

Spiritual Itinerary **In Search of Truth**

Introduction:

This “Spiritual Itinerary” is directed to those who want to discover Truth, happiness and inner peace – peace of the soul; it is aimed at YOU reader, if you care for Truth.

This Itinerary entails three phases. The first two (the “Preliminary” and the “Awareness” phases) are a preparation of the “Spiritual Itinerary”. They are not indispensable, but are recommended in function of individual needs.

1-**The “Preliminary”** phase provides a psychological preparation towards the goal. Before getting started, you have to know exactly what you want and if you are sufficiently motivated to reach the Truth.

2- **The “Self Awareness”** phase invites and prepares you to penetrate and discover your own self, to become aware of the state of your soul.

3- **The “Spiritual Itinerary”** phase places you in front of the Supernatural and opens the path for you to reach it freely... if you really care...

PHASE I **THE PRELIMINARY**

Truth and happiness are inseparable: if you have found the Truth you can only be happy. If you are not, it is because deep in your heart you do not have the real Light that warms up and comforts your soul. The more truth we accumulate, the happier we are. Only **Knowledge** of the Truth makes a man free (see John 8,32).

Before you commit yourself, make sure that you are in good psychological conditions and that time has come for you to launch yourself into such a search. Answer conscientiously the following questions:

1- What is your present **psychological** condition? And why?
(Happy or unhappy due to your financial situation, social rank, culture, philosophic ideas, human love, etc....)

2- What is your present spiritual condition? And why?
(Believer or nonbeliever due to inherited ideas, to your upbringing in a confessional community, to habits, or to submission to customs and biases of your society, etc...)

3- Are you satisfied with your condition? Or would you like to evolve?
If you do not want to elevate your existence, this Itinerary is not addressed to you. But if, on the other hand, you long for Truth in order to evolve, you will have to make an **effort**. In this case, continue reading this Itinerary.

Consider now carefully the way you have chosen your spiritual commitment: if you have not done so freely, of your own accord, starting from a healthy and objective base; if you have not embraced your ideas after a meticulous and conscientious research, you will always be submitted to religious, racial, or other type of prejudice, and you will never be totally fulfilled.

Confused by ignorance, you will always be an easy pray for anxiety and anguish, which are the subconscious results of insufficient knowledge. These harmful fruits of ignorance have generated fanatic and religious wars, as well as pernicious sects whose ideal is suicide or even murder...

The brightness of knowledge enlightens and revives the human soul. Conversely, the darkness of ignorance atrophies it, rendering it lifeless and dissatisfied. This will be reflected in aggressive and impatient behavior, or in sad and depressive moods.

Lack of certainty in your beliefs will expose you to doubts and lack of confidence in yourself. Always searching for that “new” that might satisfy you, you will continuously face deception and you will end up despairing in real happiness or be satisfied with the mediocre.

Be aware of the sort of sad “nostalgia” that occasionally fills your soul: that state is fed by ignorance. It should be defined as the “nostalgia of happiness”, the happiness which has been lost, but which can be recovered under its own conditions. Time is given to us to retrieve it through knowledge. He who seeks shall find.

The Deconditioning Process

In order to free yourself from the harmful grip of ignorance, you must start to **de-condition yourself**, to get rid of the personality imposed on you by your family or social customs. Therefore, forget your given identity, your social rank, your past memories (good or bad) that mark you deeply; wipe out the prejudices that fill you with a false personality, in order to find yourself. Finally, search rationally, logically, for Truth, whose fruit is happiness. You are capable of knowing the Truth, to discern It and to free It from lies.

You have intelligence. Use it.

You have a heart. Open it.

You have logic. Draw your **own** conclusions.

Continuously stimulate your enthusiasm. Add love and joy. Do not allow negative forces to paralyze you through laziness and fear of the unknown.

Rise and take your first steps into your inner domain. It is yours! Don't feel a stranger nor be afraid within your own self, otherwise others will steal your soul.

With good will and perseverance, you will reach the great happiness that awaits you like a trophy at the end of the way, at the summit of the mountain within yourself.

Indispensable Conditions to Reach the Truth:

1- Genuine thirst for **Truth**: no one can force you if you are not eager to know.

2- Sincerity: you must pledge your entire self to the quest for Truth, engaging your will and intelligence in order to discover It; you must commit yourself to conform to It conscientiously without hypocrisy or restrictions. You must be in good faith.

3- Courage to break away, though gradually, from old habits, ideas, even friendships and social relations that slow down your spiritual evolution and prevent the liberation of your soul.

4- You must begin from the principle that Truth is one and it is objective; in fact a concept and its opposite can not be both right. No one can make his **own** subjective truth: the sun either exists or it does not for everyone. The same for God.

5- Freedom of choice, but you carry the responsibility of your option. If you are capable of reaching your own conclusions, supporting them with valid arguments, then you have gained maturity worthy of trust.

The main pitfall is to make up a subjective, illusory “truth” of your own size, rather than questioning and forcing yourself to embrace the one and only Truth.

Conclusion:

After considering this “Preliminary”, do you feel ready to undertake the search in this spirit, motivated not by mere curiosity, but by firm resolution to change and to become a new self? You will end up richer and more mature, to the point that you will recognize no longer the old person you used to be.

If your heart says “yes” do not deceive it. Answer its call. You will, by perseverance, discover the world of Happiness in which many people believe no more; this world, although not belonging to the materialistic world, is nevertheless in this world, existing within **you**. Yours to discover. Do not let yourself be distracted by the vicissitudes of daily life.

An old Hindu legend recounts that there was a time when all men were gods. But they abused so much their divinity that Brahma, the god master, decided to remove their divine power and to hide it in a place where it would be impossible for them to find it. The major problem was to find a suitable hideout.

When the lesser gods were convened to solve this problem, they proposed the following: “Let’s bury man’s divinity in the earth”. But Brahma answered: “No, it is not enough, man shall dig and find it”. So the gods replied: “in this case let’s throw the divinity in the deep oceans”. But Brahma answered back: “No, because sooner or later man shall explore the deep oceans, certainly one day he shall find it, and bring it back up to the surface.”

So the lesser gods concluded: “We do not know where to hide it, since there doesn’t seem to be a place on earth or in the oceans that man should not be able to reach one day.” So Brahma said: “This is what we shall do with man’s divinity: we shall hide it deep inside him, the only place where man shall never think of looking.”

Since then, the legend concludes, man has toured the earth, explored, climbed, plunged and dug in search of something that lies within him.

PHASE II SELF AWARENESS

Self-Awareness is a psychological work program, an effort of introspection that will help you discover yourself as you are, and prepare you to evolve into what you should be. It is a “Psychological Itinerary” complementary to the “Spiritual Itinerary”.

I therefore invite you to refer to this second phase all along the way, if you deem it necessary; it will provide a good measure of your spiritual condition.

Socrates said: “Man, know thyself”. This is an invitation to become aware of your own self. What follows is an outline to assist you in exploring your inner universe.

The human being is composed of three vital complementary levels:

- **Corporal:** relative to the physical and material aspects. It is the body.
- **Psychological:** relative to the intellectual and emotional aspects. It is the soul.
- **Spiritual:** relative to the supernatural. It is the spirit.

The last two aspects are physically non-seizable, yet they are intimately related to the body. A perfect harmony has to reign between these three levels. Any unbalance will perturb the human personality. To insist on one level and ignore the others will disturb our being. We have to take into consideration the hierarchy that exists among these three levels: The most important is the spiritual followed by the psychological and finally the corporal. This last part of our selves -The body- is certainly important. It is the tangible part of our being and can hide the rest of our personality. Being the most perceptible and immediate, the body may overshadow the other levels as we can often notice. But on the other hand, the body should serve as an instrument to discover our other two invisible dimensions, because they have a greater vital importance. That is why we should strive to make of our body an instrument of discovery by disciplining, educating and guiding it wisely towards the inner self, where lies the center of the soul and the spirit.

Man’s only obstacle, his only enemy is **himself**.

“**Self Awareness**” means to know oneself. We have to apply ourselves to explore the depths of our being in order to discover our soul and spirit. This task is both easy and hard at the same time:

- It is easy because it does not require any means besides ourselves, any instrument besides vigilance and determination to change ourselves in order to reach inner harmony, at any cost.
- It is hard because of several obstacles (conscious or unconscious) like psychological laziness, fear or refusal to discover ourselves as we are, and attachment to materialistic and social pleasures. It takes a lot of moral courage to admit one’s shortcomings and have the will to get rid of them.

A good way to reach self knowledge is to apply the following three points:

- 1- Personality appraisal
- 2- Discovery of our complexes
- 3- Calm

1- **Personality Appraisal**

It is an exercise that allows us to check our starting point, our progresses or our failures. This assessment keeps us in a state of a dynamic evolution on which our transformation depends. The key to this transformation is the discovery of our soul’s condition, our qualities and our defects, like the following example:

- **The qualities:** moral courage, desire for perfection, self-confidence, patience, tenacity and perseverance, gentleness, love, altruism, sociability, joy, optimism etc...
- **The defects:** laziness, carelessness, arrogance, vanity, sensuality, susceptibility, jealousy and envy, egoism, intolerance, fanaticism, avarice, lack of openness etc...

The discovery of our soul's condition is indispensable; it is the first step towards evolution upon which the remedy to be applied depends entirely. We should not panic upon the discovery of our faults, but should calmly consider this state from which we want and can evolve if we feel concerned.

The next step is to compare our present condition to the **ideal state we want to reach** on the three vital levels of human personality:

1- The **corporal level** concerns our physical life: vitality, health, robustness, good reflexes etc... Concerning food, quantities and qualities must be looked after in order to avoid any excess that causes sickness, like obesity and drunkenness. The body must be cared for with physical exercises: "healthy mind in a healthy body".

2- The **psychological level** concerns the intellectual and affective life of the soul:

-The **intellect** comprises intelligence, the power of attention and concentration, the memory, the imagination etc...

-The **affective life** is related to love. Love for ourselves as well as for others must be balanced. A cautious and selective sociability – depending on the moral quality of others – supports our evolution (read Ecclesiastics 12)

3-The **spiritual level** concerns our spirit and is tied to the supernatural. It is the level that manages our personality. If we are well enlightened on this level, happiness overflows our entire being. It is why this level is by far the most important. It has to be discovered in order to be fed with the fullness of Truth. This is the goal of our search.

Having detected our faults, we have now to apply to each and every one of them the opposite virtue: to carelessness, interest; to pride and arrogance, modesty and humility; to laziness, effort; to vanity, renouncement and simplicity; to avarice, generosity; to fanaticism, tolerance etc... In order to be happy, a price must be paid and in order to heal, a change must be made. It is vain to criticize others, to attempt to perfect them, to want to change the world without changing ourselves. The greatest revolutions are started **within us and by us**. It is through self-evolution that we shall be able to elevate others.

2-The Discovery of Our Complexes:

Many people surrender along the way, due to some inner wounds that discourage them, or feelings that create confusion in their spirit. These are the complexes.

Certain facts of life might mark some of us since childhood. Following an emotional shock or other, their effect remains buried in our memory, producing powerful negative feelings (inferiority, superiority, aggressivity, guilt, etc...). They run some of our actions without our knowledge, being stored in a subconscious area of our soul.

The feeling of inferiority does not always mean a diminished moral value. It is necessary to look for the roots of this feeling: physical defect, need of affection, domestic tragedy, lack of culture, poverty etc... On the other hand, one might feel superior without being so. These complexes cause some discomfort at the subconscious level. Our work will consist in detecting these complexes, in becoming aware of them in order to be healed; this is the "**Self Awareness**". But in the beginning, courage is needed in order to admit what we are! Sometimes friendly or professional help (psychologist etc.) is necessary, but it is not always easy to find.

We must be able to discern the real source of the discomfort that bothers us: is it due to our complexes or to bad treatment from others? The effect that others produce on us is not to be underestimated. It is not easy to cope with the system of modern society; to live in it, one must protect and defend himself... or sometimes survive and learn to adapt to various situations.

All this requires an objective observation of our own behavior towards others. We all have the tendency to project onto others negative or positive feelings that are within us: “we judge others according to ourselves”, without discernment or consideration. For example: the aggressive person sees other people as aggressive and complains about it. On the other hand, an honest person believes that everyone is honest and is shocked when he finds out that someone, whom he had believed honest, has cheated him. This can lead to great deceptions mainly in the affective domain where the heart is involved.

3- Calm

To master our faults, it is necessary to work on ourselves with patience and calm. We must accept ourselves as we are! If we can not accept and reconcile with our own selves, how can we expect others to accept and bear us?

The habit of calm protects us from outside attacks. This is the way to gradually progress towards self-control. He who can control himself can control the most critical situations, can calm down violence, calm down audacity, operate the most favorable diversions towards inner peace and social harmony. The inner calm is favored by physical and mental relaxation, as well as though controlled respiration as taught in yoga courses.

The effects of calm:

- It facilitates the normal function of the nervous system.
- It increases the output of effort and reduces fatigue.
- It dominates impatience and tendency to anger.
- It favors reflection and better decisions.
- It reinforces assurance and self-confidence.
- It attracts the confidence of others.
- It is a powerful weapon to face and have better mastery over adversities.

Practical Advice:

This simple appraisal can be written down in a notebook, through observing ourselves with sincerity and objectivity and receiving help, if possible, from someone who has greater experience.

Perseverance will transform our personal inner life as well as domestic, communal and professional life with a lot of happiness and love.

This procedure always generates progressive, efficient and definite results. Time is given to us for this. One should not be impatient nor hasty in order to reach satisfactory results. By being so, we risk losing everything. To reach healthy maturity, normal growth must be given the necessary time. A man can not reach the age of forty without passing through thirty.

Providence will help us; in as much as we have **faith** and **perseverance**.

Faith is the antidote to fear.

The worst is to be expected from fear, the best from faith.
We must be confident in ourselves and in the Creator's help.

Meditation

Meditate deeply the following ideas:

- Master Eckhart (German Dominican from the XIVth century) said: "... it is not outside, but inside, deep inside..."

- The psychoanalyst Jung used to say: "One must patiently observe what happens silently in our souls, because every man has, by his own nature, within his own soul, something that can grow".

- Jung said also: "the soul has, by its own nature, a religious function...the main task of adult education is to pass the archetype of the divine image, or its emanations and effects onto the conscious".

- Finally remember Socrates' words: "Man, know thyself". But this is not enough, as we can only know ourselves through the one and objective Truth. It should be said: "Man, know the Truth and you shall know thyself". This is what Jesus meant when He said: "You will come to know the Truth and the Truth will set you free" (Jn. 8,32). The Truth will only set us free if we accept It.

PHASE III THE SPIRITUAL ITINERARY

This "**Spiritual Itinerary**" properly said is composed of four steps:

- 1- **God**: does He exist?
- 2- **The Religions**: are they all the same?
- 3- **The Option**: the divine Revelation, the Bible (the Biblical Course)
- 4- **Happiness**: living within the found Truth

We are going to examine these steps, one by one, methodically.

There is not much to say about the Happiness stage: it is the outcome of the Itinerary, the happy terminus that we want to reach. There, you will find rest after your labours and will be able to speak about it better than I. Therefore, we are going to study only the first three steps.

Arm yourself with patience, focus your attention and your concentration in order to reap a good harvest.

First Step: God

The first question to answer is about God: does He exist or not? It is from here that the spiritual paths fork: one way for the believers and the other for the atheists. I suggest that you answer intelligently to ten questions so that you can personally make these discoveries.

Before you think about these questions, you must take the time to reflect in order to ensure that the answer is really yours, coming freely from a **personal** and logical search without any external influence (religion, family, prejudices, materialistic interests etc...). To reach this, you should have

already made the effort of **deconditioning** yourself: the liberation of which I have spoken in the Preliminary.

Take your time to think, do not claim lack of time; we can always find the time and the means to do what we want. Time is given to us to look for the Truth. Let's not waste it elsewhere (abuse of TV, sports, card games, alcohol etc...). Let's give priority to important activities.

Place yourself in an environment conducive to reflection. Alone, in a quiet place -preferably mother nature - imagine that you have just been born. This means that you do not have either a domestic identity or a social status. Forget your name in order to discover your **Self**. There you are all alone in this silence, surrounded by trees swaying in the wind, listening to the murmur of leaves and chirping of birds. You are alone in the world. You are becoming peaceably aware of your body, of your person. You simply exist.

Answer the ten questions which I propose further on. Take all the necessary time to answer them carefully. You may have a ready answer or may need to wait a long time to get one, to dispel all the doubts concerning it. Never mind the time it takes, so long as it is well spent.

Never draw back, once you have discovered the Truth on a particular subject. Never give up, after perceiving the Light, for the sake of materialistic advantages, or pressured by prejudices. Some people might criticize and discourage you. You hang on! Insist on listening to your own heart and your intelligence: do not give up your own logic. It is important that you feel with certainty that you are answering freely and using **your own** intelligence to reach a conclusion, after a mature reflection, just the way a wise detective would do in front of a complex situation.

These are the questions; make an effort to answer them honestly although they might seem too naive:

1- **Do you believe in the existence of God? Why?**

This is the first question addressed to the spirit; the results of our search stem from it.

Start, if this suits you, by not even using the word "God", and in your own language, give a name to this "Vague Supernatural": Force, Energy, Perfection, Beauty, Love, Chance, Fire, Light...etc. Now let's keep, if you wish, the name of God for the purpose of our search. Do you believe in God? Yes or no? What are the reasons for your answer? You have to conclude it by yourself in a deductive and intelligent spirit. For example: a policeman walks into a room, sees a body lying down in a pool of blood, and the room is in a state of disorder. What must his conclusion be? Another example: you believe to be the only one to have the key to your room. You leave the room and lock it with your key. You come back and notice a watch on the table. What is to be intelligently concluded? Chance? Or that **someone** else has the key to your room? It is certain that "**someone**" has entered. Only a stupid policeman would not see a crime in the first example and would not realize that someone else has the key to your room. It is with this same elementary intelligence that you should conclude what concerns the existence of God, starting from the existence of the universe and the cosmos.

A materialistic universe exists. Where does it come from? The majority of believers base their conclusions about the existence of a Creator on the creation and its admirable harmony. For example, this has been the case for Voltaire and Einstein, the dean of modern science.

Voltaire said: "I can't believe that the watch (creation) exists without a watchmaker (God)".

Most scientists, when referring to the wonders of the universe, its vast forces, its origins and rationality, tend to avoid using the word “God”. Yet Einstein, who is supposed an atheist, has no such inhibition. He wrote:

“The most beautiful and most profound emotion we can experience is the sensation of the mystical. It is the sower of all true science. He to whom this emotion is a stranger, who can no longer wonder and stand rapt in awe, is as good as dead.

To know that what is impenetrable to us really exists, manifesting itself as the highest wisdom and the most radiant beauty which our dull faculties can comprehend only in its most primitive forms. This knowledge, this feeling, is at the center of true religiousness. The cosmic religious experience is the strongest and noblest main spring of scientific research.

My religion consists of a humble admiration of the Illimitable Superior Spirit who reveals Himself in the slight details we are able to perceive with our frail and feeble minds. That deeply emotional conviction of the presence of a Superior Reasoning Power, which is revealed in the incomprehensible universe, forms my idea of God” (“Living Philosophies”, 1931; and “Des Savants Nous Parlent de Dieu”, by René Courtois, Ed. Foyer Notre Dame, Brussels).

I quoted these two examples - among others - of scientific and logical conclusions to help you arrive by yourself, drawing your own rational conclusions, to the real cause of the universe. Meditate on them carefully.

As for the atheists, they base their claim that God does not exist, among other arguments, on the fact that Evil exists in the world. This is a non-valid argument, because Evil is not an entity by itself, it is only conceived in relation to Good: Evil is a lack of goodness, a destroyed and amputated Good (crime, stealing, physical or mental sickness etc...). We thus perceive hatred only because we know love; and recognize sickness as a lack of good health. You will discover further that Evil can not have its source in God, who is the Perfect Good. You will also understand that man himself introduced Evil into the world.

Others pretend that social disorder, religious wars and evolutionist theories are also proofs that God does not exist. Nevertheless, this disorder and these wars are due to the bad management and bad faith of man, and not to the non-existence of God. As for evolution, it would not only reveal an organized structure in the creation, but it would also reveal the “Illimitable Superior Spirit” who programmed such evolution: God. On the other hand, there are no rational proofs of the non-existence of God.

Question: a watch, a car, and a meal can they be produced accidentally? The same question for an organized and meticulous creation, can it be produced accidentally? Yours to answer intelligently! And what would this “accident” be? Where would it come from? Let’s then call God “Accident” or “Chance”.

If at this stage, you believe that God does not exist, we can no more help you in this search. Here our ways part, but our human brotherhood must be kept in order to build together, in harmony, our earthen City and society, accepting to be different and yet respectful of our mutual convictions.

But if on the other hand, you conclude that God does in fact exist, we can then pursue together our search to know Him better, deeply convinced as we both are of His existence.

Let’s now tackle the second question:

2- **Is He Person or not?**

A person has intelligence, self-awareness and reason; man for instance. On the other hand, matter, animals and plants have none. Animals are endowed with instinct that is not yet intelligence. Bees, for example, build their hive in a hexagonal way, driven not by intelligence but by instinct. They are, so to say, “programmed” and can not do differently, nor can they surpass themselves to do better. It will always be like this for them. They are not capable of inventing a machine to gather the nectar of the flowers in their place. Furthermore, we do not put in prison a dog for biting a man, the animal can not be held responsible for its actions, not being a person. Furthermore, we will never see a group of donkeys organizing a public demonstration to claim better working rights, or limited working hours. This type of activity presumes intelligence.

To believe in a personal God is to believe that He is the Supreme Intelligence, Knowledge, Love, Awareness and Responsibility. (Read again the previously quoted text by Einstein)

3- **Is He alive or inert?**

Do you think that God is alive, active and productive, or lifeless like neutrons and protons, without any intellectual and emotional activity? An active and productive being is alive. We believe that there is in God an intensity of infinite life, total knowledge, perfect intelligence and love. He knows and perfectly loves His Own Self as well as His creations, which are the product of His love.

4- **Is He Matter or Spirit?**

The matter is perceived by senses. It is detectable by precision instruments. In the past, men worshipped the sun, the moon, the idols, thinking that God was matter. We think that God is “the Unlimited Superior **Spirit**” (Einstein). This Spirit can only be perceived by Man’s spirit, in the intimacy of his conscience, enlightened by intelligence and love of Truth.

5- **Is there a direct link between Him and us?**

We believe that a link exists between the Creator and the creature. It is a link of cause (God) and effect (us, His creation).

Is this link established in you or is it broken? Let your intuition answer.

If this link is broken in you, would you like to reestablish it?

6- **Can we get in touch with Him? How?**

This contact is possible and can only be spiritual, taking place between spirits. In the “Awareness” phase you have seen that man is body, soul and **spirit**.

Certain people call this contact “prayers”; it is a simple “dialogue” with God. You must rid yourself of the cults and fearful attitudes imposed by some religious leaders. These cults are inspired by paganism. God is a tender Father who desires to talk with His children with simplicity, yet respectfully.

If you do not desire **ardently** to reestablish this link with God, it will never happen.

7- Can He help you in your search?

If you believe that He is Almighty and Wise, you will conclude that He can, because He desires to assist you by enlightening you because he loves His creatures: He loves **you** ... ardently.

8- Are you ready to ask for His help?

Some prefer to look for God without God's help.

We are convinced that no one alone can discover God and understand Him without God's help. Human science already surpasses us, and we seek the assistance of various teachers in order to understand a small part of creation, so much so when it comes to the Creator. Humility is needed, in order to seek God's help and to know Him, as He and He alone can reveal Himself to those who love Him. We already encounter difficulties in understanding man. Moreover, if God does not reveal Himself, we can neither understand nor know Him.

Contact Him through your heart, from the depth of your heart and tell Him: "Please help me to know You, to love You". You will discover that He is perceptive to love, tenderness and humility as many people are.

9- Is He silent, secretive and unseizable or does He reveal Himself?

God expresses Himself not only within Himself, but also to those who seek Him. He can not be indifferent to the man He created. We are convinced that God yearns for contacting men, He eagerly wants to reestablish the link broken by man throughout History. Being a personal God, therefore intelligent and caring, He reveals Himself to those who seek Him passionately and desire to contact Him.

10- Did He reveal Himself throughout History?

This is the matter at heart: we want to know if God revealed Himself to Man. Among the various spiritual creeds or religions that are presented to us, we choose the one of the Divine Revelation, in which God Himself revealed Himself to man.

Without this Revelation, we would have not understood the real essence of God, nor how He behaves with man. It is through the words of the prophets, who spoke on behalf of God, that we were made to understand that He is "Good and Compassionate", that He dwells in the hearts of the believers. The opposite of the imaginary despotic gods of various mythologies, external to man, remote and inconsistent, whose demands were inhuman, and to whom men used to sacrifice animals, people and children.

Here ends of Phase I of our Itinerary. We now believe in a **Personal God Who revealed Himself**.

We are now facing a crossroad of various religions existing in the world. Which one to choose? We should get to know them first. Let's move then to the Second Step : "The Religions".

Reflection:

Some "atheists" think that they don't have Faith. This is often due to the distorted and false image of God which is given to them by certain "believers". In fact, many so-called believers, even amongst the different clergies of the various religions, don't reflect God's **True Spirit**. We think that whoever genuinely thirsts for Truth shall definitely discover, one day or other, God's true Face

after **the inevitable Deconditioning Process** mentioned in Phase I of this “Spiritual Itinerary”.
Therefore:

If you **really** love God, you will definitely end up by believing in Him.
But if you do not love Him,
You will find a thousand and thousand pretexts to refuse Him,
Masking your hatred with non-belief.
In short, it’s all a matter of love:
To love or not to love! This, in fact, is the question...
If you love God, you will certainly find Him!
Because He Himself will then come to you.
And finding God is finding Happiness!
‘Cause in Him, is the Completeness of Truth, Peace and Happiness.

Second Step: The Religions

Having completed the phase of God’s existence, let’s now see the various religions.
There are in the world a variety of religious paths. In order to be able to choose one of them, we must know them first. They are divided into two groups: The “Philosophical Religions” and the “Revealed Religions”.

I- The Philosophical “Religions”:

These are not strictly speaking religions but individual researches, human quests striving to find the peace of the soul. They have been founded by men of high morality such as Krishna, Confucius, Buddha and others who were stimulated by an ardent desire of purification of the soul through detachment from earthly interests.

They set a standard of high morality: the respect of human beings and the renouncement of superficial and materialistic considerations. Various rituals of purification (such as baptisms and other physical purification with water, various ceremonials with incense and songs etc...) are supposed to raise the soul to peaceful spiritual zones.

Some practices are conducive to reflection and meditation. Certain physical disciplines master the agitation of the body, particularly through specific respiratory exercises. These practices are found in “Yoga”; they are excellent and can be practiced without adopting creeds such as reincarnation and veneration of so-called sacred animals (white cows, monkeys etc...). Such teachings are merely human suppositions. In fact, one does not find in these philosophical currents any direct divine revelation or prescription, the unique God is not even mentioned, neither are His qualities (good, just, merciful etc...), no divine plan is expressed to save man as we find in the revealed religions. An abundant literature exists on this subject. I mention thereafter a summary of the most important philosophical currents:

Buddhism:

Buddhism was founded by Gautama in the VI century B.C. on Himalaya mountains, India. At the age of 28, Gautama left his wife and family to search for Truth. He frequented the various schools of Wisdom but did not find the Truth he felt within himself. After having wandered for years, he sat one day to meditate under a fig tree and suddenly entered in an intense ecstasy, he felt overwhelmed, enlightened and he knew what he had to do. On that day he became the Buddha, The “Enlightened one”, “The Wise”, the “One who is Awake”. He understood that he must not be attached to materialistic interests nor to worldly pleasures. At a glance, he perceived the vanity of

strictly material preoccupations. He decided, on the spot, to communicate to others this “Knowledge”, this “Light” (“Buddhism”).

In short, for the Buddha, the world of senses is illusory. Only our desire can tight us to it...and loose us. Pain comes from our attachment to the earth. Reincarnation is a punishment process which aims at purifying us by teaching us how to be liberated from materialistic fascinations. But the circle of reincarnations can be interrupted through detachment and renunciation of pleasures. After having given up all desire, one perceives the illusion and vanity of sensuality, and becomes, thereafter, enlightened and has access to the “Nirvana” which corresponds to peacefulness of the conscience after its liberation from the chains of physical pleasures.

Buddha did not distinguish between the legitimate, harmless and the illegitimate harmful pleasures which, being irregular and unbalanced obstruct the life of the soul and prevent the spiritual pleasures. Moreover, Buddha did not see these spiritual delights which accompany the discovery of Truth and the immense pleasure to live within It. His Nirvana consisted purely in obtaining an untroubled soul and a clear conscience. It is true that, on one hand, we must strive to liberate ourselves from the desire of what is not good but on the other hand, we must desire, with enthusiasm, all the things that can elevate the soul. This feeling: the desire, is a powerful motor; it is a part of our human nature and must not be frustrated. Without an enthusiastic desire to find the genuine Life, we can neither thrive nor produce good deeds and life on earth would be insipid and an unbearable nonsense.

Rather than a philosophy, Buddhism is a system of ethics, a know-how of life consisting of eight directives: direct ideas, direct intentions, direct speech, direct actions, direct life, direct effort, direct attention and direct meditation. For a Buddhist, these directives form the “Noble Path of Liberation”. Buddha never pretended that his teachings were inspired from God. The Divine Revelation tells us that through true and pure Love of God and mankind one can reach summits far above the Nirvana. This latter may satisfy man’s psychological life, his soul, whereas the Revelation transcends this level and reaches man’s spirit. There is located our vital intensity, the highest and most vibrating summit of our being.

Hinduism:

Hinduism preceded Buddhism by approximately two centuries. The Buddha was Hindu at the start, but felt unsatisfied and searched elsewhere after frequenting many Hindu schools. After having been “enlightened”, he decided to work alone in search of the Truth.

Hinduism is a system difficult to define. It has no list of doctrines common to all members, nor a unique philosophical system, no hierarchy and no holy books equivalent to the Bible and the Coran, no uniform ritual exists because hindus are divided in a multitude of sects (similar to the many christian and muslim confessions). Every hindu group has its own ritual and each hindu follows the ritual of his group, according to the rules of conduct and worship established by the custom, particularly concerning food (often vegetarian), marriage and adoration of the gods.

Hinduism gives each individual nearly full liberty in the domain of speculation and research but imposes very strict rules of conduct. Thus, a monotheist and an atheist, a skeptical and an agnostic (unbeliever) can be good hindus as far as they admit hindu mode of culture and existence. What really matters is the conduct, not a doctrine nor faith. Gandhi, -who believed in God- said: “A man may not believe in God and still consider himself a Hindu. Hinduism is the pursuit of the Truth without respite, and the Truth is God”.

The speculations vary as to the essence of the divinity. Some Hindus are polytheists, others are pantheists. Metempsychoses (the return of the soul on earth after death in form of vegetations, animals or human beings according to the degree of purification necessary) is generally taught, whereas Buddha admitted only reincarnation (the return in a human body). This was already a progress because the human body alone is worthy of a human soul.

Hinduism has a vague notion of a Spirit who is neutral (neither masculine nor feminine), eternal, original cause and source of all that exists, and the end to which all returns. This spirit is a “Triade” or Trinity of gods, the “Trimurti”: Brahma (the Creator), Vishnu (the Conserver) and Shiva (the Destructor) who produces a new life by destroying an old one. Further more, the Hindus believe in a multitude of minor divinities, demons, spirits and sacred objects which they worship. The cow is considered sacred. Hindus offer food and gifts to animals producing milk and butter as well as to undernourished animals belonging to no one, the law forbidding to slaughter them even to put an end to their sufferings in case they are sick. During famines, certain Hindus deprive themselves of food and offer their small ratios to cows. Monkeys are also considered sacred and Hindus accept generously to be deprived of food in their benefit.

Confucianism:

Confucius was born in China in the VI century B.C.. He was a politician and was not interested in matters of religion. His teaching consists in a high politico-military morality in order to obtain peace and order. He believed in Heaven but refused to comment life after death. He used to say: “ Since you already cannot understand life, how can you understand death?”. He taught nothing about spirits: “ Since we cannot serve man, how can we serve spirits?”, he also said. Nevertheless, he used to offer sacrifices to his ancestors “ as if they were physically present”.

The teachings of Confucius aimed at producing “ a Superior Man”, cultivated men who would follow “ the Medium way” and guide the others in this Way of moderation in everything.

Confucius existed in a polytheist environment but he taught that there is only One Supreme Sovereign nearly inaccessible who decides the fate of those who appeal to Him, beyond the established various creeds. The Divine Revelation, on the contrary, tells us that God is accessible and desires to be contacted. The respect owed by Confucius to the Creator gave him a spirit of tolerance based on his great awareness of the immense gap between what man thinks he knows about God and about himself, and what he still ignores. Confucius never pretended teaching on behalf of God.

In China, Communism fought Confucianism because this latter was considered too tolerant and moderate and also because of the worships of the ancestors.

There is an illimited number of “religions” in Africa, Asia and America, various creeds and sorcelleries. I have mentioned only some examples in order to be able to distinguish between the human search for spiritual life and the Divine Revelation where we find our Goal. All the human interpretations of man’s thirst for understanding the reason of his existence on earth are just a human scream, an anguished call man unconsciously addresses to God asking Him “ Where are You? What are You?”.

God answers by revealing Himself in the Holy Scriptures: “ Here am I!”

II- The Revealed Religions:

In the Revealed Religions, God Himself answers to those who seek Him. Through this Revelation, the Creator presents Himself to be known as He is. This knowledge of the Creator elevates man to his true dignity first, then to God in Whom is found the fullness of Truth, Happiness and Peace.

Therefore, amongst all the spiritual paths, which one to choose? The one, of course, where God revealed Himself.

There are three religions considered revealed by God: Judaism, Christianity and Islam. These three, in fact, are one, because they teach that God did reveal Himself to Abraham and are all accomplished in the Messiah, Jesus of Nazareth, sent by God 2000 years ago to unite all men of good faith from all races, colors and nations. The split between the believers is due to fanaticism, ignorance, human interests and bad interpretations of the texts.

Judaism:

Four thousand years ago, God interfered directly, for the first time, in our world, revealing Himself to Abraham, the Syrian. Through him, God formed a community of believers, The Jews, to spread the message and prepare the Advent of the Messiah, the Savior of mankind.

The Jews wrote down their history and teachings in the Bible. Today's Jews are still waiting for the promised Messiah who, according to them, will reestablish the political throne of David and rebuild the Temple of Salomon. Misunderstanding God's universal messianic plan concerning all mankind, the Jews in the past, as well as the contemporary ones, reject Jesus's universal Messianism.

Christianism:

Christians believe in God's Revelation to Abraham and they believe as well that Jesus is the Messiah. Christianity started therefore 2000 years ago with Jesus of Nazareth recognized as the universal Messiah by the Christians.

The first Christians were the Jews who believed in Jesus. They spread the news of the Advent of the messiah to the four corners of the Globe. Many biographies of Jesus were put down in writing, four of which only were considered inspired by God: The four Gospels, Matthew, Marc, Luke and John. Letters were also written by the first converts, the apostles Peter, Paul, James etc, and were carefully kept by the following generations. These letters and the four biographies of the Founder are known as "the Gospel" or "the New Testament". They were added to the Jewish Bible and are considered by the Christians as an unseparable part of the Bible.

Christians split throughout history because of human circumstances or spiritual controversies, this resulted into three major Christian currents: the Catholic, Orthodox and Protestant churches.

Islam:

In the VII century A.D. appeared Mohamed, the prophet of the Arabic Peninsula. He revealed the one and only God to the Arabs who were polytheists, explaining that this unique Creator had revealed Himself to Abraham and had already sent "the Messiah, Jesus son of Mary". Mohamed said that he was sent to confirm "the Bible and the Gospel". He condemned the Jews because they refused to believe that Jesus is the Messiah. The basic book of Islam is the Holy Coran.

The three revealed religions agree therefore that God revealed Himself to Abraham. We shall therefore study this revelation closer starting chronologically by the Bible. We shall see the books

of the Old Testament, then those of the New Testament. Finally, you will have to read the book “A look of faith at the Coran” which will prepare you to read the Coran with an open heart.

Reflection:

This Spiritual Itinerary demonstrates the reasons of our faith which is based on the Divine Revelation, not on any human philosophy. We banish all sectarian and fanatical feeling because these are opposed to the teaching of this Revelation.

You who declare being Jewish, Christian, Moslem, Buddhist, Hindu etc..., had you not been born thus, would you have **chosen** to be what you are? Why? From your answer you will know whether or not you succeeded in **deconditioning** yourself. I must repeat here that this deconditioning, this liberation is indispensable before undertaking the study of the books of the Divine Revelation. Faith is not inherited, it is a personal choice enlightened by knowledge. If you feel liberated from fanaticism, considering that all men are equal and are all called to find the Truth, then you can pursue, with an open mind, your search for It. I therefore invite you to go forth by studying the “Biblical Course”.

Phase II THE OPTION: THE DIVINE REVELATION THE BIBLICAL COURSE

Introduction:

Now that you have chosen the Divine Revelation as a guide, you will increase your knowledge by studying the Holy Books. Only a pure heart will reach the end of the search.

It is, therefore, to you “Pure Heart”, that I address myself and address this “Biblical Course”. You have purified your heart through the Deconditioning Process, you have liberated yourself from the chains of prejudices and hatred. The thirst of knowing the naked Truth will allow you to hear its sweet and vivifying melody.

“Pure Heart”, to you alone I address myself, to you who are ready to sacrifice everything in order to climb high above this world, to you who suffer from ignorance, who try to understand in order to love, to you who want to revive from darkness and embrace the Sun, to you who is fed up of sleeping and decide to get out of the coffin of worldly pleasures and break up with mediocrity and banality, to you who have discovered the illusion of vanity, who are ready to pay the price of Happiness and Truth, who have the will to persevere and overcome all the obstacles, to face all the challenges in order to arrive at the summit and quench your thirst at the pure Spring of endless life. “Pure Heart”, I address myself, only to you.

I offer you the Fruit of over 40 years of study, of research and fatigue. This fruit was picked from the Tree of Life, a precious “Gold purified in Fire” (Revelation 3,18). It has given me the Happiness I wish for you. If you succeed to taste it, you must know that you owe it to my spiritual family, above all my wife Marie-José and my spiritual children Beatrice, Philip and Mireille: because of them I can offer this Biblical Course to you.

You may have tried to read the Bible and may have been discouraged by some difficult points there in. Do not give up because, in order to understand the Bible **according to the Spirit of God**, as God wants you to understand it, you need a trustworthy guide. In the book of the Acts of the

Apostles, the apostle Philip asked an Ethiopian who was reading a biblical extract from the prophet Isaiah: “Do you understand what you are reading?”. The Ethiopian replied: “And how could I, unless I have someone to guide me?”. So he urged Philip to get in and sit by his side and Philip explained the prophecy (Acts 8,30-31).

This Biblical Course is a guide you can trust; “urge it to sit close to you” as the Ethiopian urged Philip, and follow it step by step, a little everyday, systematically and without respite. You’ll end up by grasping Life and Knowledge. The deceased Pope Pius XII said: “The ignorance of the Holy Scriptures is a wound in the flank of the Church”. How true this is! Therefore, each time you understand an obscure point, this wound heals and the inner lungs of your soul start living and inhale the joy of knowing and understanding God a little better, gradually everyday. This knowledge will lead you to love, and love will stimulate you and push you to know more about your wonderful Creator. You will then want to look like Him, to be like Him, to have his amazing Spirit and way of thinking, instead of your own, which will then appear to you quite narrow minded. This is the “Resurrection” and the “New Birth” Jesus spoke about (Jn 3,5-7 and 5,25). The eyes of your heart will then open and you will see Life at its Source. “Happy are **the pure in hearts**, for they shall see God” (Mt 5,8). To see God, is the perfect and true Happiness.

After the study of this course, with time, and if you are diligent in reading the Bible, this Holy Book will contain no secret for you and its Spirit will be **within you**, revealing to you directly, from within, the advice of our adorable Creator. Its purpose is to teach you to live permanently **with Him** and enjoy the warmth of His divine Company since now on earth.

Because, finally, the aim of the Bible is to communicate a Spirit, God’s Spirit, and this Spirit is God Himself within you. Knowing the Bible is not a goal in itself; it would be of no interest should it not end up in acquiring the Spirit of God and adopt His way of seeing, wanting and loving Life, the true One. We do not aim at clinging to the material life of this world with its deceiving false joys, but at the spiritual life belonging to the soul. Open your heart to the Eternal World which you are called to discover since now. This is the reason of your existence on earth, this is the great and splendid Biblical adventure that you are about to undertake. Make of this adventure your greatest ambition in this passing world where only remains forever the spiritual acquisitions.

Start by buying a good Bible: “The New Jerusalem Bible” for example. Flick through it to be accustomed to it. In the beginning, you may feel somewhat lost. That’s normal, but later, after you finish this Biblical Course, you will see that the Bible and yourself have become unseparable friends for life.

Yes, unseparable friends **for life**. Because you must not think that you’ll discover everything at first sight, once and for all, since the first reading, and that you’ll never have to read again this Holy Book. The more you consult the Bible, the more it will reveal Itself to you. Its Spirit will speak to you from within, especially if you read it with love and enthusiasm. You should get used to consecrate- **all your life through** – at least ten good minutes per day to read biblical texts regularly, even after achieving this Biblical course.

Never feel satisfied by saying that you have read the Bible once or twice or many times as some people do, pretending they know it by heart and do not need to read it again. Such an attitude only demonstrates a misunderstanding of the Bible’s Spirit. With the Holy Scriptures, we must not calculate a number of readings but a continuous and daily contact with their texts, a kind of spiritual marriage with God’s Revelation. Don’t let one day pass without cleansing your heart by reading a text, however small, as you cleanse your face daily. Even today, after more than forty years of assiduous reading of the Bible, I still discover a subtlety here and a shrewdness

there which help in understanding the deep real intention of the Biblical Writer. And this places me even closer to God.

In complement to this Biblical study, you may read “A Look of Faith at the Coran” which is a summarized study of the Coran. You will thus notice that this Holy Book is a summary of the Bible since it presents itself as the translation of the Bible “in a clear arabic language destined to the Arabs of the Arabic Peninsula” in the seventh century A.D. in that period the Arabs were unable to read the Bible because it existed only in Hebrew, Greek and Latin, all languages the Arabs could neither read nor understand. The Holy Coran offers them the Biblical messages in Arabic.

Reading the Bible and the Coran will liberate you from the sectarian fanaticism in which many bad believers perish. They content themselves with reading either the Bible or the Coran, thinking that they are different or opposed. This is because they ignore one of them. We must know both, remembering at all times that the Coran transmits the biblical message, confirms it and introduces the Gospel in another language, the Arabic, and to a specific people, the Arabs of Arabia.

I start by the Bible because it precedes the Coran chronologically. The evangelical message will teach you tolerance and will open your mind, if you are docile. This will allow you to read the Coran with objectivity, free from all prejudices. You will notice that those, among the believers, who discredit either the Bible or the Coran think that these books differ from one another or that they contradict each other. They are wrong. Go forth then with the resolution of reading those two Holy Books. You’ll understand that they transmit the same message in different languages and styles because they are addressed to different societies and mentalities.

Application and perseverance are the indispensable elements for your success; from them depends your spiritual and prophetic formation.

Now let’s go together to the “Biblical Prairie”. Follow patiently this Biblical Course which is formed of 15 lessons. Apply yourself at reading the Biblical chapters whenever I refer to them.