

OM TAT SAT

Leading

a

Spiritual

Life

Maran Verhoeven



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ISBN 90-804837-6-1 (Dutch Version)

NUGI 614

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Published by: Maran Foundation (Dutch: Stichting Maran)

1st print in PDF for internet: February 2004

2nd print in PDF for internet: July 2016

Printed as Ebook : Download from Internet:

<http://www.stichtingmaran.nl/boekjes/ebooksenglish.html>

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PREFACE

On the 11th of February 2001, I am sitting under the tree of meditation in Prashanti Nilayam (which means centre of supreme peace) in Puttaparthi India. It is the location where Sri Sathya Sai Baba¹ was born on the 23rd of November 1926. He is an avatar (God-man), who propagates the way we should live.

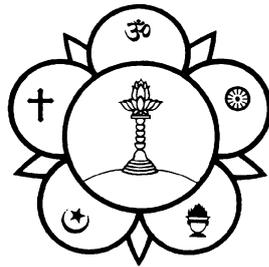
He teaches us human values of:

- * Truth*
- * Sincerity*
- * Peace*
- * Love and*
- * Non-violence*

Also He tells us, that all religions are based on Love and that we should act upon that. Here you can see the symbol of dharma².

Also He tells us, that we are Love.

And, that we should propagate our Love to those, who ask for it.



Symbol of dharma

We should live with Love in Love

Sai Ram

INTRODUCTION

Mostly by our upbringing, we have learned certain patterns, standards and values. These patterns, standards and values should have Love as a basis.

Our parents, teachers and masters should teach us the right patterns, standards and values.

However, because of their ignorance of the right patterns, standards and values, we strayed off the right path or we can not find the right path.

I can tell you that this happened to me too, however, now I know better and am myself. Now, I can not but indicate how we should treat nature and ourselves in a better way.

Nature is God's cloth and we should treat it with care.

Other creatures, plants, animals, humans are all God's creations and we should treat them with care and respect.

In my practice, mostly ill people come to me and often, I give them rules for living other standards and values, that may help them in their process of healing.

It is a basis for a healthy life and for mental well-being, for themselves as well as for their surroundings.

In this book, I explain those rules for living in greater depth, so they become more understandable. Every rule begins with a saying. If there is no reference, these are statements from Sri Sathya Sai Baba.

After the initial explanation, I specifically address the concept to children.

Why children? Because they are our basis for the future.

These children will later on be the elders and they will be able to show their children the right path.

Of course, elders can profit from this book as well.

We wish you and everyone a spiritual life, that is a basis for health and mental well-being.

Tip: In the table of contents you can mark in the circles how you assess yourself on each concept.

□ Be grateful to God everyday, be grateful to yourself.

*“You owe your birth to God,
You stay alive by God,
Finally, you will merge into God.”*

We were born from the mother. This birth can take place, because the father gave his seed to the mother.

When we retrace our family tree, we will eventually find out, that we owe our lives to God.

He gave life to us.

Because He is our true father and mother and because our biological parents are his instruments, we should be grateful to Him.

Our lives are in His hands.

You may be grateful to yourself for choosing to develop yourself in this life into a Source of Love.

You have chosen this way; be grateful to yourself for that.

God provided for you to be able to develop yourself through this way.

Be grateful to God.

Look my child, to the sun and to the moon and to the stars that sparkle at night.

Look my child, to nature with all animals, flowers and other people.

Look my child, here you live, in the world I created for you.

“You were born to realize your true Self.”

□ ***Be loving to yourself and towards others.***

*“God is the maker,
You are nothing but the instrument.”*

When we come to realize that we all have God for our Father and Mother and that we are His children, then we are all brothers and sisters. Why not treat each other lovingly then?

Love God inside you. He lives in your heart.

Love God in the others, they too have a heart.

Look my child, I made you breathe.

Because you can breathe, you stay alive.

And if you are nice to others, then others shall be nice to you.

But sometimes it happens that someone is not nice to you.

Then you remain nice to that person, for then, he or she needs that very love of you.

“You were born to realize your true Self.”

□ **Live a simple life.**

*“If you feel hundred percent dependent on God,
He will take care of you and guard you from all evil.”*

The simpler we live, the easier we live. What do you prefer to carry with you: a big, filled, heavy backpack or a small, light backpack?

Why gather so many things, when we know we will have to leave everything behind when we die?

By leading a simple life, less life energy is lost.

Use your energy sparingly.

Look my child, *at nature.*

Very simply do the plants, the animals, the birds and the fish live.

They do what they have to do and we may enjoy their beauty.

Let's take an example from that and love the plants, the animals, the birds and the fish.

When we watch our nature closely, we can learn a lot from it.

“You were born to realize your true Self.”

□ *Avoid negative emotions, such as fear, desire, anger, hatred, greed, jealousy, et cetera.*

*“Desire makes a man forget his true nature
and reduces him to an animal.
Love is the most scarce article of our time.”*

Avoid negative emotions³.

They are loveless (demonic) energies.

They take away our life energy.

We should take care to avoid those energies.

If we realize that God takes care of us, why burden ourselves with negative emotions?

Look my child, why get angry at someone else?

Don't you live yourself?

Aren't you Love yourself?

Know that you are a little angel and because of that, be nice to others.

If someone is annoying to you, go away, but still feel your heart like a little sun that shines.

It helps you as well as the other.

“You were born to realize your true Self.”

□ *Sanctify your thoughts, your words and your actions.*

*“God alone gives life,
he alone is the preserver of life
and the goal of life.”*

There is a flow of energy in all of your actions.

This flow of energy should be love. When love is in your thoughts and in your words, love will be in your actions as well.

Take care that negativity (not-love) does not occur in your thoughts, words and actions.

If you sanctify every thought, every word and every action, if you are aware that Love is present, it is good.

When we take some time for that, we build up a loving karma⁴.

Good actions give sweet fruit,

Bad actions give sour fruit!

Look my child, *at your actions, at the words you speak and at the thoughts you have.*

Would you have acted, spoken and thought thus when I was standing before you?

Now, see Me in everything and be loving, because then my child, you are a child of Mine.

“You were born to realize your true Self.”

□ **Sanctify your food.**

*“The food one uses has to be pure,
free from the subtle negative radiation of the people,
who harvest the crops, prepare the dishes and serve the meal.”*

With food, in this context we refer to food for our material body, so food and drink.

When we take food, we should sanctify this food first, be aware of what food is, where food comes from, who prepared it and where it goes to.

Food comes from God and goes to God.

Food can be contaminated with negative emotions from people. From animals this is possible as well. By sacrificing the food to God, we sanctify it, which transforms the negative elements.

A prayer or special chants are suitable methods, if practised correctly.

When our food is pure, our thoughts shall be pure, because food is a co-determinant of the nature of thoughts.

Look my child, *at the animals. They eat unaware of anything.*

They eat in their way, because they are basely creatures.

The animals are still unaware.

But we humans are higher creatures with a larger consciousness.

Use this consciousness.

It will certainly please you.

“You were born to realize your true Self.”

□ Do not eat meat, fish or other products animals have to die for.

*“By eating meat, one develops
violent tendencies and beastly illnesses.”*

Now that we are talking about food, I am going to tell you that it is not good for us to eat meat or fish.

Firstly, because our material body was not made to digest animal meat⁵. Flesh from animals eventually forms possibly carcinogenic poison (ama⁶) in the body and this can cause illnesses.

Secondly, the killing of animals is an act of violence. Because of this, we act contrary to our human values and therefore the love is absent. We are at that moment demonic.

Thirdly, we take energy from a beastly level, which decreases our divinity. We even start to look like animals. This is very subtle, but yet true. We even start to show beastly behaviour or even worse

Look my child, at the animal world.

There are many vegetarian animals, big and strong.

We can look at the elephant, cows, horses, and sheep.

Those animals are free from violence and non-aggressive.

If we look at the animals, that eat other animals, we see that they are much more aggressive.

Because of that, people are aggressive to each other as well. The beastly part of them comes to the surface.

So my child, let the animals, in which I live too, free and live healthily.

“You were born to realize your true Self.”

□ ***Eat pure food. Not manipulated, no poisons, but natural.***

*“Man attempts to change the food from nature to his taste,
however in doing so,
he destroys the true essence of life it contains.”*

Food has several aspects.

*As human beings, we have seven gates, namely: two ears, two eyes, two nostrils and a mouth. We should guard every one of these gates. We should be aware of what we allow in, what we allow to enter and of what we should **not** let in. Consider it as your house, in this case it concerns your body, the house of your mind and of God.*

Whatever we eat should be pure, so that we stay pure from the inside as well. The more the food comes directly from nature, the better and healthier. The actions of the people also should be lovingly. This energy sticks to the food, so to speak. Therefore, it is meaningful to dedicate the food to God, before we eat it, by saying a prayer or by chanting.

Look my child, I created earth, water, fire, air and ether. Those are the five elements of which everything consists.

The earth is to sow the seed.

The water is to germinate the seed.

The fire (sun) is to let it grow and flower.

The air is for the life in these creatures.

The ether is to make them exist and give fruit.

Without My energy, life is impossible.

Take good care of nature, the dress of God, and I will take good care of you.

“You were born to realize your true Self.”

□ *Eat for example rice, nuts, fruits, vegetables et cetera.*

*“Drink milk or yoghurt, eat fruit and nuts.
They bring about constructive, beneficial,
spiritual thoughts.”*

To eat healthily, we should take balanced food, so no animal food and no hot (spicy) food.

Harmonic food has a soft taste.

When we take fruit, we are not violent to nature.

Furthermore, rice is a good and healthy food, as well as nuts and fresh, scarcely or non-boiled vegetables.

Look my child, I gave you everything you need.

Yet you are not satisfied and make ill use of it.

There is enough for everyone if you grow it well and share it.

Then, disease will disappear and health will reappear.

You do not believe me?

Look at the animal world. They too are in harmony.

Why couldn't you, higher creatures!

“You were born to realize your true Self.”

□ Drink pure water.

*“Life is like a block of ice that gradually melts away.
Before it has entirely melted,
the truth must be realized.”*

God made the water come to the earth in a suitable form, so that the creatures on the earth, that need this water, can use it.

We think of the plants, the animals and of course, the human beings.

However, because of the negative emotions of man, this water is in many places not pure any more. Because of man, the water is polluted and because of that, it brings damage to nature, plants, animals and humans.

If we want to lead a healthy life, we should take care to use pure water. Know that the greater part of our bodies consists of water. Pure water makes the human body function well.

Look my child, I created the seas and oceans.

Because of the warmth of the sun, the water evaporates and goes towards the land. At a certain moment, this water falls from the sky to the earth and via rivers, it flows back into the oceans.

This water is necessary for the plants, the animals and for you, so that everything on this planet can live.

You should use this water sparingly and keep it as pure as possible, so you and all other life forms can enjoy it.

“You were born to realize your true Self.”

□ **Breathe pure air.**

“The synthesis of pure, calming food is breathing pure air, listening to beautiful sounds, watching good scenes and touching pure objects.”

Without air, we cannot and will not live.

The air is necessary for our residence on this planet.

The air gives us life.

If we can no longer breathe air, our body dies. We should keep the air pure, so the living creatures can live healthily.

We humans are polluting this air in such a way, that it becomes harmful to all the life on earth, especially to ourselves.

Therefore, we should be conscious in the use of air and with air in general.

Polluted air is harmful to every living thing and it endangers health.

Look my child, I created water and air as well.

Every man breathes air in and breathes air out.

The air, my child, you breathe in, you eventually share with someone else. Because, what you breathe out, someone else breathes in again.

Make sure you breathe in and out in Love, then the others derive benefit from that.

Take good care of the air and keep it pure.

That is what I ask of you.

“You were born to realize your true Self.”

□ ***Do not smoke, do not use drugs.***

*“Smoking brings serious damage to health.
Smoking during pregnancy can
damage the health of your child.”
-Royal Decision The Netherlands-*

We have come to this world to learn. To develop ourselves into godly creatures and to become aware of the fact that we are godly creatures.

Many people smoke tobacco and these days, many use drugs as well. These people suffer from feelings of inferiority. If they were able to appreciate themselves, they would not smoke.

By smoking, they pollute the air. Therefore, it is not only damaging to themselves, but to others as well.

An entire industry runs on the use of these products.

Those who work there are ignorant and co-responsible in this process. This applies also to those who cooperate in selling these products.

Now you see how impure we are in our actions.

Let us take an example from the animal world!

They know better than we do and we are humans!

Look my child, I asked you to lead a sincere life, but many of you do not behave in that way. You are only gathering money at the cost of other people’s life energy. And when you smoke or use drugs, you are destroying my Life.

So, be wise and live healthily.

“You were born to realize your true Self.”

□ **Do not drink alcohol.**

“Without proper discipline no good results.”

-Sanskriet verse-

Alcohol befuddles the mind!

Your mind, your being as a human is at stake.

By drinking alcohol, you lose control of your body awareness. You get into excitation and, many times, things you regret later on, happen to you. However, then it is usually too late.

If you use a lot of alcohol and have become dependent on it, who then are you?

The other has a grip on you.

You are no longer master over life, but the other (demon) is master over you.

Your energy is lost.

You will rob, stealing, other people of their energy to be able to satisfy your needs. Because of this, you have become a demon yourself.

Do you see how this works now?

These are circular courses, you cooperate in or with.

Stop this. Live healthily and have respect for life.

Look my child, at the animal world.

Do you see animals that are addicted to alcohol, that use alcoholic beverages?

No, they know by nature what is good for them.

Why shouldn't we take that as example?

Be wise, my child and do not use alcohol.

“You were born to realize your true Self.”

□ Limit the use of poisons, chemicals, medications etc. and especially do not become dependent of them.

*“A patient that eats well, does not need medication
and a patient that eats ill, does not either!”*

-Ayurvedic saying-

As human beings, we mostly developed ourselves into creatures who know how to produce all kinds of things.

Science has handstands of technique. However, the question remains if we use them in a human way.

Do we keep in touch with man and his surroundings?

Are we aware of other possibilities?

We should become aware that God gave us everything, but usually we do not know how to handle His creation. We have other wishes and are guided by negative emotions.

Because of that, Love is absent in us and, eventually, decay comes into existence.

At first, we think all is going well, but that is our short-sightedness, our ignorance. Eventually, decay develops and then it usually is too late.

We have dug our own graves.

Stop the use of damaging chemicals and live healthily. Live in Love and be respectful to nature and to your fellow human beings. Be loving to yourself and take good care of your body.

Usually, we first put chemicals in (food that was sprayed with poison, and medicine for all kinds of illnesses) and later on, we use chemicals to solve the problems caused by that (for example medicine to undo the causes of medicis taken previously).

Look my child, at how nature takes care of itself.

The earth was pure, the water was pure, the air was pure and the ether was pure.

Then man came and how is it now?

The earth is polluted, the water is polluted, the air is polluted and even the ether is polluted.

What does this imply for man?

We need earth, water, fire, air and ether to live, however, if these elements are polluted, things will not go well for us and our health.

So we should take care that nature becomes liveable again for all of us, humans, animals and plants.

We should live in harmony.

“You were born to realize your true Self.”

□ If any of you uses nutritional supplements to tide you over and for detoxification, do not become dependent on them.

*“The highest form of bliss can be thanked
mostly to dedication to God.
Nothing else can give that true lasting joy.”*

Because of our wrong way of life, we should become aware and be made aware that we must clean up the rubbish and the ruins we made.

We should start a different way of life.

At first, this is hard, however, by becoming aware of how things work, it might get easier.

For expediency, we can, amongst others, use nutritional supplements; however, this should be temporary. As soon as the natural balance is restored, we should no longer take these supplements. They are for support and detoxification, but not for our love of ease. We should work on ourselves and on our spiritual progress.

Look my child, there is a base, you can and may live from. If you deny or destroy this base, life will become unbearable to you. I gave you all that is necessary and you must handle it well. This means: use what you truly need, because if you take too much, you take more than you need. Because you took too much, somebody else is wronged. If you do not know if you have too much or too little, then give to the other first and whatever is left is yours.

“You were born to realize your true Self.”

□ **Avoid troubled areas.**

Such as violence –also on television-, loud music, noise, loud people etc.

*“Every experience caused by one of the senses,
influences our health.”*

We talked before about the seven gates of our heads.

For this as well. Whatever comes in via the ears, eyes and the nose, should be harmonious for our well-being.

Our well-being as individuals, our well-being as a society.

Troubled areas disturb our harmony with, as a consequence, imbalance in and around us.

Illnesses are imbalances as well.

Let those who create the commotion be, and find yourself quiet surroundings.

Look my child, I will give you the following advice:

Think well,

Speak well,

Hear well,

Do good and harvest good results.

See no evil, see the good.

Hear no evil, hear the good.

Speak no evil, speak the good.

Think no evil, think the good.

In this way, you shall come to Me.

Whatever the other does, you do not have to do.

Remain faithful to yourself.

Remain faithful to me and I shall be there for you.

“You were born to realize your true Self.”

□ Let science be and look inside yourself; follow your heart.

*“If you kill an animal,
you cause suffering, pain, you do harm.
God is in every creature.
So how can you do this?”*

*Science used to think that the sun turned around the earth. People believed this.
Later, they discovered, that the earth turns around the sun!
The earth is, an expression of life, of people.
The sun is, a symbol of God.
We people move around God and we cannot live without God.
Let us realize very well that science investigates nature at the physical level.
Mostly, they think they know the truth and after a long period they often find out that it is otherwise.
Let us be aware that God is present in everything and that nothing can exist without His will.
God lives in your heart, so look inside (not outside) and follow your radiant heart.*

Look my child, I gave every human a heart.
*Without this heart, one cannot live.
It is the heart that beats and that pumps My energy through the body.
Many hearts are blocked, so the energy cannot flow properly. We call this a closed heart. One does not live from the heart. When man wakes up, his heart will be opened, just as a flower unfolds its petals.
Then this opened heart can accept My glory and good energy will flow through the body.
Be sure to live from your heart, my child.*

“You were born to realize your true Self.”

□ *Rest and relax in time; keep your 'battery' charged.*

*“A true devotee is someone
who only gives and expects nothing in return.
Surrender is the true characteristic feature of dedication.”*

A battery is an instrument that gives energy.

When this instrument is empty, you should charge it.

In this way, man should give and by staying in contact with his true Source -God- he will stay charged.

Rest in time and relax to be able to intensify this contact.

You and God should be one, then you will continue to dispense enough energy.

Look my child, *a lamp can only give off light when the battery is charged.*

The heart is your battery.

When you want your lamp to give off light, be sure the battery is charged with energy, that your heart is filled with energy.

By letting Me inside your heart, your battery is connected with Me and will dispense enough energy to keep your light burning.

Because of this, darkness will not be present.

“You were born to realize your true Self.”

□ *Meditate daily for a few minutes or say a prayer.*

*“Do not ponder on death.
It is only an incident in life.
Think about God, who is master of all life.”*

Why is meditating or saying a prayer so useful?

Because then, we make contact or try to make contact with our pure essence.

All day long, we are occupied with the world around us and mostly, we let that world determine our lives.

What is good for us and what is not good for us, we usually do not know any more, because we have forgotten who we truly are.

Patterns, values and standards of people and other things around us have been assigned to us and influence us.

By meditating or saying a prayer, we get into contact with our higher, pure, true essence and by listening to it things will go better for us.

We then let the world around us, for what that world at that moment still is.

Look my child, you are in this world now.

By closing your eyes and by not thinking for a moment and being in silence, you will experience Me.

When you pray to me, then (too) I will answer your prayer.

These are spiritual laws made by Me, so have trust in them.

My child, don't let the world around you mislead you, but trust in your true essence.

“You were born to realize your true Self.”

□ Apply yourself to your spiritual development and to that of your surroundings.

*“Give respect and receive respect.
It is not a one way street.”*

By meditating and/or praying, you will experience further personal development. You will observe that you did not live with as much awareness as you thought you did. A lot of people live lacking awareness and when they deny God, their life will consist of suffering. However, know that suffering will lead to leading. By applying yourself to your spiritual development and to that of your surroundings, you will become more human.

Your suffering will diminish and you will experience peace.

The power of our Creator is great.

By working from this power, you will become a creator of Light, Love and Power. Believe it and experience it.

My child, you were born to realize Me in you. By cherishing Me inside your heart you will be and stay a spiritual creature. You will be Love, Light and Power.

Stay faithful to yourself so I can be within you.

“You were born to realize your true Self.”

□ **Lead a spiritual life. “Duty is God, Work is Worship”.**

*“A healthy mind is a guarantee for a healthy body.
A healthy body guarantees a healthy mind.”*

Now, we have come to a point where this speaks for itself.

As humans, we are spiritual creatures who live in the vehicle we call the body. We should maintain this vehicle well. If we widen our conscience, our mind will become purer/brighter and as a consequence, the body is maintained well.

Let us call this conscious living.

How aware are you really?

How spiritual are you really?

It is our duty to serve God and the work we do, we should dedicate to God.

That is all!

Look my child, I live in every heart.

When you do something for someone else, you do it for Me.

But then I ask you, do you experience it like that?

Is your heart open, so you feels like that to you?

Mostly, it appears that the reason is not to serve Me in the other, but only to gather material rewards or gains, usually in the form of money.

Do your work for Me, then you will experience happiness.

“You were born to realize your true Self.”

□ Love everything with all your heart.

“If man becomes good, the world will become good.”

To love everything with all your heart, you must live from your heart. How many of us truly live from their hearts?

What is it really, living from your heart?

It means that you know that God lives inside your heart and that God lives inside every heart. In other words, it means that Love is present inside your heart and that Love is present inside each heart.

If you open your heart, your Love will flow. Other hearts will be opened and because of that more Love will flow.

So love everything with all your heart.

Look my child, I gave you a heart.

The heart of the universe, that is Me.

The heart of you, that is Me.

I am That, which you may be.

If you live from this heart, Love will flow from you and stir other hearts.

They too will awaken and Love will revive around you.

Love everything around you, the minerals, plants, animals and humans.

Then, you love Me too.

I give you My blessing that things will go well for you.

Live with Love in Love!

“You were born to realize your true Self.”

CONCLUSION

“You were born to realize your true Self.”

The fool chooses the pleasant, the wise man chooses the good.

Which are you, a fool or a wise man?

Stop to think of the fact that you are part of all kinds of circles.

For instance money, you take money and you give it away again.

Air, you breathe it in and breathe it out again.

Water, in through your mouth and out again via other organs.

Are you aware of the role you play or have to play in this? The way you deal with life is of essential influence to the whole, so to you and your surroundings, to the universe, to the cosmic scene.

When we live a spiritual life suffering will belong to the past.

Based on these rules, you are now aware of how spiritual you are. Start living from this base and don't let the desires tempt you.

Know your own value, do not lose yourself.

With love, we wish you a spiritual journey.

“Why does a person lose himself?”

Losing yourself is not having an eye for your own energy field.

Everything is one and therefore every energy field is part of your self.

However, energy can be interfered with and this happens by your own will.

Losing yourself is an interference in energy by your own will.

Why is this own will used?

Well, own will is connected to the ego energy to strengthen your personal field.

This energy is fed to the will-power.

Bring the energy in the vertical line to your heart and your self will be in harmony with its surroundings again.

BEING YOURSELF

LOSING YOURSELF

LOOKING OUTWARD

FOLLOWING YOUR SENSES

BEING AWAY FROM YOURSELF

NOT BEING THERE

LOOKING FOR

TAKING = BRINGING = REALIZATION IN PROGRESS

TAKING BRINGS YOU TO YOURSELF

COMING TO YOURSELF

BEING YOURSELF AGAIN

REALIZING YOU MAY BE YOURSELF.”

WITH THANKS TO

Sri Sathya Sai Baba, my parents, my sisters, Monique, my children: Jos, Marlous, Marjolein, Christiaan Marissa and Jasmijn.

To Cay Linsen for going over these scripts.

To Anuschka Altena-Meijer for the translation from dutch to english

To David and Kate (UK)

To my brothers and sisters at the Other Side (the ethericle world, that is).

And to all who assisted me directly or indirectly and that are not mentioned here by name.

Loka Samasta Sukhino Bavantu

Om Shanti, Shanti, Shantihi

INFORMATION ON “STICHTING MARAN”

Dear fellow-man,

On Whit Monday 1996, I (Maran) received a special text that, at the end of 1997, gave me the feeling to establish a foundation.

During my presence in Brindavan in India at the beginning of April 1998, I received the blessing and the power to actually give this foundation its shape.

“Stichting Maran” was founded at 20 May 1998 in Epe.

This foundation has three goals, namely:

- ** **Getting people to know the Light in their hearts,***
- ** **Being a centre of Light, Love and Power for all,***
- ** **Educating higher knowledge.***

“Stichting Maran” devotes itself to the spiritual development of people and the spiritual support to people to stimulate the well-being of the habitants of this earth.

By spiritual development we mean developing, realizing our true Self; from the Godly that every man has in himself.

The enlightenment of our path, the path to our Source, where we came from.

Realizing that we all are brothers and sisters of each other.

That we learn to live in good confidence with God, in whatever way you may see God at this moment.

We will dedicate our lives to helping people who are on the way to God and to those who are still searching.

We will realize the goals by having gatherings for meditation, consultations, lectures and by publishing literature.

We hope we can count on your support to be able to execute our tasks.

Thank you, Sai Ram.

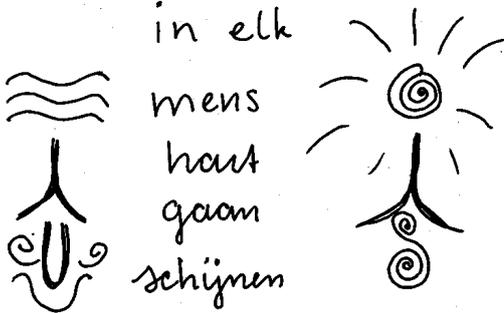
Maran Verhoeven, chairman.

***The way the seed was sown,
It will germinate and grow.
Grow towards the Light
In connection with the earth.
It will flower,
Bear fruit and spread scent,
Everything for the well-being of the surroundings
And then it will.....***

(Maran)

The original text is as follows:

Moge het Licht
in elk
mens
hart
gaan
schijnen



Geef de kracht aan hen
die de liefde mogen
ontvangen in hun hart
Geef liefde aan hen die
Kracht nodig hebben om hun
hart te kunnen bereiken!

Translation:

May the light shine in every human's heart.

Give the power to them who may receive the Love in their hearts.

Give Love to them who need Power to reach their hearts!

Secretaryship: "Stichting Maran"

Information on the Internet: <http://www.stichtingmaran.nl/algemeen.html>

If you wish to support the foundation financially, this is possible by transfer account number:

Information on the Internet: <http://www.stichtingmaran.nl/algemeen.html>

Thanking you in advance.

FINAL NOTES

1. Sri Sathya Sai Baba is an Avatar (God-man), born in India. For further information on His Being, you can read many books about Him
2. The Dharma-symbol represents the five worldreligions of the world that all have Love as a basis.
3. You can find this in the booklet “Bewust Worden van je Goddelijkheid” written by Maran. (Dutch Version)
4. Karma: means action. Every action has its consequences. Also referred to as the law of cause and effect. “As ye sow, so shall ye reap”
5. Man vegetarian schedule: Based on a schedule of A.D. Andrews, Fit Food For Men (Chicago: American Hygiene Society, 1970).

Characteristic features of an animal that eats meat:

- a. Has claws;
- b. No pores in the skin; perspires via the tongue;
- c. Sharp, pointy front teeth to tear up meat;
- d. Small salivary glands in the mouth (there is no need to predigest plants and cereals);
- e. Sour saliva; no ptyaline-enzyme to predigest cereals;
- f. No flat molars to grind the food;
- g. Very strong hydrochloric gastric acid to digest tough animal tissues such as muscles and bones;
- h. Intestinal system three times the length of the body, so fast rotting flesh can leave the body rapidly.

The plant-eating animals have as characteristic features:

- a. Has **no** claws;
- b. Perspires via millions of pores in the skin;
- c. **No** sharp, pointy front teeth;
- d. Well developed salivary glands, necessary to predigest cereals and plants;
- e. Alkaline saliva; a lot of ptyaline to predigest cereals;
- f. Flat molars to grind the food;
- g. Gastric acid 10 times less strong than that of meat eating animals;
- h. Intestinal system six times the length of the body, a vegetable diet does not rot very fast so it can pass the body less fast.

Characteristic features of man

- a. Has **no** claws;
- b. Perspires via millions of pores in the skin;
- c. **No** sharp, pointy front teeth;
- d. Well developed salivary glands, necessary to predigest cereals and plants;
- e. Alkaline saliva; a lot of ptyaline to predigest cereals;

- f. Flat molars to grind the food;
 - g. Gastric acid 10 times less strong than that of meat-eating animals;
 - h. Intestinal system six times the length of the body, a vegetable diet does not rot very fast, so it can pass the body less fast.
6. Ama: means poison in the ayurvedic doctrine. It is a method of treatment from India. (Ayurveda means the art of living.) Meat mostly causes ama in our bodies and is because of that responsible for many illnesses.

“Every action of yours at the present time is bound to have a reaction, resound reflection in the future.”

In my practice for Health and Spiritual Well-being, I made a note describing rules for living. I did this because I am aware of the fact that certain activities we do as well as don't do have an essential influence on our lives here and in the afterlife. The latter is usually not recognized any more or largely underestimated. At February 11th 2001, I was in India with Sri Sathya Sai Baba and I sat under the tree of meditation and over there, I was given a vision. I saw people that came to me asking for help. They looked shrivelled, like beggars, one hand at their chests and one hand reaching forward with the palm turned upwards. Their faces were white.

I had the feeling that I had to describe these rules for living and process them in a booklet and that is why I was there, to find out how to handle this. The result is in your hands now. I hope it may contribute to your well-being Now and in the future, for both Here and There.

- Maran -

Loka Samasta Sukhino Bavantu

Om Shanti Shanti Shantihi