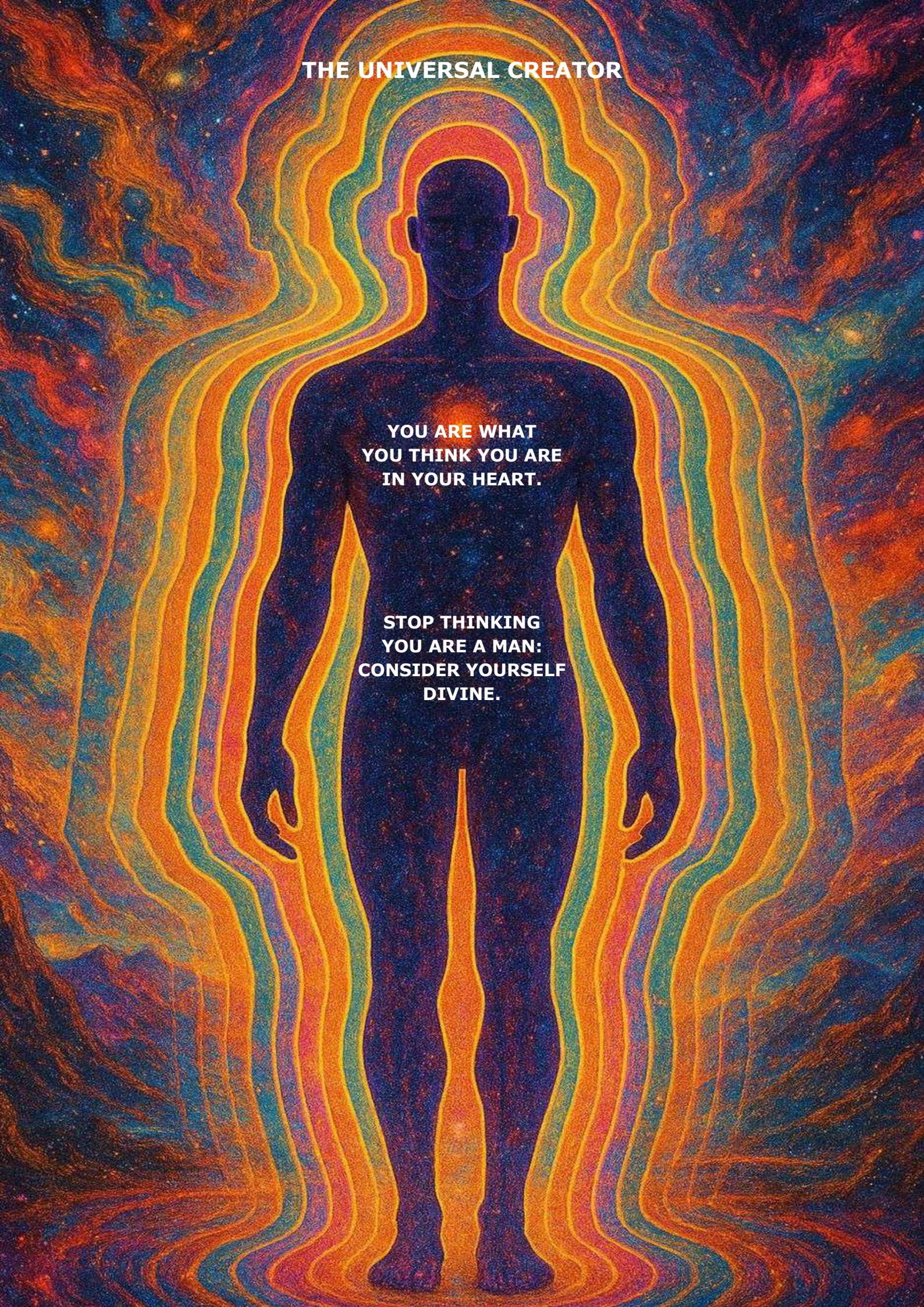
ATTENTION ITSELF IS GOD.

**WHEN ONE OBSERVES THE "I" WITH THE FULL POWER OF ONE'S ATTENTION, THE
LATTER — THAT IS, THE AWARENESS THAT OBSERVES — TRANSFORMS THE "I"
INTO ITSELF: INTO PURE AWARENESS.**

**IN THAT PROCESS, THE EGO, WHICH IS NOTHING OTHER THAN THE "I" THOUGHT,
IS ABSORBED BY THE VERY ACT OF OBSERVATION, UNTIL IT DISSOLVES INTO THE
UNIVERSAL WITNESS.**

**THIS ACT OF OBSERVATION MUST BE DONE WITH BODY AND MIND:
FEEL THE WHOLE BODY FROM WITHIN AS A SINGLE FIELD OF ENERGY
WHILE
FOCUSING ALL OF YOUR ATTENTION ON THE SOURCE OF THE "I" THOUGHT.**

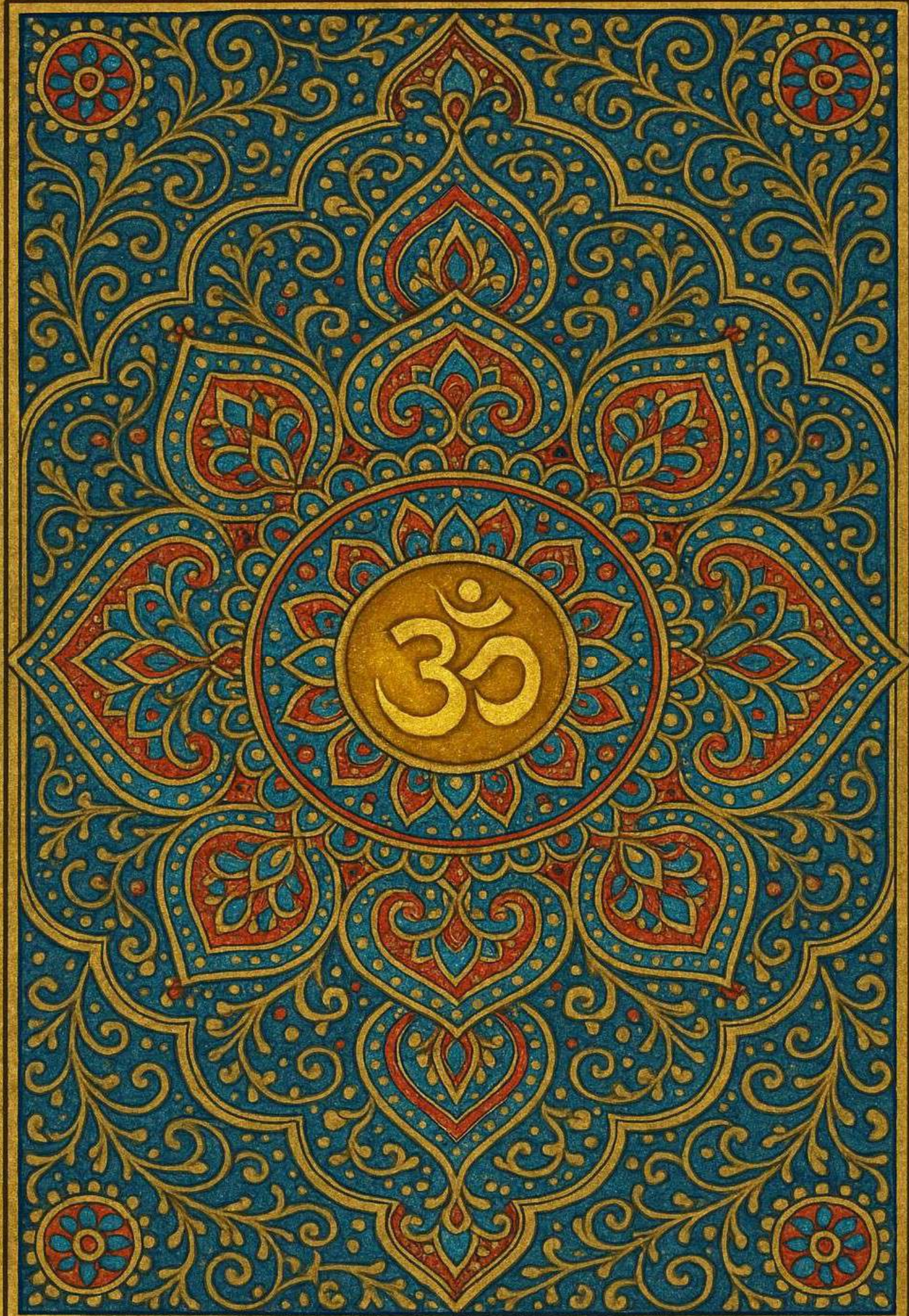


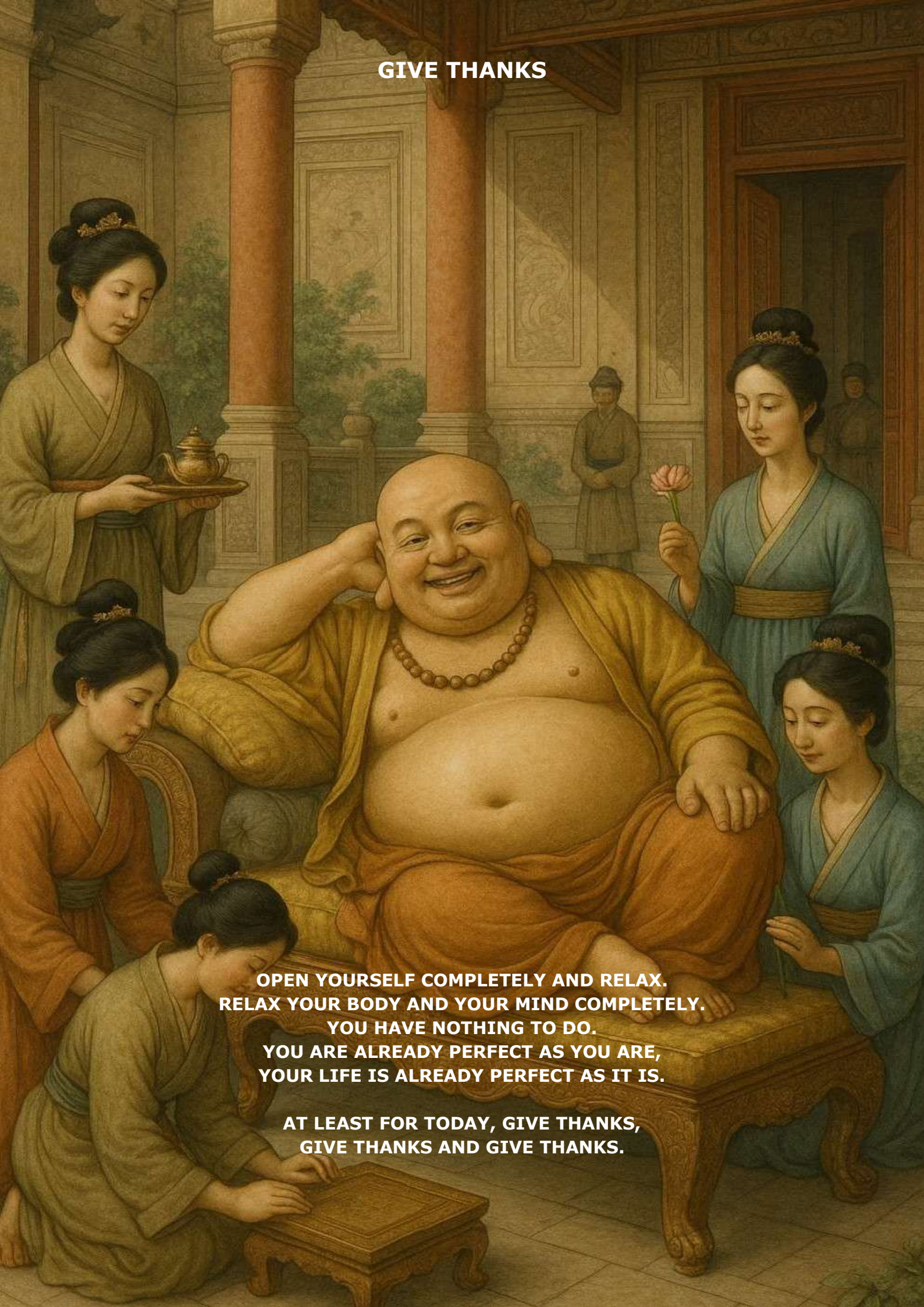


THE UNIVERSAL CREATOR

**YOU ARE WHAT
YOU THINK YOU ARE
IN YOUR HEART.**

**STOP THINKING
YOU ARE A MAN:
CONSIDER YOURSELF
DIVINE.**





GIVE THANKS

**OPEN YOURSELF COMPLETELY AND RELAX.
RELAX YOUR BODY AND YOUR MIND COMPLETELY.
YOU HAVE NOTHING TO DO.
YOU ARE ALREADY PERFECT AS YOU ARE,
YOUR LIFE IS ALREADY PERFECT AS IT IS.**

**AT LEAST FOR TODAY, GIVE THANKS,
GIVE THANKS AND GIVE THANKS.**

LAST PAGE – AUTHOR’S NOTE

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