

# How Are You?



Hossein Dezhakam <sup>USh</sup>

# HOW ARE YOU?

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## INTRODUCTION

Do you hear a voice or voices within? This is not a question about your potential experience of psychiatric illness or auditory hallucinations. Such internal soliloquys or dialogues between our simple self and a deeper self are how most of us make sense of our daily lives. Some individuals live their whole life at the simple consciousness level oblivious to the existence of the deeper self or catching only a hint of its existence in occasional longings for an unknown missing something that seems missing or available only as a faint whisper.

For many of us, inner voice(s) exert a profound effect on how we think, feel and act—guiding decisions for good or bad that we make. Inner voices shape how we feel about ourselves, others, and the world we live in, but can those inner voices be trusted as a source of objective truth? Can they be relied upon to offer valued guidance when it such direction is most needed? Can the voices serve as a source of ultimate truth? These are some of the questions raised in Mr. Hossein Dezhakam’s latest thought-provoking book, *How Are You?*

Most of us carry on an internal dialogue every day and throughout each day. Such self-talk can empower or disempower, inspire or dishearten. Inner voice is too often a source of distortion—a product of inherited bias, traumatic experience, or a means of maintaining a sense of self-value in the face of challenge and distress. The voices can deny, repress, rationalize, project blame, or elicit anger, all in an effort to ward off blows to our precious ego.

*How Are You?* Is a dialogue between a protagonist and the protagonist's inner voice in which the voice is stripped of all such distorted defenses to become a wise teacher about the nature of oneself and the world. In elegant language befitting a poet, prophet, and the most gifted storyteller, the voice--channeled through Mr. Dezhakam's words—offers guidance about how to be the architect of one's own character and live a fulfilled life.

It is easy for our inner voice to regress to little more than a running commentary on mundane matters of our life. But there is a deeper voice within that can be resurrected to address the ultimate concerns of life. The dialogue in *How Are You?* Offers each reader such a deeper voice. It provides multiple opportunities to reflect on how we perceive the world and the life we are choosing to live within it. It is at once a meditational and instructional guide. This book will find many appreciative readers. It will be particularly of interest to those whose inner voices have been contorted by life-altering trauma or illness. *How Are You?* Offers a lucid reality check as an antidote to the distorted self-talk resulting from such circumstances.

Imagine yourself reading this book under a tree on a warm sunny day. Let the instruction—a new and deeper level of self-talk—begin.

William L. White

Emeritus Senior Research Consultant

Chestnut Health Systems

Author: *Slaying the Dragon: The History of Addiction Treatment and Recovery in America*

## **Translator's Preface**

The book you hold derives from the thoughts of a great man from the Persian lineage and it will make you ponder, just as it did for me.

Translating this book from Persian to English was not just about translating words and sentences. Recreating the humor, philosophical content, and cultural nuances presented their own unique challenges. I've exerted all possible efforts to retain the rhythm of the book while translating its content into English without the slightest linguistic alteration, ensuring it's suitable for an English-speaking reader. Some topics and terms stem from Iranian culture and, at times, understanding them can be challenging for an English reader. I am grateful to God that Mr. William White edited the translation, so we don't witness the common linguistic errors that result from cultural shifts.

I hope you enjoy reading this book.

Ehsan Ranjbar

Psychologist

## HOW ARE YOU?

I was lying on the ground with a pillow under my head. I turned the TV off and dove into deep thought. What am I looking for? I asked myself. What do I want? What do other people want? We all have the same beginning, and all men are created equal. We are striving from one life here to another life in another universe. As a child enters planet Earth via birth, someone else leaves this planet via death. As a book is closed, another book is opening indeed. While a traveler reaches the destination, another traveler begins the journey. One is looking for a job; another one is looking for a lover! One is looking for wealth; another is looking for a loaf of bread! One is looking for compassion; another one is looking for revenge! One is looking for artistic manifestation; the other is looking to misuse art! One is looking for heaven; another one is scared of hell! One is thinking about education, and the other runs from it! One is trying to discover the unknown, and another is thinking about how to conceal the known! One strives to become an ascetic; the other is obsessed with hypocrisy. Anyway, each one of us pursues a goal.

As I was playing with my thoughts, suddenly, an inner voice rushed into my thoughts.

The voice: So what? To what end? To achieve what?

Me: Who are you?

The voice: Hi, how are you?

Me: Thank you. Hi, I am fine.

The voice: I don't think you are fine; you say I am fine out of habit. I do believe you are far from being fine!

Me: Excuse me? Who are you?

The voice: Sorry, I forgot to introduce myself. I am "The archer"; I am you!

Me: If you are me, I must be you, correct?

The voice: Yes, of course!

Me: What do you want?

The voice: I asked about the reason behind all the efforts you were considering; what is the purpose?

Me: I don't know. I can't comprehend what you just said.

The voice: What is it that you can't comprehend?

Me: You said you are me, and I am you! Are you joking?

The voice: I'm dead serious!

Me: If you are me, why can't I see you?

The voice: Everything is being seen through the eyes, but the eye sees not itself unless you are in front of a mirror!

Me: I have been in front of a mirror many times but have never seen you.

The voice: A mirror that can reveal me is not made of glass!



Me: What is it made of then?

The voice: It is not made of mud. It is made of a heart. Polish your heart, and then you shall see me.

Me: A mirror made of the heart? If you think about it, you will realize what you say is meaningless. Meanwhile, what makes you say that I am far from being fine?

The voice: You are not always abiding by the "game rules." The rules are specific, and whoever disobeys them will not be acceptable!

Me: would you tell me the "game rules," please?

The voice: We will get there. But first, tell me why you think polishing the heart is meaningless.

Me: First, tell me what you mean to see by heart. What is the heart? If you are referring to the physical heart, I must say this organ has no feelings!

The voice: What do you mean it has no feelings? I have seen people with pain in their hearts.

Me: They are wrong! In case of a heart attack, discomfort or pain is felt in the chest and left hand. Perhaps sweating follows, but the heart feels no pain like our brain.

Have you heard anyone say my brain aches?! We are familiar with headaches but not brain aches! Therefore, polishing the heart is nonsense!

The voice: How is it that a lover puts his hand on his heart while saying, "Oh, you broke my heart"? Or one says, "My heart is filled with hatred, and I must take revenge."

Me: What I meant was a physical sensation. I am not an expert in other feelings like love or hatred. Could you elaborate?

The voice: How do we stay connected with our surroundings?

Me: What sort of connection?

The voice: How do you sense the world around you?

Me: Oh, I see! We sense with our senses.

The voice: Give me an example.

Me: Our sight, for instance. We use this sense to learn about our surroundings.

The voice: What makes seeing possible?

Me: Our eyes.

The voice: Other than eyes which are the instrument of vision, how do you see?

Me: Some impulses move toward the brain and create the image. There are too many mysteries in this field.

The voice: Do you see in darkness?

Me: No! We need light to see.

The voice: Thus, light plays a unique role in vision. What other senses do you use besides eyes to communicate with the world around you?

Me: We can hear with our ears.

The voice: Do we need another element rather than light to perceive the world?

Me: Yes. We need sound.

The voice: We have other senses, like taste, smell, and touch, that we will not discuss for now.

Me: Where are you going with this?

The voice: Sense is the first force that starts reasoning. Therefore, the senses have the utmost importance in perceiving the world. Also, two elements of light and sound are necessary.

Me: We were talking about the heart, but now we are talking about sense.

The voice: Be patient! To discuss the heart, we must go through some preliminaries.

Me: Very well. You mentioned sense is the first force to start reasoning or nous. Can you present another definition for physical sense?

The voice: That was the best definition to build our knowledge. However, to grasp the meaning, the sense is a receiver.

Me: A receiver of what?

The voice: A receiver of information. For instance, when you are about to eat something, you can see it to decide whether it is edible. So in the eating scenario, the first part of the information is gathered via sight. And then, the rest of the data is obtained by smelling. The third receptor comes in for the taste so that if the food is bitter, we can know if it may be considered poison or not edible.

Me: What are you trying to say?

The voice: We consider everything to be straightforward because of our habits. You will realize in a simple process like eating, our food is checked by three centers before it enters our stomach. These so-called centers are actually three receptors to perceive, and in this case are sight, smell, and taste.

Me: I see. Please continue.

The voice: As I mentioned, light, sound, and sense are three elements that are connecting us to the world around us and also to other universes. A: light: we are capable of seeing our environment because of light. Without light, there will be darkness which we are unable to see. The eye is the main organ of the visual system. B: Sound: if the environment is dark and visual ability is disabled, we may perceive with hearing. We can gather vital information with our ears.

In fact, sound is a supplement to light. And the third one, if you can recall?

Me: Sense.

The voice: Yes, thank you. So, eyes are connected to light, and ears are all about sound. I think the center of our feelings or emotions, like love, affection, hatred, jealousy, revenge, etc., is located in a place that we call our heart. That is why when lovers encounter each other, sometimes they touch their chests. Or they say my heart sank when I encountered my love. In other words, love intrigues a special sensation within our chest. Now you see, polishing your heart is all about cleansing your heart from jealousy, hatred, and enmity. God says we open your chest or heart, or there is a sickness in some people's hearts. In another verse, God refers to seeing, hearing, and heart together! Thus, to polish one's heart is to purify it and cleanse it from undesirable traits like hatred, enmity, mendacity, backbiting, being nosy, distrust, using drugs, perfidy, or any other depravity. Anyway, we must pay attention that every bit of our existence is capable of comprehension. So, when great thinkers tagged the heart as being the center of feelings, they were referring to invisible attributes of human beings. We will discuss this matter later. Meanwhile, the eyes are just a means in the seeing process as our ears in hearing! The real seeing and hearing and other feelings are taking place in another place!

Me: Ok. I am enlightened. Would you please elaborate on the process of polishing my heart?

The voice: Polishing the heart must take place in three frontiers.

Me: What?! It is not a war, for God's sake!

The voice: It is a lot harder than a simple war. That is why it is called "the biggest jihad."

Me: What are the three frontiers?

The voice: First, polishing the heart through thoughts; second, polishing the heart via the words we use; and third, polishing the heart by our deeds.

Me: Would you explain each one in detail?

The voice: As I mentioned, one must purify his thoughts. It means to cleanse thoughts from vices and to move toward righteousness.

Me: What do you mean by vice?

The voice: Do you believe in God?

Me: Does it make a difference?

The voice: Nope!

Me: So why do you ask?

The voice: It doesn't make a difference to me, but it may make a whole lot of difference to you!

Me: How?

The voice: Because if you don't believe in God, as soon as I start talking about him, you will tag me as superstition in your mind. Therefore, you may deprive yourself of something beneficial.

Me: Ok, let's assume I don't believe in God for now.

The voice: very well. Anything that universal wisdom considers as good values and disvalues is what universal wisdom considers as wrong or bad. For instance, I don't think that a sane person would say stealing, killing, or corruption are good.

Me: Now, what if I believe in God?

The voice: In this case, whatever is mentioned in his book that he likes are values, and his dislikes are disvalues. For example, he says that he likes good and righteous people, or he doesn't like immorality or lying.

Me: So, what is the difference between believing in God and not believing in him?

The voice: Originally, it doesn't make any difference since universal wisdom and God are in the same direction. In other words, universal wisdom and God's desires are the same. Maybe they seem different in some details for now, but I assure you as our progress in science and knowledge continues step by step, we will realize they are the same. Let me remind you some people always try to find connections between their desires and God's will to take advantage of it. This was an issue in all religions from the beginning, and it shall last forever. Alas! Let us continue our discussion.

Me: Please do continue.

The voice: So, as I was saying, firstly, you must learn to cleanse your thoughts of negativity. You must learn to love plants, animals, and your surroundings.

Me: Yes, I got that! Please continue.

The voice: The second part is to purify the heart via the tongue, which means not to hurt others with words or not to curse or not to make a

false testimony, etc. And last but not least is to purify your heart with deeds. One must walk the righteous path and must serve others when the chance arises.

Me: You mentioned that if I purify my heart, then I will be able to see you. Will it be possible then?

The voice: Maybe, maybe not! In order to see me, the first and foremost condition is to purify the heart, but other conditions may apply!

Me: Ah, now you cheat! First, purifying the heart was enough, and now we have other conditions!

The voice: I said you must cleanse your heart via thoughts, words, and deeds. In order to do so, one must walk the righteous path.

Me: Is there anything else?

The voice: Yes! You must vanish!

Me: What?

The voice: You are acting like a cover between me and yourself! Let go of yourself, and you may find your true self!

Me: For God's sake! Please keep it simple! Let me understand. I still don't know who you really are. I must vanish?! If I disappear, then only an empty spot remains! Ah, I don't get it!

The voice: you are right; perhaps I rushed it. You are not ready to comprehend this matter yet. I shall wait until you are ready, and then we will continue this conversation.

Me: Wait! Where are you going? I am ready! I will do my best. I think I am ready because if I wasn't, you would have never talked with me. Let's continue our conversation.

The Voice: Very well. What would you like to know?

Me: Tell me who you really are. Help me to understand you.

The voice: Ok. Allow me to think. [Silence for a while.] It may sound unbelievable, but you and I are like a huge glacier. You are just the tip of this glacier, and I am the rest of it, which is underwater and invisible to you! The tip of the glacier is called the visible attributes or consciousness, which are you, and the rest, which is underwater, and it has started from the beginning of the creation or even before that, is me!

Pay attention that you and I are living in two different worlds!

Me: How is it that you and I are living in two different worlds?

The voice: My world is underwater, and yours is not! It is just a metaphor, of course, because our worlds are completely different.

Me: You said I am the tip, but I feel no supervision over you!

The voice: As I said, it was just a metaphor to make you understand. Don't let it get into your head! Do you think you have supervision over yourself?

Me: Yes, of course. I can protect myself from warmth or cold, I can eat and drink, and I can do a lot of other stuff. Isn't this control over myself?

The voice: Do you have control over your organs?

Me: Yes, I do. I am the ruler of my body. I can command my hands, eyes, feet, and fingers, and my command will be carried out immediately.

The voice: How about your kidney, heart, liver, bloodstream, hair, and mind? How about sleeping?

Me: Yes, I can command them..... wait, no! Let me think. Hmm. They obey me but not completely! Nope! They do not obey me. However, my actions have an impact on them, right?



The voice: Yes. Your actions affect them like you are the driver and the body is your car. As you are aware, the owner of a car must take care of it; he must put gas in it, change its oil, check its radiator fluid, and other things related to the maintenance of the car. In fact, you are doing the same with your body. Just like a car which requires gas, your body requires food and water. Your car will wear out in time, and your body will get old as well.

Me: What about you? Do you get old?

The voice: I am you! But know that neither one of us gets old! What gets old is our body.

Me: That is incredible; this is great news that I don't get old.

The voice: Don't be so happy about it. I said you won't get old, but other feelings do exist within you.

Me: Like what?

The voice: Like hope and hopelessness, fear and courage, faith and infidelity, love and hatred, honor and humiliation, feeling young and feeling old. What gets old is the machine or the body, but you are beyond the material world; therefore, time cannot affect you. So, you must take good care of your body. But remember, just like driving a car, you are unaware of what happens within the car; what happens within your body is not tangible to you.

Me: Thank you. I used to think that I was in control and I was fully aware of everything that happens within, but now it seems like I am just a part of creation.

The voice: Yes, my friend, our body is just like a car or home or town to us. Our car may have other passengers as well! But please don't ask me about them for now!

Me: Ok. But when you expose me to new knowledge, of course, new questions arise, but ok I won't ask for now. I think I get it. You are trying to say that I am the soul or the driver of this body.

The voice: Nope! You are not the soul!

Me: Yes, I am! I am the soul, and my body is my home for now.

The voice: No, you don't get it! If a teacher is provided for you to educate you, are you the teacher?!

Me: What do you mean?

The voice: The soul is like our teacher; there is a difference between you and your teacher. Of course, any student may become a teacher one day, and any teacher used to be a student!

Me: Are you kidding? Didn't you tell me that we consist of visible and invisible attributes?

The voice: That is what I said, correct.

Me: So, listen to me carefully; I am going to educate you!

The voice: Yes, sure, do educate me kindly!

Me: Did or didn't God create us from dust or dirt?

The voice: Yes, we, animals, and plants are all created of dust, but the important point is to realize what does it mean to be created of dust?

Me: It is clear. First, we started as a statue made of dirt, and then the breath of God made us what we are today.

The voice: Correct. But this is only a perception of appearance.

Me: Why are you saying appearance? Is this a metaphor that I don't see?

The voice: Now let me speak and just listen.

Me: My chance to speak didn't last more than a few seconds!

The voice: It is ok by me if you would like to continue. But they say one who asks a question must know half the knowledge of that subject. So, in other words, the more knowledge you have, the better and more precise your questions will be. It doesn't matter who asks the questions; what matters is finding the truth about a subject together.

Me: Very well. Please continue.

The voice: Do you know the components of our body?

Me: Yes, meat, skin, bones, and some fat.

The voice: Could you be more accurate?

Me: Accurate how?

The voice: What bone is made of?

Me: Calcium is what makes a part of it.

The voice: What brain is made of?

Me: Most of it is made of phosphorus.

The voice: Could you name other elements which are in our body?

Me: Yes. Oxygen, hydrogen, sodium, magnesium, potassium, etc.

The voice: Thank you, that is enough. So when God says our body is created of dust, he may be referring to the elements of our body which also exist in the soil.

Me: I see. Now if I am not the body or the soul, what am I then? Something is missing! Enlighten me, please.

The voice: Yes! Something is missing here! Can you think of anything?

Me: I asked this question first!

The voice: I know you can find the answer. Just think for a while.

Me: I thought we were two parts; body and soul. There is something else that I have heard of, but I don't know much about it.

The Voice: Say its name, please.

Me: Ego or self.

The voice: Could you elaborate?

Me: I have read about three stages: The lower self, or the demanding self; the middle self, or the blaming self; and the higher self, or the perfected self.

The voice: Continue, please.

Me: I don't know what the self is. Is it the same as the soul or body? Or is it something independent?

The voice: Ok, that was good. Unfortunately, or fortunately, I must say that self is everything!

Me: I thought we were a combination of body and soul. But now you are saying that we are body, soul, and the self. We must define each part separately, then.

The voice: You are correct. We have other parts or components, too, that we will discuss later. First, we must know that the soul is not the same as the self. Or the self is not equal to the body! These are completely different portions of a human being.

Me: You mentioned that our body, which is visible, is made of dust. And the soul is like a teacher that we will discuss later. Would you please define self? Let's get into the details.

The voice: Very well. It is something that is the main identity or foundation of every creature; it defines the essence or existentialism of a being internally and externally. The self has desires that fit under two categories: irrational and rational desires. If the self reaches a balanced or perfection milestone, you can find a better meaning for it.

Me: Please let me ask my questions and grasp the meaning of this definition.

The voice: Ask your question.

Me: Why did you refer to self as something?

The voice: An easy question begets an easy answer! Simply because we don't know its components! Our physical body is made of dust, and it is three-dimensional. But as for the self, it is made of something which is invisible to us therefore we refer to it as something for now.

Me: Why do you say for now? Are you going to reveal its components later?

The voice: Are you trying to make trouble for me? Let's say the self is made of fire, and it must pass purification stages to become light! But don't dwell on this for now.

Me: You said, "It defines the essence of existentialism" What do you mean by that?

The voice: The self or the ego, which is intangible, is the reason behind the tangible shape; in other words, the material body of plants, animals, and humans are made by their self or ego!

Me: Oh wow! Are you telling me that animals and even plants have spirits?

The voice: Yes! When we are talking about something that defines existence, then yes, of course! This self, ego, spirit, soul, or whatever you

call it can bring something (a physically shaped body) into material or physical existence (create its physical body with soil and water and other components that exist in soil and water) based on its gathered knowledge and wisdom.

Me: Wait! Please wait! The Nafs (from now on, we are going to refer to the non-physical part of beings as Nafs. This could be called: soul, spirit, mind, self, ego, or something else in your beliefs), which defines the very existence; where did it come from?!

The voice: Nafs come from the spiritual realm or the upper world. In other words, Nafs comes from a non-physical world into the physical realm. It is not easy to prove these words since we have not reached the proper knowledge to dive into these concepts. For now, consider what I am saying as a hypothesis or a probability. Or at least imagine that these are true. Let's go back to what we were discussing; stop questioning me about these!

Me: Could you just explain a little bit? Help me understand.

The voice: No, I can't! What you are asking is like trying to learn French without knowing their alphabet! The process of gaining new knowledge is to first learn the alphabet of it. So be patient.

Me: Ok, I understood. I will wait for that time to come.

The voice: Thank you. Where were we?

Me: You were talking about coming into existence based on knowledge.

The voice: Okay. You have a good memory too! We assume that nature is like a factory that can create anything immediately, but that is far from the truth. Nature follows an order in which each being (spirit or, as we said, Nafs) must pass several stages before it can create an individual existence. Let's look at plants deeply. Do you think the knowledge of a desert plant is equal to a palm tree or a grape tree? What about animals?

How about a chicken in comparison with an eagle? A chicken requires a lot of knowledge and training to become an eagle! Thus, Nafs (the essence of a being or spirit) is the part that determines the type of a being. Nafs of a desert plant create a desert plant or determine that it will be a desert plant. Nafs of a palm tree create a palm tree or brings a palm tree into existence as we know it. The same applies to chickens and eagles.

Me: So Nafs of a grape tree cannot create or determine a human being, right?

The voice: No, it can't since it lacks the proper knowledge to do so.

Me: I think I understand the idea now, but still could you please explain more?

The voice: Determining the type of a being is done in another world that is different from our material world. In fact, when a Nafs decides to enter our physical world, it must accept components from the material world in order to become visible in this world. This process has its own laws and rules. The physical body is like the pair of Nafs. Therefore, Nafs must create their pair and adhere to its laws and rules prior to entering this realm.

Me: Although I am not following, especially about Nafs creating a pair (physical body), let me ask this first: You mentioned that Nafs will define existence both inside and outside. What do you mean by outside and inside?

The voice: Outside and inside means visible and invisible. When I say it defines existence outside, it means the physical body or what is visible to our eyes. For Instance, the animals, plants, and humans are completely visible; therefore, they are tagged as outside. But when I say inside, it means other realms like the after-death realm or interim state or simply the world that Nafs is there in prior to entering this world. Or

the sleeping world, for instance! When you see yourself while dreaming, in fact, you are seeing the Nafs in another form of the body.

Me: Then what is our physical body? What role does it take?

The voice: As I mentioned before, the physical body is like a vehicle, and Nafs is its driver. Or the physical body is like a house or a city, and Nafs is the residence.

Me: Then who created the body?

The voice: How should I say it? I already told you!

Me: Say it again; please don't get mad! I need to understand.

The voice: Nafs enters the physical world to create its equal. If it is human, then it enters the womb, or if it needs to be an animal, then it enters an egg or animal's womb. If it is a plant, then it enters a seed.

Me: I don't get it. When we want a walnut tree, then we plant a walnut seed, don't we? Where is Nafs in this process?

The voice: The map of a walnut tree is hidden inside the walnut seed, but the architect or engineer of the walnut tree is a Nafs. The required energy for the tree comes from water and soil.

Me: How does it work for a human?

The voice: A part of a map (gene) comes from the father, and the other part of the map (gene) comes from the mother. Then a Nafs starts to create its pair (physical body). After approximately 9 months, the building or creating will be done. After birth and living, when the time comes, the angels of death come and retake the Nafs or disconnect the bond between Nafs and the physical body, and that is when death happens. And also I must mention that Nafs is not equal to the physical body, or the soul! Nafs is simply Nafs, or Nafs is real us! Or we are the Nafs!



Me: Nafs never dies?

The voice: It never dies. However, each Nafs will taste death.

Me: Then what happens at the moment of death?

The voice: Dying in some cultures is referred to as "gone" rather than "destroyed."

In our book (the Quran), the word that refers to dying means "to take back". As I mentioned, at the moment of dying, the angel or angels of death deliver Nafs as a whole and guide them to predestined place.

Me: Then how is Nafs born?

The voice: It doesn't bear! It doesn't die! The physical shape is born. I suggest that we drop this subject before it becomes more complicated. Let's get back to our preliminary discussion.

Me: Do you mean you don't want to continue this discussion?

The voice: Well, this discussion might come up again in the future or elsewhere. Do you remember where our previous discussion had led us?

Me: Yes, you suddenly entered my thoughts, and I don't know why you did that.

The voice: Because humans usually seek things, make a lot of effort, and spend a lot of their time day and night on it, but when they obtain those things after a while, they feel that these are not what they want, and their desires change quickly! As a result, their friendships turn into enmity, their love turns into hatred, their relatives turn into strangers, and their affections turn into animosity and enmity, and sometimes vice versa. Therefore, you should know that nothing is still, and everything is in motion, both in this world and the hereafter.

Me: What remains constant then?

The voice: The only thing that remains constant and unchanged is the truth.

Me: You're generalizing again. So in all this hustle and bustle of human creation, the sending of prophets, and the greatness of God, what exists that is worth touching? It means feeling it, understanding it; of course, not with convoluted and complicated philosophical words that neither the philosopher himself understands nor do we. Instead, with words that we can comprehend, we should understand them. Because if we don't understand it, who else would? Isn't God there for us? Haven't the prophets been sent to guide us? So, we must understand. Anyway, there must be a way. Where is the problem? What are we really seeking? By the way, what did you mean by that word you said?

The voice: Which word?

Me: Truth, what is it? Where is it? What does it look like?

The voice: In our earthly world and in other worlds, there are some concepts that form the firm foundations of existence and are unchangeable. We call these concepts "truths." Truths are the collection of facts, and a fact is something that truly and correctly indicates something. Therefore, the truth has been, is, and will be.

Me: Can you explain the truth to me in a way that I can better understand it? Where do you get the answers to these questions? Do you read a lot? If it's through reading, where are your documents?

The voice: When you ask me a question, I try to understand and analyze it, and then I explain what I have realized through reflecting on my past experiences and observing the systems of nature. Of course, I am a person who loves to read, but I didn't get my answers through reading. Instead, I learned from teachers who believe their work is not for everyone except those who understand what it means. Besides my own teachers, I have learned a lot from my experiences. Also, don't think that

I am an all-knowing scholar. If I knew everything, I would stop searching, so my quest for knowledge proves my lack of knowledge. If I knew everything, I would abandon my search and exploration. It would be better if you also help me find the answers so we may come closer to the answer. But regarding the truth; I said, truth is something that has been, is, and will be. I said, yes, you have said this before. I need to point out another thing. The wise men have said that anything with an expiration date has happened, has come into existence; in other words, anything with a beginning will definitely have an end. And also, the wise men have said that anything that was in the past and that remains will be called old or perpetual.

Me: So what is the difference between old and truth? With the definition you provided, both old and true have the same definition. You said truth is something that has been, is, and will be, and in the old definition, you also said it's something that has been in the past, is in the present, and will be in the future. So what's the difference between the two?

The voice: You're right. But keep in mind that we're trying to find a way to better understand some things. Our intention is not to define the foundations of philosophy.

Of course, if you wait for a little, we will understand that the definitions of "something that happened" and "perpetual" relate to the world of creation, existence, and God, and they are philosophical discussions. But our discussion or definition of truth relates to everyday life issues, and we want to find a way to live better. Can you find things considered truth?"

Me: God.

The voice: Very well, besides God, is there no other truth?

Me: Why?

The voice: What?

Me: This very building we are sitting in, my family members.

The voice: Did this building and your family members exist a hundred years ago?

Me: No, certainly not.

The voice: So these are not truth by our definition, but things that have happened, meaning events that have occurred, which we can call reality.

Me: What about the Earth and the Solar System?

The voice: Please pay attention to the original definition; we said truth is something that existed, exists, and will exist. So do you think they existed fifty billion years ago? And will their history not one day come to an end, or will they not be destroyed one day?

Me: You are right; they will surely be destroyed one day.

The voice: Yes, these events have happened and are certainly treasured. However, it would be a mistake to think that they are of little importance just because they have a finite lifespan. All of these events are extremely valuable because they have brought about existence. In our discussion, we examine various forms of existence solely to better understand and comprehend them for a better life. Therefore, to bring up other examples of reality, please continue.

Me: Prophets.

The voice: If by prophets you mean their physical body that has come into existence and ended, then yes, they are real but temporary. However, if you mean their spirit or soul, or even the prophets themselves, then they are the truth because their soul has been, is, and will be there.

Me: Very well. If God, spirit, and soul are the truth, then everything we see is also a reality. So, is there any other truth besides these three?

The voice: Let's think together and try to find other things that could be considered as truth according to our definition.

Me: I can't think of anything. Please help me a little.

The voice: Okay. You said that God is the truth, and we assumed that the soul and spirit are also the truth. So some laws of existence, divine laws, or mathematical laws may fit into our definition of truth."

Me: Very well, let me think for a moment.

The voice: No problem, I have nothing to do at the moment, so go ahead and think.

[Silence...]

Me: Parallel lines never meet, so this is a fact.

The voice: Yes, parallel lines never meet no matter where they are in the world, and this is a fact; because in the past they didn't meet, now they don't meet, and they won't meet in the future either. Go on!

Me: Circles and rings always have a center.

The voice: Yes, bravo, circles had a center in the past, they have a center now, and they will have a center in the future too. Go on!

Me: The law of gravity. Because in any part of the universe, if there is a mass like the Earth or the Sun or a smaller or larger mass than it, the law of gravity applies to it.

This means that an apple always falls from a tree to the ground and never goes towards the sky, or if a stone falls from the top of a building, its inevitable fate is not to move towards the sky; it comes towards the ground and falls, and this means the power of gravity, as well as many other laws.

The voice: Very well, now can we step outside the laws of geometry and mathematics? Because there are numerous examples, such as:  $2 = 1 + 1$

$36 = 6 \times 6$ . And even if we are anywhere in the universe, the names of numbers may change, but their truth will never change. So now, it would be better to bring up natural examples that represent truth with some thought.

Me: If you allow me to think, I can find some things.

The voice: Think about whatever you want.

[Silence...]

Me: [Just for fun, to say something] If water goes uphill, the frog will sing "Abu'ata" [a humorous reference to a fictional character in folklore].

The voice: [Very seriously] In any part of the universe, wherever we have conditions like the Earth or something similar; water never flows uphill, but it flows downward, and a frog is never capable of singing the "Abu'ata" melody (a melody from Iranian musical instruments) neither in the past, nor in the present, nor in the future. Therefore, the downward flow of water is a law or a truth.

Me: A walnut tree always produces walnuts, and a peach tree grows peaches.

Humans are born from humans, and deer are born from deer; therefore, it is never possible for, let's say, a rabbit to be born from a deer that has been impregnated by another deer.

The voice: Yes, you're right, and this is also one of the truths of existence; therefore, it is a truth. The wise one said: "Do not be oblivious to the consequences of your actions, Wheat will always grow from wheat and barley from barley." In other words, in the past, wheat originated from wheat, and it is the same now and will continue in the future. Therefore,

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even if the Earth is destroyed, if similar conditions to Earth exist in another sphere, the same law will still apply. Therefore, plants, animals, and humans continuously reproduce their own kind, and this fact is a truth.

Me: You mentioned consequences! Can consequences also be a truth or a reality?

The voice: When we sow wheat, we definitely harvest wheat, and planting and harvesting is a reality or an event. But the fundamental point that wheat grows from grain is a truth that has always happened or occurred and will continue to happen. In other words, if we sow wheat, we will definitely harvest wheat.

Me: So what do consequences mean, then?

The voice: Thank you for reminding me; I was getting into another topic.

Anyway, based on what I have observed in my old age, which I am still determining how long it has been, planting always has at least two sections or shapes.

Me: How so?

The voice: One is the visible form of planting, and the other is the hidden form!

The visible form of planting is what we have witnessed and can observe with our eyes, such as planting crops like barley, wheat, and legumes or reproducing animals and humans, which is entirely evident, tangible, and perceptible. However, the second aspect is the hidden form of planting, which is often overlooked, such as planting thoughts, planting words, planting actions, or any act that we engage in!

Me: That's interesting. Please elaborate more for me.

The voice: In the realm of existence and non-existence, you exist in a manner that you are to sow everything and then nurture and irrigate it until the season of harvest arrives. This is also a general law or truth. So, if we sow ugly thoughts, we will undoubtedly harvest ugly thoughts; if we sow beautiful ideas, we will reap beautiful ones. So, likewise, ugly speech brings forth ugly speech; indeed, beautiful speech will result in beautiful speech. The same goes for actions.

An interesting point that we encounter and must acknowledge is that patience, perseverance, honesty, kindness, love, faith, courage, and also hatred, enmity, anger, addiction, hatred, envy, foolishness, and other qualities, whether they are ugly or beautiful, are cast into the world. Then when harvested there are seventy seeds from each seed.

Another point in this matter is of great importance. Even when we sow these products in a dry form, this law remains fully effective, and sometimes we achieve a bountiful harvest. However, this law operates more effectively in the case of ugly or negative qualities, and sometimes it also applies to good or valuable qualities. The difference is that in the case of unattractive qualities, like weeds, it happens with minimal effort and very quickly.

Me: You say that all the ugly and beautiful qualities are sown. Now, imagine how addiction is cultivated?

The voice: The first time you used drugs recreationally or out of curiosity, it is like planting the first seed of addiction. Then, with repeated drug use for the second, third, and subsequent times, it's like watering the seed you planted. Then, after a year or two, or maybe five years, your addiction grows into a strong tree, and you become a full-fledged addict.

Me: I believe it's not the case, and I don't accept your argument. Your point may be valid when it comes to addiction, and as you say,



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addiction needs to be cultivated. But in other cases, the situation is different.

The voice: To clarify the matter, May I kindly request that you provide an example of your own choosing to illustrate your point?

Me: Certainly. For example, I will be honest from today onwards. At this very moment, I will sow honesty and bury lies. Then, in the next moment, I will become an honest person, or I will decide always to smile and be loving and to love people, or at a given moment, I might even fall in love with someone! According to my belief, these qualities or actions don't require cultivation and can happen very quickly because you have yet to consider human willpower and have underestimated the power of humans. Determined individuals can even move mountains, and any decision they make can be executed immediately and without the need for cultivation, patience, and nurturing. This is because you have underestimated the potential of human beings. Those lacking strong willpower may follow your law of cultivation and harvesting because they need to be more intelligent and capable. However, intelligent individuals have a completely different story.

The voice (with a smile): That was a very well-articulated speech. You spoke like a professional orator. You have spoken beautifully, but know this: as long as speaking and performing any action are confined to words, any speech can be expressed in beautiful words. However, when a human enters the field of action, the story becomes completely different because, in the game of life, the matter is entirely different.

Me: Regardless, I completely believe in and have faith in what I said, and I will not deviate from my words. As I mentioned, it is sufficient for a person to decide and move forward with strong willpower to accomplish the desired task.

The voice: Very well, you spoke about human will and decision-making. Please tell me, does this will and decision-making have a definite limit or boundary for a human being?

Me: What do you mean? What kind of limit or boundary?

The voice: Can a human being accomplish any action with their will?

Me: Yes, they can.

The voice: Any action?

Me: For example, what kind of action?

The voice: Can you walk on a narrow half-meter wide wall to a height of fifty meters, lift a two-hundred-kilogram weight with your hand, go without sleep for a week, or climb a very tall tree?

Me: No, these actions cannot be done with willpower alone.

The voice: So, for accomplishing any action or deed, will and decision-making are essential, but there are other factors that need to be considered as well.

Me: How so? Like what?

The voice: Like practice, repetition, having a teacher or mentor, education, experience, physical strength, skill acquisition, etc. You can't become a pianist overnight with willpower alone, to the extent that the next day you sit behind a piano and give a concert or play, or within two or three days, as an intelligent and determined person, you can't learn the French language and speak it fluently!

Me: That's true, I mentioned willpower, but I didn't mean it to that extent.

The voice: You remind me of a joke.

Me: What joke?

The voice: Someone asked their friend, 'Do you know how to work with computers?' His friend replied, 'I'm full. I mean, I'm really good at it!' So, the person said, 'Please turn off this computer then.' His friend said, 'I can do it, but not to that extent!'"

A few moments ago, you emphasized the importance of willpower and decision-making, but now that it comes to actual action, you're saying that you didn't mean it to that extent! Now, please tell me, what did you actually mean?

Me: Yes, I agree. But, if I can't perform the tasks you mentioned through willpower and decision-making, at least I can decide to become honest. It may not be a tall tree that I can't climb.

The voice: Very good. As far as I know, you are a willful and intelligent individual who is strong in decision-making. Now, do you feel the ability within yourself to decide, from this moment onwards, that if God forbid you were dishonest, you would decide to become an honest person with your strong will? Of course, let me repeat again; there should be a clear understanding. I mentioned it as an example; otherwise, you are already an honest and sincere person.

Me: Yes, I see this ability within myself because this act is neither lifting a 200-kilogram weight, climbing a tall wall, playing the piano, or speaking French. For honesty, the only thing required is a language that a person must move in the direction of truth. I don't think it's a difficult task that I can't handle, and that's why I wonder why some people prefer to lie and don't choose honesty and righteousness!

The voice: Have you ever done something you didn't like to say or bring up or felt ashamed of expressing?"

Me: These matters are part of everyone's secrets, and a person should take these secrets to the grave. It has nothing to do with honesty and lying."

The voice: [Started laughing]

Me: Why are you laughing? Why aren't you responding?

The voice: It's always the same because no wrongdoing, crime, or corruption occurs unless we dress it up in the garb of piety, truth, and humanity! In this exchange of garments, personal secrets become lies, bribes become gifts, backbiting becomes concern, prying and spying on others becomes benevolence, administering justice becomes assassination, bombing becomes a religious duty, and beheading humans becomes the execution of divine commands!!! So now, answer this question: What secrets do you confide in?

Me: Are you referring to personal secrets?

The voice: Yes, obviously. I'm not talking about the secrets of the CIA or the Pentagon!

Me: We confide personal secrets in those things someone has done, an action they have taken, or something they have said or heard, and they don't want others to find out about it.

The voice: Very well, now if someone asks you a question, what answer would you give? Would you tell the truth or lie?

Me: What kind of question?

The voice: Just a simple and ordinary question.

Me: Like what?

The voice: Let's say they ask you if you use drugs.

Me: I swear to God, I solemnly swear, I don't use drugs.

The voice: I know you're an honorable person and wouldn't do such things. But, I said, let's assume, meaning imagine; I wanted to name an unethical act; it could be gambling, accepting bribes, cheating, stealing, and many other cases.

Me: I understand now, so you do believe I am not using, right?

The voice: The old saying goes, "When you hold a stick, dogs and thieves start running."

Me: What do you mean?

The voice: Oh, nothing! Let's continue the discussion, shall we?

Me: Please, go ahead.

The voice: Suppose you use drugs and your spouse has no knowledge about it, and you've been hiding your addiction from them for years. Now, if your spouse becomes suspicious and asks if you use drugs, what answer would you give? Which way would you turn your language? Of course, according to your words, honesty is just a turn of the language, and you have decided to be honest.

Me: Yes, I would say, "My dear, I apologize, but I have an addiction and have been using drugs for years."

The voice: Considering that if your spouse finds out that you use drugs and tells you that you have lied to them for years, concealed your addiction, and have not been truthful, and they are not willing to live with a liar and they will request a divorce, leading to the destruction of your family and your children becoming lost, would you still tell the truth?

Me: I have already apologized; isn't that enough? But anyway, yes, I will tell the truth. Even if my apology is not accepted and my family is

destroyed! Because I have made the decision to be honest, for they say, "The righteous are righteous; the righteous are strong in the world."

The voice: Apologies for seeking forgiveness; it's just the prelude to compensating for a loss. Sometimes a small mistake can be corrected with an apology, and sometimes not. For example, if you have taken someone's money, the first step is apologizing, and the second is returning the stolen money. Nonetheless, congratulations for being honest with just a turn of phrase.

Now, another question: Once again, assuming that a week ago, you were in an elevator at your residence, and a small pocket wallet fell on the elevator floor, and there was no one else in the elevator. You immediately picked up the wallet, put it in your pocket, and after getting off the elevator, you went to a secluded place. You kept a considerable amount of cash that was in the wallet for yourself and disposed of all the remaining documents belonging to the owner of the wallet, such as their ID card, driver's license, several bank cards, and several checks so that no incriminating evidence would remain with you. You threw everything in a flowing stream, disposed of the wallet in a municipal trash bin, and so on!

Me: What do you mean?!

The voice: Wait! Now, imagine when you are on your way home, if coincidentally inside the same elevator of your residence, one of your neighbors who is the owner of the wallet greets you and asks if you happened to see a small pocket wallet in the elevator a week ago, what would you answer?

Me: Me?!

The voice: Yes.

Me [with some thought and delay in response]: There's no way around it; because I want to be honest, I would say yes, I saw the wallet inside this elevator and took it.

The voice: In this situation, the wallet owner raises their hands towards the sky and says, "Thank God, I was sure you are a merciful God and would not let me suffer. I truly feel relieved because I haven't slept peacefully since that night until now, even for one night!" Then, taking a deep breath, with a joyful and smiling face, their mouth wide open, revealing their white teeth as well as the grayish dental fillings, they embrace you and say: "Thank you, thank you, God bless you for being a genuinely good person and finding my wallet. If someone unkind had found it, what would have happened?! Let's not even think about it; just the thought makes my body tremble...!" Then they ask, "Well, dear friend, where did you find the wallet?" What would you say?

Me (Trembling) It was inside the same elevator.

The voice: They ask again, "Now, where is my dear wallet?"

Me: "I don't know."

The voice: They exclaim, "You don't know?! Why?! What do you mean?!"

Me (with a slight delay and silence): "I'm saying (hesitation) the story is long! When I found your wallet, I wasn't a good person, but now I have become a good person, and I have decided to be honest...!" (Silence)

The voice: They're asking and saying, 'I'm getting confused, I don't understand what you're saying, please tell me where my wallet is, and what did you do when you found it, where did you put it?'

Me [again with a delay in speech and stuttering]: If I have to tell the truth, I will definitely tell the truth. I will say that when I found your wallet in this very elevator, I went to a secluded place and looked inside

the wallet. There was a considerable amount of money and various documents inside. I took the money and put it in my pocket. Then, since there was a flowing stream of water and garbage in that secluded place, I threw the documents into the water one by one and put the wallet inside a large container designated for garbage by the municipality. That's it.

The voice: In this situation, as you are speaking hesitantly, your neighbor's eyes widen in surprise, their heart rate intensifies, and their complexion turns completely pale, to the point where breathing becomes difficult for them. What will they do, and how will they react in such circumstances?

Me: Nothing! Look at my eyes; they have turned blue, indicating the spot where the neighbor's fist struck. And then look, our neighbor has arrived at our door with a police officer, and I'm wearing handcuffs, heading to the police station.

The voice: Bravo to you for immediately embracing honesty! See how easy honesty is; it's just a tongue twist! Most people imagine that they can engage in any form of corruption or immoral act and, whenever they want, immediately change their course and align themselves with values and principles. So we should look at you, who immediately desired and became honest in an instant! Salutations to you! Well, now that you have embraced honesty to this extent, your spouse likely divorced you or moved back to their father's house, filing for divorce, dowry, and alimony. They probably also hired a lawyer and are gathering evidence to prove your addiction.

Your children are likely confused and unsettled at the moment. The area around your eyes is also dark and bruised. The police officer who came to your door has taken away your dignity and status, and now you are either in a detention center and prison or walking the court hallways with handcuffs!



Me: On the contrary, I have become an honest person, and what you said is the moral cost of my honesty that I willingly pay.

The voice: Very well, now we present another example.

Me: Isn't it enough? Do you still want to say more?

The voice: Not entirely! Because there may be hundreds of examples of concealment for you, and I'm only mentioning a few.

Me: Go ahead, but don't twist things too much.

The voice: Very well. Now, if they suspect at your workplace that you are addicted and ask you if you use drugs or not, what answer would you give? Of course, if you say you are a user, you may be fired. In that case, would you still tell the truth?

Me: Yes, yes, yes.

The Voice: Don't be upset; you are an honorable and strange person of honesty! Now, if you have engaged in a lot of bribery and embezzlement during the past years under the guise of gifts or presents, and now if you are questioned at the trial table before the judge, would you confess to everything? And will you also disclose the names of all those individuals, friends, and colleagues who have been accomplices in your wrongdoing?

Me [with a bitter smile]: Yes.

The voice [laughing]: Salutations to you, who are praiseworthy and have courageously and wisely, with great intellect and strong determination, managed to transform a lifetime's record of lies into a bright and truthful dossier! For now, up to this point, you have been labeled a thief, the whites of your eyes have turned as black as charcoal, you have lost honor and prestige in your place of residence and life, your spouse has separated from you, you have been fired from your job,

and your friends and colleagues thirst for your blood, waiting for an opportunity to get their hands on you. And when that happens, you are dead! Now tell me, my friend, or rather my shadow, do you think you have become honest and managed to transform lies into truth instantly with your great intellect, strong will, and firm determination? On the other hand, don't you think you were a complete fool before becoming honest?

Me [laughing myself]: Where did you figure it out from?! Since the moment I was answering you, this very thought was in my mind; that love seemed easy at first, but then difficulties arose! Until now, I used to think that honesty was an effortless and easy task; all one needed to do was make a decision. But apparently, it is a complicated and energy-consuming task, and if a person wants to step from the depths of darkness into the light instantly...

The voice: Let's not mistake it. Honesty is not a difficult or heavy task; it is a straightforward and easy task. However, the moment of honesty becomes challenging when someone has lived in lies for years and built their life on falsehoods and then decides to become honest in an instant. Imagine someone who has been in darkness or shadows for years. Now, if they suddenly find themselves exposed to the sunlight, the sunlight will certainly harm their eyes. Now it's better to give another example that makes the subject clear and understandable.

Me: Please go ahead. I would be happy to touch upon the topic.

The voice: Imagine a driver in a car, moving at a speed of 100 kilometers per hour. Can the driver suddenly change direction and put the car in reverse gear at the same speed?

Me: I don't think so! What would happen if the driver does that?

The voice: Forget the reverse gear! What would happen if you sit next to the driver and the driver suddenly brakes?

Me: If the car suddenly stopped, it might spin around a few times. Then, however, the passengers, excluding the driver, could break the front windshield and drop on the road!

The voice: That's exactly right. But if, in such conditions, the driver tries to put the car in reverse gear, the gears of the gearbox will break, and the car will definitely not withstand such an abrupt change in position. It will face a horrific accident and undoubtedly flip over, causing the car and its occupants to become entangled. This situation is analogous to someone who has always been a liar and suddenly wants to become truthful instantly.

Me: So what should be done?

The voice: I want to say that honesty or dishonesty is a way or a way of life. To become honest, the way of life must change. Most people, and even most ethics teachers, imagine that, to be honest, it is enough to change the way they speak! Then, of course, we will discuss further to clarify the matter.

Me: So what should be done?

The voice: We should behave exactly like that car that wants to move in the opposite direction, but first, we should reduce the speed so that the car comes to a gentle stop and reaches a stationary state. Then we release the gear and put it in reverse, and after that, we start moving slowly and gradually increase the speed until we reach the necessary speed. In fact, to accomplish any task, we first sow the seed of that idea and then nurture it over time until we can harvest the results.

Me: Sow a thought?

The voice: Yes.

Me: If you explain how thought is sowed, perhaps I'll agree.

The voice: When we talk about honesty or dishonesty, it may seem like they are just words, and it is enough for a person to choose one that they are interested in or fond of, and if they do so, they have reached their destination. But it must be understood that honesty and dishonesty are not just a goal or objective; each is a tool, a means, a method, or a path. One, which is honesty, is a way to achieve peace, tranquility, security, and faith. The other, dishonesty, is a path that leads to utterly tormenting conditions and, metaphorically speaking, leads to hell. Sometimes, humans find themselves in situations where they are forced to choose one of these paths. I repeat, they are forced to choose, which means they must either choose honesty or dishonesty! It is interesting to know that it is not the human who chooses honesty or dishonesty, but rather truth and falsehood choose their position in every suitable individual and sow their seeds! In other words, it is truth and falsehood that choose the human.

Me: Let me clarify: You are saying that truth and falsehood find and cling to the human? Therefore, if, for example, I have become a liar, it is not my fault; it is the falsehood that has chosen me and forced me to lie!

The voice: It seems that you liked my words, took a sigh of relief, found solace for your conscience, and found an escape route, reasoning that if I have lied so far, it is not my fault at all; instead, falsehood is the main culprit! But know that it is not like that; for a wise man once said: In the world, everything attracts what is similar,

Warmth draws warmth, and cold draws cold.

Me: So what was your intention?

The voice: My intention is that humans determine their own capacity and the nature of their capacity. That means if one provides the capacity for falsehood, they choose falsehood; if they possess the capacity for truth, the truth comes to them. In other words, falsehood, truth, love, honesty, hatred, and resentment are seeds that are scattered everywhere.

But these seeds nest and gradually grow and multiply wherever they find a suitable ground for recognition. Jesus Christ (peace be upon him) said: The sower scattered his seeds everywhere. Some fell on rocky ground and produced no harvest. Some fell on dry soil, sprouted briefly, and then withered away. Some fell among thorny bushes, which were consumed by birds. And some fell on fertile and productive soil, yielding a bountiful harvest, producing a yield of seventyfold from each seed.

Me: You mean to say that each person determines their own situation and capacity?

The voice: Yes, exactly. You cannot cultivate tropical plants in cold regions. You cannot, for example, grow date palm trees in Tabriz and expect them to bear fruit, and vice versa, because cold regions do not have the capacity to accommodate date palm trees. Therefore, seeds of kindness, love, truth, lies, deception, dishonesty, and so on prefer a place where they can grow in the best possible way. In other words, vice and virtue, ugliness and beauty, are both inspired, and these uglinesses and beauties choose their own place. If we liken noble qualities to an eagle and ugly qualities to a fly, it is the eagle that chooses its place on the heights of the mountains, and it is the flies that choose their place in garbage cans, or anywhere there is trash and filth. It is we who, based on our own choices, adopt a method in life that forces us to either be liars or truthful.

Me: So, what do you suggest to eliminate lying?

The voice: If you are a liar, you must change your way of life to eliminate lying.

The critical point here is that overall changes in our way of life make it possible to attain valuable qualities such as honesty, truthfulness, and love. We must understand that we cannot simply replace ugly qualities branch by branch and replace them with good qualities. Instead, our

entire way of life needs to change direction toward values. Humans should gradually distance themselves from ignorance and move towards values and knowledge.

Me: What do you mean by 'branch by branch'?

The voice: You won't be able to learn fundamental and root solutions that only involve controlling your anger, for example. Even if you do learn, it will be temporary because the issue of anger needs to be addressed fundamentally and at its root."

Me: I don't understand what you're saying!

The voice: Certain factors or causes contribute to the emergence of anger. But, since the existence of these factors depends on our knowledge or ignorance, our reaction to these underlying factors can generate anger in specific situations, or nothing may happen at all.

Me: Can you give an example?

The voice: Yes, imagine you're walking on the street, and someone who is looking at the sky accidentally bumps into you, causing the fruit packet you're holding in your hand to fall on the ground. In such situations, you can react in different ways: You may smile and say, "It's alright, my dear friend, no problem." On the other hand, you may get annoyed and mutter to yourself or grumble. You may become angry and grab the person by the collar or insult them. You may even physically assault them out of intense anger, causing them to fall to the ground and hit their head on the pavement, resulting in brain injury and bleeding, and result in his death, and you would be tried in court with the charge of involuntary manslaughter. Therefore, all your reactions depend on the level of awareness you possess. In other words, you cannot simply replace lies with truth in your life but continue with bribery, deceit, or any other form of corruption and unethical behavior. The human being should cultivate the tree of knowledge throughout

different stages of life, and it is evident that by nurturing the tree of knowledge, all the qualities of worthlessness will fade away.

Me: So when the devil leaves, the angel arrives.

The voice: If you gave a little thought to the words you heard, you would discover whether they are true or false.

Me: How? What do you mean?

The voice: If we remove darkness from a room or any other place, what do you imagine fills the space left by darkness?

Me: Well, obviously, darkness again.

The voice: So, first, the light must come to eliminate darkness because even if you can remove darkness from a room with any means, the room will still be dark because darkness arises from the absence of light. It is enough to light a match in a dark room; as long as the match's light lasts, the darkness disappears or becomes nonexistent. In other words, darkness arises from the absence of light, ignorance stems from the lack of knowledge, and the devil resides in the absence of an angel!

We must know that the devil never leaves unless the angel enters, so first, the angel must come in order for the devil to go out. We must employ good qualities for them to grow so there is no place left for the growth of bitter and poisonous seeds, and those toxic seeds will migrate from our field and find another place for themselves.

Me: I am enjoying this discussion and gaining clear insights! So please continue, but please tell me, what is our ultimate destination?

The voice: It is better to move beyond the realm of truth and reality or the discussion of the past and the present and what they are or how they are defined, as this does not solve our problems to a great extent. Of course, discussing these matters in philosophical debates or academic

and scientific circles is necessary for acquiring knowledge, awareness, and enlightenment on various subjects. However, for those unfamiliar with the fundamental principles of philosophy, understanding and grasping them as they are presented in philosophical books can be difficult or even impossible for some of us. We only want to move towards a direction where we gradually distance ourselves from darkness and obscurity and move towards illumination. We don't know the exact geographical coordinates of the point we are in, nor do we know in which degree and quadrant or in what relation we are to the equator, the distance between us and the sun, or how far Mercury and Neptune are from us. Therefore, if we know ourselves and others better and learn how to navigate through difficulties, we will be less likely to encounter problems and conflicts with others.

Now let's return to our previous discussion and your question, "Where is our ultimate destination?" Here, for me to provide you with an answer, I need to ask you a few more questions to get closer to the solution. In your opinion, where is the designated point that a human intends to reach? What is the pinnacle of human evolution?

And why is there so much striving and effort by humans?

Me: It is evident that it is for humans to attain humanity.

The voice: Think a little more, and if something comes to your mind, please let me know.

Me: Reaching the heights of humaneness!

The voice: What an interesting statement! Do you really understand where the lofty peak of humaneness is and what qualities it possesses? Or what does it mean to achieve humanity or to become truly human?

Me: You're right! What does it mean?! Where is the lofty peak of humanity?



The voice: Very well, then let's say something or express it so that we both understand what we're saying.

Me: Then you tell me, what is everyone pursuing and continuously striving to attain?"

The voice: In this world or the other world?

Me: Does it make a difference?

The voice: No, it doesn't make a difference.

Me: So, both in this world and the other world, or both in this life and the hereafter.

The voice (After a brief silence): Good, now pleasant state!

Me: Pleasant state! But, wait, wait, let me think.

The voice: Very well, I will remain silent.

[Silence...]

Me: I know this word, but I don't know it. I am familiar with this word but don't recognize it. I understand this word, but I don't comprehend it. Yes, I have been seeking a pleasant state for years, but it seems I didn't know that being in paradise also means being in a state of pleasantness. If we think well, everyone seeks a pleasant state, and to attain it, we constantly pay various unjustified costs. The more effort we exert, the less we find it, and the closer we try to get to it, the more it escapes as if it's fleeing from any kind of gas and passing us like the wind.

When I look back at the past, during my school days, I used to consider a pleasant state as the days off from school, buying a piece of chewing gum or eating candy. But, of course, it was also not getting slapped by the school supervisor! After a while, all my desires and wishes were summed up in buying and riding a bicycle. And I used to tell myself

riding my own bicycle was the ultimate state of pleasure. But after a while, as I approached the end of high school, I imagined that if I studied hard, got accepted into university, became an engineer, and owned a car, oh, how delightful it would be, and then my state of happiness would be everlasting. Or I don't have to rely on sharing a beef stew lunch with another classmate because I don't have enough money. Instead, I will be able to eat a stew all by myself. I can even go to any cinema I want and have any kind of sandwich or as many drinks as I desire without having to ask the sandwich vendor, "Sir, please give me a ham sandwich with an extra piece of bread to fill my stomach," and I won't have to wait for hours in the bus queue. Then my state of happiness would be significantly enhanced. I endured hardships and difficulties for years, studying tirelessly and sacrificing sleep until I finally entered university. But there seemed no sign of happiness as if I were a giant and happiness was nowhere to be found.

When I became an engineer, I realized that I still wasn't happy. Going to the cinema, having sandwiches, or drinking soda no longer held any significance. Instead, I was searching for a more satisfying drink to warm the soul (get drunk) and take a person out of their natural state! At that moment, I realized that by consuming such beverages, I would experience temporary happiness for a while. I would think, "I have found the best drink in the world that brings me joy." But after some time, I realized that when my head was warm, I would feel intoxicated and delude myself into thinking I was happy. Unfortunately, during those moments, sometimes my mood would become very bad, and at times, due to excessive indulgence, I would suffer from severe headaches. Or, as a result of losing control over my words and actions, I would ruin the happiness of many others. After coming to my senses, I would deeply regret it, and my mood would become highly disturbed. This situation caused me great distress.

Therefore, I was searching for another substance that would make me feel good and wouldn't have the destructive effects of those beverages.

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After a while, I tried using Opium. I realized that this substance brought me pleasure and, unlike the drinks I had been using, it didn't impair my consciousness and senses. After several uses, I told myself I had found a precious substance and wondered why other people didn't use this magical substance. I thought these people lacked intelligence! After some time, to my utter disbelief, I realized that I had also become addicted. As a result, I became acquainted with a misery called withdrawal, the worst pain and calamity in the world. I reached a point where it seemed that I owed something to myself.

Furthermore, when I used Opium, it only brought me to a state of temporary normalcy. And thus, I became addicted to a substance that dictated every aspect of my life, big and small. Even if I wanted to eat something, I had to first consider whether consuming that food would interfere with the effects of using opium. For instance, if the food happened to be sour, would it not diminish the impact of the opium on me? And wherever I wanted to travel, I had to first consider whether drugs were available. If it was determined that drugs might not be present, I would never embark on that journey, even if it was crucial or if I had the most important appointment. If I hadn't used opium or wasn't intoxicated, I could not go. Drugs always took precedence in every matter because addiction and withdrawal are the worst pain in the world and incredibly tormenting.

After several years, my appearance had become worn and distorted, causing shame and fear that I couldn't even look at myself in the mirror. In short, my opium addiction had significantly ruined my well-being and threw me from a pit into a deep and endless abyss. Not only did my condition not improve, but it worsened a hundredfold. From morning till night, I sought refuge to escape from myself and the drugs. But, unfortunately, it had ensnared me so tightly that I felt liberation from the clutches of this monstrous beast was not easily attainable.

I have just realized that the general public and their intellect are in their rightful place, and my own intellect has failed me. I pursued factories, companies, and other matters hoping for prosperity. But after a while of trying, my condition worsened again. I was constantly burdened with issues like employee salaries, ongoing expenses, insurance, taxes, municipal fees, bounced checks, and more. These problems severely disrupted my well-being. Since my work was not based on sound principles, there seemed to be no goodness or blessing. I had already made plans and spent money I hadn't yet received.

At one point, I realized that judging others based on false and incorrect information and manipulating their personalities, knowingly or unknowingly, brought me joy. I took great pleasure in speaking negatively about others and criticizing them from a negative perspective. But when I realized that others also judged me based on false and incorrect information, my state of being became severely disturbed.

As you have emerged from within me, tell me, what should I do? What law exists that I should follow to always have a good state of being. What is it that brings me joy and contentment?

[A silence settled between us...]

The voice: Before anything else, I must say that addiction is not only about drug use; sometimes, we fall into addictions that are a hundred times more dangerous and destructive than drug addiction, and we are unaware of them. But the answer to your question is practicing righteous behaviors.

Me: What is righteous behavior then?!

The voice: Righteous behavior is an action that results in goodness, well-being, and happiness.

Me: So righteous behavior is the same as good behavior.

The voice: In some cases, righteous behavior and good behavior may be the same, but in other cases, they can be different.

Me: Could you please explain it further so I can understand?

The voice: The best thing to do is to look at the literal meanings of the words. In this context, 'good' means beautiful and pleasant. And 'righteous' literally means correct, faultless, and flawless. Therefore, when a judge pronounces judgment between two individuals, declaring one guilty and the other innocent, the judge's action is not considered good, beautiful, or pleasant. Because for the person declared guilty, the sentence of life imprisonment may be issued, and you know well that is not a good, beautiful, or pleasant action. However, it can be considered a righteous action.

Similarly, it is not a good practice if you lend a large sum of money to one of your friends or family members without receiving any receipt or document. By lending money to your friend, you have performed a kind act and demonstrated incredible generosity and friendship. Trusting your long-time friend and not obtaining any documentation for the repayment of the money also reflects a beautiful display of trust and companionship. However, after a while, your friend or family member refuses to repay the cash you gave them, and despite your repeated attempts to collect the money, they suddenly claim, "I don't have any money, understand? I... I don't owe you anything! You never gave me any money!" If you have any evidence or documentation, follow the legal process to recover your money, and they confront you, saying, "You don't even have a witness!" You are correct in realizing you did not act righteously in this situation. Your action or behavior was flawed, specifically in not obtaining valid documentation for the repayment of the money. The flaw in your action lies in not having proper evidence to secure the return of your money.

Me: I know my family will never betray me if I lend even a significant amount.

The voice: Your friend has more credibility or a bank? Banks have established systems for lending money. Firstly, when you lend money to a bank, even small amounts, the bank provides you with a receipt. Secondly, many people who have lent money to their friends or family members have found themselves in a situation where they have been unable to recover their money or reclaim their property or land for years, despite having legal cases. And the third point is that if you have given a large sum of money or other valuable assets to your dear friend or family member without receiving any documentation, have you considered what would happen if, God forbid, your friend passed away or was lost in an accident? How would you retrieve your money or valuable item from others who may be the rightful heirs? Or if God forbid you were no longer here, who would be aware of the individuals to whom you have given money or valuable goods?

Me: Thank you, I surrender, you're right. Now, another question.

The voice: Go ahead.

Me: So when a person drinks alcohol or consumes drugs like cocaine, heroin, crystal meth, or smokes cigarettes, and it makes them feel good, is this action good or righteous?

The voice [Laughing]: You're seeking refuge again! The actions you mentioned are neither good nor righteous!

Me: Then what kind of action are they?

The voice: The way you consume them is a devilish action! Of course, there may be some benefits in using these substances if they are used in their appropriate context, such as for medical or therapeutic purposes. However, outside of those contexts, they can cause destruction for humans, which can be considered a devilish action.

Me: So how can we know if the action we are performing is a righteous action?

The voice: We must attain wisdom because wisdom is a prerequisite for righteous action. Therefore, a person must first acquire wisdom to perform righteous acts.

Me: Tell me about wisdom.

The voice: I can express my interpretation of wisdom as follows: wisdom is the science of living, the art of living, the art of loving, loving all existence, loving all beings, and understanding the moments of life. In other words, learn to live in a way that brings peace and tranquillity. Make peace with yourself, harmony with the entirety of existence, and have faith and belief in values. Respect and uphold these values and follow universal reason and wisdom. It should be noted that divine religions have revealed laws for a good life, including abstaining from anti-values and adhering to values. They also emphasize preserving individual rights and privacy, protecting collective rights and the common welfare of societies. Do not imagine that wisdom is only attained through literacy in a specific field. In our conversations, wisdom does not solely mean knowledge. According to Amin's description of the triangle of knowledge: Knowledge is a triangle in which one side represents reflection and contemplation, another side represents life experiences or acquiring life experiences, and the third side represents education or the method of acquiring knowledge and awareness. Therefore, life experiences, education, and knowledge are necessary to gain wisdom, reflection, and thought.

Me: What is the main point hidden in these solutions that can be the master key to performing righteous actions?

The voice: I cannot say for sure, but since the day we made the covenant until now, which I cannot recall exactly, I have not been able to fully accomplish righteous actions! From every hundred steps or tasks a

person takes or completes, they realize that only a few of them have been righteous over time. This matter has numerous complexities that each individual must discover for themselves. Therefore, the secret and essence of these teachings cannot be understood with a single point or unlocked with a master key in an instant. It requires personal exploration and learning.

Me: You mentioned that it needs to be discovered, but how should one go about discovering it?

The voice: The balance point in any task must be found through continuous practice over time. It's similar to cooking a dish like "Ghormeh Sabzi" or "Gheimh," which has a recipe and essential ingredients. However, one must practice it to gain the necessary skill to cook it perfectly. Another example is the Persian alphabet, which consists of thirty-two letters. Can anyone who learns the alphabet immediately learn how to read and write? It requires practice and further learning.

Me: So, after continuous practice, one eventually learns to read and write.

The voice: Yes, you are right. It takes time for a person to gradually learn word by word, and even after years of life and education, there may still be occasions where you come across a word you have heard for more than sixty years, yet you cannot write it correctly. Likewise, it may take years for a person to gradually learn words, but they never reach a point where they are fully proficient in all words. And in music, there are only seven notes, and the positions of the notes on instruments are well-defined. Naming and memorizing the names of notes and their positions on instruments, such as the piano, is relatively easy. However, performing and playing a musical piece is much more challenging, and playing it exceptionally well is even more difficult, requiring extensive experience and countless hours of practice. If we reflect on it, we realize



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that despite everything being clearly defined and written down in a musical piece, with the notes specified, a person who wants to learn to play an instrument must make mistakes repeatedly to learn to play correctly. It is impossible for someone to know nothing about music and be able to play a musical piece without any mistakes from the first time the teacher introduces it. Therefore, having a pleasant state of being and performing righteous actions comes at a relatively heavy price, achieved through continuous practice.

Me: What is the price of it?

The voice: Determining the price and making the payment involves much complexity. For example, you have to pay money in one place and receive money in another. In addition, there are situations where you have to forgive and others where you should not. You have to speak in one place, and in another, you have to choose silence. You have to endure a slap in one place, and in another, you have to strike back. You have to eat in one place, and in another, you have to be hungry. You have to sacrifice your life in one place, and in another, you must preserve it. If you pay close attention, you will see that you must act in entirely different and sometimes contradictory ways to perform righteous actions. Therefore, learning, understanding, experiencing, and contemplating righteous actions are essential. In addition, you and I are also faced with another problem!

Me: Which problem?

The voice [with a smile]: Destructive forces! Inhibitory forces! Or, as you put it, demonic forces! Even the flowers are adorned with greenery! As far as I understand, performing righteous actions in itself is difficult, and now destructive forces are added to that! Now, please tell me, what do they do? It's better to say what they don't do! Because they do everything and interfere in everything, everywhere! They subtly alter or interpret issues in a way that suits their own agenda, and at times

they distort the facts entirely. They may present paradise to you with a pointing finger, but with a blow, they throw you into the depths of hell.

Me: How? Please provide me with further explanation.

The voice: For example, throughout history and worldwide, there have been leaders of nations who, to elevate their people to greatness, glory, and grandeur, have led them to destruction, misery, poverty, hunger, humiliation, disease, and annihilation. They achieved this through their mesmerizing speeches, joyful shouts, displays of monumental structures, and the grandeur of their military forces in the vast city squares. They built piles of corpses, numbering in the tens of thousands or even hundreds of thousands or millions! They call it the devil's trick! Because with a pointing finger, they showcased greatness and grandeur, giving the impression that everyone could collectively attain a prosperous state. However, with the devil's trick, all of them fell into the depths of misery!

Me: Could you provide a few examples for me, please?

The voice: Like World War II and the thunderous shouts that Adolf Hitler delivered in front of his heavily armed soldiers during military parades, filled with cries of joy and pride. And the triumphant shouts that men, women, girls, and boys would chant.

Or like our neighboring country! The president of our neighboring country tore apart international agreements and, with a pointed finger, demonstrated grandeur and magnificence to his own nation, promising to lead them to eternal prosperity. Instead, he launched a military attack on our country, resulting in misery, poverty, and destitution for his people and himself. He led his own family and nation toward destruction, and to this day, his country has not been able to recover from the consequences. They indiscriminately dropped chemical bombs on thousands of innocent civilians, including children, women, men, the elderly, and youth, causing them to suffer the most horrific deaths. For

years, they injured and disabled them with chemical agents, believing that their actions were righteous, accompanied by valour and courage, and envisioning their names glorified with golden letters in the pages of history. They deluded themselves into thinking that future generations would honour them. Unfortunately, they did not realize that their names would be recorded in history as the most vile, bloodthirsty, and ruthless individuals. Yes, if you pay a little attention, you will see countless examples where individuals commit crimes in pursuit of personal satisfaction and pleasure.

Once again, as an example, there are those who, due to their own problems or sexual inadequacy, claim that if they murder street women, they will find joy, and as a reward, God will guide them toward paradise. But he doesn't know that such an act is called the devil's kick because no one in society has the right to judge themselves and execute their own judgment. Instead, everything should be transparently examined and judged in a court of law, under the supervision of the law and a judge; otherwise, it becomes the devil's kick.

And another person says I will feel good if I eliminate my political or business rival.

And that person thinks if I snatch the handbag of a passing lady with my motorcycle and if she doesn't let go of her bag, I punch her in the face and break her jaw, and I leave her bloody on the pavement and take her money, I will feel good. But he doesn't know that surely and certainly a day will come when he trembles, the trembler! It means that the one who inspires fear and terror will soon tremble himself, and without a doubt, that place will be before a judge and interrogator.

Of course, if in an argument with his friends, they don't hit him with a knife! However, he finds ways to justify his ugly, violent, and inhumane actions or crimes. For example, he might say that society doesn't give him his rights, he hasn't found a suitable job, or because he was not born

into a wealthy family, he believes he should seek revenge from society and presents his ugly actions as logical. He sees himself as a debtor to society and proudly describes this to his friends.

And another person says, "If we export democracy and freedom to the world, I will feel good." And another person says, "If we make the world communist, I will feel good." And another person says, "If we make the world socialist, I will feel good." And someone else says, "If we make everyone a musician, I will feel good." And another person says, "If we make everyone laugh, and another person says, "If we make everyone cry, I will feel good." And another person says, "If we drive the world towards capitalism, everything will be fine." But another person says, "If I engage in this yoga, self-hypnosis, meditation, asceticism, or mysticism, I will feel good." And another person says, "If I buy a gas-powered motorcycle and ride it to work."

And another person, if I buy the latest model of Mercedes-Benz. And that one, if I become a representative in the parliament. And another, if I get employed in the municipality working for Sepori. And that one, if I become the mayor of a big city. And that student, if I take the place of the teacher. And that employee, if I undermine my colleague and take their position, I will be happy.

Regardless, thousands upon thousands of ugly and beautiful thoughts and actions occur daily, accompanied by various justifications. And as each day passes, things do not get better, but our state of being deteriorates. The more we strive, the more we sink deeper into the quagmire, and our condition worsens. It doesn't improve! I must now ask, "How about you? How are you doing?"

Me: With this description, I'm not feeling great, but I'm not too bad either.

The voice: Do you know why?

Me: Yes because everyone is seeking happiness, but apparently they look for it elsewhere or in a different state.

The voice: Yes, you're right. Everyone is after happiness, even all those individuals who pursue spirituality and disregard materialism in search of happiness, hoping to eventually enter the promised paradise. Like the devout, the ascetic, the Sufi, the mystic, and those who consume intoxicating drinks or drugs. In general, everyone is busy paying various costs to eventually reach a state of happiness.

Me: That's very nice, but achieving happiness should have a set of rules and be systematic. Can you organize it for me and explain its rules?"

The voice: Actually, no, I can't! Because this matter requires further study and examination. However, with a rough estimate, I can mention a few points.

Me: That's good enough. Please explain further.

The voice: You're welcome. In general, we first need to pass through the valley of knowledge because, as we mentioned before, knowledge and understanding are prerequisites for righteous action. But if I were to mention a few points, they would be as follows:

A: A person should settle their debts.

B: They should distance themselves from opposing values and embrace virtues.

C: One must love all existence and be of service.

D: Learn from past experiences, plan for the future, and live in the present.

E: Be free from any prejudice and be open-minded.

F: Live and let others live.

G: Harmonize oneself's hidden and manifest aspects, meaning aligning one's appearance and inner self.

H: Understand that death is not the end, and life continues in various forms.

Me: Now, please answer me. Can someone put all the above-mentioned points into practice together?

The voice: All of the above?

Me: Yes, all of the above.

The voice: I imagine it wouldn't be easy, but it's not impossible, and it certainly requires a significant amount of time. Moreover, one needs a high level of awareness, knowledge, and understanding.

Me: Why is that?

The voice: For example, I mentioned that someone should settle their debts or bring them to zero. But even this task is not easy unless God forgives our debts or guides us to settle them ourselves because we often don't even remember our debts.

Me: Could you provide some further clarification? If you don't mind me saying, your words are somewhat vague. How is it possible for someone to be unaware of their own debts? It has been said since ancient times that two people never forget their debts, the creditor and the debtor!

The voice: I'm not speaking vaguely; it's you who, unfortunately, haven't learned many things yet and don't know! Sometimes, the things I say pertain to hidden forms and the veiled aspects of human existence, which are difficult to believe! You should keep these matters in the corner of your mind so that someday you may come to understand them. Because, unfortunately, you don't recognize or accept me, who is

currently speaking to you and is your own self. However, despite all that, I will briefly explain.

Me: Why brief?

The voice: Because an elephant cannot fit in a teacup. So you must prepare yourself to absorb knowledge and comprehend the hidden forms of information.

Me: Very well, please continue.

The voice: Every human has an archive or a preserved tablet, and everything that has transpired from eternity until now is recorded in that preserved tablet. So you need to settle the bills in the preserved tablet.

Me: Are you referring to childhood?

The voice: Excuses the war of seventy-two nations, for they did not see the truth and instead indulged in myths. Because some scientists who do not believe in the hidden aspects of human beings attribute most of the psychological and mental problems of individuals to their childhood, while we have individuals whose childhood has been challenging and filled with pain and suffering, but they have transformed into outstanding and beneficial individuals for themselves, their families, and society. Similarly, some individuals had a privileged and enjoyable childhood but have turned into sick, mentally unstable, and harmful individuals for themselves and their families. Our conversation is about the nature of human beings, their institutions, or their origins.

Me: So the Day of Eternity, what day is it? Where is it, and when did it begin?

The voice: I don't know when it started or in what place or dimension it was! I only know that it is mentioned in the book; One day, the ruler of

the heavens, the Absolute Power, gathered all of us in a great assembly, and took a covenant from us or made a covenant with us!

Me: What covenant?

The voice: On that day, He asked, 'Am I not your Lord?' and we responded, 'Yes, You are our Lord, and we will obey you.' That day was called the Day of Eternity, marking a new beginning in the heavens. A significant branching occurred in the heavens on that day. We have forgotten that day, and only the Ruler of the heavens is aware of it.

Me: Where were we before the covenant?

The voice: I only know and have read in the book that on a day, the Ruler gathered everyone in the heavens, including you and me! He asked, 'Am I not your Lord?' and we responded, 'Yes.' And on that day, the covenant was made. Now, I don't know what happened before the covenant or where we were, and I don't know what we were doing! But, nevertheless, on that day, we made a covenant with our Lord, and our lives continued in some way in the heavens or in another place, or on Earth, and a new beginning commenced.

Me: Can you at least tell me when or at what time the covenant was made?

The voice: In terms of time, the scales of Earth and the heavens are completely different. But still, I don't know if it has been thousands of years, hundreds of thousands of years, millions, or billions of years.

Me: So how are we supposed to settle our accounts? There must be a way, after all.

The voice: I imagine that to settle our accounts, we shouldn't rush because it requires a relatively long time. Therefore, we should take action to eliminate the bitter and poisonous weeds that have grown within us, such as ignorance, hatred, envy, selfishness, harming others,



lying, backbiting, and more. First, we should move from words to actions and firmly believe in the mercy beyond. Then we should sow the seeds or valuable grains so that they may grow with sufficient strength and become our protective shade. We should continue to prioritize healthy and honest thoughts and align our words, deeds, and actions accordingly. This way, we can peacefully approach the gates of happiness, dwell in peace, tranquility, and security, witness paradise, and make paradise proud of our existence.

Me: It seems like you know much more than me.

The voice: Don't forget, I am you! Your hidden forms! I am your shadow or shadows. But you never pay attention to my words. If you pay more attention and patience, you will hear my voice better. But you are always busy playing with your own toys that you have gathered around yourself in the world!

Me: Don't be unkind to me. You know very well that I don't like to be criticized or judged! Instead of approving my actions or helping me justify the things I say, you are putting me on trial and subtly accusing me! If you continue in this manner, you force me to say that you are the cause of all my problems! Don't you say that I am you?

The voice: I apologize for not being attentive! When I said 'I am you,' I meant that I am the hidden part of you, which is currently not visible to the naked eye. I remember some things you have forgotten since eternity, things you don't recall. I didn't intend to upset you. You are a very good person, and any wrongdoings you have committed, yes, they are true! However, they are either due to time constraints or the misleading of your inner devil, and you are not responsible in any way, shape, or form! Do you know who the main culprit is? The main culprit is the ruler of the heavens who created you and me! If it wasn't for the fact that he created us, we wouldn't commit any wrongdoings! Be assured that every time an airplane crashes and people of all ages, men

and women, die, the Wright brothers are to blame for inventing the airplane! And every time a car accident happens, the main culprit is the person who first built or invented the car! And gravity is to blame every time a stone falls from the sky and hits someone's head! And likewise, for every person who becomes an alcoholic on the surface of the Earth, the main culprit is Zakariya Razi, who discovered alcohol! Very well, from now on, I will try not to bring up your wrongdoings and your ignorance and constantly validate you! Are you satisfied now?

Me: Thank you for your kindness. May your great ruler show mercy to your departed ones. If you want to achieve results, have bread to eat, and not be idle, please refrain from criticizing me!

The voice: Very well, obedience. Do you have anything else to say?

Me: Why don't you explain the concept of living in the present to me a little, if possible?

The voice: All of us in life pursue goals, whether material, spiritual, worldly, or otherworldly goals, and this is very good and should be so. Of course, we should know that there is always a question that exists and is raised by most of us humans, and that question is: What is the secret of creation or what is the purpose of creation, and why have we come into existence? Throughout history, the wise, sages, and philosophers have presented various ideas to answer this question, which are diverse and extensive. Regardless of what it may be, it is excellent and thought-provoking. However, having a very long lifespan, there is another primary and fundamental purpose hidden in the secret of creation or the purpose of creation that we sometimes pay less attention to. Now, can you tell me what it is?

Me: Whatever I say, you say something else. So please tell it yourself.

The voice: The purpose of creation is the very essence of life or existence or the nature of living, which I imagine to be the best purpose of creation.

Therefore, if this act of living is based on knowledge and is sound and righteous, it can be the highest purpose of the great ruler.

Me: Please wait a moment. We were talking about the pinnacle of humanity, the attainment of evolution, or the realization of humanity, which you brought up in our discussion about the joy of the present. But the task of the pinnacle of humanity needed to be made clear. If possible, could you clarify it for me?

The voice: Very well. I am currently examining another subject, and I haven't clarified it yet, but you immediately ask another question before I have a chance to respond.

Me: It's not my fault because the matter of the pinnacle of humanity was not fully clarified to me. Let's discuss the secret of creation and the pinnacle of humanity together.

The voice: Very well. The pinnacle of humanity refers to a state where a person can bring themselves closer to becoming a complete human being. And this state means living as a human, which means being beneficial for oneself, others, and the entire existence. So it's not about striving to reach a point and then stopping at that point without being valuable, even for oneself or another person.

Me: But are such individuals really found?

The voice: There are indeed many individuals from different religions who live in the wilderness, eat desert plants, settle in one place for years, or even rely on others for their sustenance. In their own estimation, these individuals aim to reach paradise at the expense of others. However, they do not realize that just as they are wanderers in this world and live like animals, they will likely continue to live the same animalistic life in the afterlife. Of course, in some cases, animals are far more beneficial to existence than these kinds of humans. As a result, these individuals do not fulfil their responsibility and are wasteful

consumers. So being beneficial and adaptable in existence is very important. And since the end of one point is the beginning of another line, humans should not halt at one point; they should remain dynamic and beneficial.

Me: Could you elaborate on the topic?

The voice: What do you mean by collecting money or making money?

Me: Obviously, it's for daily expenses, becoming wealthy, and saving.

The voice: What will you do when you become wealthy?

Me: Obviously, we become wealthy to secure the future, avoid poverty, and be able to spend.

The voice: Well done. What would happen if we became wealthy and saved money but didn't spend it?

Me: I think it's a foolish thing to do!

The voice: You're right. The foolishness lies in that. Spirituality is the same way. A human wants to reach paradise to live a heavenly life, reach the pinnacle of the human hood to live as an actual human, and reach God to live a righteous life and not engage in corruption. So it's better to start living a heavenly life, living as a true human, and living a righteous life from this very moment, in the present. So therefore, in all the matters we discussed, the ultimate goal is to be able to continue our life and existence in better conditions, which means learning to live in the present. If the sole purpose is to reach the pinnacle of humanity, let's assume that after years of effort, struggle, and hardship, you have reached the peak of humanity. What would you do then? Indeed, you would stand at the top of the peak and say, "Oh, peak, greetings! I have arrived." And the peak would respond, "Welcome, you are very welcome." Then you would say, "Oh, peak, I want to make the flag of humanity wave proudly atop you." The peak would reply, "Please, by

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all means, that would be wonderful. Install the flag and let it wave proudly. Please, go ahead."

You install the flag, then you perform a military salute. After concluding the military salute, you place your hand on your hip and look at the sky. You take several deep breaths, inhaling the pure and pristine air of the mountain peak. You say, "Finally, after years of effort and numerous ups and downs, I have conquered the summit. Truly, what humans perished on this path to the peak!" After a few moments of silence and gazing at the sky, the land, and the surrounding green meadows, you stay on the summit for several days, becoming a guest of the peak. After spending several repetitive days, you turn towards the summit and say, "O summit, I love you, and I have endured countless hardships to reach you. Now, beholding you, I am not satiated." The summit responds, "I, too, am not satiated by beholding you. I love you as well." Then you say, "Well, what should I do now, dear summit?" The summit replies, "My dear, my life, you came and conquered me, and that is blessed. You raised your flag, and that is also blessed. You were our guest for a few days and left your mark; now, don't you have work and life to attend to? Go, pursue your endeavours!" They say, "A guest is like a breath of a human. Just as air enters the lungs with each breath and must also be exhaled, it creates suffocation if it doesn't exit. Therefore, you should move on so that there is room for the next visitor to arrive." Moreover, I kindly request that you take these littered items, such as watermelon rinds, soda bottles, chip packets, and so on, with you as well. If left here, they may cause pollution, unpleasant odors, and various illnesses. Therefore, the purpose of life is not just reaching a specific point; rather, life itself and its moments, the continuation of life over time, and embracing all the moments of life throughout time are valuable. We should also pay attention to the fact that God's mercy and compassion are not limited to forgiving our sins; rather, God's mercy and compassion lie in giving life to all beings and creating the incredible diversity of existence in its most magnificent form, which is the most

astonishing and greatest miracle of creation or the secret of creation or the purpose of creation, if only we comprehend it!

Me: Do you want to say that this very life that is unfolding is the most valuable and significant secret of creation?

The voice: Yes, I imagine the most important and most incredible secret of creation is the creation of creation itself, and the most extraordinary thing or gift that God has bestowed upon us is the gift of life and living. But to enjoy this life, we must understand that life operates by its own laws and has its own accountability. It is also important to know that following the rules of the game of life brings happiness while deviating from them brings unhappiness, misfortune, illness, poverty, hunger, disease, destruction, insanity, and even murder or suicide for human beings.

Me: Which rules?

The voice: The rules that have been communicated to humans by divine messengers or through the wisdom of enlightened individuals. Their teachings or words are nothing but the official declaration of these rules and strategies of the game of life. It should be noted that these rules are always in effect and applicable, both in the present and in past and future.

Me: What were the rules?

The voice: In general, as we mentioned before, it is about avoiding anti-values and adhering to predetermined values that global reason and wisdom endorse.

Me: Thank you. I apologize. Please continue.

The voice: In other words, the entirety of these rules, especially divine laws, is not only intended for the deceased but also explicitly

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communicated to the living. That's why I mentioned that these rules are in effect, even though they define our life after death and before it.

Me: So how is it that either these rules are not implemented properly, or they are unjustly used to eliminate certain individuals?

The voice: This game or story has two sides: one side consists of constructive forces, and on the other side, there are destructive, inhibitory, or corruptive forces! These forces have various names, such as positive and negative forces or divine and satanic forces! In any case, these forces are engaged in a hidden or apparent war with each other. We generally refer to these forces as opposing forces, meaning forces that are against or opposed to one another. It should be noted that the entire system of existence is based on these opposing forces. The crucial point is that these divine laws or the principles of a good life are always exploited by negative, satanic, inhibitory, and destructive forces in different ways and inverted forms to pursue seemingly divine goals but with satanic intentions. As an example, the wicked commit atrocities such as beheading people, detonating bombs in public places, mosques, or pilgrimage sites, and they commit acts of violation against women and girls. And when they commit crimes or atrocities, they even invoke the name of God and claim that they are spreading God's religion! In the past, they burned people, including their opponents, at the stake under the magician's name to strengthen the foundations of their satanic power. They claimed that by eliminating these wicked individuals from the face of the earth, they were fighting demons and working towards bettering their own and others' well-being. They believed that by doing so, God would bless them and grant them a glorious place in paradise. Indeed, not even Galileo, the great poor scientist who stated that the earth revolves, was spared. He was accused of sorcery, being anti-religion and anti-God, and they wanted to burn him. He was fortunate and wise enough to repent in his final moments. But Socrates, a great man who deeply understood the hidden aspects of human existence, was unjustly taken away and forced to drink poison

under the false charges of corrupting the youth while they presented the poisonous cup as a cup of intoxication. However, today we know well that Jesus Christ (peace be upon him) was a compassionate messenger of God who wouldn't even harm an ant. And now he suffers at the hands of these thousand-faced demons, with blood flowing from his eyes instead of tears. History books are full of atrocities committed under the pretext of divine laws and their distorted interpretations.

Even after the departure of the Messenger of God, peace be upon him, it was only a few years before they beheaded and martyred his beloved progeny, Imam Hussein (peace be upon him), and either martyred or took captive the rest of his family members. All of these demons presented themselves as representatives and chosen ones of God. Indeed, this was a glimpse of how divine laws were distorted and the garment of religion was turned upside down. And all these actions are carried out by satanic, destructive, and inhibitory forces. In any case, the main subject of our discussion is living, experiencing a joyful life, or one of the great objectives of creation. I want to reiterate once again that living is the greatest blessing bestowed upon us by the Creator, for all beings in the vast universe, but I repeat that this life has its own laws!

Me: What is the most important law of life?

The voice: The most important law of life is to know that life is in progress; that means everything is in motion, and nothing is in a state of stillness. Because if life were meant to be in a state of stillness, everything would come to a halt and remain motionless, and life would not come into existence and take shape. So those who seek to keep life in a state of stillness are incapable of doing so because it is an impossible and unattainable act! For example, for those who seek to keep power solely for themselves and under their control forever, the first condition for them is to maintain power and all events in a state of stillness or fixedness, which is impossible.



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Therefore, they inevitably resort to countless tricks, deceits, and manipulations. But the matter is simple because they cannot preserve power indefinitely. According to divine laws, everything is in motion, and nothing can belong to anyone forever.

And over time, the truth continues to unfold, and actions reveal themselves. In other words, the culmination of tricks, deceit, lies, wickedness, and crimes turns against them and destroys them.

If we observe closely, we see that they engage in dangerous practices or those who want to maintain their beauty, youth, and slimness in a state of stillness, such as shortening the small intestine or gastric bypass surgery, removing fats through surgical procedures, using hazardous chemicals or drugs, breaking and reconstructing the nose, filling different parts of the body with various gels, and so on. And ultimately, they don't realize that breaking and narrowing the nose means constricting the respiratory passage and eliminating the nasal blood vessels. These blood vessels should act as a safety valve, causing nosebleeds when blood pressure rises. However, when these blood vessels are damaged, instead of a nosebleed, bleeding occurs inside the human brain, posing the risk of death and many other actions that lead to the destruction of the body, mind, and soul.

Or a lover, because they want to preserve their love in a state of stillness, they constantly cause distress and torment to their beloved. They continuously monitor their every move and judge them incorrectly and unfairly with a sense of jealousy. They resort to numerous tricks and schemes, seeking to possess and control them. These actions may stem from affection, love, and interest, but time has its own games because it is constantly flowing, and everything changes.

Similarly, a mother who endures great hardships to raise her son or daughter. Because she wants to keep her child for herself, she is compelled to keep things in a state of stillness. But unfortunately, this is

impossible because her child changes and develops affection for someone else, causing the mother to suffer from separation. Sometimes, to protect her child, she engages in various conspiracies, and at times, she takes actions that are no different from those of her beloved child. But they do not realize that life is flowing, and everything is in a state of change, transformation, and replacement.

Or a boss, an employee, a minister, or a lawyer who wants to maintain their position. They also engage in various actions for this purpose. However, they are not successful in the end because life is constantly flowing. Therefore, we must understand and realize that we do not have the absolute power to keep anything fixed. Sometimes, we cannot even keep the movements of our heads, hands, eyes, and eyebrows constant.

We are like a river, constantly moving and flowing, passing through plains, deserts, mountains, and valleys, spreading the message of life and vitality everywhere. But if we stop, we cease to be a river.

Me: Therefore, we can't do anything since everything is in motion.

The voice: Do not misunderstand! The intention is not to suggest that because everything is constantly in motion, we should have no expectations and refrain from attachments. No, that is not the case, and it was not my intention. Rather, the goal is for us to make efforts and strive for ourselves, our families, our work, our love and affection, our power, our success, our position, and so on. Therefore, we should enjoy, value, and derive pleasure from them. However, we must understand and acknowledge this fundamental point: these circumstances and situations are not always consistent and can change at any moment. Why? Because there is no permanence!

The art of living is to live in the present, taking lessons from past events and, at the same time, engaging in contemplation and planning for the future. Although sometimes we exert all our efforts and endure great hardships, we seek everything for the future while destroying the past

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and are currently in the process of destroying the present in the pursuit of the future. But I am sure that this future will never come to a halt because it, too, is in a state of flux.

Me: Please allow me some time to reflect on these matters before I continue further discussions. You seem like a flowing stream of dialogue, constantly speaking without pause. Yet, even your speech is in flux and lacks stillness, never coming to a halt.

Allow me to catch my breath and take a moment to rest as well.

The voice: Take your time to breathe. Then, whenever you're ready, let me know, and I will continue. Can you now tell me what I have said?

Me: I believe you want to convey that both I and everything, the entirety of existence and non-existence, are in a constant cycle, and we cannot hold them in a fixed state. Therefore, whatever we possess, we are merely its owner or possessor for a brief period, as everything swiftly changes hands within these cycles. Hence, we must make the most of what we own when we have it.

The voice: Of course, those things that cannot be placed in a bag are separate from this matter.

Me: What do you mean?

The voice: Our inner reflections and thoughts, love, affection, hatred, resentment, virtues, and vices, as well as our beliefs, are separate from these transient affairs. It means we own them, both in this world and in other worlds! In other words, our good or bad qualities do not perish with death and are always with us unless we change them. As modern terms describe it, these characteristics remain in our subconscious.

Me: Thank you. You mentioned that sometimes we desire everything for the future. What did you mean by that?

The voice: There are those currently in power, but they are unhappy and worried about the future. If you ask one of them why they are not in a good state, don't utilize their power for themselves, and don't help others, they will immediately respond without a moment of thought. They will say, 'I am striving and trying to strengthen the foundations of my power. Since I still believe that my power base is not strong enough and my sphere of influence is limited, I need to strengthen the foundations of my power and expand my sphere of influence to have peace of mind in the future. I want to live happily and enjoy a good life.' We say, "O wise and enlightened one, now that you possess power and resources, utilize them at least now to have a good life. Be grateful to God. Live and let live! With what mindset are you ruining your own well-being and that of thousands of others, hoping that it will improve?"

I promise you that not only will your well-being not improve in the future, but it will deteriorate day by day. This is because you have failed to grasp the meaning of life and living in the present moment. If you had understood it and adhered to sound thinking, speech, and action principles, your well-being would have always been intact. This is a law: a human being can have a good life by bringing happiness to others or being benevolent towards others.

Me: So how is it that many individuals ruin the well-being of others while their own well-being remains intact?

The voice: That is your perception! It's like expecting a bitter fruit, such as a colocynth, to taste sweet when consumed. You are always aware of people's outward appearances, and even then, your knowledge is incomplete. But you are unaware of the inner workings of individuals, making it difficult for us to pass judgment on them.

Me: Very well, please continue.

The voice: Imagine another person who is eighty years old, wealthy, own properties, and yet is constantly consumed by the desire to

accumulate more and more wealth. One day, suddenly, they see a grave before them (death comes for them!). They have always been distressed, and those around them have also faced hardships. If you were to ask them why they have caused so much suffering for themselves and those around them, they would respond: 'I am collecting money and wealth so that I can have peace of mind in the future. Because many others have more wealth than me!' But all of us are certain that he is getting older and weaker day by day, and a time will come when everything will collapse in utter disbelief. He will have to carry the burden of lost wealth to the afterlife, unaware that his accumulated wealth might become a point of explosion among his family, children, and others. Because when it comes to dividing the spoils or inheritance, disagreements and conflicts arise every day and night among the heirs. Instead of gratitude for the wealth he left behind, it becomes a curse and condemnation bestowed upon him.

Me: What about family bonds such as siblings, parents, children, and spouses? Don't you think these bonds can also become a source of disagreement among the heirs?

The voice: Why not! In some families, these bonds can play a significant role and prevent disagreements. However, sometimes it depends on the remaining wealth and the capacity, upbringing, and love among family members. For example, if you ask someone whether they prefer a sandwich or their sibling, they might say they prefer their sibling or the sandwich!

Me: You have underestimated the value of these bonds!

The voice: I said it as an example! Now let's raise the stakes. We ask someone if they love their family member more or these ten gold coins.

Me: I would say I love my family member more, but the thought and image of the ten gold coins disturb my thoughts!

The voice: That's not a problem. Now, if we reach a point where they say, "You have to choose: your sibling or these hundred or thousand gold coins!" Of course, you should remember that if you choose the gold coins, your family bonds will be lost and replaced by bonds of hatred and animosity.

Me: It's possible, but family bonds are highly valuable. If there are individuals who choose gold coins, they must be greedy and avaricious, and their number will be very few.

The voice: There are thousands of cases in judicial centers where the parties involved in disputes are spouses or siblings and relatives! They have approached the court to divide inheritance, dowry, or other miscellaneous issues.

Me: So, are you suggesting that to prevent such actions and eliminate the seeds of animosity and enmity, what should be done? Is there a way to prevent them?

The voice: The most important point is that humans are inherently greedy. When faced with adversity or a problem, they complain, cry, and seek help. But when they are in a position of power, they become selfish and prioritize their interests. They take advantage of the rights and privileges of others for their own benefit. Therefore, all humans are like this, except for a few who advise others to have patience and love and are truly seekers of truth and people of genuine faith. To prevent the awakening of human greed and selfishness, we should establish clear, transparent, and robust contracts for any dealings and transactions among family members. These contracts should be written and involve witnesses and attestations to ensure their enforcement. Whether it's an agreement between parents and children, siblings, or spouses.

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Me: You're saying it's necessary for family members to even draft contracts for something as basic as drinking water, with witnesses and attestations.

The voice: When I said that What I meant was that if they purchase a property, become business partners, engage in joint investments, lend a substantial amount of money to each other, grant power of attorney for a transaction or deal, or buy a piece of land, they should do it in a way that everything is transparent and clear, and there is no possibility of exploitation for individuals. Therefore, if individuals have significant capital and assets, they should clarify the status of their assets as long as they are alive. And if they have abundant wealth, they should also spend a portion of it on the well-being of needy and vulnerable individuals. Of course, it is necessary to mention that some people live a wealthy life and provide assistance and help to others, while others only die wealthy.

Me: Could you please also talk about love and affection if possible?

The voice: Very well. If a person does not attain a high level of understanding and consciousness, the calamity that befalls their capital or wealth will also befall their beloved or lover. Imagine a person who possesses their beloved or their love. Every day, they strive, argue, fight, and fear someone might take their beloved or love away. They constantly torment and torture their love or beloved and try to do something to ensure a comfortable future so that their present state improves.

Me: But I don't understand why, now that they have their love, they don't appreciate their value, and their state is always miserable?! Or what about unrequited love?

The voice: A person develops an interest in another person, but the hand of destiny separates them. A new chapter begins. The lover or the beloved crawls in a corner every day, lamenting, complaining about

their fate, starting a eulogy, singing a lament, imprisoning themselves, and paying no attention to anyone. And this is happening while the other party involved doesn't even give it a second thought and considers that acquaintance and interest merely as a sweet encounter. But this person doesn't let go of the matter! It's as if they want to torment themselves for years and imprison themselves in sorrow, grief, and longing. Meanwhile, there may be someone along their life's path who could be a hundred times better and more loving than the first person. But they say that a bird has one leg, God is one, and love is also one! Because they prefer to live in a sweet and vague past and sacrifice the present moment in the slaughterhouse of a bygone time.

Or there's someone who enjoys a comfortable life and has access to adequate welfare facilities. However, by purchasing goods on credit or instalment plans, they find themselves trapped in repaying various loans or instalments, and they engage in actions that exceed their income. As the old saying goes, they lack financial intelligence.

Me: Don't you think some people become owners of many possessions by buying goods on instalment plans?

The voice: If this is done reasonably, it's good. But when someone borrows money to maintain the appearance of their life, for example, buying costly furniture or large televisions, or purchasing items that no one will buy at half the price after a short period, they disrupt their own lives! In any case, my point is that individuals imagine that by buying goods on credit or instalment plans, they can improve their current situation. However, since they have to work constantly or borrow continuously to pay off the instalments, their situation worsens daily. Or there's someone who enjoys a good life and has good possessions. Suddenly, they are tempted by the prospect of earning a very high profit. They are tempted to the point that they sell their own residential property or give away all their savings to an individual, company, or institution to receive a very high return. However, after receiving a few



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pleasant returns, that individual or institution suddenly goes bankrupt or turns out to be a fraud, and then the mourning begins.

Yes, my dear, this was a brief description of living in the past and future, disregarding the present moment! The game of life continues in various ways and forms, and we always make plans and work towards a better future, sacrificing the present moment in the process, which only leads to further deterioration of our current state! To understand the concept of living in peace, we need to truly feel the moments. Each passing moment gives way to another moment that may be completely different from the previous ones, as there is always the element of danger lurking at the intersections of life's path.

Me: How does danger lurk at the intersections of life's path?

The voice: It's very simple! In one moment, everything is calm; the next moment, an earthquake may strike. This moment is peaceful; the next moment, there might be a bomb exploding next to you, a fire igniting, or a power outage occurring. Or you're sitting comfortably on an airplane; the next moment, the plane may crash or be hit by a missile. Or you're on a train, and your train derails. Even when you're in bed, suddenly, your heart may stop beating.

Me: You're right. The points you mentioned are valid, and these are natural disasters or accidents that we are more or less aware of. However, we always assume that these misfortunes will befall others and that we are somehow immune to them. We even have certainty about it! And if God sends these misfortunes unintentionally upon us, we wonder and immediately say, "Why us?" It seems we have this perception that God has promised us that these misfortunes should always befall others, not us. Now, to better understand or comprehend the topic, are there any other factors that play a significant role in our daily lives?

The voice: Yes, first I must say that I agree with you. Some people believe that what is good should be available to them, and whatever unfortunate events occur should be experienced by others. Of course, it might be interesting to know that along the path of life, many of the calamities or misfortunes that befall us are mostly the result of our own actions. We are unaware that we have created them ourselves, with our own hands, as well as with our thoughts, beliefs, and even our words. However, another important aspect is that we often don't appreciate the possessions we already have, but we yearn for things we don't possess!

Now, to shed more light on the matter, let me tell you a story that has taken shape in my mind: Imagine a child who is happily licking their own ice cream cone. With each lick, they shake their head and whisper, "Mmm, how delicious this is!" They are fully immersed in a world of joy and excitement, thoroughly enjoying the treat. But then, in a moment, their eyes catch sight of a cocoa chocolate bar being eaten by another child, their playmate. Suddenly, they no longer feel the pleasure of eating their ice cream cone from that moment on! They get up from their spot and make a move. With one hand, they grab their ice cream cone and position their arm so that their elbow is perfectly straight and the maximum distance is maintained from their body. They aggressively approach the child with the chocolate bar with this defensive stance. The obsession and imagery of eating chocolate have consumed their mind. Every moment, this image grows stronger and stronger. They don't think about anything else except eating chocolate. They don't even have the patience or time for negotiation because they believe any action or negotiation would create a barrier between them and eating chocolate. With this mindset and their notable defensive stance, they launch an attack on the chocolate and the chocolate-eating child. While holding onto their ice cream cone with one hand, they try to manoeuvre in a way that keeps their ice cream intact in any situation. However, the task becomes difficult since they operate with only one hand. In the midst of the struggle and battle, their precious ice cream suddenly

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becomes a casualty under their feet, like the trampled shields of medieval warriors. The ice cream-eating child forgets about the ice cream and, with both hands, enters the battlefield, determined to snatch the chocolate from the clutches of their rival. In the last moment, when they are about to succeed, their opponent, the chocolate-eating child, unveils a new and dangerous weapon and immediately puts it into action. In this fierce confrontation, with a thunderous cry, the ice cream-eating child releases the chocolate and retreats because that weapon was none other than a set of pearly white, crooked, and misaligned teeth, sharp and victorious, belonging to the chocolate-eating child! In this situation, the child, who had witnessed their ice cream crushed on the ground, was in disbelief and astonishment, crying and staring at the opponent's teeth, which resembled the fangs of a wild beast in their hand. At that moment, despite being shocked, the child wants to prepare themselves for another attack and seek revenge. Suddenly, their parents arrive and ask, "What is the story?"

The parents understand the story after investigating and searching for the sequence of events. They express their disappointment and scold their child, who owned the ice cream, for engaging in inappropriate behavior and causing a commotion. They declare the end of the incident and tell the chocolate child, "We apologize that our child hasn't matured yet and is not satisfied with what they have. We hope to be able to educate them!" This is a scene from children's plays that some adults perform in various forms daily, engaging in constant conflicts and arguments. If we take a brief look at history, we can observe numerous examples that resemble the ice cream child who, driven by greed for another person's chocolate, not only loses their own ice cream but also jeopardizes their entire dynasty! In this childish conflict, even if the impudent child had managed to take the chocolate, it would have been taken away from them. And if they had taken it and consumed it, life would still extract it from their throat in another way because life is constantly teaching its forces.

Indeed, it is said it is better to learn from your teacher; otherwise, life will teach you. However, be aware that life is a harsh and brutal teacher! Nevertheless, if the ice cream owner's son valued his moments and ice cream, he could have felt a world of joy and excitement with every lick of his ice cream, enjoying it until the last and being content with his own affairs. Alternatively, if the ice cream child had shown kindness to the chocolate child, there could have been a possibility for the chocolate child to share a piece of their chocolate in peace and harmony. Both could have enjoyed their ice cream and chocolate; instead of enmity, they could have become good friends.

Me: Thank you. You say we should enjoy life, live in the moment, and be happy. But is it that easy to be happy? Can we easily have a good state of mind and be content?

The voice (smiling): There was a person whose shoes were old and torn, and he suffered greatly from this issue. He complained to the earth and the sky about why he didn't have shoes. He left his home to take care of something, and in the alley, he saw someone who didn't have legs and crawled on the ground with the help of his hands. Immediately, he felt ashamed of his complaints, sat on the ground, and prostrated himself. He said, "Oh, earth and sky, I am sorry. I praise you for having feet and being able to move easily. It doesn't matter if I don't have shoes; I will walk barefoot and am happy and proud to have two healthy feet."

Me: It is always like this. To silence us, if we say we don't have shoes, they immediately say, 'Be grateful you have feet because some people don't have legs!' And if we say why someone doesn't hold our hand, they again say, 'Be grateful that some people don't have hands!' and so on with thousands of other examples!"

The voice: Yes, that's true. But do you know that one of the main reasons for suicide is despair? Despair is the deadliest poison that can bring a person to their knees! Along the path of life, some people have a more

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suitable life, and some suffer more than us. Therefore, being aware of worse cases make us say, 'I am still in good condition.' But at the same time, we must strive and try to improve our circumstances. Indeed, the point is for people to be content with their possessions and happy with any success they achieve. Otherwise, if you succeed and try to compare yourself with those who are better off, you will never reach a point where no one is better off than you. Even if you hypothetically reach such a point, it may only be temporary, and there will always be countless other peaks you cannot access.

Imagine in a village someone becomes the champion of wrestling competitions. At this time, this person can be happy and enjoy the honor of having dinner at the mayor's house and other respected individuals in the village. They can also look at the world wrestling champion and consider themselves small and insignificant, leading to sadness and despair. Now, even though one is the world wrestling champion and the other is the village champion, the question is, can you say which one is happier?

Me: It is clear that the honor of being the world wrestling champion is higher.

The voice: I said they are happier! Honor doesn't always bring happiness! Do you think life is just about wrestling? Life has thousands of small and big issues for every person, and one of them is wrestling. But when you look at someone's life from the outside, you only see their achievements or the visible aspects of their life. You have no idea about the hidden struggles they face! Of course, many people may have been or are world champions and have had both visible and hidden aspects of a good life. But on the other hand, there could be individuals who have been world champions but haven't had a good life!"

Me: I love wrestling but such love could typify any sport. Some individuals are content with what they have, but the fear of losing the

people they love or losing their possessions makes them unhappy and causes them to miss out on the present moments. What do you ultimately want to say?

The voice: I want to say that we can have shortcomings in life, but in return, we may also have many other precious things. If we pay attention in life, God has created abundant blessings for us to have a pleasant present. The number of these blessings is countless; some are completely free and readily available to us, while others are affordable. Of course, in these remarks, I only briefly reference material and visible blessings, and for now, I set aside non-material or spiritual gifts.

Indeed, in many cases, our approach to food has become similar to fueling or refueling a car. We consume food solely to acquire energy or refuel, just like a car that goes to a gas station, stops at the pump, presses the lever, and fuel flows into the tank. The meter or numbers on the gas pump move rapidly, indicating the filling of the tank, and sometimes, if we are not careful, fuel spills out. We eat quickly, we eat salads, we eat fruits, we drink tea, and while eating, we also talk, watch television, and read newspapers. However, our mind is constantly busy, and we don't pay much attention to the taste and beauty of the food. Have we ever looked at the sky and noticed how it is spread out? Have we ever looked at the mountains and wondered how they are formed on the earth? Have we ever looked at a pair of cherries and appreciated their beautiful color and unique taste, how sweet, delicious, and juicy they are? What about plums?! It possesses all the beauty and characteristics of cherries, but its sweetness is combined with a gentle sourness that, if we think about it now, makes our mouths water and involuntarily stimulates the production of saliva.

Similarly, how about cucumbers?! They have a unique smell and aroma; I'm referring to natural cucumbers, not the greenhouse ones that lack any smell or taste! While perfumes and manufactured fragrances in the world expire and are discarded after some time, the scent of fresh

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cucumbers never becomes old, and for thousands of years, it has been bestowing its pleasant fragrance upon nature and its creatures!

Me: Couldn't you find a better example than a cucumber?

The voice: Sure, but I wanted to use phenomena and matters that are seemingly simple and seemingly overlooked! How about the smell of fresh bread? Or a cup of tea or coffee for relieving fatigue, what indescribable pleasure it can bring to a person! And what about a ripe fig or olives?! Have we ever truly looked at raindrops, snowflakes, bubbling springs, or rushing rivers?! Or the roar of thunder, the movement of clouds, the melody of nightingales, the gracefulness of flowers!

Or have we paid attention to the sound of music, the dance of butterflies, or the flight of swallows?!

Yes, my dear; if we look kindly, there are thousands upon thousands of other things that can be beautiful and captivating, and they exist for what? They exist to make life, themselves, us, creation, and existence beautiful, captivating, and meaningful. But apparently, we don't feel or understand them and can't or don't want to establish a good connection with them. It seems that, like silkworms, we have woven a cocoon around ourselves and imprisoned ourselves! Imprisoned by our own ignorance, hatred, self-hatred, envy, and superstitions, and imprisoned by our own excessive desires, self-importance, vengeance, and ultimately, ourselves, we have become the prison guards of our own existence and the keepers of our own hellfire.

Me: So, are you saying that we can do something to perceive and enjoy the beauties of life?

The voice: Yes, it depends on our choices and yours because the principles and foundations of the laws of life are based on this matter.

Me: What matter?

The voice: I just said it, choice!

Me: The choice of what? What do you mean?

The voice: It's very simple! It means that you are free in your choices and have complete freedom to choose your path and direction in life; you can choose the path of values or against values. In other words, you can choose the straight path, the direct path, or you can choose the indirect path or way. You have complete freedom to pursue the path of honesty, truth, righteousness, and purity, or you can choose the path of betrayal, enmity, falsehood, and crookedness.

Me: Can I speak from my heart?

The voice: Haven't you been speaking from your heart all this time?

Me: Why, yes! But I must say that the straight path, the path of honesty, truth, and righteousness, is difficult and either does not reach the destination or reaches it late. But the crooked path gets a person to their desires sooner.

The voice: Have you heard the saying, "Don't count your chickens before they hatch."

Me: I have heard it but need help understanding its meaning.

The voice: In the past, there were no chicken hatcheries. In the summer, the hens would sit on their own eggs. Of course, even now, the hens hatch their eggs in some towns and villages without using an incubator. At a specific time, a hen becomes broody, meaning it wants to sit on the eggs continuously, and if there are no eggs, it will sit on the ground. In such situations, depending on the size of the hen, they usually prepare around twelve to twenty eggs for the hen to sit on. The process of eggs turning into chicks takes about twenty days, and after this period, the chicks start hatching one by one from the eggs, usually during the summer season.



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He continued: When this hen walks in the summer, there are usually ten to twenty chicks following her, and after about three or four months, the number of chicks gradually decreases. Four or five of them may die, three or four may be eaten by cats, and three or four may be taken away by neighboring chicks for themselves. Now, if we count the chicks in late autumn, sometimes we may end up with only one or two, or three chicks. My point is that, for any matter, we shouldn't judge based solely on the present moment and focus only on the superficial aspects of the situation.

It is possible in life to achieve bread and water or gain power, position, or wealth through crooked paths involving lies, betrayal, bribery, deceit, gossip, and corruption within a short period. However, unfortunately, most people fail to realize that an illegitimate burden does not lead to a home or destination, and they should understand that one cannot weave a white carpet with black wool! Everyone wants to quickly fulfill their desires, so they hastily deviate from the direct path and imagine taking shortcuts. But they do not realize that by veering onto the shortcut, they initially depart slowly from the main road and travel within its boundaries. Gradually, they drift away from the road, entering a dusty path that is lush, fresh, and beautiful. They become so enthralled and delighted by the beauty of the path, the towering trees, the verdant meadows, and the colorful flowers of the countryside that it seems unimaginable! In such circumstances, Satan infiltrates their thoughts and minds in the most beautiful form possible, causing them to elevate themselves and their intellect with their cleverness. As they indulge in the breathtaking landscapes, the beauty of the road gradually diminishes, and they enter a mountainous path where darkness is spreading its wings. The ground opens its mouth, revealing hidden pitfalls to swallow the corrupt ones. Coldness and frost freeze their hearts, and they get closer to complete downfall with each passing moment. Fear and anxiety engulf their frozen beings. Yes, this is how the crooked and deviant path unfolds! If one-day humans genuinely

understand this, then everywhere will become the land of God's goodness.

Me: If we are on a crooked path, is there a way to return?

The voice: Certainly, there is always a way to return.

Me: Could you please tell me more about the laws?

The voice: In the game of life, there are laws that, when followed, bring about a state of well-being. When these laws are not adhered to, it leads to suffering. In this game of life, the ultimate power has established a set of laws, and these laws operate automatically. Whatever is sown will be reaped. Therefore, let's assume that at this very moment, some are in Paradise, enjoying comfort and tranquility, while others are in Hell, experiencing torment and suffering. If those in Hell, who have previously violated the laws and encountered difficulties due to breaking them, realize their mistake and consider those laws worthy of respect and implementation, they will gradually enter Paradise. Similarly, if those currently in comfort, tranquility, or Paradise do not respect and implement those laws from now on, they too will peacefully undergo suffering or enter Hell, and the support of the ultimate power will be withdrawn from them.

Me: You previously mentioned rules. Are you referring to the same rules for pursuing values and avoiding anti-values?

The voice: Yes, I believe that there is no way and will not be to achieve a good state except through the implementation of rules, which means pursuing values and distancing oneself from anti-values!

Me: So, the more we move towards values, the better our state will be, and the more we move towards anti-values, the more unpleasant our state becomes. Anyway, I appreciate talking to you today, and I think it's enough for today.

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The voice: Don't thank me, for I am you, and you are me, and today I introduced myself as the Archer because I have shot the arrows of thought towards your mind. The distance between me and you is less than the diameter of a hair, yet it stretches from here to Nowhere! Goodbye, my friend, until another conversation, farewell.

Me: Wait, wait! Right at the moment of farewell, you shoot another arrow towards my thoughts and speak a word, engaging me in various thoughts, and then you say goodbye? When you say the distance between me and you is as small as a hair, yet it stretches from here to Nowhere, could you kindly tell me where exactly this Nowhere is located?"

The voice: The name "Nowhere" is based on its conceptual meaning, implying no place at all! When the word Nowhere is used, which sometimes the mystics have used, it refers to a place beyond place! It means another world that cannot be indicated by pointing, saying it is in the north or south, east or west, above or below!

Now, do you understand?

Me: Have you taken me for a game? On the one hand, you say that I am talking about Nowhere. On the other hand, you say that it surely is somewhere. Additionally, you mention that the distance to this Nowhere is as tiny as a hair's breadth. And then you say, "from here to Nowhere!" Please tell me, what is the meaning of these contradictory statements? Interestingly, after bringing up these issues, you ask me if I understand now?! You should realize what you're saying!

The voice: You're right! I need to explain a bit. For example, it is mentioned in the book that we have created the heavens in seven layers or seven heavens, and you surely know that these seven heavens are not like a seven-story building where the floors are stacked on top of each other.

Me: Perhaps the intended meaning is seven galaxies?

The voice: You surely know that we have billions of galaxies!

Me: Perhaps the intended meaning is the solar system's planets!

The voice: Yes, it was once thought that the seven heavens referred to the seven celestial bodies that revolve around the sun, like Mars, Jupiter, Mercury, and so on. But with the advancement of human knowledge, we realized that it is not the case.

I said: You mentioned that we have billions of galaxies! Do you know how many exactly? Are you not mistaken? As far as it is estimated today, we have approximately 600 to 1,000 billion galaxies!

Me: So, where are these seven heavens located?

The voice: I can tell you, but it may be difficult to believe or, at least, it may seem challenging to visualize!

Me: In any case, please tell me!

The voice: They are inside or within each other!

Me: Could you explain how they are inside each other?

The voice: The point is that these layers are not located in distant places; rather, all these nested worlds are right here, in the very point where you are!

Me: So does that mean the world of the afterlife is also at this point?

The voice: Yes, in this very point where you are; the world of the afterlife is also in this exact point!

Me: Then why don't I see it?

The voice: How many television channels do we have?

Me: Are you referring to our own country?

The voice: Yes, although it doesn't matter.

Me: Channel 1, 2, 3, 4, 5, etc.

The voice: Do you have a television?

Me: Yes.

The voice: Then please tune in to Channel 1.

Me: Very well, the news is currently being broadcasted.

The voice: Great, now tune in to Channel 2.

Me: Very well, here's Channel 2, it's airing a Western movie.

The voice: Now Channel 3.

Me: Very well, here's Channel 3, it's broadcasting a football match.

The voice: Now, if we tune in to any channel, it always broadcasts its specific program.

Me: That's correct.

The voice: Can you tell me where these waves of different television channels are located?

Me: It's obvious they are in this very room.

The voice: In this room, how many television channels are there?

Me: Thousands upon thousands!

The voice: Why can't we see them?

Me: Because the television receiver must tune in to them.

The voice: How does the television capture them?

Me: It's very simple! Each of these channels has a frequency or a number, and whenever we tune in to their respective number, that channel becomes visible.

The voice: So, our television's number must correspond to the waves present in the room for the image to be visible.

Me: That's exactly right.

The voice: Now consider this, we are like the television receiver, but our number is only tuned to one channel, which is our own world. Therefore, only our world is perceptible, tangible, or visible. Naturally, we cannot see other worlds, even though all worlds exist at this very point! Do you know why? Because we can only tune in to one channel! I hope you understand that just as there are different waves in this room, they don't mix together, and each wave is visible with its specific number. Similarly, the realms of existence follow the same law.

Me: I understand it to some extent. I hope you can provide me with more explanations in the future. Now, why is it said that there are seven heavens?

The voice: I don't know for sure. It could be exactly seven heavens or maybe more. However, we need to understand that the number seven is a significant number. It is a large number that is symbolically used. For example, like the Seven Thrones of Rostam, the Seven Cities of Love, the Seven Brothers, the Seven Sisters, and the Seven Wise Men! For instance, if someone tells you, "I called you sixty times" or "I told you that thing sixty times," it doesn't necessarily mean it was exactly sixty times. It is used symbolically to convey the idea of repetition or

abundance. In this context, we know that sixty is a symbolic number used to emphasize a significant quantity.

Me: May I ask another question?

The voice: You're constantly asking questions. Why are you being cautious this time?

Me: I thought you might be upset because it pertains to the previous explanations.

The voice: It's OK, no problem. Go ahead and ask your question. If it's within my ability to answer, I will.

Me: To tune in to a TV channel, you mentioned that we get the desired number. So, in reality, the channel is set based on its number. I want to know how our channel is established.

The voice: How do you hear sounds?

Me: It's obvious, with ears.

The voice: That's absolutely correct. But the point I want to make is that your ears can only hear sounds within a specific range of frequencies. And, of course, they can't hear all sounds. You must be aware that there are many sounds you're unable to hear because your ears are designed to function in the earthly realm. Furthermore, even if your ears could hear all sounds, you wouldn't be able to live and sustain life because the presence of various sounds would disrupt your life. Similarly, if your sense of smell, through your nose, could perceive all odors, you wouldn't be able to continue living! For example, if you were living in an apartment, the smell of your household garbage bin, a large trash bin in front of your apartment, or the scent of your colleagues' shoes at work would disrupt your life.

Me: What conclusion do you want to draw?

The voice: I want to conclude that in existence, there are many sounds that our ears cannot perceive, just as there are many lights in the world that our eyes cannot see. Similarly, in the world of existence, there are things that we are incapable of comprehending or experiencing.

Me: What do you mean?

The voice: It's very simple! We can conclude that there are substances or materials that we cannot touch, perceive, or sense in the world of existence.

Me: What do you mean by materials?

The voice: By materials, I mean matter in any possible form. It could be solids like rocks, soil, metals, liquids like water, or gases like oxygen. Of course, we cannot see gases, but we can detect their presence with specialized devices. The materials in our world are composed of a spectrum of elements that start with hydrogen, which belongs to the category of gases with one electron, and continue to the heaviest elements like uranium, which have more than two hundred electrons. Since our bodies are also composed of these materials, we can perceive them.

Me: What does this have to do with intersecting worlds or interconnected universes?

The voice: If you have patience, the answer will become somewhat clear.

Me: How so?

The voice: I want to say that other materials exist apart from the known materials in our world. In other words, some materials are much lighter than hydrogen and much heavier than uranium in other realms of existence, but we cannot perceive them!

Me: How much heavier and how much lighter?



The voice: I don't exactly know! But I think some materials are heavier than the oceans by the size of a sugar cube, and likewise, there are likely materials that are much lighter than your shadow or the image within your mind! As you may be aware, all the substances on Earth are classified in a table from the lightest to the heaviest substance. This table is called the Mendeleev's table, named after its discoverer, Mr. Mendeleev. Until recently, this table was composed of 102 elements, but now it has expanded to approximately 118. As I mentioned, the elements in this table form the structure of the terrestrial world, such as hydrogen, helium, copper, iron, calcium, phosphorus, potassium, sodium, carbon, and so on. However, regardless of the number of elements in Mendeleev's table, it seems that other worlds must be composed of multiple constituent elements of our earthly world!

Me: Final thoughts?

The voice: The final point is that in the universe, different worlds exist based on their own elements and specific laws, which are beyond our sensory perception. We cannot perceive them with our five senses.

Me: I hope you allow us to conclude our discussion for now. I asked you to give the final word, but you responded in a way that turned it into the beginning of another discussion, leaving me confused and lost in the process!

The voice: What did I say? I never intended to confuse you.

Me: In your final statement, you mentioned the existence of different worlds that we cannot see or comprehend with our external or five inner senses! When you say five external senses, does that mean there must also be internal senses? And when you mention inner senses, does that also imply the existence of external senses?

The voice: The end of one point is the beginning of another line. I understand there is never a final word in the sense of concluding a

conversation because if a discussion reaches the point of a last word, that statement will immediately begin another topic. From the beginning, I told you that I am you. I am your hidden form. I used the analogy of a mountain and said that you are like the mountain's peak, and I am the vast part of the mountain that lies beneath the water. Now you ask when I say there are external senses, does that necessarily mean there are internal senses? Or when I mention inner senses, does that imply the existence of external senses as well?

Me: What does your existence have to do with internal or external senses?

The voice: You imagine which senses I am in contact with. Do you believe in my existence?

Me: Honestly, I have some belief, but I am still unsure as I haven't seen you, yet I can sense you now.

The voice: I agree that you haven't seen me yet, and in these circumstances, you cannot see me either. But I can show you something similar to myself. Of course, I don't have to do so because you have seen it many times, but you don't believe it and think what you're observing is an illusion or your brain's reactions or imagination!

Me: Where have I seen it?

The voice: It's very simple, simpler than what you believe! You have seen yourself and me in your dreams, maybe thousands of times!

Me: The reality of what you're saying is thousands of light-years away from actual reality.

The voice: Which reality?

Me: The reality that I exist, that I am here, that I think and contemplate, that I have a family, that I had or have parents, that I have friends and

acquaintances. But what do I have in dreams? Nothing. And if I have something in dreams, it disappears upon waking up!

The voice: Now it's better to examine the matter differently.

Me: Very well, I am ready.

The voice: Let's assume you have fallen asleep in your home. After a while, suddenly, you find yourself in a lush garden outside the city to visit one of your friends. In the garden, you and your friend stroll around, have conversations, and eat fruits from the garden. As the evening approaches, your friend invites you to have dinner, and you enjoy a delicious roasted chicken cooked over a charcoal or wood fire. After spending some time into the night, your friend insists that you stay there for the night, but you tell them that you can't stay because you have to go to work the next day and have several important appointments. You say goodbye to your friend. The weather is cold, and you can hear the sound of the wind blowing. The cold air intensifies with the gusts of wind, freezing the tips of your fingers, and you need to rub your hands together to generate warmth. In these conditions, you get into your car. Snowflakes start falling gently, covering the ground quickly with a white blanket. Inside the car, you turn on the heater and enjoy the cozy warmth while watching the snowfall. Lost in your thoughts, you suddenly realize your car has broken down, and the engine shuts off. You pull over the car on the road's dirt shoulder and step out. Opening the hood, you check the battery but can't identify the problem. You give the battery a few taps and return inside the car to try starting it again, but the vehicle remains unresponsive. Once again, you step out of the car and approach the engine. As you inspect the battery, trying to troubleshoot the issue, you hear the distant howling of wolves. Pulling your head out of the engine, you glance around toward the sound. Suddenly, you witness a pack of wolves swiftly approaching you under the snowfall, led by a large, menacing wolf. Without hesitation, you rush towards the car door. Unfortunately, due to the

intensity of fear, you struggle to open it or find yourself unable to do so. In the final moments, you manage to unlock the car door, and just in time, you tear yourself away from the clutches of the hungry wolves. With your heart pounding, you quickly throw yourself inside the car and slam the door shut. The wolves are on and around the car's roof, struggling to get to you. They are furiously clawing at the car windows while you, terrified and with your hair standing on end, anxiously watch the wolves. Now, what would you say if someone were to sit on the passenger seat next to you and ask if these scenes are real?

Me: I would say: I assure you that these scenes are real, and if you have doubts, you can open the car door and step outside so that I can tell you which reality is true. Of course, if you manage to escape from the clutches of the hungry wolves unharmed!

The voice: In this situation, the wolf's head forcefully strikes the front windshield of your car with its claw, causing it to crack and shatter. As the wolf's head lunges towards you, you wake up. Trembling from head to toe, you get out of bed, go to the kitchen, and drink a glass of water. After experiencing the intense excitement of the dream, you sit on the kitchen chair and take a few deep breaths. Now, imagine someone sitting next to you on the kitchen chair. What would you answer if they asked whether the scene you saw in your dream was real?

Me: I would say: I can assure you that it was just a dream, with thousands of miles of distance from reality. Millions of people witness it every night or during sleep; everyone knows it's just a dream. A dream is nothing more than a dream and nothing else!

The voice: This phenomenon or event is related to the reactions of our brain and conscious and unconscious minds, which the collective unconscious begins from the embryonic stage and encompasses childhood, adolescence, youth, and continues into middle age and old age. It also includes the mother's behaviors during pregnancy, the

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interactions and reactions of the parents, and genetics also play a role in it. And undoubtedly, our daily behaviors and lifestyle also impact us, and we observe the results of all these in our dreams. [Laughing]

Me: Why are you laughing?

The voice: Someone once asked the reasons for addiction. They answered, 'Bad company, bad friends, economic problems, unemployment, the round shape of the Earth, and... Well, high-quality stuff and good coal also have an influence!'" I laughed because you mentioned all the details and added, 'Genetics also play a role in it!

Me: So you're mocking my statements?

The voice: No, I didn't do such a thing and didn't mean to be disrespectful. My laughter was involuntary. I apologize.

Me: No problem, it's alright. Please continue.

The voice: All the things you mentioned influence dream interpretation, and many other factors play a key role in different dreams. However, these topics are not the main subject. According to our belief, the unconscious mind of each individual is related to the time before birth, and we cannot calculate the exact time of its formation. The formation of the unconscious mind for each person is related to the pre-existence before human creation. We made a covenant with God in the heavens in ancient times, known as the 'Alast Covenant [The first pact mentioned in holy books-translator].' In other words, the formation of the unconscious mind has occurred at least since the Alast Covenant, even though there were matters before that. Now let's go back to our discussion.

Me: Which discussion?

The voice: About your friend's garden and the car.

Me: Please go ahead.

The voice: When you went to your friend's garden, was the garden you were in real?

Me: When I was in that garden, it seemed real. The garden appeared to be real.

The voice: It did seem real, or was it real?

Me: Yes, the garden was real at that time.

The voice: Completely real? Did you never doubt for a moment that the garden wasn't real?

Me: No, I never doubted for a moment that it wasn't real and it was just a dream.

The voice: The roasted chicken you ate, was it delicious? Was it well-cooked?

Me: I'm sorry, but I still have the taste under my tongue.

The voice: How did you determine its taste?

Me: With my tongue, with the sense of taste.

The voice: Your tongue was in your mouth while you were dreaming, and your mouth was closed. Therefore, you ate the roasted chicken with another mouth, tasted it with another tongue, and perceived its taste with another sense, which we call an external sense. It differs from the sense of taste and your tongue inside your body!

Me: Why do you call it an external sense?

The voice: I said that because it wasn't inside your body, but rather outside of your body!

Me: I'm starting to understand gradually. Please continue.

The voice: What color were the snowflakes that fell?

Me: It's obvious. They were white.

The voice: How do you claim that they were white? How did you see them?

Me: With my own eyes, with the sense of vision!

The voice: But you were asleep, and your eyes were closed!

Me: You're right! So how is that possible?

The voice: You saw the snowflakes, but not with your current eyes, nor your current sense of vision. Rather, you saw them with different eyes and a different sense, which we call an external eye and an external sense because they are not within your current body or within you.

Me: Then let me tell the rest of the story. I was talking to my friend, and I heard his voice and the sound of the wind blowing, but not with these ears of mine, but rather with another set of ears and a different sense of hearing, which we call an external sense of hearing. I could smell the barbecue, but not with this nose of mine; instead, with another nose and a different sense, which again we call an external sense, and because they are not within my body, we refer to them as external senses.

The voice: And yet, it was still you, but not with this body, rather with another body! Not with these clothes, but with different clothes! You saw your friend, not with his earthly body, but with another body! And similarly, the car, the snow, the storm, the garden, the darkness of the sky, the road, and the wolves all existed, but they were different. It seems that you also witnessed an alternative version of them. Now let's go back to the first question. When the wolves attacked you, were the wolves real?

Me: Yes, yes. At that moment, the wolves and everything else was completely and one hundred percent real, and I couldn't even for a moment think that they weren't real. I was terrified and trying to escape from the danger!

The voice: Yes, you are right! When we are awake and in this world, we believe that real life is what we perceive, and we provide countless reasons that reality is what we see, feel, touch, and live in. But when we are asleep and dreaming, and we observe ourselves within the dream and what we see in the dream, then we also imagine that real life is what we see in our dreams, and we live that life within the dream. And, of course, in the dream, we don't even think that we have another life for a moment. Therefore, during sleep, we are certain that the essence of life is what we perceive in our dreams.

Me: Now I'm understanding! It's fascinating. I had never thought about it this way before. Sometimes in my dreams, I see myself in places I've never been to and meet people I've never encountered in waking life. Sometimes in my dreams, I even see and talk to family members or friends who have passed away. What is the truth? Which one is real? When I am awake, I am certain that wakefulness is reality and dreams are just illusions or fantasies. But when I am dreaming and while dreaming, I imagine that the reality is what I see in my dreams—the world around me and myself within it. Truly, which one is real, and what is the truth?

The voice: You can imagine, think, or conceive it in a way that both are real. Both the dream world and the waking world, because both of these states have become real.

Me: Could you please explain further?

The voice: The explanation is relatively straightforward! We can speculate that, at the very least, we have witnessed two bodies, and likewise, we have five inner or outward senses and five external or



internal senses. We have also encountered two distinct worlds with all their components. This is not a magic trick, and it doesn't require philosophical reasoning or proof because, as the saying goes, the sun reveals itself. In other words, the evidence for these experiences lies within the experiences themselves, and their existence becomes apparent through observation and reflection. Now you can tell me that these worlds or the dream world are an illusion, not real, or within our minds! Well, you can say whatever you want! But I think if we try to dismiss the existence of these worlds that are entirely tangible, perceptible, and comprehensible, it is much more difficult than attempting to prove their existence. I believe as Raad (translates to thunder and is the name of a mystic-translator) said: We could never hide the sun, draw a veil over the moon, or ignore the existence of mountains.

Me: Thank you for your explanations. Therefore, we can now say that the very body we see ourselves in during dreams is the one that remains after our death and journeys to another world.

The voice: You are absolutely right. During death, the earthly or physical body perishes, but our next body, referred to as a metaphorical form, along with the breath, intellect, and external sensations or the five external senses and other things, will depart for another world. And indeed, from the creation of Adam until now, all divine prophets, great sages, and wise individuals wanted to convey this same message that humans do not cease to exist with death.

Me: So, nevertheless, in reality, can we say that death, in the sense of complete annihilation, does not exist?

The voice: Yes, in the sense of the complete destruction of the human being, there is no death. In any case, we exist within this circle of existence and the seven heavens. Even if we were to contemplate non-

existence, it is still impossible because if we are removed from one heaven, we immediately find ourselves present in another heaven.

Me: So what about suicide?

The voice: There is no such thing as suicide, and it is impossible! We can call it self-destruction; it means destroying or demolishing the body by rendering it useless. But we can never say suicide! Because the self, the essence, is not destructible by death or annihilation. I repeat we can never kill ourselves, but we can destroy the body.

In other words, suicide is never possible, but body destruction is. Or you can say body destruction is possible, but suicide is not because we currently lack the ability and knowledge to eliminate ourselves. Interestingly, it is worth mentioning that those who resort to suicide usually imagine that they are capable of self-annihilation, and these individuals typically do not believe in human survival or life after death. Those who believe in God and the afterlife, and have a relatively good understanding of it, not only refrain from committing suicide but are also less likely to engage in crime and wrongdoing. This is because one of the major causes of suicide is despair.

A person who is hopeful in God always has a glimmer, even a small glimmer, deep within their being, which is the belief in God. This belief gives them the hope that they will receive support and protection from God. Similarly, someone who believes in God knows that suicide is considered a major sin because humans are supposed to endure and not resort to suicide as an escape from their problems and failures. Do you know why? It's because there is always a bright end to a dark night and some ease accompanying hardship.

Me: How can ease accompany hardship?

The voice: Changing our perspective alters how we look at problems. We gradually realize this when we calmly observe and view difficulties

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from a different angle. And even if we don't fully comprehend it, at least some of the pain and suffering of hardships can be alleviated.

Me: Although I haven't fully understood, let's return to our initial discussion. So, in this way, those with a better understanding and awareness of human creation and existence should have a happier life than those who believe that human beings are completely destroyed by death.

The voice: Of course, by understanding and awareness, I mean a stage where their belief and conviction are strong and genuine.

Me: In our previous discussion, a constant question has lingered in my mind.

The voice: Well, our task is to engage in conversation. You ask the question, and I am obliged to answer. There's no problem, so go ahead and ask.

Me: Thank you, I have come to understand the topic of the five inner senses and five external senses, the world of wakefulness and the world of sleep, as well as the subject of the two bodies, one active in sleep and the other in wakefulness.

However, the point that is still unknown to me, and I haven't grasped it well, is who or what exists in these two bodies, or who manages these two bodies?

The voice: We have returned to the topic we mentioned earlier. If you recall, we likened our body to a car and said there is a driver in this car. Now, you must remember the name of the driver, right?

Me: Yes, I remember. The name of the driver is the "Nafs."

The voice: So you understand. The individual who resides in both bodies is the breath. In fact, it can be said that the "Nafs" is our very self."

Indeed, it can be said that the "Nafs" [self or soul] is our very self. In other words, we are nothing but the Nafs, or we are the Nafs, or the "Nafs" is our self. This Nafs has attributes, and the body we observe in sleep or wakefulness is the possession, instrument, or vehicle of the Nafs. Now, do you understand?

Me: Yes so that essence which does not cease to exist even with suicide is this very Nafs that continues its existence in sleep, wakefulness, and even after death. In our previous discussions, you mentioned that we have three types of Nafs: the commanding Nafs, the blaming Nafs, and the reassuring Nafs.

The voice: We do not have an additional Nafs, and what I meant by saying that was referring to the levels of Nafs, not that we have three Nafs or that I have three Nafs!

Me: So what do you mean by the levels of Nafs?

The voice: The levels of Nafs are like educational stages. For example, one person is in elementary school, another is in high school, and another is in university. In other words, being in different stages of Nafs depends on individuals' understanding, consciousness, awareness, and knowledge. Initially, a person is in the stage of commanding Nafs, and after gaining experience, knowledge, or enlightenment, they enter the stage of blaming Nafs or move towards the elevated stage of blaming Nafs. After years of striving for purification and successful transcendence of the blaming Nafs, they enter the stage of the reassuring Nafs.

Me: Could you talk more about the commanding Nafs?

The voice: The commanding Nafs means a Nafs that commands or gives orders, and in other words, desires whatever it sees! It's like a child who, whatever they see and like, says they want it. Of course, there are also adults who, without thinking, go after whatever pleases them!

The hand and heart both cry out:

"Whatever the eye sees, the heart desires."

I will forge a steel dagger with a venomous tip,

I strike at the eye to free the heart." [Persian poem]

For example, consider a herbivorous animal like a sheep or a donkey. If it is in a desert or on the street and sees any greenery, grass, or edible plant, it immediately goes towards it and starts eating without caring or thinking about whose property it is. If it is in front of a fruit shop, it will start eating fruits, vegetables, carrots, pumpkins, and eggplants without formalities or payment.

Me: Why is that?

The voice: What a question you ask! Because when the Nafs of a sheep or a donkey sees food, it commands their feet and legs to go towards the food and start eating it, and the animal, without any thought or restriction, always engages in eating the food.

In most cases, humans who are at lower levels of knowledge have their instinctual power dominating their intellect. Therefore, whatever their Nafs or themselves desire, they immediately act to obtain it.

Me: Do you consider humans equal to animals?

The voice: Please don't change my words! I said that some humans who are in the stage of the commanding Nafs, like animals, only act based on their instincts. However, they are like animals in certain situations, sometimes even lower than animals regarding consciousness and knowledge. Therefore, this statement does not apply to all humans. Secondly, is every animal a bad creature? I swear to God, some animals are much more knowledgeable, kinder, loyal, and conscious than some humans! Because all objects, plants, and animals serve existence in their

own way and are beneficial. But some humans are only consumers and are not useful for any consumption. We call them wasteful consumers. That's why it has been said that they are even lower than animals. These humans are unhelpful and highly destructive for themselves and others. Anyway, it is better to say that humans who are in the stage of the commanding Nafs are closer to the animal stage.

Me: I agree as well. Now, the question may arise, why did you compare humans to animals?

The voice: I didn't compare. This classification relates to the consciousness and knowledge of creatures, starting from inanimate objects, then plants, animals, and humans.

Me: Which classification?

The voice: The highest level of Nafs in plants is equivalent to the lowest level of Nafs in animals. That means a plant that reaches a very high level of knowledge is equivalent to the lowest level of an animal. And similarly, the highest level of Nafs in animals is equivalent to the lowest level of Nafs in humans.

Me: Plants also have knowledgeable and ignorant states?

The voice: Yes, plants also have knowledgeable and ignorant states, or in other words, conscious and unconscious states. Do you think a desert shrub that is just a thorny bush carries the same information and knowledge as a date palm tree that bears fruit, has male and female trees, and has thousands of other properties?

Me: No, they are certainly different.

The voice: Do you think they differ in terms of consciousness and awareness?

Me: Yes.

The voice: So here we can say that the information and knowledge hidden in the Nafs of a date palm tree is far superior, more significant, and greater than the information hidden in the Nafs of a desert shrub.

Me: Where are you taking me?! I used to see all of these as equal!

The voice: I don't want to take you anywhere. Instead, I want to remind you of some ideas and concepts so you can change your position regarding the levels of Nafs, consciousness, and knowledge. This way, you can be less afflicted by pain and suffering and attain a life full of peace, tranquility, and serenity. Just as there is a significant difference in the levels of Nafs in plants, such as the Nafs of a desert shrub and a plane tree, there is also a great difference between the levels of Nafs in humans. The levels of knowledge in the stage of Nafs Ammarah (commanding self) in humans can be at the level of the Nafs of a desert shrub, while the levels of Nafs Mutma'inna (contented self) in a person can be like the Nafs of a date palm tree or a grapevine in the plant kingdom.

Me: It's exciting! When I reflect on these topics, it becomes intriguing for me!

The voice: Yes when we deeply contemplate the matters of creation, we realize that the reality of it is truly astonishing and fascinating. But I don't present these concepts to you for the sake of being interesting or fascinating.

Me: So why do you bring them up then?

The voice: The reason I bring up these to pics is for us to know ourselves better and understand other humans. With this understanding, we can learn the rules of the game of life and act promptly with pure and sound thinking. We can peacefully enter the realm of happiness or the promised paradise. We can create a continuous life full of peace, tranquility, and serenity for ourselves, our families, and other humans.

Me: Could you explain the reason behind this?

The voice: For example, someone who is at the level of the commanding self if they visit someone's house and see a gold ring or necklace in front of the bathroom mirror, if they like it, they would take it and put it in their pocket. If they enjoy speeding, they would drive their car excessively on the roads or engage in bribery and corruption to unjustly obtain certain rights. They would be willing to commit numerous unlawful acts. In other words, when it comes to their interests and benefits, they do not recognize any limits, boundaries, or sanctity. But you should also know that engaging in these illicit activities, accepting bribes, manipulating rights and accounts, and misappropriating public and private property, also has its consequences.

Me: What do you mean?

The voice: It means 'consequences.' Let me tell you a short story. In ancient times, a donkey and his beloved foal lived in a lush garden, and in their neighborhood a young lamb or sheep also resided in the same garden. One day, the donkey foal began to speak and opened his mouth to complain to his mother. He said, "Oh dear mother, why does the garden owner pick all the fresh and tender grass from the garden and feed it to that greedy lamb? But you, who work tirelessly from morning till night, carrying heavy loads, taking all the wheat to the mill and delivering all the flour to the bakery, as well as moving numerous bundles of firewood and performing thousands of other tasks, unfortunately, instead of receiving proper hospitality, you are offered the leftovers, the rotten and dry grass, and the leftover leaves with an unpleasant odor from the trees, which should be discarded. What kind of justice is this? What kind of God is this? If God exists, why doesn't He respond to all the injustice and unfairness committed by the garden owner? I'm losing my faith in this God!" His mother replied, "Oh, my beloved child, my only companion in solitude, you are still young and have only a few months of life left. May God have mercy on your father,



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who was so kind and hardworking. Your father and I have served this owner in this garden for many years, and he is a good man. I have witnessed and observed many incidents during my service in this garden. But don't be disheartened, and know that even eating this fresh, tender grass and clover has its 'Pakh Pakh.' The donkey foal asked, "Dear mother, what does 'Pakh Pakh' mean?"

The donkey replied, "Oh dear child, be patient. One day I will show you." A few months passed since that incident, spring and summer ended, and autumn began. The lamb had turned into a large and well-fed sheep due to eating the fresh and tender clovers and grass. The trees were shedding their leaves in preparation for their winter wash and bath. With the passing of the early days of autumn and reaching its midpoint, suddenly, the master of the garden appeared with a large butcher knife accompanied by another person. The weather had become slightly colder, and the autumn breeze echoed the elegy of the trees and plants mourning the loss of their leaves. May your eyes never witness such a sight! They seized the sheep, placed its head on the garden wall, poured water into its mouth, and slaughtered it. At that moment, because the sheep's head had been separated from its body and naturally, the esophagus or windpipe connected to the lungs had been severed, its lungs were still functioning. As the air from the sheep's lungs escaped through its windpipe or esophagus, a sound similar to "Pakh Pakh" was repeatedly heard from the sheep's throat. The hardworking donkey and its foal stood a short distance from this scene, witnessing and observing the incident. The donkey's foal was shocked and rendered breathless upon seeing this scene. The donkey turned to its foal and said, "Oh dear child, you heard that 'Pakh Pakh' sound and witnessed the incident up close. It was the same 'Pakh Pakh' that I told you about that day!" Know this, my dear child: if someday you deviate from the path of righteousness and seek to possess the belongings or rights of others by trampling upon them, rest assured that one day the calamity of "Pakh Pakh" will befall you as well, whether you are on

earth or in the sky! This is the law of life. We must understand that whoever or whatever power has established the foundation of this creation has designed it with complete precision, care, and subtlety. It has been inscribed upon the fabric of the earth and the sky that every individual, no matter how small, will be held accountable for their deeds, whether good or evil, with utmost accuracy. Therefore, know that there is no escape from this law, and it has no exceptions or loopholes.

Me: What an intriguing story it was! May I ask a question?

The voice: Please do so. Have you not asked any questions before that you now seek permission?

Me: I hope my question doesn't cause any discomfort.

The voice: Do not worry. I understand.

Me: Do you genuinely believe in the words you speak? Do you truly act upon them? Do you have faith in them?

The voice: I will never speak of something I don't believe in. Yes, I wholeheartedly believe in them and see their results as clear as daylight. I have learned to live by them. I can say that I have experienced the overall outcome of my actions, and ultimately, I know that the promise of Absolute Power is not a lie.

Me: Thank you. I have grasped the essence of the commanding self to a considerable extent. Now, please tell me about the second stage of the self. What was its name?

The voice: It is the reproachful self or the blaming self. If a person spends some time in the stage of the commanding self, encounters numerous problems, and wakes up from a heavy sleep, becoming aware of various difficulties in their life, they enter the stage of the blaming self. This means they climb the ladder of evolution or reason

and consciousness. In this situation, the existence of something called reason or conscience becomes perceivable to the individual.

Me: Why is it called the blaming self?

The voice: Because in this stage, the person commits an error. But after committing the mistake, reason or conscience reproaches and admonishes them. The person regrets the action they have done wrong and blames themselves for why they committed this incorrect, contrary, or mistaken act.

Me: So what is the difference between the reproachful and commanding selves?

The voice: I previously mentioned that in the stage of the commanding self, a person commits an act that is against values, contrary, or sinful. But they do not feel remorse for their actions and even take pride in their ugly and mistaken deeds. However, this behavior is highly dangerous for themselves and society. But in the stage of the reproachful self, if a person commits an act that goes against values, they later feel remorse. They regret their actions, and this remorse is a stage of progress compared to the previous stage, the commanding self!

Me: So, in this stage, a person doesn't reach complete peace and tranquility?

The voice: No, that's correct. A person is sometimes at peace and sometimes at war, sometimes in paradise and sometimes in hell.

Me: Please tell me about the third stage.

The voice: If a person successfully passes through the stage of the reproachful self and gains knowledge through various experiences, they enter the stage of the confident self or the promised paradise and become among the righteous servants of absolute power.

Me: Can you explain more about who enters the confident self?

The voice: Someone whose actions are based on reason performs rational deeds and refrains from fulfilling irrational desires. Certainly, until one has not sought the presence of the absolute power or God, it appears very difficult for them to enter the stage of the confident self.

Me: What role does worship and devotion play in reaching the stage of the confident self?

The voice: It has a very important and constructive role. However, we must remember that in this existence, all beings must fulfil their duties for life to endure.

Me: All beings?

The voice: Yes, all beings, including inanimate objects, all plants, all animals, and all humans.

Me: How do inanimate objects serve?

The voice: Mountains serve by preserving water sources, maintaining the balance of the earth's climate, providing soil that is essential for plant nutrition, and countless other tasks. The duties of plants and animals are also evident. If we think and study a little, we will understand this matter.

Me: What does this have to do with worship?

The voice: Worship should be understood as devotion and as a servant. And surely you know that one of the duties of a servant is working and serving.

Me (with a laugh): So, existence itself needs workforce for its own continuation?

The voice: How is it possible not to need a workforce? If we pay close attention and observe all beings, we cannot find a single creature that is not engaged in service or work. And it's worth mentioning that all these beings receive compensation for their work.

Me [still laughing]: What service do scavengers and vultures provide, and what compensation do they receive?

The voice: If scavengers and vultures didn't exist, animal carcasses would cause destruction, contamination, and various diseases in forests and meadows. But thanks to these animals, the forests and meadows always remain clean and free from the pollution of other animal remains.

Me: Can you please tell me how much compensation they receive?

The voice: Their compensation is the food they eat to satisfy their hunger. By this, I mean that humans should always fulfil a duty in this existence, and that duty is to serve. Now, to understand the concept of worship and servitude properly, let me give you another example.

Me: Thank you, please go ahead.

The voice: Let's assume you own a large farm and have about thirty workers or servants whom we divide into three groups of ten. The first group consists of individuals who do their work satisfactorily, respect the farm owner, and show kindness towards him. They always maintain the owner's dignity and respect, and whenever they see him, they greet him with the utmost respect, saying to themselves that if it weren't for him and his farm, their lives would be very difficult.

Now, as the owner of this farm, how do you treat this group?

Me: It is evident. I love this group and its individuals and try to provide them with more than just compensation. If they have any problems or difficulties, I go above and beyond to solve them, and I try to delegate

my most important and sensitive tasks to them. In any case, I want them to live in comfort and tranquility. They are my best people.

The voice: The second group are individuals who consistently and efficiently perform their work on the farm, but they are not familiar with the farm owner, and even if they are, they have no connection to him. They ask themselves, "How do we know if this farm has an owner? How do we know if someone has created this farm?" We work, and the supervisor pays us our wages. We have no concern with anything else. Pay us our wages, and we will work; otherwise, we won't. Of course, even if the farm owner happens to be present in the farm, they show no respect or reverence towards him. Now the question is, how do you deal with this group?

Me: They worked, so I pay them their wages, and if they don't work, they won't receive any compensation. It can be said that I am their mirror, and this group, because they don't know me and don't believe in me, easily become discouraged and have no support in difficult situations. But despite that, because they are my workers, I try to help them and care for them in any circumstance. However, do not expect me to love them like the first group and provide them with solid support or delegate sensitive tasks to them.

The voice: Now, the third group.

Me: Please go ahead.

The voice: The workers of the third group constantly strive to show maximum respect to the farm owner and always express gratitude and appreciation to the garden owner in all circumstances. They always mention his name with kindness and in a loud voice. They say to themselves, "The garden owner is a great man. He is the owner of all the trees in the garden, the owner of the flowing streams, the owner of the leaves and fruits of the garden." Whenever they see the garden owner, they greet him. However, in return, they do not do any work or service

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on the farm while the rest of the workers toil under the scorching sun and bone-chilling cold. They praise and extol the garden owner in cool spaces during the summer and warm places during the winter. And you must provide for their needs and feed them and their families daily, and pay their wages at the end of the month! Now, as the garden owner, how do you deal with them?

Me: This is unthinkable! I have hired workers to do the farm work, not to praise me. Immediately, I will dismiss them because they have not understood the concept of being a servant or a worker.

The voice: Therefore, we hope to understand that praise and adoration have no meaning without service. However, worship and praise accompanied by service are among the best and most desirable actions a person can perform. From this, we can conclude that it is not necessary for the self to always be engaged in worship and adoration. The confident self can benefit from all the permissible blessings granted by God. However, at the same time, it should not deviate from the direct path and the path of values, and all its actions should be in line with reason. Therefore, we should not think that the confident self should abandon the world, meaning to leave the world behind, withdraw to a corner, and detach from people and life. The confident self-engages in worship and adoration of the Absolute Power and implements the commandments of the divine law while also living and enjoying permissible blessings.

Me: What if someone separates themselves from life and people for adoration?

The voice: If it is for a short period, for contemplation, introspection, and with the supervision and permission of a master, and it has been understood and tested, there is no problem. But if they separate themselves from people and life forever, abandon the world, and seek

to regress from the human stage to an animal or vegetative stage, I don't think it would be the right course of action.

Me: Thank you, may your hand not be hurt. I have understood many things.

The voice: You're welcome. Have you understood that the self is your own self?

Me: Yes, I have understood and grasped it well.

The voice: Again, have you understood that although humans may outwardly resemble each other, some are in the stage of the commanding self, some in the stage of the reproachful self, and very few are in the stage of the confident self?

Me: Yes, absolutely.

The voice: Now you understand what these discussions are useful for!

Me: Yes! Initially, I added to my general knowledge, then I somewhat grasped the classification of humans, and I also gained some awareness of mystical and human understanding.

The voice: But my intention was not to add to your general knowledge or elevate your understanding of mysticism or human cognition!

Me: So what was your intention?

The voice: My intention is for you to know and understand humans well, to the best of your ability, and to realize that there is no guarantee that everyone must be good, righteous, and healthy! Whether humans are good or bad depends on the stage of evolution of their selves. Therefore, when we understand this, we become less upset and worried about their bad manners, wrong interpretations, or misguided behavior!



We should eliminate the notion from our minds that everyone should respond to goodness with goodness, be just and loyal, and adhere to values. We should know these facts: a person in the stage of commanding self does not deliberately engage in actions contrary to values; rather, they are unaware because their instinct dominates their reason. If we understand this, our state will always be good, and with awareness and a genuine desire, without force or difficulty, we forgive some of the mistakes of humans. By doing so, both our own state and the state of others become pleasant.

Me: Isn't it true that humans are the noblest of creatures, as the honorable poet says:

"I am a bird of the kingdom's garden, not from the earthly realm  
They have made a cage from my body for a few days."

Or isn't it true that God, after creating humans, congratulated Himself?

The voice: Humans are indeed considered the noblest creatures, and it is also true that when God created humans, He congratulated Himself. There is no doubt about it. The creation of humans is significant, and in comparison to the creation of inanimate objects, plants, and animals, and even in comparison to the creation of the Earth and the heavens, humans have a higher value. However, God has also mentioned that some humans are even lower than animals. God congratulated Himself on creating humans because humans can traverse the lowest and worst levels of creation and the highest and best. In other words, humans can be worse than any evil demon, more savage than any predatory animal, and higher, purer, and more compassionate than any angel.

However, when the honorable poet says:

"I am a bird of the kingdom's garden, not from the earthly realm  
They have made a cage from my body for a few days."

This poet expresses his own state and position, saying he is a bird of the kingdom's garden. Therefore, I don't think this matter is relevant to me or you!

Me: Are you suggesting that we shouldn't be upset by humans who are bad or have predatory traits?

The voice: When did I have such an intention?

Me: Then what was your point?

The voice: My point has been and still is that humans are not equal in terms of their level of consciousness and awareness. Therefore, we should not expect everyone to be good.

Me: If we consider all humans to be good and expect everyone to be good, do you think there would be any problem?

The voice: The problem is that when you expect everyone to be good, even the slightest flaw or small mistake by someone immediately makes you view them negatively and dislike them. However, if you truly understand humans and their capacities, you will be less upset by their mistakes, and your well-being will always be intact.

Me: Final words?

The voice [concluding]: To achieve a good state, you must know yourself. Once you know yourself, you will know humans; when you know humans, you will know God. Then, you will step into the valley of blissful state. I must go now, goodbye until another greeting, and farewell until another farewell.

Me [while staring at the ceiling]... "You left...?!"

THE END

