

# IMPORTANT LESSONS

- **Mistake number four:** When coronavirus pandemic was in its peak, the health authorities in the region where I live gave the order for every supermarket to close all their sections of non-essential foods and products, keeping only the sections of essential foods and basic hygiene open. It sounded good to me until I went shopping. When I entered the supermarket, I couldn't believe my eyes—the food that was considered essential (all dairy and all types of meat), for a vegan person like myself, was not considered food at all. The essential food for millions of vegans (almonds, sunflower seeds, flaxseeds, and many other seeds that are our main source of protein and fat) were closed with a yellow tape that had “No Trespassing” written on it. By not allowing vegans the access to their essential foods, the health of toddlers, teenagers, adults and elders who rely exclusively on vegan food, was compromised.

“The world has turned upside down,” I thought. Dairy and meat, the foods that are mainly responsible for producing phlegm inside the human body, thus compromising our immune system, are considered essential in the middle of a pandemic when, like never before, we need to stop its consumption and eliminate all the phlegm from our body. If most of the population in the world were vegan, we wouldn't have any type of pandemic at all.

In comparison to other creatures of God, humans have been far more blessed than other species. Please don't confuse blessings with superiority. No species is superior or inferior to other. The Creator loves each one of *Its* creatures *equally*. However, those who have been more blessed should protect all other creatures. An example of this is when in a family two children are born, one child is completely healthy and another one is mentally disabled. Parents naturally love each one equally, but later on, they will transfer their house and everything they have to only one child—the one who was born healthy. The healthy child was given numerous gifts precisely to handle them wisely and with love, protecting the mentally challenged sibling just as the parents were doing when they were alive.

From our Soul's point of view, farm animals in this physical world represent our mentally challenged siblings from the just mentioned example. Humans are gifted and blessed with the ability to cultivate, harvest, and prepare every possible seed or plant for consumption. If we want the wool from sheep and goats for the preparation of our clothes or other fibre, we should treat those animals with love and respect. Under *no* circumstances we should keep them enclosed in deplorable conditions, kill or eat them. We shouldn't abuse and harm those whom we are supposed to protect. If we want milk from a cow, goat, sheep, or camel, we should treat those animals with the same love and respect as we would treat our mothers who also fed us with their milk. *To be joyful ourselves and to spread the joy to all other species* was the main reason God, our divine parent, made us so gifted.

To all Christians worldwide who desire to follow closely the teachings of Jesus Christ, the information that master Jesus himself was vegan, will be very useful to you. In his childhood, he relied on carnivorous diet (as any other child, Jesus also didn't have options), turning into veganism during his adulthood. Lent fasting, known as Quaresma in Christianity, is the most authentic representation of master Jesus's vegan life style during all his adulthood, not only during a period of forty days while Jesus was isolated in the desert (and for how long this fasting nowadays is practiced).

In numerous ancient scripts, including the original bible (that unfortunately was burned), *the number 40 is the sacred symbol, representing the entire human life on the Earth (and not only forty calendar days)*. Earlier in this book, under the title: "Stopping the Progression of Any Kind of Ailment Right Now," it is said that the ancient wise mathematicians drew a circle, or number "0" to describe God's presence in this world (*invisible, but always present*). They also drew a square as the symbol of all matter, including the human body. This geometrical shape of a square is composed of four lines, therefore in math, the square is written as the number "4." Number 4 obviously represents humanity's presence (or the human body) in this world (*visible, but not always present*).

Zero's *invisibility* keeps the number four *visible*, in other words—the breath (invisibility) that keeps us alive (visible) comes straight from God. It is said that during those symbolic 40 days of fasting and isolation, master Jesus experienced numerous challenges and temptations, and he overcame all of them.

Many different religions practice fasting to purify body and mind, and many of these practices strictly avoid ingestion of meat during this time of purification. Purification from what? What is that that every spiritual teacher and every wise woman and man since ancient times, had been teaching us to purify? The answer is—we need to *purify* our sufferings if we want the eternal life inside the bliss. How are we going to get rid of our sufferings if we are constantly making animals suffer?!

In the war in my country, I have observed that when a mother loses her son or daughter, for several months after that, she can't ingest meat. The grieving mother naturally feels repugnancy to the meat because it is saturated with suffering—the suffering that animals have accumulated while living in deplorable conditions. The mother already has too much of her own suffering, therefore, she intuitively rejects the ingestion of more suffering.

As with the word Quaresma, the word quarantine is also based on the meaning of 40 days of purification. It is not a coincidence that during the coronavirus pandemic, the entire world has experienced what a quarantine feels like—*restricted*. Well, our Soul feels the same restriction inside us when we are suffering and when making other people suffer (including the animals).

Quarantine (our lives) should be lived wisely—the faster we *purify our sufferings*, the sooner we will be enjoying our Soul’s cheerful flight inside us. Or put another way, when the number 4 (a person) *voluntarily* invites the number 0 (God), to move freely inside this person, the quarantine (the life full of suffering) turns into the joy. The only thing God is cheerfully awaiting is our realization that we don’t have to suffer anymore, especially when God (joy) is available everywhere, including inside our breath (as explained earlier in the book as well as in the following pages).

While still in that supermarket, I noticed that all the spices (cayenne pepper, ground turmeric, cardamom seeds, and many others), were also inaccessible. Not only the high-protein vegan food was unavailable, but nature’s vaccines, all these God-made spices that can easily cure coronavirus at any stage when administered as an enema; were also unavailable. “Can you please let me quickly grab the cayenne pepper,” I asked a clerk. “You can grab it, but because it is not essential food, its price will not appear on the cash register,” the clerk answered. “Oh, this is the core of misery,” I thought. The most powerful *vaccines* on the Earth, made by God, are underestimated, called just “spices,” and are locked inside the supermarkets, while millions of people are dying. *All kinds of calamities strike us when we are ignoring the Creator’s omnipotence inside the simplicity.* At least the clerk was right in one thing when she said that cayenne pepper’s price would not pop up on the cash register—yes, I agree, *it is priceless* because *it is simply Divine*.

Some months later, when all stores were finally reopened, in a garden centre, I bought these, alive and fresh *vaccines* of the Creator, available in pots (see the following picture). These mini peppers, belong to the *Capsicum annum* group of hot chillies. Despite being labeled in some stores as decorative and non-edible peppers, I want to educate and indicate that these red beauties *are edible* and they *can effectively cure everything except broken bones*. Still, in case we do break a bone, we can greatly benefit from these mini peppers because they will take away the pain caused by the fracture.



Here again applies the rule that in order to be able to cure, we need to ingest them in liquid form. It doesn't work if we eat them in their solid form. Therefore, the recipe of this particular type of chili pepper—the vaccine of nature that can protect, as well as cure us from any virus—consists of preparing them as a tea:

#### INGREDIENTS:

- 2 litres of plain water
- 1 mini pepper (fresh or dried). Only one small pepper is enough to make this medicinal preparation. ***The pepper should be red in colour.*** Mini hot chili peppers can be found in several other colours, and as far as they are spicy, they are potent medicine as well. However, in the case of the coronavirus pandemic, the red mini hot peppers are more effective than the same peppers of another colour.

#### PREPARATION:

Bring water to a boil. Using your fingers or a knife, split the pepper into two halves. Place the halves into the boiling water, along with the seeds. Boil for 10 minutes on minimum heat, covered. When cooled down, you can drink it, as well as administer enemas from it. Boiled pepper halves as well as the seeds should be discarded. The seeds fall down on the bottom of the pan anyway, that way it is easy to wash them off after you have consumed all the liquid. It is wise to occasionally save some fresh seeds before cooking the pepper halves, so you can place them on top of a small pot with humid soil for them develop into a new plant. They are wild peppers which means that they also sprout very easy, and they don't require frequent watering. This way you will always have a *back up* in case you run out of the cayenne pepper in its powdered form.

The phone is ringing; it is my friend again. “Did you say you had been living in Panama long time ago?” she asked.

“Yes, after losing my home, I have been a refugee in several countries including Panama,” I replied.

“Then you have to see this documentary program on TV,” she said.

Because I never watch television, it took me some time to find that particular channel. The first scene I saw, displayed the bare feet of many women and men, and I exclaimed, “Oh my Goodness they all are severely dehydrated, their feet are swollen and in some of them open and purulent wounds can be seen.” *But, what are they doing sitting outdoors on the ground if they are so ill?* I was wondering. Then, I found the volume button and here was the horror I heard: These exhausted and ill people were refugees crossing the inhospitable jungle of Darien, an unpopulated area where Panama borders Colombia. They were about 400 refugees mainly from Haiti, Cuba and Venezuela, with their families, running from violence, crime and poverty that has been striking their countries for years. After leaving their homes, they first headed toward the country of Chile. There, instead of a helping hand, they encountered only racial discrimination and rejection. These refugees then had to keep walking toward other countries, all the way to Brazil. Unfortunately, they were moving from bad to worse. They only wanted to find jobs and honestly gain their bread, but no one ever gave them any opportunity to stay.

Without any option, they started to move all the way back with the intention to enter Panama to see if anyone there would give them the opportunity to work. This journey of knocking on doors in different countries had lasted for five years, and now, when they entered Darien’s jungle, they faced something that no human should face ever. A tropical jungle like this, is full of deadly animals such as snakes, scorpions, and even venomous frogs that, when accidentally touched, produce immediate death to the person. The jungle’s rivers with their unpredictable streams, took the life of several people when they had to cross them. However, that was nothing in comparison with the savage criminals these refugees encountered one night when trying to sleep in the jungle. The criminals, all armed with machine guns, pointed their guns toward these refugees, took all their modest belongings (mainly children’s clothes the parents were carrying in plastic bags), and the few hard-earned coins these refugees made along the way. The armed criminals then took several women and began to rape them next to their traumatized children who were screaming in horror. The criminals even raped a mother next to her dead child—a baby who had just succumbed to fever.

Moments like these make God cry. But who can possibly even think about raping a weak woman, all in tears next to her dead child?! The answer is: those who have been raped over and over again by hunger in their childhood. The pain in their gentle intestines was unbearable, and now the fear

of being weak and hungry again, made them slaves (zombies) that will do anything to prove themselves that they are not weak anymore. **God—the Light Itself** is deeply shaken when seeing that **Its** rays are only transferring the darkness from one to another instead of just **shining**, thus removing the darkness.

The Creator is only one and **Its** light is obviously one, distributed in different intensity in every micro and macro organism. Planet Earth also contains a certain intensity of the Creator's light within. Therefore, the planet is alive just as a growing tree or an animal is alive. It is already said in this book that the planet is severely ill, not only by pollutants of all kinds, but also by human violence that indeed hurts more than any chemical contamination. Other species are in perfect synchronization with the planet, except humans. **Violence in humans is born when they are not able to feel their Soul within.** We become irritated and aggressive because we can't feel our Soul is alive anymore (as we could feel it in our childhood). If we can't feel our Soul, we can't feel the planet's, or others' Soul either. Nevertheless, the planet and other species continue to feel what is going on, as everything is continuously perceived either as the Light's expansion or the Light's reduction. Kindness (gentleness) among people is perceived as the Light's expansion while violence is perceived as the Light's reduction.

An example of this infallible perception, is when in a destructive war, all kinds of animals, reptiles, and even insects perceive that in a particular village there is going to be a shower of bullets and the soil will be scrambled by grenades, **several days in advance!** Elders in my and the neighbouring villages, noticed an exodus of birds, snakes and turtles, leaving three days before our villages were invaded and erased from the Earth. Not only did these animals know the catastrophe was coming soon, they also knew with precision the exact borderline (the line up to which the destruction would arrive), therefore establishing themselves in the villages that would not be destroyed. Then, after a few months, when these villages that were not the conflict zones before, were also going to be destroyed, the animals began their exodus again, leaving behind the humans who are mainly disconnected from themselves, from nature, and from the universal Love (Light) that is usually called "God."

When I was writing the subtitle "Last Call" at the beginning of this book, my idea was to write a separate book about how violence is Earth's most critical pollutant, causing the apparition of all kinds of new viruses and pandemics. But when I have seen how health authorities and governments worldwide were managing the coronavirus pandemic so poorly, I realized that there is not much time left. By not understanding that coronavirus is only announcing an upcoming disaster caused by human violence worldwide, these authorities are wasting our precious time. Because my first home in Bosnia was erased by human **violence**, my current home in Canada might be easily erased by **flooding**, not giving me the time to write about the cause-and-effect relation between these two occurrences. That is why I am attaching this text now, to see if humanity can start to be **gentle**, therefore give a real "shot" not only to the coronavirus pandemic, but also to the floods, forest

fires, earthquakes, hurricanes and wars. The Mother Earth was innumerablely hurt not only in Yugoslavia, but in Syria, Rwanda, Afghanistan, Iran, Iraq, Somalia, Ethiopia, Yemen, Haiti, Venezuela, and many others. As the result, Mother Earth is uncontrollably crying in pain. ***Floods are her tears.***

I reiterate, the upcoming disaster is of such magnitude that even the coronavirus is running away from it, and trying to find a temporary shelter somewhere inside human or animal bodies.

To the refugee, whose child's dead body is left next to a tree in the savage forest of a foreign country, with your raped and wounded body you keep walking, but not knowing to where. Refugee, the delicate mom, you are still holding your child's tiny shirt in your arm, as if you were trying to cover and protect him. You left your home with the hope of finding a peaceful corner on the Earth where your child could safely play. And now, after everything you've had to go through, the only thing left is a soft shirt that still smells innocently of him. Refugee, the delicate mom, the only thing you regret now is not being strong enough to carry your dead child all the way with you, and having to leave him there, where the zombies monstrously howl while they rape. Refugee, you gentle mom, God—the Creator of the Universe right now bows at your feet. What God, what Universe, and what feet? My entire body is numb and I don't even feel that I have feet, you may say now. Why didn't God protect my child and me? **Oh, mom, dear . . . because God protects only what is real—your Soul and your child's indeed.**

When a child has been in coma for years, if the child wakes up, the parents that have been sitting next to the child's bed, will be so grateful that they will fall to their knees. The same grace God is feeling now while humbly kneeling and kissing your feet.

Refugees around the world, the world destroyed everything you loved. Now the world is in your hands, and although you didn't ask for it, you will have to decide what to do with it. Whatever you want, it will be, whatever you decide, God will agree. With your weak voice you ask: "But why me?" Then, you hear God gently murmuring to you: "Oh my Love, because you are the only awakened Soul."

Is healing still possible? Can an unconscious, agonizing, artificially breathing, hospitalized patient, ill from coronavirus, be cured? Can the raped, hungry and thirsty humanity really be cured at this point? The answer is: ***Absolutely!*** When God's medicine is applied, the ill and the agonizing will be ***always*** healed. ***Understanding, followed by kindness is God's medicine***, and when ***applied*** to a displaced person, animal, microorganism, or contaminated nature; it always works, and miraculously fast—because it comes straight from the Divinity. If we don't understand, we can't be kind, thus we can't heal. We will understand others (including nature), only when we achieve self-understanding. This automatically leads to kindness toward ourselves and all our surrounding as well. ***Kindness or gentleness*** is nothing less than ***divine Love***.

In this book I already explained in detail how to apply God's medicine such as ginger water or cayenne pepper water to cure an agonizing body from any disease. To immediately cure the pandemic of global violence (the root-cause of all other diseases and natural disasters), ***we urgently need to apply gentleness***. Firstly, we need to be gentle with ourselves. Once we have gentleness within, it is spontaneously spread to others as well.

Thirty years ago, just upon completing my university degree, I became refugee. After arriving to a foreign country and being given a temporary shelter, an older lady in a neighborhood noticed that I was always wearing the same clothes. One day she approached me, and knowing that I don't speak her language, silently, she looked at me. I saw gentleness in her eyes. For a moment, I was confused and a little bit ashamed at the same time because after being brutally expelled from my home, I thought that the gentleness was killed in the war. Then, she took my hand and placed in it a bag of clean, fresh-smelling clothes. I was healed! A lady who didn't pronounce a word, showed me how the comprehension from the eyes and a gentle movement of the hands, can cure even what might seem incurable.

But why I should be gentle with someone in need who is the direct descendant of those who killed my grandpa in the past war? some of you might think. The Creator of the Universe gave you the gift of gentleness to apply it particularly to these situations, that way stopping the madness of violence once and for all. Those who killed others, have transferred a lot of burdens to their Soul, that way contaminating with the darkness their Soul and the Earth too. But now you have the opportunity to stop this *transfer* of heavy burdens from one to another. Humans are given the divine ability to clean all *dark pollutants*, even those from the remote past.

The reason why we should clean other people's darkness even when that darkness happened long before we have been born, is because it stinks to us. Darkness in the form of violence stinks like a garbage dump. The longer it remains uncleaned, the longer it will stink.

I would like to mention a veridical event in our history to encourage you to *clean* whatever you can, without thinking that it might not be your problem (or your darkness). In 1869 a child with a very bright Soul was born in India. The child's name was Mohandas Karamchand Gandhi, better know as Mahatma Gandhi. While Gandhi was growing up, his Soul was expanding its Light. At the moment of becoming a young gentleman, Gandhi completely opened the eyes of his Soul—he was fully awakened. An awakened person naturally sees and recognizes the reality of everyone else's Soul. That is why Mahatma Gandhi dedicated his entire life in advocating for human rights of every oppressed person in the world, whether child, woman or man. Gandhi demonstrated to the world how every problem, either political or economical, can be successfully solved when ***peace and love are employed***. (A few more words about Gandhi are written in the acknowledgment at the end of this book).



***Mahatma Gandhi began to diligently clean all dark garbage that was not only hundreds, but thousands of years old.*** While he was patiently cleaning and eliminating oppression and violence in their roots, on several occasions, he had been physically beaten and threatened. On January 30, 1948, Mahatma Gandhi, the person who showed us the way of peace and gentleness, was assassinated. In that precise moment, and spiritually speaking, at the speed of those bullets, the darkness obscured the sky not only above the place where the assassination happened, but the atmosphere around the entire planet Earth was contaminated with the abominable darkness. Mother Earth was wounded again. This time the spilled blood was of her loving child who was patiently and gently curing *Mom's* old wounds. People around the world were crying at this loss. However, most of them couldn't see the global *contamination* these assassins had caused. If we are not able to see the *contamination* caused by violence, we will get the impression that the *stink* is natural, when the truth is that this heavy odour should be cleaned as soon as possible if we want Mother Earth to live and continue to feed us.

The dark contamination of violence that has caused so many sufferings hasn't been cleaned. Furthermore, such contamination is becoming denser to the point that Mother Earth is convulsing in pain. That's why now, humanity received the strongest hurricane ever, the strongest flooding in centuries, and the strongest typhoon of the year, and all these in a single month.

“Should we pray to clean the darkness from the past as well as the present?” some might ask. Prayers work only if self-gentleness is applied *first*. No prayer will ever work if for instance, a person prays in the morning, and then immediately in the afternoon is being harsh toward their body by consuming alcohol, antidepressant pills and other opioid substances. If this is the case, it means the prayers came only from the person's mind, not from the heart, therefore these types of prayers are useless. The best and the only prayer that really works, is the prayer of a newborn baby—without words, without thoughts, just enjoying the Soul's hug. If we, as adults, can hug our Soul (or kiss the Divinity) in the same way as we did when we were babies, then everyone, including the planet, will be healed. Indeed, the best self-gentleness is applied when we kiss God, as explained under the title: “Kissing the Divinity ‘Recipe’” in Chapter I.

If, upon Gandhi's assassination (or any other assassination), every adult immediately started to clean their personal darkness by being gentle toward themselves, they would achieve the elimination of all their darkness (violence) quickly and effectively. As a result, the global (collective) darkness, that formed in the atmosphere at the moment of the assassination would be cleaned instantly as well. Without the darkness of violence and harshness inside (and around) the human beings, Mother Earth would be healthy and would be flourishing now. We wouldn't have destructive hurricanes, floods nor pandemics. Coronavirus, or any other microorganism, wouldn't be running away from their natural habitat, thus we would not have any fatalities and sufferings from contagious diseases.

If, upon master Jesus Christ's assassination, every single person did the cleaning of their personal violence (as the same master Jesus was teaching), his assassination would have been the last one in the history of humanity—the divine goal that the master Jesus wanted to achieve by voluntarily sacrificing his terrestrial life. Master Jesus's goal wasn't to establish a new religion but to establish peace inside the heart of each one of us. On the day of his crucifixion, master Jesus offered his body to the crowd so that anyone carrying a lot of violence within, now got the opportunity to pour out that violence on him. Master Jesus's message was clear: ***“I am the Light, pour all your darkness on me, but don't form any new darkness ever again, and you will have eternal life inside the gentle Light.”***

How much blood was spilled in the recent wars of Rwanda, Bosnia, Syria and many others? The darkness that hangs globally in the atmosphere is so dense that looks impossible to clean. Fortunately, for the eternal Light nothing is impossible. The one who holds up your body is your Soul, and your Soul is a ray of the Creator's Light. Just be gentle with your body (your Soul's abode), and your inner Light will shine through you and through any darkness around you. When you achieve this, know that you grant more glory and bliss to all the Souls of those who had been victims of violence while walking on Earth.

When I was a child, I have been patiently awaiting my birthday because that was the only day of the year, on which my abusive mother would hug me. Nowadays, I hug and kiss my son at least 20 times a day because I want every day for him to be his birthday—when gentleness is constantly being born.

***God is gentleness and gentleness is God. Gentleness is the only reason why God is omnipotent.***

Currently, there are more than two thousand billionaires in the world. If only one of them donate half of his fortune into the agriculture industry for poor countries, World's hunger could be solved. If the government of each country invests only a small percentage of its wealth into housing for the disabled and poor, everyone in the world would soon have their own homes. If each one of us give a gentle hug to someone who only needs to cry safely, without being punished or ashamed for that, we will end all the wars immediately.

“Why we should give any money to solve hunger if that responsibility falls on the countries' presidents?” some billionaires would say. The truth is, everything you have is given to you from the Creator of the Universe for a single purpose—to wisely handle it by helping those who are in need. “I don't believe in the Universe, I only rely on palpable things that can be seen,” a billionaire would reply now. That is great! In this book I constantly remind readers ***not to believe but see***. I personally don't believe anything that my Soul can't see. Believing always comes from the mind that most often is separated from the Soul, therefore the mind becomes an impostor. Seeing always

comes straight from the Soul and God, therefore is veridic, as explained under the topic about suffering and fear. I highly recommend that you go to the jungle and look into the eyes of the agonizing mom. Once you look at her, you will be also able to see. By regaining your eyesight, in her eyes you will notice the reflection of your only true Love—your Soul that you have been neglecting for a while.

Billionaires, country leaders and religious leaders, step down from your helicopters, palaces and luxury offices. Rush to take a look at the grieving mother's eyes, you might still have time before she decides to rest next to her dead child. If the mother closes her eyes, she also will take the Light with her . . . and everything you have will turn dark.

Refugees around the world, you whose Soul became God's most intimate Love, to help you decide what to do with the world I will narrate a part of my childhood when helplessness invaded me every time animals from my farm were going to be slaughtered.

I remember patting calves, pigs and lambs that were going to be killed the next day. Trying to diminish the pain that was awaiting the animal, using the language of silence I was communicating this:

“Oh, my little friend, I remember the spring days when I was placing my hand on your mom's big belly, you were cheerfully kicking as if you were so excited to come to this world. Oh, my little friend, now this world is taking away everything from you, your softness, your cheerfulness and your innocent life . . . tomorrow is going to be the darkest day of all, the day in which the sun will retreat in front of violent darkness contained inside the ghostly humans—the humans that hurt others and don't even know that the skin and flesh is the same, whether called animal or human. Oh, my soft little friend, please remember these pats tomorrow and try not to give resistance. By doing so, it might hurt a little bit less, and the darkest day will pass faster. After that day, another sun will arise for you, the infinite *One* to whom the dark violence can't approach . . . not even close. That sun is your true mom and dad who will pat you as I am patting you now. That sacred sun will whisper on the cheek of your agitated Soul: Shhh my baby Soul, it was only a bad dream, you are safe now, you are in *my* arms, the loving arms that repel all bad dreams forever.

My little friend, tomorrow I would like to go with you, but I can't . . . I have to stay here and tell the world about your suffering, because the world's suffering is the same as yours. I have to stay in the place where the day can be swallowed by night . . . I have to face the long and cold night without fear and without resistance. I have to tell the night all about our pain. I must say to the night that it doesn't have to be dreadful, nor does it have to be dark at all . . . If I am successful in getting the night to stop and listen even for a tiny moment, in that precious moment, the eternal Sun will come *here* . . . and you and me will be cheerful and together again.”