



Supreme Power

**CROSSING THE ZONE 60 DEGREES
BELOW ZERO**

Hossein Dezhakam

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THE ZONE
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BELOW
ZERO

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Translated into English by Saeed Moeini

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These dear friends of mine assisted me in making this book a success without expecting anything in return; only out of respect for the dignity of the human being.

Be youthful and vibrant as the green of the valleys.

Author

Message:

*I bring you water, drink it until
you are well watered but not under
the water,*

*I'm high, as high as the
indomitable summits; however you
come onto my pinnacle equipped
so that you can observe the
magnificence,*

*I grow enough so that darkness
and night engulf the earth and*

*sky, but you find the light
through the greenery and sit on its
wing and fly towards me, so that
you can see the unbelievable,*

*You can transform all that exist
with the power of your own
intellect into the best and come to
the point where you started.*

**In the name of the Supreme Power, the Beneficent
and Merciful**

**The Supreme Power's remembrance in every place
is the remembrance of the self like the drop to the
ocean**

Crossing the zone 60 degrees below zero is a documented research on hypothesis of substance abuse and its cure.

Recommended for:

Individuals struggling with drug addiction, families,
doctors, researchers and judges

Up to now hypothesis of narcotic addiction has not
been approached correctly in the world

In fact this book is a self guide on curing substance
abuse as an illness.

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Preface

The purpose of publishing this book is to clarify the hypothesis of narcotic addiction and its cure. This is a very simple approach towards the problems an addict faces in the battle of overcoming addiction.

The research on this book has been stated in a way that all kinds of people with different background can understand and use it.

This book highlights the situation of many alcoholics and drug addicts and the reasons for their constant failures in quitting their addiction.

In this book families and relatives of the addicts are provided with information in order to recognize addiction in their loved ones and also raise their awareness so that they can assist their patients on the road to recovery.

Finally this research would open a way to new perspectives for medical experts and researchers in this field and enable them to achieve a better understanding on substance abuse treatment as there are many drug addicts who are tired of their addiction but can't find a way out.

Important teachings are discussed in this book that is from Masters whose identities need not be

known. Right now their teachings are valuable not who they are or where they are. There is a famous proverb that says: "it doesn't matter who says what, it matters what is said."

Rumi's poem:

"One should seek my secrets from within me and not from his own perception"

Author

A note from the author's son

I screamed and punched the table with all my strength as my body was trembling with anger.

My mother and younger sisters were looking at me with a shocked expression on their faces.

My father opened the door to my room and said: "you know how to raise your voice!"

He left without saying another word and I was all alone in my room. I couldn't tolerate my father's indifference towards the family anymore and expressed my anger by yelling which was of course only the surface of things.

It had been years that our family was in a crisis and everything was a mess. My father's business had failed and it was confiscated by the bank since the loans hadn't been paid.

We had no source of income and hadn't paid our rent for a few months. We barely survived with my mum's salary and we had lost contact with our relatives. My father had been on the run because of creditors and his office was closed down due to his debts.

Until my first year in high school my father constantly drank alcohol after work and then went

to bed. Sometimes he smoked opium as well. Ever since I was in my teenage years I had witnessed my dad's conditions deteriorating day by day and he seemed indifferent to everything around him. I asked my mother why is it that he empties all the bottles of alcohol every night or that he constantly smokes opium.

Because of my father's addiction he lost some properties he had to some of our relatives. In the past we were quiet well off, we owned four cars but my dad sold them all.

Due to my inner wish and financial difficulties at university, I quit my studies in Mechanical engineering and participated in the university entrance examination. I was tired of everything and couldn't tolerate my condition at that time and that was the reason why I exploded with rage that night. Before that night I had never even raised my voice in front of my father.

An hour later I was lying on my bed when my mother came into my room and said: "I didn't want to tell you this before, but I think it's time for you to know something; for some years now your father has been taking opium. He has attempted to quit it many times but so far he has been unsuccessful. Since your father is a researcher, currently he is conducting a research on a new method and he wants to find out

the reason for his failures. The Supreme Power has put this path in front of him and he is recording his conditions every day and this method is not like all the popular treatment methods currently available. Your father has started to quit drugs gradually using this method and if he is successful this time he wants to publish this work in a book. “

I asked my mother in disbelief:”if dad is successful he wants to publish the book with his real name!”

My mother nodded in agreement. I protested that our family’s reputation would be damaged by this as everyone will know about my father’s addiction. My mother replied:”if the path that your father has chosen is successful, then the priority is the redemption of other addicts and not our family’s reputation. Your father has said that if he doesn’t write his name as the author of the book then some people might think that this is only a story and it is not real.”

When my mother told me that my father had been struggling with addiction for 17 years, I realized the cause of his behaviors and shortcomings. I felt fear, surprise, sorrow, joy, respect and regret all at the same time as tears rolled down my cheeks. It was a weird night which I will never forget.

A few days later I went to my dad and everything seemed normal. When I talked to him about writing the book I saw the sparkle of joy in his eyes. As time passed I became aware that there is deep connection between recognizing human nature and narcotic addiction and you will find this out too after reading this book.

My father consulted me a few times about the book and at that time I decided to write a little about his characteristics. I asked his opinion about this and he replied with a smile: “do you have the guts to say everything even if some of the information will be against me and our family?” I was taken back with the question since I not only had to introduce my father but had to say that he was a drug addict. I agreed as long as it was only a brief introduction.

Now let us go back in time and make you a little familiar with my dad’s personality. In the beginning I only wrote about the difficult times in our family, now I will write about our family’s life before addiction so that you can see the effects of substance abuse on our lives.

There was a time in my childhood when I could feel my parent’s presence very strongly around me. Every morning I would warmly say good bye to my father and wait anxiously for his return in the evening, then as soon as the bell rang three times I happily opened

the door and ran into his arms. He was very kind and energetic, physically strong and always working and conducting researches on electronic photo sensors so that worker's safety constantly improves. He spent most of his time on his work and his free time on studying mysticism and divine knowledge. Sometimes he traveled one or two weeks and worked night and day to make enough money for his researches and he succeeded in investing in a few areas.

But everything suddenly changed and gradually my father's problems became more and more and conditions worsened. The situation became so bad that his hair became white in matter of few years. The strange thing was that my dad wasn't fighting against the difficulties anymore and I didn't see the determination he always had. Therefore when I found out the real reason behind my father's defeat I was shocked by the destructive force of narcotics. Our family was almost shattered if not for The Supreme Power's help and my dad's will. Without a doubt I would not see my parents together today if my dad didn't change his ways.

Since I observed my father before and after addiction I decided it is necessary to share these things with all of you in this book.

In the end I thank the merciful Lord for his grace upon our family and all other humans and also am grateful to my mother for her patience and endurance during all the difficult times when she stood by my father and her family. Let us extract this divine treasure that is deep within us which is the highest form of worship.

Amin Dezhakam

Author's son

Introduction

Recognizing the human being's true essence, the reality or truth of his existence or in other words, the true nature of his invisible attributes in addition to the perception of creation and its structure, have been the most motivating, deep-rooted and foundational quest of humanity in the past, the present and the future.

The accumulation of information, knowledge, awareness and wisdom by the messengers in the west and the east, philosophers, mystics, scientists and great thinkers have showed us proofs of such quests.

Therefore it is obvious that self-actualization and God-realization which is arriving at one's own self and then at Supreme Power's abode, is the moving force invested in the spirit of humanity since eternity.

The divine gift in this motivational force is the most prominent attribute of the self and that is seeking, longing and searching for true knowledge; a source of wisdom to answer all the questions of life and living.

It is a great honor for me to come into contact with congress60 and after one and a half year, write a

small token of appreciation dedicated to the great cause of this path.

Readers of this valuable treasure will realize that this book is the continuation of the history of mankind's quest for divine knowledge.

Of course, it must be mentioned that this book has been written in a very simple and comprehensible language by the author so that everyone can benefit from it.

All influential books have certain characteristics which leave a lasting impression on the readers.

The first one is that the work created is a documented, actual experience of the author to express a reality or a truth or a scientific research or a method or a discovery.

The second point is the harmony and coordination of the basis of a book with nature, life and creation.

Third being the simplicity and candidness of the language used in the book; its application and suitability for all kinds of people.

Last but not least, a new perception of the old truths; as if the issues discussed cross the borders of time and space and have a unique sense of familiarity.

I feel that all these great qualities have been noted in this work and it's visible throughout the book.

As far as the editing goes, in addition to the understanding that I have from the issues expressed in this work, the author has greatly guided me so as to present the best outcome possible.

In the end, two important points must be mentioned;

The tapering step of the DST method has been changed from 15 days to 21 days and this has been decided after years of work, research and studies done to improve the quality of the treatment.

Another valuable outcome of these extensive cooperation and research is Opium Tincture or syrup which is used as medicine in the DST treatment method and has been produced by the medical teams and experts in this field. The pilot has produced unbelievable results which will be published in the near future.

Mohsen Zahraiee

Editor

Pattern

Since I hadn't written any scientific book before, I did some research prior to writing this book and I was told that in order for the book to have scientific value it must look at the issue on hand from all possible angles and categorize the subject in the following headings.

- 1- what is substance abuse
- 2- why addiction
- 3- the effects of drug addiction on life
- 4- experiences of quitting addiction and analyzing the methods
- 5- the role of mentality and belief in curing addiction
- 6- how to begin
- 7- how to quit
- 8- methods

For this research I had to gather many books and include all the subjects and relevant researches in this book. I didn't do this for several reasons:

1-the substance abuser knows better than anyone all these terminologies and feels them with all his being because when someone is drowning in the ocean knows the real meaning of drowning rather than reading about it.

2-all these researches and books that have been published so far have not been able to come up with a definite plan to cure addiction.

3-all the materials exist in other publications so there is no need to rewrite them.

4-because this book is written for patients of drug abuse, we must consider their mood and conditions when writing this book.

5-ultimately this method represents a real pattern which every individual can use according to his or her abilities. Another benefit is that it can be used for alcoholism or any other harmful addiction.

Crossing the zone 60 degrees below zero

Crossing the zone 60 degrees below zero contains 17 years of my experiences with drug addiction and treatments.

In the end with The Supreme Power's help a method was created which is easily applicable to individuals who have lost their path and no matter how much they tried to quit drugs were unable to do so.

It could be said that this book is a research between several circles of creation which is not believable by many unless they experience what that means.

My role in this book is of a narrator and an executor, therefore from now on my name is mentioned as the guardian.

The Guardian

Author

The best way

Most people assume that the shortest path is the best; therefore they do not contemplate about the truth of it. They will choose a way to attain their desires quicker .Therefore their homework's are always incomplete and meaningless and must redo them. Raw or under cooked food is not edible.

Sardar

Laws

We start the journey of crossing the zone 60 degrees below zero by praising The Supreme Power and saluting his messengers and commanders.

I hope that this journey, however small and insignificant, can be a step towards challenging the deterrent, destructive forces and also a documented research for those who are keen to complete this knowledge both in practical and theoretical aspects, because **a knowledge that is experienced is a perfect proof.**

The laws that have been mentioned in this book can be named divine or universal laws which are usable for everybody and are non-changeable like the laws of physics or mathematics.

These laws are like firm bridges for our intellect during this journey and they will be discussed and explained in detail.

Please remember them by heart and although they seem very simple and ordinary, they have a very significant influence and will reveal the path for us.

The First Law:

“All structures begin with contemplation; without contemplation, whatever that exist will decline.”

An idea or a thought is the first step in any creation and it is the beginning, therefore human beings need to contemplate in order to rediscover themselves and in continuation forces of infusion, revival and motion are also available.

In other words everything is like a blank sheet of drawing paper, and then little by little the image begins to emerge and from its meaning appear the beautiful, ugly, good and bad. Therefore one must contemplate at first.

Maybe it is necessary to think for weeks to reach a conclusion, just like parts of this book that might seem complex or philosophical when you are reading it, it doesn't matter at all and you should continue on and maybe during your journey you read those materials over and over again till you arrive at the real meaning. If you are not in the mood, then reading it just once can clarify the path for you as our method is a prototype and can be used by all.

Now that I begin to write this book, it's the winter of 1997 and 45 more days to spring or the rebirth of nature. In our religion (Islam) we do not eat or drink anything from dawn to dusk for one month.

This year is the third year that I'm kind of fasting, and mine is a little different from the real, official fasting. Because of drug addiction, I consume opium two or three times during the day in addition to the mornings and nights and I thought to myself that fasting in this way is better than no fasting at all.

During 17 years of substance abuse, smoking opium didn't do it for me anymore, so I began eating it and eating one gram of opium is equal to smoking ten grams.

My current daily consumption is more than 5 grams and I swallow it with water or tea in 5 or 6 intakes every 3 to 4 hours. When fasting, this routine continued.

The beginning of contemplation

This year I fasted. After 15 days had passed, I realized that I was eating two of my five daily dosages on a fixed time, once in the morning and once in the evening. I asked myself: do you even know how much opium you eat every day? I replied to myself: not exactly

Except my early in the mornings and in the evening's dosages, the other times in a day when I consumed opium were at 8 or 9am, 11 or 12 noon, 2 or 3pm and 10 or 11pm. I must mention that on some days I consumed 5 dosages and on some days 6 dosages and occasionally I smoked too.

It was during these conditions that I decided to systematize my drug usage and at least know how much opium I'm using after 17 years of addiction. For example, I bought 100 grams of opium every 15 or 16 days and I didn't feel any withdrawal symptoms because I constantly used drugs. I realized in the month of Ramadan the amount and timing of my drug usage. The following consumption timetable shows the details:

Date: 26/01/1997

First dosage	5:00 am	1 gram
Second dosage	9:30 am	1 gram
Third dosage	2:00 pm	1 gram
Fourth dosage	6:30 pm	1 gram
Fifth dosage	11:00 pm	1 gram
Total		5 grams per day

To divide 100 grams of opium, I divided it into 20 pieces of 5 grams each. I put aside 15 pieces for 15 days and the other 5 pieces were for special occasions (smoking with special equipments). Every morning, I divided the 5 gram piece into five equal portions and I consumed it according to the timetable.

I carried out this program for one week and didn't reduce it. I wasn't even thinking of that, the idea of tapering sent a shiver down my spine. That week went by very well and I didn't have any difficulty.

The Second Law:

“Cognition is not the absolute power of solution in our realm of existence. It will be completed with experience and achievement.” In other words; thinking alone is not enough, idea must reach the implementation phase.

I thought to myself now that I'm fasting, maybe I can eliminate the 2pm dosage, at least make an attempt and see what happens. It didn't seem very difficult as the next dosage was three and half hours later.

I drew a new timetable one week left to the end of the fasting month. Now I'll print the previous timetable together with this new timetable:

This timetable is implemented from 26/01/1997

First dosage	5:00 am	1 gram
Second dosage	9:30 am	1 gram
Third dosage	2:00 pm	1 gram
Fourth dosage	6:30 pm	1 gram
Fifth dosage	11:00 pm	1 gram
Total		5 grams per day

This timetable was drawn up on 03/02/1997:

First dosage	5:00 am	1 gram
Second dosage	9:30 am	1 gram
Third dosage	5:30 pm	1 gram
Fourth dosage	11:00 pm	1 gram
Total		4 grams per day

I started the trial the next day and I wasn't even planning to quit my addiction and was just testing myself.

With this experiment, I realized that it wasn't difficult at all and reducing one gram was not as hard as I had expected it to be. Furthermore I immensely enjoyed the evening dosage and this had rarely happened in the last few years and going through seven and half hours without drugs felt very enjoyable.

In this way I started a journey that was both surprising and pleasurable for me and I was not about to give this feeling up.

Still the thought of quitting drugs gave me chills and I didn't believe that I could ever see that day. A Chinese proverb says: "a thousand mile journey begins with the **first step**" and I had taken that first step; however I wasn't aware of it yet.

The Third Law:

"The path is revealed with progress, stagnancy is not allowed for any beings."

With the progresses that I had made, the path had become clearer, but I still didn't dare to continue my

plan, however with reflection and progress, I had achieved the following results.

- 1) My daily dosages and the total amount used every day and the timings had been determined. (5 grams per day)
- 2) With a simple move and some planning, 5 grams per day was tapered to 4 grams. In other words, $\frac{1}{5}$ of the total daily drug consumption had been tapered.

Body's tolerance level had also gone up as the duration between some dosages were increased from 4 hours to 7.5 hours.

Once these two phases were carried out, they left a positive impression on my mind about drug addiction. Because of my incompetency and negligence I had lost everything in the past years as more cannot be expected from an addict and in addition, people who were close to me constantly abused me due to my addiction.

I saw all doors closed shut and felt helpless and hopeless and realistically, I was at the lowest level of darkness.

There was only a ray of light that pierced through this vast darkness and in these gloomy conditions, was able to reach the depth of my heart and that was the presence of my Masters and Mentors who visited me and my wife once or twice a week.

Of course my Master “Sardar” and my Mentor “Silver” were fully aware of my opium addiction, but they pretended otherwise and it had been 4 years that their knowledge guided us through a thick darkness that surrounded my life.

In the past they had vaguely mentioned something about addiction, but I either didn’t understand or didn’t want to understand. When they saw that I had taken a positive step forward and was trying to reconstruct my life, they suddenly changed the topic of our discussions and began speaking about my illness.

01/03/1997

It has been 26 days that I’ve been continuing my plan, and the only effort that I’ve put in is keeping my drug usage at 4 grams per day.

Anyways, today I meet my master, Sardar and the following is the conversation between us; sometimes

I read them many times or contemplate for a while to understand their meanings much better and as time went by I came across new ideas.

Right now the time is ten at night and Sardar is coming to meet us. I play the role of a narrator here and do not interfere in his writings.

01/03/1997 Sardar

Pull the ship's anchor up!

Greetings my children, I hope you are doing well, I know that you are not in a very good state, time is passing by and we are fully aware of all the conditions and issues that are going to happen.

In the material dimension, this is the way things are; sometimes the human being is like a bird riding on a ship and observes and understands the universe only from this angle and other times he can fly with a small boat to the infinite boundaries of the universe and when becoming stagnant at one place, doesn't think about the cause and effect. He knows very well that he must change his place; but he becomes the prisoner of turbulent waters till he can find an island.

The storm continues on and in this matter, he must think about his inner powers and get strength from them.

He must analyze the situation carefully and think of a way to utilize the divine forces that are within him, awaken them and use them for his redemption.

We must optimize the gifts that The Supreme Power has planted within us and be a teacher for posterity.

Expand the scope of your activities using innovative ideas and begin a fresh start for your ship which is a necessity of your life and the journey ahead.

You know that it is always difficult in the beginning; however, pull the ship's anchor up.

Progress in the infinite brings a new beginning in life, we too make short journeys to our past sometimes and remember all of our previous advents.

Do your best, life's passage is like a black triangle that sometimes changes its shape when pulled from different angles, but one can pass through easily and not pay attention to its numerous changes.

In other words, we can make the impossible, possible. We must emphasize that some of the things that happen to us are our own faults; we lose the opportunity to defend our rights and forget that we

deserve them, and because of certain formalities we delay our responsibilities and most of the times, they can't be made up for.

We informed you of what was essential according to the command and it's up to you to choose the direction.

You know the meaning of a battle with no casualties and no bloodshed; when bravery is concerned, calculations change to a whole different level.

You know very well that leaving all responsibilities to The Supreme Power means neglecting one's own commitments and in this matter it's not clear who must arrive at the command, human being or The Supreme Power.

It is somewhat difficult but doable. We commute and we receive command; however, in the life of no command and no mission, one cannot progress without thinking and planning; because in every dimension under special conditions, carrying out an action is essential. The Supreme Power has created the human being so perfectly and flawlessly and whatever The Supreme Power desires will be carried out. Since we are a reflection of his existence, we must act in accordance. We have to go.

Goodbye.

In this session Sardar didn't mention anything about my addiction clearly and I didn't understand much neither. I didn't think that the discussion was about addiction although I did get a feeling; however, today that I'm writing about the meeting and a month has passed, I realize the topic of discussion.

Most probably, the analogy of the bird is the human being that boards the ship, and the ship is the physical body.

The ship getting trapped in the storm is the dilemma of the cells in the body that have become infected with drugs or narcotics or anything else. Human's body has been surrounded by drug addiction and aspires to redeem itself and guide the ship towards land; but the force of storm and sea do not permit this (the damages done on the physique).

For redemption, we must rely on ourselves and utilize our inner strengths, a powerful giant but not yet awake. On our journey, we awaken this sleeping giant gradually and once fully awake, it means the resurrection of that individual. We must build a dam in front of this powerful current so that we can use the water to irrigate our city of existence.

We must fully accept the responsibility of our addiction and realize that we have done all these

damages to ourselves and make no one else responsible for our actions.

We shouldn't wait for a miracle to happen; since treating drug addiction doesn't have such solutions. In other words, we shouldn't expect The Supreme Power to cure our addiction and the duty lies on our shoulders, it's like a student who expects his math teacher to do his home work for him, maybe in the first or second grade its natural to feel like that, however, as we grow older we realize that this is absurd. Do you wish that your child's homework be done by his teacher? Obviously you would answer no, why? Because we have the awareness and the knowledge, something that we didn't have back then. Anyways, once we begin our journey, he will assist us in achieving our goal. This is the real miracle and it happened to me.

Now we arrive at the second law which is the one of the most crucial laws and that is finding a path that is the closest to the truth.

The Fourth Law:

“The mystery and secret in discovering the truth lies in two factors: finding the right path and what we derive from it.”

Now we focus on finding the path so that we can understand its importance better.

There have been many human beings who were not able to find the right path or went on the wrong paths.

They gave all they had but unfortunately they lost everything, some even their lives.

Some even committed suicide as their last option. We cannot say that these individuals didn't have free wills because their bodies had lost balance. They were physically sick not mentally or spiritually. The fact that they didn't find the right path played an important role in their failures.

It is understood very well that drug addiction progresses gradually and in due time destroys everything on its path. The stronger the will power of an individual is, the quicker he falls into the trap. Good swimmers usually drown in the ocean, someone who doesn't know how to swim would not enter the deep waters. Nothing is harder than a rock

and softer than water, but water with this characteristic sinks into the rock and little by little finds its way through it and shatters it eventually.

Drug addiction works like this as well and destroys the will power no matter how strong one is. We have amongst ourselves very strong willed individuals who are from different walks of life, doctors, engineers, university students, ordinary citizens...that have become entrapped in the net of dark, destructive forces with no way out.

Maybe these individuals suffer from their own addiction and have attempted to quit their habit many times either by themselves or under the supervision of a doctor but to no avail.

Why did they relapse? Why did they go back to addiction after suffering immensely? Does anyone know the reason?

Everyone says: they had psychological issues or that they were selfish or lacked the will power. These answers are not true at all.

Let's not conclude that I'm defending drug addiction here or endorsing it in anyways but I am defending a

substance abuser who yearns for redemption from drugs and desires to lead a drug free life and has done his best to do so. If you put all the addicts in the same category it might jeopardizes the social rights of the group I just described above, specially the addicts that have tried to quit numerously but were unsuccessful.

Every time there is a conference on addiction treatment and recovery, the experts sum up the meeting by condemning the addicts and conclude that they are society's baggage and that they don't have the will to kick their habit and so forth.

Has anyone answered these questions thoroughly so far?

- 1- Why is it that someone goes back to using drugs after quitting many times despite suffering immensely during these periods?
- 2- Why is it that an addict bears the weight of the humiliation and stereotypes of the society, yet continues his or her habit?
- 3- Why do they continue their addiction despite being banished from family and work?
- 4- Why is that someone loses all his material possessions and still continues on with the destruction?
- 5- And finally why does an individual commit suicide after all these failures?

And many more questions such as these.

Surely you would answer: lack of will power, selfishness, psychological problems, lack of self-confidence and...but I say: physical imbalance or bodily dysfunctions.

Because the relationship between the body and the soul or mind of a human being is like the relationship between a rider and his horse, the rider is the soul or the mind and the horse is the body.

If the rider is a pro and his horse is sick and weak, what happens then? If we see them as one, then all the blame is on the rider whereas his ride is the main problem. However, if the horse is cured and trained to be strong and agile, then the full ability and potential of the rider can be seen. We will explore this matter more closely in the future.

Let's discuss the literal meaning of addiction and disuse.

Of course our main focus here is the Opium family such as Opium, Heroin, Morphine and etc.

These drugs affect the physical systems and structures within our body, otherwise weaker drugs like Hashish, Marijuana and the cannabis family is

another topic and not included in our discussion. We are concentrating on Opiate group and their damage on the physique due to long term use and its discontinued use can cause imbalance of the physical body including alcohol abuse.

Now we refer to the dictionary in order to find out the meaning of addiction:

Addiction=a strong desire to do or have something regularly

We do not accept the above definition for strong narcotics; we define narcotics addiction like this:

Addiction=is a disease that the person brings upon himself, whether knowingly or unknowingly makes no difference as it demonstrates lack of awareness and insight.

Addiction=malfunction of the vital systems in the human body, both visible and invisible.

Now let's take a look at the meaning of disuse:

Disuse=to cease to use, to discontinue the practice of.

Here, we accept this definition for issues such as gambling, pornography and etc; but when it's applied to drug addiction, we no longer think it's valid. We

believe that disuse in the area of drug addiction means to be cured and healed completely.

Therefore, according to us, curing or treating addiction is: curing a kind of disease with respect to the time period necessary to repair, rebuild and operate the vital systems of the body and mind that have exited their natural cycle and have become dysfunctional.

Let's clarify this definition with an example in order to demonstrate that disuse of drugs does not mean perfect cure.

Considering that the structure of a cell is very similar to a city, we liken the human body to a big city and the cells within the body as its residents.

Now imagine this city has a very large population and its residents are busy doing their work or carrying out their duties. Every day, many groups enter the city in the form of a celebration carnival. (Using drugs or narcotics)

- 1- In front of this carnival of joy, there are bartenders who provide ample supply of a special cocktail which has a very intoxicating effect on the residents so that they don't

notice the destructive agents entering the city.

- 2- In the second row, the termites and worms are ready to damage and destroy all kinds of wooden structures.
- 3- Right behind the termites and worms, are rats that are ready to build tunnels under the buildings and cause extensive damages. Of course, all these groups are camouflaged so that the residents wouldn't be able to recognize them.
- 4- A group of grasshoppers in charge of destroying agricultural products.
- 5- A group of flies and insects that want to contaminate the food products while the residents are drunk.
- 6- And finally in the last group, there are creatures that damage metals, water pipes, gas pipes and electrical poles using a substance that they carry with themselves.

Every day this carnival enters the city and distributes the magical cocktail among the residents which make them totally intoxicated. Of course the effect lasts only a few hours, but that gives enough time to the destructive agents to carry out their destructions. While the residents are busy enjoying themselves,

the destruction is carried out and then the agents leave the city.

The trick here is that as soon as the intoxication is over, the residents feel the extent of the damage done and in order to reduce the terrible feeling, they demand the cocktail once again. After some time, this feeling of intoxication becomes normal and being merry is no longer the case, just like someone who has a toothache and uses painkillers to soothe the pain. The main problem is the rotten tooth and painkiller is only a temporary remedy.

Now after 5 years, we observe the conditions of the city:

- *all the wooden structures of the city have been destroyed by the termites.

- *rats have dug holes under the foundation of all the buildings causing their immediate collapse.

- *all the agricultural products have been destroyed by grasshoppers.

- *all the remainder of the foods have been contaminated by the flies and other insects.

- *all the electrical wires have been short circuited due to the collapse of the poles.

*all the gas and water pipes have been damaged and are leaking.

Now we are going to attempt to rescue this city, a city that has been turned into ruins with all of its infrastructures completely destroyed. It's either the ruler or the residents of this city want to be rescued out of these horrible circumstances or they are going to be forced into a rescue attempt. If the second scenario is true, then the ruler and the residents are not interested in any kind of assistance and assume that life is great under the present circumstances. At the moment we rather not deal with this group. However, let's think of certain strategies for the first group who are completely dissatisfied with the current conditions of their city.

This is exactly like an individual who is tired of drug addiction and has turned his body into a ruin and desires redemption from the bottom of his heart.

Now the ruler of this ruined city is ready for assistance just like a patient who has gone to drug treatment clinic or has asked his family members for help. We'll divide the people who want to help into two groups.

- 1) The extremists who believe in quick, decisive and harsh actions.

- 2) The moderates who believe in understanding and a gradual approach.

The extremists say: close the gates of the city and do not let any carnival enter. No magical cocktail, no harm done.

The moderates say: closing the gates immediately is not a wise approach as the residents are used to drinking the cocktail regularly and if it's suddenly cut, certain problems are created.

This second group, for example, would recommend that the gates be monitored on a daily bases so that only a part of the carnival enters the city. They continue this method and close the gates on the tenth day or the twentieth day. Of course, during this period, they would give the residents some of their own so-called harmless cocktails. (Chemical drugs...)

However, something that both groups do after their experiments is testing the exit gates. To the ruler of the city they say: as you can see no member of the happy carnival is seen leaving the exit gates of the city, therefore we can conclude that the city is safe.

This is just like what some of the addiction clinics say to their patients after a urine test. It means that if the test is negative, the person is no longer a drug

addict. The negative result is a display of successful treatment and a full recovery according to them. However, the important point is that the city (physical body) is still a complete ruin and in disarray. The real cure takes place only when all the ruins are rebuilt and all the systems completely functional. No wonder the individual goes back to addiction sometime after.

The realness of something is very different from pretending it to be real.

In reality, one cannot rebuild a city that has been bombarded and completely destroyed overnight. It needs time and a through planning. Just like how residents of a war-torn city can rebuild their city better than what it was, cells of a human's body can do the same given the right circumstances and enough time.

In cultivation of wheat, under right circumstances from one seed, seventy seeds are gained. This process takes about 8 months and the farmer only provides the suitable conditions and protection, the rest is done by the seed itself.

All the systems and structures in nature are the same, only the timing for each process differs and

passing of the seasons have a role in them. The same goes for humans, animals and plants.

Of course, we are only interested in substance abusers who desire redemption from their destructive habits and not those who believe that they have everything under control or think that they are not addicted at all. We're offering this path to those individuals who have tried tirelessly to quit and were unsuccessful, those who tasted all the difficulties and sorrows but are still determined to search for victory against this destructive fire. We believe that imbalance in the physique causes problems in the psyche, similar to a simple toothache or headache and vice versa.

How beautifully, Hafez, the great Persian poet said: let's split open the heavens, meaning cross over the physical realm and observing the extraterrestrial realm, a new outlook.

Also the same was said by another great Persian poet, Hafez:

If you split open any particle in this universe, you'll see a galaxy within

Only if you pass through the physical limitations, you can observe the vastness of creation

It is true that this knowledge has been expressed in the form of a poet, but it carries a great meaning with itself which is not believed by anyone unless they realize its truth.

Sardar says that if we look at our internal core of being from within and pierce its mystery from scientific points of view, we'll realize the existential universe of our dimension unless we seek only material power, possessions and fame which are not in accordance to true human nature.

By paying attention to vapors and whatever remains, we can realize other universes and with the help of the intellect we can discover the unknown aspects of this dimension and the dimensions outside of the physical body.

Creation in other universes is so diverse that one cannot imagine the real extent of it and that's why it is very unbelievable and we haven't felt even a little of it.

A New Perception

Up to now there has been many research conducted in the world on different methods of addiction treatment, remedies and lots of money spent on it,

but they are not able to answer the needs of the addicts who voluntarily desire to quit drugs. Why?

Our words are very simple. These are the words of an ex-addict who was drowned in depths of addiction for 17 years, someone who has sunk to the deepest, darkest levels. He has tried several times to escape the prison of captivity but to no avail and once again back to the solitary confinement.

These are the words of someone in the middle of the ocean who doesn't know how to swim and wants to swim to the shore, not words of someone who hasn't even stepped into the water but claims to be the lifeguard.

May the Lord give us the strength to be redeemed from stormy seas; our words are the words of someone who has lost a loved-one (aged 38) to drug addiction and unsuccessful treatments.

One of my friends was an agriculture engineer who due to withdrawal symptoms and lack of balance died in a car accident.

One of our close relatives also died because of extreme physical and mental exhaustion caused by unfruitful rehabilitation programs.

Most of my hometown's youth in Arg square in Kerman died at around age 20 due to dangerous

methods of treatments; most of my relatives and old friends tried numerous times to quit but were unable to. Why?

Anyways, we'll look at our words from different angels in the coming pages of this book and you, with the assistance of other human beings shall discover the real meaning of it on your journey.

Therefore we shall continue.

Right now the date is 28/03/1997 and the time is 11 at night; eight days has passed from the beginning of spring, the season of rebirth. I'm at 4 grams in four dosages per day and realize how much my body needs the drugs. Since it is Norouz, I'm meeting Sardar to wish him a great new year.

28/03/1997 Sardar

The Harvest

We congratulate you and the family on the coming of the ancient New Year.

We heard your speech and we also say that one who has the knowledge must have the proper manners to go with.

As you know this is the year of harvest and thanksgiving to the creator and getting closer to him which is an endless worship.

The beginning must be accompanied with thinking and contemplation; with progress you'll arrive at some results. However, contemplation disguised as hesitation won't bear a good harvest, a fruit that is left on the tree for too long is inedible.

With the coming of spring and the New Year you start fresh as well; we are very well aware of your dimensions and angels. We agree with all kinds of effort which brings results. It is very good that you think about issues. Focus on the stormy weather (drug addiction).

With the arrival of blossoms, the bearing of the fruits is near

Once you pass this stage you'll realize that the right approach is important, thus you can even be a professional runner.

You must know that it's great that you have contacted us and this will give you self confidence, you must know that in love, knowing and finding is like a coin with identical sides.

We wish you success and believe in your ability to carry out the task, thus have no fear of the current issues and begin tackling them which would be key for continuation.

Farewell

Stopping for 53 days at one station

Oh God what is Sardar saying, no matter what I did to hide, didn't work. It's been 53 days that I'm stuck on 4 grams per day and everything is normal now and I have no intention of quitting drugs, because I don't believe in such thing. I have reached a conclusion for myself that drug addiction has no cure and these things are like an experiment, a game or a hobby to me.

But tonight Sardar said that a fruit that stays too long on the tree is inedible. This means you have waited

at this station too long and you have to begin your next move and not be afraid, he even reminded me of the stormy weather, the sea and the ship.

It's been years that I'm suffering because of my addiction but the thought of quitting doesn't even cross my mind, I've had many bad experiences.

Now with this small progress it seems that the idea is becoming serious and Sardar and my other mentors are saying things that are not very pleasant for me. That's because it's not a joke to quit the habit after 17 years given the fact that I'm almost 50 years old. What was clear for me though, was the fact that Sardar and my other mentors never say things without a purpose. That's why something told me to pay attention and move forward, there must be some real sense into this.

I suddenly remembered that three years ago my mentor, Silver had said: you must cross through the cold of 60 degrees below zero, can you endure it? We don't want any more than that, but reflecting is a must. You must try very hard to rebuild your structure (your physical body) so that you can get to that which must be done.

Of course, the interesting thing for me was that same night my wife had dreamt of us being in a red car and

she got out of the car while I continued to drive into a mountainous region covered with ice and snow.

One week later I asked master Silver about the zone 60 degrees below zero and me driving in there. He replied: the cold symbolizes the level of difficulty.

When I insisted on more information he said: if I tell you to jump of a high altitude you would ask how? But when you learn how to fly then it's no problem.

Today I know what he was talking about. That day I hadn't learned how to fly yet and if I was told that they meant treating the addiction issue, I would have immediately attempted to quit as I have a lot of respect for my mentors. A quick solution without knowledge and it was similar to throwing myself of a high cliff, the outcome was clear.

The Fifth Law:

“It must be known that no one cares more about the person than himself.”

29/03/1997 Silver

Finding the key

Congratulations on the nature’s rebirth. We have a new start for you in your dimension, we hope that you start fresh and sparkle like musical notes in the beyond, you shall find the key yourself because if the person doesn’t do the seeking himself, even all the expert researchers can’t help him find it.

It must be known that no one cares more about the person than himself.

In your universe there have always been front runners to go ahead but to find only little assistance, use all your intellectual and emotional abilities to solve your life issues; you’ll realize that you can face them and adapt yourself and you can do it without any help. We too started the research on the main work and we’ll inform you of the details in due time. You attend to the issues at hand firmly and will attain

the optimum results. It's not important if you become discouraged, just contact us; all the members of congress send their regards and wait your progress.

One of our friends say: all structures begin with contemplation, without thinking all that there is will decline; thus contemplation is a complete triangle, one must think.

Farewell

In this meeting, there is the talk of my minor progresses as well. It got me thinking but still I dare not think about quitting. I was at a stage where I had tapered $\frac{1}{5}$ of my drugs and came to a halt and I hadn't experienced any difficulties doing that. I decided to make my next move and see what happens.

I examined the current daily timetable in front of me and checked the times. I wrote the timetables like this:

Date: 26/01/1997 the first timetable

First dosage	5:00 am	1 gram
Second dosage	9:30 am	1 gram
Third dosage	2:00 pm	1 gram
Fourth dosage	6:30 pm	1 gram
Fifth dosage	11:00 pm	1 gram
Total		5 grams per day

This timetable was carried out from 03/02/1997 to 30/03/1997 for 55 days

First dosage	5:00 am	1 gram
Second dosage	9:30 am	1 gram
Third dosage	5:30 pm	1 gram
Fourth dosage	11:00 pm	1 gram
Total		4 grams per day

The reason why I stopped at this stage for 55 days was fear; I didn't dare taper my drugs. Anyways with lots of thinking and the encouraging words of my mentors I decided to make some changes in the program and see the results, but I didn't believe in redemption from drugs and couldn't even imagine such a thing. I was just experimenting without any self confidence and 4 grams per day had become normal for me.

Any ways, after much thought I made up a new time table like this:

From 30/03/1997

First dosage	5:00 am	1 gram
Second dosage	5:30 pm	1 gram
Third dosage	11:00 pm	1 gram
Total		3 grams per day

In the first few days, I was tempted to use my dosage earlier than the designated time and a few times I did this a couple of hours earlier for my morning dosage. However, after several days everything was going according to the timetable and even though I had eliminated two grams in two dosages I didn't feel that bad after all. I felt eager to use sooner but no withdrawal symptoms what so ever besides being a little tired which was completely bearable. It's easy to endure a few hours for an addict especially when he knows his drugs are ready which eases the mental stress.

This continued till Friday when I contacted my mentor Silver and that was when the plan to quit addiction or to better put it, treatment or curing the addiction patient, became clear. From then onwards I discovered crucial information which I'll describe in the future; this journey has been compared to crossing a cold, mountainous region and it displays the kind of journey and the speed of movement.

It was during this meeting that I was asked to write and record my knowledge and experiences of crossing the zone 60 degrees below zero; the issue had become very serious and I was told to research and record everything with utmost care.

Safe Passage Through

You have not crossed the impassable passage yet. How can you be told what the impassable passage is? It is redeeming a soul (salvaging a human being).

Excerpts from the Holy Book

09/04/1997 Silver

**Crossing the zone 60 degrees below zero
(first picture)**

Greetings, we are doing fine and we wish the same for you as well, all the members of the Congress are very happy with the beginning of your journey in the freezing cold, this road which is immersed in snow from the peaks of the mountains to the depths of the valley appears very impassable.

But your car is moving cautiously so as not to create an avalanche and this is a sign of an evolved intellect.

Lady Jones says: as you can see, this is the freezing cold of 60 degrees below zero and it will stir many important issues in you, to inspire the beginning in you so that you will bring forth a precious book for contemporary humanity and the posterity.

That which needs to be done is half way accomplished according to Dr. Louie and its proof of your courage; with sleeping electrons awaking the whole body will wake up and the divine strength will move forward and many facts will be proven beyond doubt for many; like a high flying Eagle will be able to survey everything.

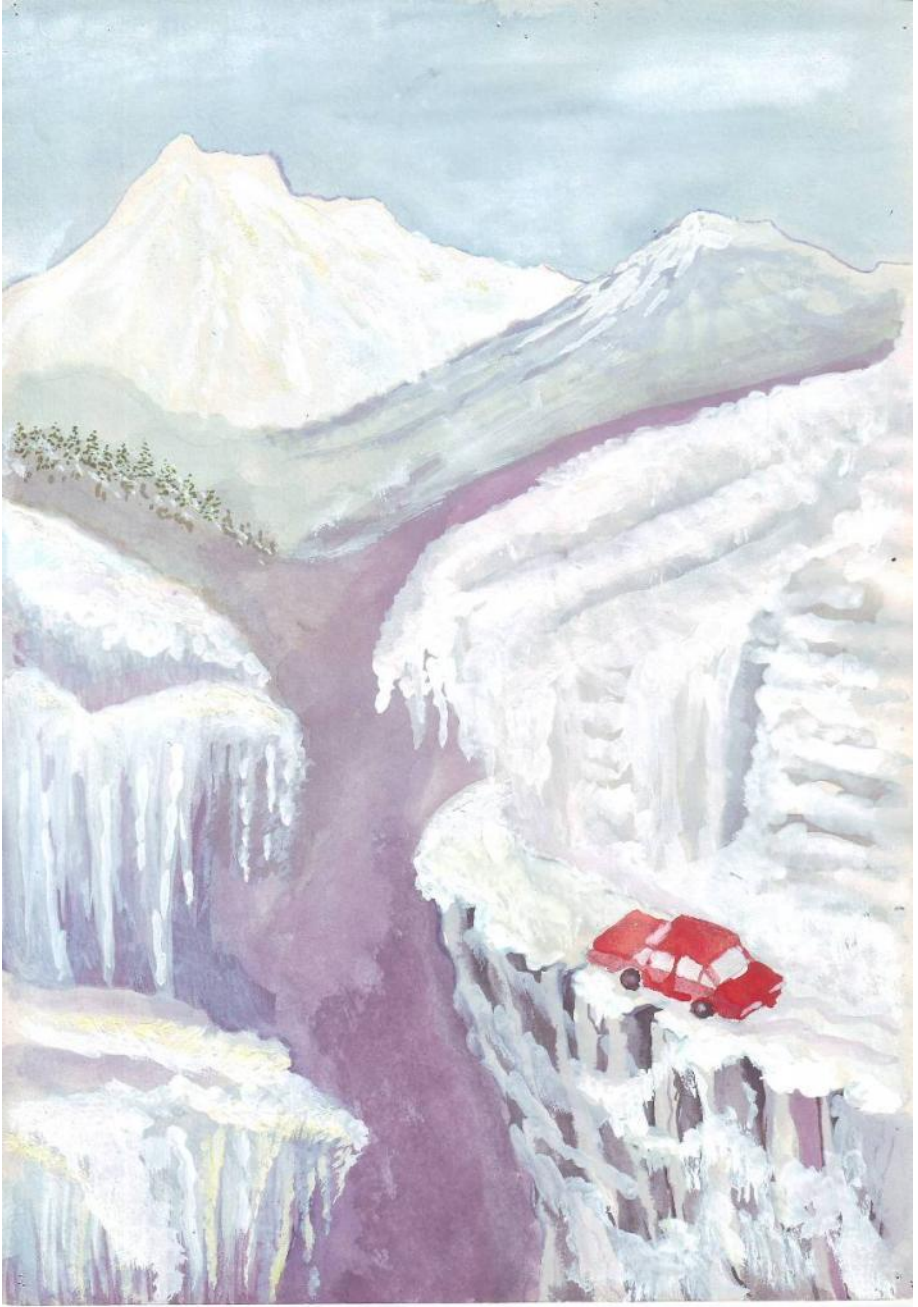
As you know human being has begun life from a drop which traverses a path that ends in the sea and eventually the ocean and after life arrives at infinity; then resurrection becomes easy there, in fact a human being is everything he has to be and human being's status with perishing in the dimension of life is something that has in adversely connected his existential strings together.

If this black curtain is lifted he can reach the divine light, something that the destructive forces took away from you in the past and that is being in control of the power of perception and understanding.

The eagle will return to you the power which was taken from you by deception as you get closer to the finishing line and away from the cold. That's why you have to rely on the past force in action and become victorious. The head of the eagle is seen waiting and this sign will create a great strength in your thinking. It seems that we said too much; once in action you'll see that by solving the critical issues in your life you'll achieve greater depths of divine knowledge.

We must go now; your cultivation will bear both financial and spiritual benefits.

Farewell



This is the strongest image which clarified the situation for me, that how and at what speed I must move ahead in such a dangerous zone. In fact, solving the hypothesis of addiction becomes clear here, if we speed up we'll definitely crash to the bottom of the valley as the road is slippery and narrow. Furthermore, if we make too much noise we'll have to face the great force of the avalanche coming down the high mountains which would bury us alive.

In the physical body of the human being is the exact same situation. All the particles of our being have been polluted with drugs and many systems which produce chemical substances or other materials have become obsolete and out of order due to constant use of drugs. That's because we have imported substances (drugs) inside our body which are produced naturally in our body; there are about 25 alkaloids in Opium which have medicinal use and we have imported these into our body way more than the body's limits.

For this reason the progress forward must be slow and gradual to give enough time to the cellular structures of our body to repair themselves and the obsolete systems can restart functioning and be restored.

Scientifically today, we know some of these systems and there are some more which the science will discover them one day.

Therefore to restart the vital systems of the body the journey of quitting drugs has been compared to passing through a very cold mountain range, this comparison must be constantly on our mind so that we don't make any hurried or sudden moves and rest assured that there is no other way but to repair and restore these vital systems in the body.

For example, if someone can walk a distance of 1000 kilometers in one hour then we can believe someone that has been using drugs of the opiate family for 15 years can quit in a short period like 72 hours, one week or one month. In other words, every process or phenomena requires a specific time period like obtaining wheat takes about 8 months or birth of an infant about 9 months. You cannot do something so that the baby is born in 9 days or wheat be produced in 8 days. Even if you do this impossible task there would be many problems associated with them; that's why we bring about the optimum conditions for our body to repair and restore itself.

By harmonizing and learning from nature, we implement this task easily; of course, all the teachings of my mentors are not meant only for me but they provide guidelines for all individuals who

seek redemption from their destructive habits, thus know that they are talking to you as well.

From now onwards we must tackle this issue very seriously in order to invent a new method and I think the best method is having a pattern or sample. For this reason I refer to our Holy book since there are many samples in it for humanity to learn from. Here, we look at issues from a more general perspective and by presenting examples, we'll study addiction and its treatment and scientific details won't be discussed since we neither have the qualification nor the time to do so. Hopefully these details would be researched and probed by the experts in the future.

If someone wants to carry 10 kilos of something to the fourth floor of a building he just needs to know the general rules of lifting weights to do the task and not all the Newton's formulas, law of gravity and energy.

We are the person who wants to carry that weight and the rest is the work of the researchers.

Now we'll study the physical body of humans in general which has the cellular population of about 50 billion residing in the body and we imagine it to be a great city that has numerous factories producing the necessary materials for the residents of this great city.

Production Factories of the Body

As I said the population of the residents of our body is about fifty billion which are called cells, this is about eight times the population of earth. Considering that the structure of each cell is like a city, what do you think they are busy doing?

No creature comes into existence for nothing.

We know very well that there are many production factories in our body busy making the necessary materials and substances for our body like the tears in the eye, saliva in the mouth, hairs, nails, acids in the stomach and other substances. Can you imagine the number of these factories? No one knows exactly but we assume that there are about hundreds of thousands of such factories in the human's body which produce different materials, some we know of and others are yet to be discovered.

However, we know that the materials made by these factories are essential to our body, meaning if they are not produced, the body will have problems and difficulties.

Now we'll examine Opium which is used in producing Heroin, Morphine and other drugs. Up to now there has been 25 alkaloids found in Opium which is mentioned in the coming pages.

We also know that similar Opioid substances are produced in the body, not as much but enough. For some reasons when these substances are fed into the body from the outside, the body won't feel the need to produce them anymore and the factories in charge of producing these materials in the body become obsolete and all the engineers, workers and laborers working in them lose their jobs and huge vital facilities close down.

Now imagine someone has used drugs for 5 years continuously and with a help of a doctor or himself or any other means attempts to quit the habit and after a negative result in the urine test, there are no visible signs of drugs in his body. Could it be said that he is healthy? Certainly you would say no. if you want reasons we say that all the factories in his body are out of order and obsolete and even though the test's result is negative, he is far from being healthy. This is the reason for the many relapses that happen; the only thing that has happened is stopping the flow of drugs into the body and in reality the internal affairs of the body can be compared to a ruined city. Since the body doesn't have the necessary strength plus the required balance, it goes back to needing drugs to make up for the weaknesses. It is very similar to someone having a toothache and knows the remedy for the pain but experts recommend him not to take the remedy because of arguments such

as lack of will power, psychological problems, selfishness and irresponsibility. Now if this toothache lasted one day, one week or one month it might be bearable but if one is told the pain will last at least a year, then what? If the experts had this pain for any reasons, will they endure the pain for such a long time? Of course, toothache is only a single pain but the patient of drug addiction has to put up with many uncomfortable pains and difficulties.

Therefore, in order to successfully treat drug addiction we must plan and prepare certain conditions so that the body can restore and repair the obsolete internal factories. Let's find out what substances exist in Opium which makes the habit very difficult to quit. To do this from the scientific point of view, we refer to the book of Dr. Ali Zargar who is professor at Tehran University and study some of the chemical compositions in Opium, poisoning by Opium and its cure.

Chemical Composition of Opium

Opium contains many different chemical compositions and this depends on the method of production in different regions. In addition to important alkaloids opium contains mucilage, pectin, albuminoidal substances, wax, Orubber, resin,

mineral substances, calcium, magnesium, potassium, sulfates, phosphates and sugary substances containing lactic acid and neutral substances like Meconine and Porphyrosine.

The number of extracted alkaloids from opium is 25 from which 6 important alkaloids are found more.

<u>Alkaloids</u>	<u>Scientific Name</u>	<u>% in different Opium</u>
Morphine	C17 H19 NO3	3 to 23%
Codeine	C18 H21 NO3	0.3 to 3%
Narceine	C23 H27 NO3	0.1 to 0.4%
Narcotine	C22 H23 NO3	2 to 8%
Thebaine	C19 H21 NO3	0.2 to 0.5%
Papaverine	C20 H21 NO3	Less than 1%
Laudanosine	C21 H27 NO4	Less than 1%
Laudanine	C20 H15 NO4	Less than 1%
Cotamine	C12 H15 NO4	Less than 1%
Codamine	C20 H25 NO4	Less than 1%
Cryptopine	C21 H23 NO5	Less than 1%
Rhoeadine	C21 H21 NO6	Less than 1%
protopine	C20 H19 NO5	Less than 1%

I think that this information is enough to know what powerful materials exist in this magical plant and what extensive damage it can cause to the body when constantly used. Other combinations have been produced in the medical fields from opium and one of the famous examples is Di acetyl morphine C21 H23 NO8 that is known as Heroin and itself became another destructive force to be reckoned with.

Its better that we discuss about the poisoning that could come about these drugs and the dangers addicts and families could face, I'll clarify this better with a real life story.

One of our distant relatives about 30 years old who was addicted to smoking heroin decided one night to make opium extract which is obtained by boiling the opium in water. After finishing the process he left the liquid form extract in a bowl and went to sleep. It was in the middle of the night and the whole family was sleeping. At this time the little girl of the family wakes up thirsty and goes to the kitchen to drink water. A fatal mistake happens and she mistakenly drinks from the bowl. Although the family immediately takes her to the hospital, the poisoning is too strong for her body and she passes away.

Opium Poisoning

Poisoning that comes from using opium differs in individuals according to the age and experience of previous use. In general, children are very sensitive to opium of any amount and in serious cases can lead to death; cases of young children dying from 1 to 2 milligrams of Morphine use have been reported. In adults that have never used opium or morphine before, 1 or 2 grams of opium and 0.1 to 0.15 of morphine can cause death. The early stages of poisoning include headache and nausea. Thereafter the person becomes thirsty and the pulse quickens. The person feels very sleepy and falls into deep sleep, eyes show no reaction to light, breathing becomes slower about 4 or 5 times per minute, cold sweat covers the body and death can happen in a few hours.

Treatment of Poisoning

In order to treat the poisoning cause by opium first the stomach of the patient must be emptied and cleansed. Tannin (tannic acid) about 3 to 4 grams mixed with iodine solution should be given to the patient, then by massaging or even slapping the patient we must bring him out of the unconscious state. Also caffeine and alcohol mixed together can reduce the effects of poisoning and finally to

normalize the breathing mouth to mouth respiration should be performed.

Injection of 2 milligrams of Atropine can neutralize the effects of 0.04 grams of Morphine. It must be mentioned that since too much Atropine can cause poisoning as well, caution must be exercised in the consumption. That's why Atropine usage is not accepted by everyone and Rushford believes that only 1.5 milligrams of it should be given in the early stages.

Today's date is 19/04/1997 and a month has passed since the beginning of spring, meaning two and a half month has gone by since the start of my journey.

My daily usage is 3 grams per day and I'm comfortable with it and have no real problems. In fact I feel much better now, I'm fresh and alert and a sense of renewed confidence has grown me. There are some ideas in my head which I cannot express yet.

Anyways, I will continue my experiment and time shall solve many of the issues in the manner that we prefer. A small window of light has begun shining on the darkness that I'm in.

19/04/1997 Sardar

Designing the Model

Well done, excellent.

Be cheerful; we are well; as strong as your will and determination which will organize all your current affairs and future goals. Initiate new ideas and reach for the infinite and be like the waves, relentless and constructive.

You will be like a steel mould, flawless and this will be the sample for posterity, thus pay great attention while becoming the model for future purposes.

You can prove that the body can be restored through divine forces and a sensible desire and be in the services of other humans; it can be used to assist individuals who desire rehabilitation but don't have the strength. They didn't find the starting point and hopefully you'll be the first. This has been compared to the passing of a car in freezing ice.

Farewell

With these words I became much more hopeful about my plan and felt sure that it was doable. You can't imagine how negatively the forces are affected

when someone is drowning in drug addiction and the forces of darkness take over. One can't imagine the painful experiences of repeating the same mistakes over and over again.

Imagine the many centuries it takes for the harmful effects of drug addiction to disappear, the time when alcohol and drugs become like a solid rock in front of the person; Humans that waste many years of productivity; tall, green trees become dry and rotten.

Drug addiction is worse than plague because such a disease destroys the body of the human being but addiction destroys the body, the soul, the mind and the self and releases the person into the hands of the satanic forces.

You ask how, I shall explain.

As you know God or whatever you imagine it to be, is the owner of all that there is in existence, non existence and creation and his command gets carried out without any buts and whys. Human being is also a particle of his divine existence; human being's command also gets carried out in throughout his being. For example, if you command your eyes to close, immediately they will, if you command your feet to move, they will and similarly all over your city of existence, the body, your commands will be carried out and you can say that human being is the

ruler of his body. The first thing that drug addiction does is that it takes away this commandship and in fact the drugs replace the ruler and become the king. Whenever the drugs reach all the cells in the body, the individual is able to rule his body, however, when drugs are not available for the cells, the body doesn't carry out the commands as before.

At this stage, a coup has taken place within the human's body by the individual himself and negative forces; the person has been taken hostage inside his own body. Is there anything worse than this where the body and all the great God given potentials provided for it are taken away? That's right, the addict is no longer the rightful owner of his body and soul and they have been invaded by the dark forces and the person hasn't realized that he no longer belongs to the divine forces.

It has been 17 years that drugs have occupied every part of my being and inside my body cells have been born in Morphine and died in Morphine. This is the first method and path which hopefully brings about the best practical solution and by the grace of God, a way out for those who desire salvation from addiction. As I said before, the mystery and secret in finding the truth lies in two things, first finding the path and second what we derive from it. This path will be the starting point to express the hypothesis of addiction treatment and all efforts should be done to

avoid any damages to the body during the journey to recovery. That's why we try our best to move cautiously and gradually so that all the obsolete production systems within our body have enough time to restore themselves and get back to their natural state, the individual must never lose patience and so call speed up on the ice.

16/04/1997

It has been 18 days that I'm using 3 grams per day in three dosages and everything is fine. I want to make a small leap so I take a look at my chart and wonder which one is easier to eliminate. Since I don't have a clear plan about my path I stay in every station until I'm comfortable and confident to make the next move. Of course, my body's cellular structure has realized that something is happening and has adapted itself to the conditions.

From 30/03/1997 to 10/04/1997

First dosage	5:00 am	1 gram
Second dosage	5:30 pm	1 gram
Third dosage	11:00 pm	1 gram
Total		3 grams per day

I felt it was better to get rid of the afternoon dosage which was at 5.30 in the evening so that my daily work and sleep won't be affected.

From 21/04/1997

First dosage	5:00 am	1 gram
Second dosage	11:00 pm	1 gram
Total		2 grams per day

By eliminating the afternoon dosage, I did feel some difficulties but within a few days I managed to get myself adjusted to the new program and gradually the night time dosage moved from 7.30 in the evening, 8.30 and then 9pm and finally 11pm. Maybe

some would say that tapering drugs would cause discomforts anyways, but with a few hours of patience things would normalize again and it's time for the next leap. Some might argue that the next dosage wouldn't be as effective because the amount of daily intake has been reduced. To respond to this argument I use an example to demonstrate my point.

The systems in our body have been designed to have a special capacity which benefits us more. Imagine a person's daily food program consists of breakfast, lunch and dinner. For some reason he or she misses the lunch portion, say steaks and potatoes. Coming dinner time he's going to have pizza; will he eat the pizza along with the steaks and potatoes to make up for not having lunch? Apparently not, since his stomach wouldn't be able to handle it and too much food only brings pain and discomfort. If he does so, certain problems will follow. If you ask me the only difference is that not having lunch causes him to have more appetite and enjoy his dinner immensely.

It might be said that it is different with drugs but I personally experienced that it wasn't and indeed I enjoyed myself a lot more once I took my dosage. Of course, let's not forget that the dosage must be taken fully when the designated timing arrives and only the timing is delayed, tapering must be done properly and with a plan. In fact, the drug acts like a fake fuel here which runs the engine until the real

fuel which are the natural products in the body become available. Gradually and slowly the real fuel is produced and the vital systems are restored and replace the fake fuel which is being tapered until it's no longer needed. In other words, when the body realizes the lack of the fake fuel, it assumes its responsibilities once again and even though it might take some time, but eventually the resistance goes up and it becomes endurable.

An interesting experience that I constantly remember in my mind is that I began enjoying drugs way more than I ever used to. When I was a hardcore addict, being high never stopped as I constantly used drugs throughout the day and it had become monotonous. In fact, when I used drugs I became normal and could function and it had no real joy for me.

“The pain of separation increases the joy of union”

We must use this motto as we begin our journey and feel it with all of our being and until such time that we enter into another phase this saying plays an important role in our journey. The addict's mind and body is engulfed in drugs and narcotics mentality has taken over life as a whole, thus we are not ready to let go because it is hard to let go unless something

more precious is given to us and this is a principle in addiction. For the time being we use this principle until we attain a higher understanding and stronger self confidence.

Have you ever fasted before? Can you imagine the pleasure of a cup of tea when the fast is broken? Of course, our fasting doesn't last more than a few hours and won't be as hard and remember that I've only eliminated 3 out of the 5 dosages. Let's not forget that with this progress we are giving ample opportunities to the obsolete systems of the body to come back to life and begin the production line.

Getting High and Substance Withdrawal

How does someone become high when using drugs? Increasing the level of drugs in the body causes elation and once it falls below a certain level, there is withdrawal.

There is an interesting point here. Imagine someone has 10 milligrams of drugs constantly in his blood. Whenever this amount is available in the blood flow and the body, this person feels normal. Now if there is a decrease in the amount, let's say 9 milligrams, slowly withdrawal symptoms appear and when the amount is raised to 11 milligrams, this person

experiences a high and it can go up to 20 milligrams, since getting high has a limit and after that it won't have a desirable effect.

An individual can be normal using 3 milligrams of drugs and once he is given 4 milligrams he gets high, so his condition is clear. Another person due to a habit that he has brought upon himself needs 100 milligrams to feel normal, anything higher would cause him to be high and a lower amount would bring discomfort. Who do you think enjoys the high more?

a) The person with 3 milligrams

b) The person with 100 milligrams

You probably say it is the same in both cases and the level of high is identical. Certainly so but with one major difference though. The individual who uses 100 milligrams to get high suffers way more as the damage done to the body is more and so is the financial costs. Therefore, those who use fewer drugs are smarter and wiser compared to the other group.

This is similar to someone who buys ten copies of the Sunday's times of the same day, this I think, is not an intelligent move and its futile suffering. The least these guys can do is to become like the first group and use the lower amount like 3 milligrams. If they don't want to quit, this is at least damage control.

In old times, professional heroin addicts would quit once a year so that they reduce the amount of heroin which got them high.

Once again we'll attend a meeting with my mentor, Silver.

21/04/1997 Silver

Faith and Intellect

We heard all your views. If you remember I told you previously that you will face temperatures of minus 60 degrees, a scene where a car is moving on frozen ice and a two way choice.

I can say that you are passed that moment of hesitation and you have entered the right road. The other session we also told you that you are driving slowly and comparing to the current speed you can conclude the outcome; we don't insist on the acceleration of your pace. But the key to passing through the frozen region will open up the analogies for you and as lady Jones puts it what amazements it can bring about so that everything is reborn or in a different way.

We don't advice you out of necessity because your obligation must be completed in the progress; we

only mention the guidelines to you. By crossing the region successfully and arriving at the finishing line, you can record all the difficult times in your memory. With continuation, great pleasures await you and you can share them with others as the source is unlimited.

In the end, you can tell the blossoms in the spring confidently that even in 60 degrees below zero they can grow depending on the principles which guide us.

Faith and intellect and the courage that appears from their perfection transform us from a rotten tree which is filled with molds, fungus and insects to a strong pillar that stands tall against the young trees that thought of us as nothing.

We have nothing more to say because the first part of the book is a strong tree in the archive opposite of a rotten tree and the other two images:

“White blossoms and icicles”

Our assumption is that these images will have great meanings for you.

The image has been seen 21/04/1997

- 1- A very large tree, but with a rotten inside and almost decaying; on the opposite side, a very large tree, tall and brown color and strong in its roots.
- 2- A glacial area, a valley with tall mountains surrounding it and icicles hanging from them. Also white blossoms in the freezing temperatures have made beautiful scenery. Besides the rotten tree and the healthy tree, there are young branches growing.

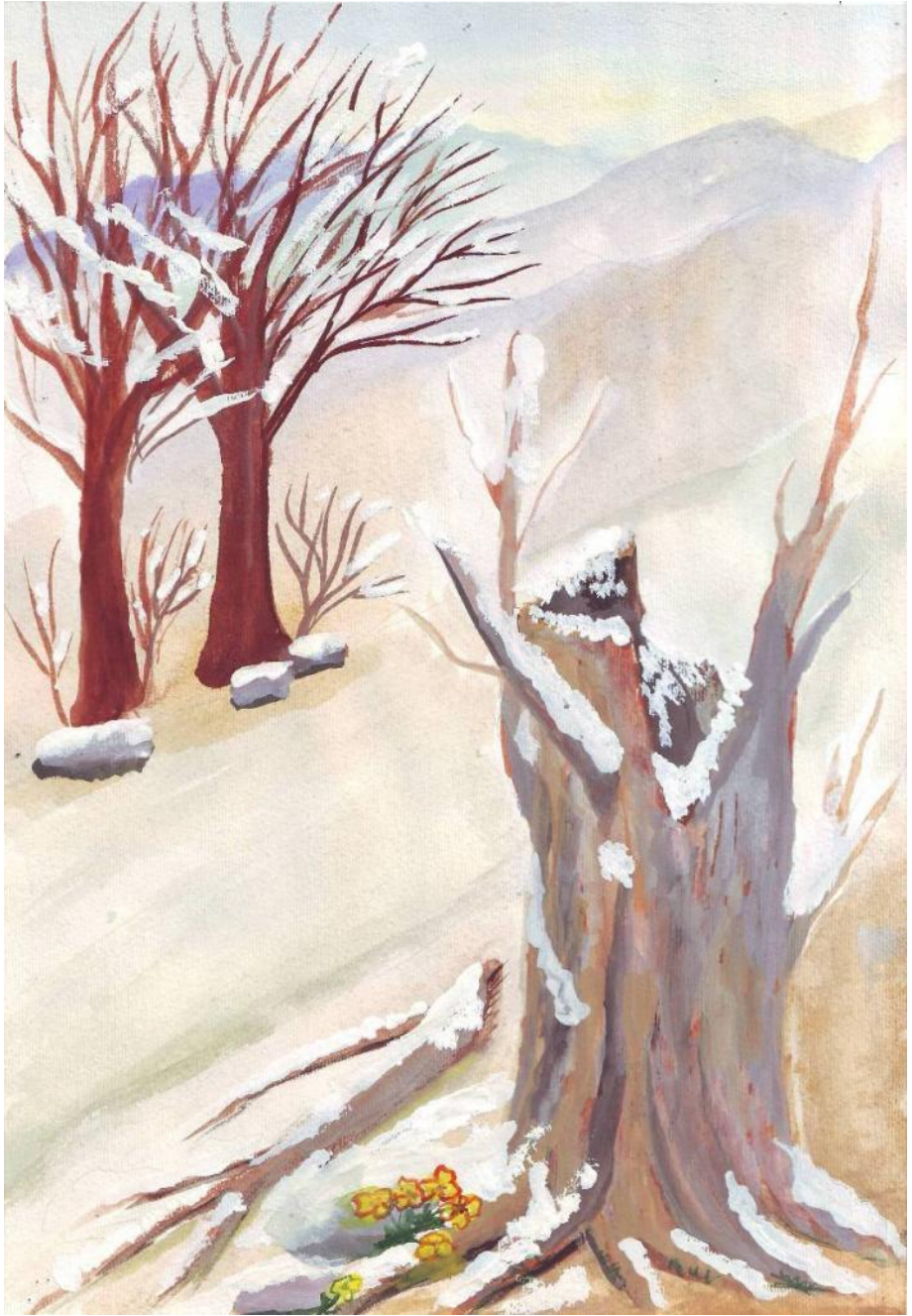
A brief explanation for the second picture, the rotten tree

Since I started my journey or treatment of my addiction in the middle of winter, the picture shows the cold season.

Here, the rotten tree is the symbol of the inside or internal state of an addict where termites and other insects have made a home for themselves and the external body has decayed. This picture shows the structure of an addict's body, a body that has some of its internal factories in disarray.

Of course, since the journey has started there are small, young branches growing beside the old tree. These branches are the symbol of the factories

slowly starting their production and the closer we get to good health, the faster these branches will grow until they become tall, strong trees. The other healthy trees in the picture are the symbol of humans who stayed away from addiction and vices.



In the near future I must make next leap forward. Up to now I've had no real difficulties making the smaller leaps and everything has been endurable. For example, there haven't been much sneezing, convulsions, sweating or stomach pains and diarrhea. In the past, when I was using 4 or 5 grams of drugs, my body would show all these symptoms if there was a few hours delay in my consumption. However, I'm able to tolerate an 18 hour gap between my dosages comfortably and the next time gap which I must endure is 6 hours.

Daily timetable

First dosage	5:00 am	1 gram
Second dosage	11:00 pm	1 gram
Total		2 grams per day

My next move is to eliminate the 11pm dosage and make my drug consumption 1 gram every 24 hours. I've increased my body's tolerance to 18 hours in between the dosages and I just need to increase it by 6 more hours. The important point here is that how well the human body can adapt itself to the conditions it faces, for instance an 18 hours period at one stage and a 6 hours period in the next.

27/04/1997

In order to carry out the next move which is eliminating the 11pm dosage and using drugs once per 24 hours, we need to make sure that the body has well adjusted to the morning and evening dosage and it is really comfortable with the 18 hours gap. If for some reasons we try to speed up this process, we'll certainly face difficulties. At the moment, I'm not really sure how many more days I should continue the current timetable before the crucial leap but I don't think it'll be less than 20 days. We shall see with experience and action.

28/04/1997

Things are going according to the plan and I'm on 2 grams per day timetable and things are not bad; it's been a week that I'm on this plan and gradually my thinking is changing and I can see my surroundings much better. It's time for me to visit my mentor, Sardar and utilize his guidance and get more energy.

I repeat, his words are not meant for me only and they are for those of you who have started the journey of recovery or are planning to do so, as well.

Anytime you read the contents of these meetings, be sure that they are meant for you because they really are and gain momentum from them just like I do, they will give you the necessary energy you need on your journey; the same forces which have assisted me will do the same for you; it is very obvious from the context of his words.

28/04/1997 Sardar

Destiny

“What is in destiny will take place; however, our actions play an important role in the outlines of this destiny and can change its form.”

(I think changing the form of destiny means our perception towards an event, because an event can affect us in many different ways, positive or negative; it can either destroy us or give us a good lesson in life.)

God’s remembrance everywhere is the remembrance of a drop in the ocean.

My son, don't forget that you were a robust tree in another life which this is a continuation.

Past attributes don't apply to a human being because he is constantly changing.

You are thinking about restraining time; we approve of you and your fresh start. You are a living book which has every one of its pages designed delicately and meticulously. Therefore, the work must be done in a way that there will be no more relapses. Pages must be written clearly and cleanly and this is the model which we talked about before. You can feel this when the dormant forces within the body awake. The straight tree is a diagram and the white blossoms, the promise of your salvation and the end of your captivity from what you didn't know.

We are hopeful that on your path, you take productive steps and solve the issues in the manner described.

We'll talk more about this in the future; for the time being, this is enough.

So long

The Sixth Law:

“Past attributes don’t apply to a human being because he is constantly changing”

As it says in this law, a human being is not stagnant, he is constantly changing, flowing like a river, being at a different point every minute and that point is the beginning of arriving at the next point and the next point might be a great waterfall which can turn into a powerful river; or at times it can be calm and contemplative until it arrives at the sea or the ocean. That stage has certain conditions and it is the assured self.

If today we do something good or bad, would we do the same action or deed in the future? This depends on the progress and efforts of the person. If I was an addict yesterday, it’s no excuse to continue addiction into tomorrow; I can either be healthy today or increase my drug consumption; if I was a champion yesterday, not necessarily I’ll be one the day after, there are no guarantees in life unless there is continuous hard work and determination. **The important point is that a person can change and destiny is made by people themselves.**

Now, I shall share with you the story of my attempts to quit drugs and the sufferings which followed. I hope young people realize what kind of a path they are taking or have taken, because when I remember all the things that happened to me, my body starts trembling. Those days were the most painful times of my life; I tried to quit drugs twice and the following is a brief description of the events.

Kicking the habit, the first time

Since 1984 that I started my addiction, I never thought that one day I would become a hardcore addict and the people around me always reassured me that it was easy to quit drugs. So I continued up to a point that I could no longer stand myself. I decided to kick the habit no matter what, so I thought all I need to do is to endure the discomforts for 72 hours and then it'll be over. First I treated myself really well by taking a large amount of opium extract and then I went to a room which I had prepared for myself.

The first 24 hours went by kind of easy as I still had drugs in my system and I put up with whatever kind of symptoms until morning and told myself to have strong will power and get through the difficulties. I was 34 years old at that time and I thought that I could beat anything so I even attempted to exercise a little and grabbed the ropes and went upstairs and

began skipping, with all strengths that I had I was lifting both feet up and trying to jump over the ropes. Slowly the symptoms began showing themselves and it was a real bad scene.

By then the stomach problems began and the trip to the bathroom became non-stop, profuse sweating also started and it was accompanied by constant sneezing, my bones felt like they were being pulled from all directions and my little sporting adventure added to the dilemma.

I went back to my room and believe or not, tried to sleep it off. My clothes were soaking wet due to the profuse sweating and I was constantly changing my clothes and the bed sheets. Sometimes my legs shook violently by themselves and my whole body ached.

I had heard that alcohol can help with the withdrawal symptoms and gets rid of the opium in the body, so I got myself a strong drink thinking that it would help me. At first I couldn't drink and bear the bitter taste but then I forced myself to do so. My stomach began burning and it was a real painful experience, I got drunk and this made me sleep for two hours and what a sleep did I have; those people who have quit in this manner know what I'm talking about.

After I got up, my conditions deteriorated badly, my body which was already taking so much had been given two shocks, my uncalled for physical activity and the encounter with booze; every bits of my body couldn't stand the weight of my mistakes. Anyways, I had gotten through the first 48 hours and kept telling myself that one more day and all this would be a distant memory. I was wrong and the next 24 hours was even worst and an agonizing suffering would be the exact description of it, I cried and I prayed, I locked myself in the room and didn't want anybody to see me and that day eventually passed.

So at the end, the hellish three days were over and I thought I'm cured and it's over. I showered and changed and thought I should celebrate. I mentioned to my family that I wanted to go for a walk and announce to the world that I had succeeded over addiction.

Once outside, I realized my ankles were hurting and I couldn't stand on my feet, so I just bought smokes and came back. I even used a cane to walk for extra support. I said to myself that as time goes by I shall feel better and in fact, the diarrhea, sweating and sneezing became much less in the next few days. My bones ached much less as well and having sex was impossible.

Anyways, many such 24 hours went by till it was one month and most of the physical discomforts had improved. The only thing that was different was me; I wasn't the same person as before, I got tired of life basically. I became so tired doing anything, I couldn't tolerate being around people, was impatient all the time, couldn't enjoy anything, easily cried for no apparent reason, could not find a reason to live and asked myself why am I alive, I was very depressed and even walking with a cane was difficult for me.

After three months had gone by, I realized that I'm losing everything, my work as I didn't have the strength to work anymore and all the responsibilities that I had were left unattended. That's why I told myself to go back to using drugs as it was a choice between a healthy me and a destroyed life. I chose drug addiction over a ruined life.

In these writings, I want to reveal all the truths and details clearly, so I hope they won't be rejected when the book is being published. Because as long as the problem is not defined clearly and correctly, a real practical solution cannot be offered. That is why I believe that this problem of drug addiction has yet to be solved and overcome because it is not understood clearly.

Some experts became addicts themselves in order to understand addicts better when helping them, they

quit after 6 months but couldn't get the answer they were looking for as their addiction experience was too short. The effects of 20 years of addiction on the body are very different with a 6 months experience. In 20 years, not only the mind and the body are affected but the soul or spirit is affected as well, every particle of the being is under the influence of drugs or narcotics.

So I began using drugs again and my life situation improved for a while and things were normal again for a brief period.

30/04/1997 Silver

A game of a puzzle

When we want to complete a puzzle we need to put all the pieces in the right place. We do our best and if the command has been given, we'll get the last pieces. For now, you have the first page and you'll get the rest of the puzzle as you complete the work, similar to a new born baby or a young plant and as time goes by the growth takes place and turns into a strong man or woman, a complete work. This game has also been designed in that way. Of course, it seems like a game but in reality, these are the pages of a book which are written by your own hands and

abilities. This means the writer or the first role or the hero is you and we, all the members of the congress wish you strength and determination; the more you continue the better your work becomes like an expensive carpet, the more they walk on the carpet, the more value it has.

You must gain more strengths as time goes by and when the obsolete systems of the body come back to life, they will assist the restoration of the body and the physical being is satisfied and relieved of the unwanted daily act. This is like the power for a power station and a guideline for those who wish to be winners in life's game.

You must know that in every aspect we compare the conditions to a stormy sea and someone who is not a good swimmer and wants to swim a long distance in these conditions. You must remember that we are aware of what goes on inside of you, this is a life-giving game and the winner is the first. We are thinking about the subjects of the second page and the titles should be in ways that require no correction.

Furthermore, because we don't know Persian very well, they might have grammatical mistakes but the complementary materials must be perfect and you have to assist us in this matter and categorize the information accordingly. In addition you should

consult with individuals who have valuable experience in this field and they will cooperate with us as well.

We have many materials; human's creation, physical body, life and his survival must matter the most to him first and this valuable knowledge is the beginning of:

Faith is embedded like the rays of light in the individual's mind and spirit.

These must be realized and shall continue; if you have no more questions, we have to go.

Guardian: I think it's much better if you discuss the issues yourself.

Mentor: finding the roots of every issue is not always very easy and you might come across certain problems. We said these as a reminder for future matters.

Farewell

07/05/1997

It has been 17 days that I'm carrying out the 2 grams per day timetable and conditions have normalized and I'm comfortable with them, my morning dosage gives me enough energy for my day until 11pm at night, very soon I'll have to take another important step forward and use only one gram every 24 hours.

07/05/1997 Sardar

Repeating History

Greetings, we are doing well and are attending to the current issues, we're trying our best to get closer to God's doorways and receive his grace. The reality of the places in the present is very different and we can't describe it completely. We struggled for lack of awareness that we had and we never contemplated an action while carrying out. Of course, we are saying these in general ways, because the chosen ones carry out the commands and never return back.

Our aim is in what we're saying; history never repeats itself unless there is someone who wants to repeat it. It seems that learning from the mistakes of others is irrelevant and everyone wants to be their own teacher. This causes a repetitious cycle and

throws out the meaning of real experience and in its place comes stupidity and false beliefs. This is different from creative creation and development, because reproduction is there due to a divine command for perpetuity of human beings. However, by our own will and not obeying the sane intellect, we only put new clothes on the repetitions and in the end we even forget a thing called dignity.

You probably know what we're talking about. Looks like we talked too much, let's get back our main discussion. Your worries and concerns about the path ahead of you shall disappear with your determined steps forward and in order to establish firm standings, you must pass through this difficult stage which we call the line. Thereafter you shall hear the promise of higher achievements; we are pleased that you pay attentions to the commands and we ask that you continue on with your unique strength and take great leaps forward, this whole thing depends on you and how you motivate us through the process.

So long

Kicking the habit, the second experience

At this stage and after my treatment I stayed away from drugs for nine months under the supervision of a psychiatrist and addiction specialist.

It was the year 1987 and I was 37 years old. This time I wanted to quit drugs the right way or so I thought and after asking around I was introduced to a specialist by some friends. He was psychiatrist who graduated in France and had 10 years of experience in treating addiction. This time I had become an alcoholic on top of my addiction to opium.

I was given an appointment and went to see the doctor. He was a very kind and polite person and asked me about my addiction. I mentioned to him about my consumption of 2.5 grams of opium, a bottle of vodka and occasional smoking of opium and eating opium extract. He said that alcohol and opium don't go well together plus the amount of drugs in me would pretty much blow up a ball and was curious to know how I did all that. So I went on by telling him about my last attempt and the things that happened to me, I described that I drink every night and then eat a large amount of opium and drinking had become the remedy for sleeping now. I mentioned that I used drinking to solve my drug addiction, but now it is an addition to my problems as I'm back full time into drug use.

He told me that drinking was my own problem and if I don't eat opium anymore, I can't drink at all. After finalizing the details and the expenses I was told that the duration of the treatment was 21 days and that he would come see me three times a week which involved therapy, medical examination and medication delivery.

The treatment began and everything was prepared and even though I was very busy at work I took a week off.

The first day the doctor came and gave me 9 small bottles of a medication which were numbered. He told me to take one in the morning, one at noon and one at night. He also gave me three kinds of pills, one for appetite so that I can eat food and not get weak, one for depression and I didn't know what the third one was for but it really made me delusional.

He proceeded to take my blood pressure and said he would come back the day after tomorrow. He wrapped up the session with these words: if you want to fight an opponent, say in boxing, you must get to know him very well otherwise victory is almost impossible. The damage that morphine and its family does can be very extensive on the human's body. There is a substance produced in the brain which is called Endorphin that does similar work as Morphine. If this substance wasn't present in the body, the

person could die of pain; anytime there is pain or exhaustion in any parts of the body, the produced Endorphin gets transported there via the blood flow. Now someone who uses the drugs of the opiate family imports artificial morphine in the body and this after sometime replaces the naturally produced Endorphin in the brain. When the individual stops using opium, heroin or morphine or any other drugs from this family, there is no Endorphin available for the body and it takes time for the brain to start its production.

This was a very valuable lesson that I learned that day from the doctor. So he left and I was left with the bottles of medications. I opened the first bottle to drink it and I did with lots of difficulty as it smelled and tasted horrible. After the first 24 hours, the symptoms came around though not as bad as the last time. It was a very unpleasant situation; I took three of those bottles everyday plus the pills and the pills made me very dizzy and delusional. They affected my mental state very badly and together with sweating and sneezing, I was in for a real treat.

After the first week went by I asked the doctor if I could do a drug test and what would be the result if I did. He said that it wasn't the time yet and after the 21 days had passed, for three days he'll cleanse the body with serum and then I could do the test. This made me very suspicious about the contents of those

bottles as it was difficult to guess from the taste. Eventually after much probing, I found out the content was a mixture of opium with alcohol which created a weird taste. The doctor's plan was to gradually bring down the opium level in my body until it was zero and this was why I felt worse as I progressed. Whenever I complained about bone ache and depression, he reassured me that with patience, all would be well.

Finally with a lot of suffering, the 21 day period was over and for three days they cleansed the body and the doctor's work was over. He said that if I do a test now the result would be negative, that there is no trace of drugs in my urine and I'm no longer an addict. He also advised me to visit him for therapy for the next 6 months and gave me some more pills.

I was left in really bad conditions. It was like being in the middle of stormy waters with nothing to hold on to. No pills could handle the mental and physical withdrawal symptoms I was experiencing. However, having no choice I continued for nine more months in that terrible condition. I remember once I asked him: it's really hard for me to have sex as ejaculation is very quick and his answer was: be patient.

I could say that every single day of those nine months I was desperate and hopeless. It went to a point that I thought of death regularly and had no

ability to think or move. Some of the people that I worked with took advantage of my situation and abused me in any way they could and since I neither had the energy to defend myself nor the motivation, I accepted their terms and they got away with horrific betrayals.

Throughout this time, my body was in disarray and didn't have the strength to deal with life's situations; the vital systems in the body hadn't been restored after the treatments and my body didn't have its natural balance. Once again I felt that if these conditions were to continue I would lose everything that I had worked for all my life including my family, my career and my life's savings. So I thought the only way out was to go back to using drugs again and since I had been drug free for 9 months and endured all the sufferings with a lot of patience, no one can say that I didn't have a strong will or that I have mental or psychological problems. Unless someone is an addict for 20 years they wouldn't understand what it's like to quit drugs.

Most of my problems were physical, walking made me tired, talking required so much energy and a good night sleep was a hard thing to come by and many more such examples. Every cell in my body was engulfed in morphine for 20 years, how could they be repaired and restored in 20 days? The real problem and difficulty of an addict after quitting is

physical, not psychological or mental, I can say 99% of it.

Can you cure cancer with will power alone in 20 days? If this is doable, then a patient of drug addiction would be able to cure himself in 20 days as well. I believe that drug addiction is worse than cancer, because cancer only attacks one area of the body for example heart, brain or stomach, but addiction spreads throughout the whole body, in every cell, bone and the flesh, it even spreads to the mind and affects thinking and perception of the individual. That's why I say addiction is worse than cancer.

If you disagree with my views, you would go along the path that has been experienced and researched for centuries without any results. No doctor or psychiatrist or pharmacist with the right experience would disagree with my views. My arguments are based on practical knowledge gained through an actual experience; an experienced science is a flawless proof. Other addicts with similar experiences can write their stories to me and these letters would be documented proofs of my viewpoints which can be submitted to the experts in the field.

Up to now the issue of drug addiction hasn't been clarified or defined and this has lead to improper solutions currently practiced. Once it is defined

correctly then overcoming the challenge won't be difficult.

Love

At this moment an overwhelming emotion rushes through me. I'm astonished by the power of the Supreme Power and existence of the forces that cannot be seen with the physical eye. My body starts to tremble, tears come to my eyes and my heart begins pounding; I'm amazed at the heavy price God pays for human being, but he doesn't know and he is ungrateful.

We think of the magnificent forces in the beyond as superstition and believe creation is only the things that we can see. Here, I write the words of a friend which can soothe me a little.

Thus you shall realize that only love connects us all and those who lack love are like empty containers. If you don't believe this saying today, one day you would even if it's after death. Because this love connection has kept me connected to my mentors and will do so forever.

The message of love

*The only thing that exists is
Love*

*Without love, there are only
empty containers*

*This is not my word but the
word of an individual in the
extraterrestrial existence*

*That is not easily believed by
anyone*

*Unless they know what it
means*

*In the infinite realm, put
the chariots in motion*

*Because the guardians of
the heavens are in need of the
events on earth*

Pierce that cannot be pierced

*Go into the heart of rock and
separate the compositions*

The relationships that we have as a father, mother, son, daughter, sister, brother, husband, wife and relative or friend are all arbitrary and superficial if not for love; without love they are only a title or a contract between people.

When beliefs are blended with real love, then we can feel the true meaning of love and those who don't have love are the empty containers.

Here I need to discuss an issue which might be hard for some to believe in and that is:

Drug addiction does not cease to exist with death.

In other words, after life or once dead, addiction remains with the drug addict and in the other world his troubles are much worse. To explain this matter clearly, I'll have to talk about death in brief, maybe new doors in thinking shall open up for us; in order for you to have more faith, I'll bring the words of great scholars.

Death

We leave aside the definition and essence of death for now which I believe is a very complicated discussion and focus on another important question. When does death happen for an individual? I guess the popular answers are: malfunction of heart, brain, breathing, changes in the eye's pupil and...

But then how about the cases where all these symptoms were observed by professional doctors and the suddenly the individual has come back to life? Of course, in 99.8% of the cases the medical verdict is correct but in 0.2% of the cases is not and when you apply these numbers to the population of 6 billion in the world you come up with a large number of 12 million and that is a great number.

You might ask what happens to these people. Well, the answer is simple. They are buried alive and when they wake up in the grave, they die a horrible death. To bring some hard evidence to back up our claim we refer to some research of the scientists in this field.

Variety of research done on the mistaken death cases

Doctors Karnejton and Mider write about death and its visible symptoms in their book: in the United States in every 24 hours, at least one person is buried alive due to mistaken diagnosis of death; in London in the past 22 years, 2175 individuals who were buried alive were rescued from a horrible death by a charitable organization.

Furthermore, another charitable institution in Amsterdam rescued 990 individuals from being buried alive in a 25 year period, in Hamburg 107 people were rescued in less than five years.

These two authors mention that they personally know some of the victims and the statistics do not reflect the real number of individuals who were buried alive since the numbers are for those people who were rescued by these organizations and do not include those who died a horrific death in the graves.

When there is such drastic numbers in developed nations, then you can imagine the situation in developing countries, especially places where deaths are buried immediately due to certain customs and traditions.

Dr. Edward Dulum talks about the hasty burial of death: it has been proven that being unconscious can exceed few hours, days and even months; medical journals in the Great Britain have published the conditions of many people who were buried alive in graves, their horror upon regaining their consciousness and traumas they experienced afterwards. Even some distinguished individuals like Venslu, a French scientist, Dunie a French cardinal and Britain's Prime Minister, Dezraiele who came back to life one week after being buried, experienced this mistake.

Dulum ends his article like this: the percentage of people who were rescued alive from the graves is much less than those who were not so lucky and died in the graves.

Dr. Lionc Azmend gives the number of such cases one for every one thousand deaths per year but Dr. Juin gives that number as two per one thousand deaths and he has collected 2313 different cases from reliable sources and has presented them.

Dr. Marcel Fleisher in his book called "thousands of people are buried alive by their family and friends" which was published in 1890, talks about many horrific cases.

Dr. Carl S.Halt has collected many cases of apparent deaths in 15 years; Brouhieh has mentioned 181 cases in his book “mistaken cases of deaths” of which 52 were buried alive and 53 individuals who woke up prior to burial.

In March 1st 1909, Britain’s parliament introduced certain amendments to burial regulations and distributed it amongst people. The members of this commission mentioned in their report that the numbers of individuals who were mistakenly pronounced dead and buried alive, were tragically high and general medical instruments were insufficient in determining death correctly.

Dr. Shebel Shamly has written an article about this: I’ve always feared all kinds of deaths but not to the degree of this death, to be buried alive. The horror of waking up in the grave is very frightening; all the equipments that determine the symptoms of a real death have certain flaws except for the smell of a decaying corpse which is a sure sign of death.

Therefore, there is another factor involved in causing death which has gone unnoticed up to now. Our body’s system is a huge factory that operates through particular forces. Some of these forces are known to us and the others are still unknown for the medical science. We call theses forces the second body. The complete separation of the second body

from the physical body results in death. The fact that medical science doesn't have the practical knowledge about the separation of the second body results in mistakes about recognizing death correctly.

Therefore, when science is still uncertain about symptoms of death, how could it be sure about life after death and its reality?

According to laws of physics, energy doesn't perish, it only changes form. Thus our energy or forces remain in the existence and the attributes of the second body is proportional to the characteristics of the personality of the individual. Anyways, since we believe that drug addiction does not go away with death, we have to discuss about such topics, maybe it will be a thinking point for some people.

A friend of mine once told me that addiction is always around until we die, but I informed him of my belief and mentioned that drug addiction stays with us even after death.

Death from the viewpoint of the Holly Book

What is death?

Our holly book Quran has a particular interpretation about death; it has used the word tofi which literally means clearance or receiving something completely and fully. Whenever something is fully received without any shortcomings, the word tofi is used in Arabic.

This word has been used 14 times in Quran and it could be perceived that death here means to be delivered or taken wholly or completely; meaning human being, with the full personality package will be delivered to the divine forces and the following could be concluded:

- 1) Death is not annihilation, it is transmission or conveyance from one world to the other, from one stage to the other and life continues in another form.
- 2) What makes up a person and his personality is not his physical body and material possessions and connections.
- 3) The thing that determines the real position and status of a human being and makes him eternal is above and beyond physical matter.

If we contemplate deeply about the essence of death, we'll realize that there is life after death and one of the things that angel of death does is the disconnection of the second body from the physical body and transportation of that body to the designated location upon a command. That's why individuals who commit suicide are still wandering souls with lots of problems, because even though they have destroyed their physical body or put it out of use, the connection with the second body is still there and hasn't been cut off; they are not able to cut this connection off by themselves and this would go on until the actual time when the angle of death arrives and does his duty.

Since all the attributes of the personality remain with the individual after death, drug addiction will hunt the addict even after death.

Let's pay a visit to the congress and present an update of our journey.

11/05/1997 Silver

The moment of difficulty

Guardian: many thanks and salutes upon the Great Lord and warm greetings to my mentor, Mr. Silver Biresh and Lady Jones and other members of the congress.

Today I want to talk more with you. As you know very well, there are many ups and downs in the journey that I'm taking right now; it's been sometime that I feel stagnant and can't cross quickly to the next phase. I think this will happen when I understand everything and the drug use at each step becomes normal and conditions are ready for the next leap forward. This means the body has adjusted well to the tapering; drugs remain in the body for 6 hours and in an 18 hour gap, the body has the least amount of drugs for 12 hours and gradually the systems are restored and come back to life.

You know as well that I can speed up the journey and taper the drugs quicker but it won't have the optimum results; it takes 8 months for wheat to be harvested given the farmer does everything right and the climate is suitable also. Certain natural processes take a specific time and I'm waiting to find out the duration of the tapering process or the journey of recovery. This knowledge has to come from a

practical experience so that the least amount of harm is done to the vital production systems in the body.

Pressing the gas pedal in the slippery road of the freezing mountain range can have tragic results such as getting buried under an avalanche or crashing into the deep valley below.

I hope that through faith and knowledge and Lord's guidance I can arrive at the finishing line successfully.

Silver: greetings to you as well. We know very well the mission you have signed up for and its difficulties; there is no time limit here and time is in your own hands and it seems that you understand the importance of this journey with every part of your being; be as strong and determined as you can be and this has to be consistent throughout; this tree must be healthy to bear fruits all year long. If it's weak, harsh winds will break its resistance and all these depend on your courage and hard work.

Not everything that God has created should be used, he has given us intellect and reason so we should apply this mental capacity to every aspect of life; the destructive forces interfere with our reasoning and create confusion.

Remembering the difficult times is much harder than the moment of difficulty itself.

Because human being thinks life is what he sees, when he finds light he feels he is parting with darkness and doesn't know the next minute. Maybe we have felt like that as well.

Farewell

It's been a month that we're using 2 grams per 24 hours, once in the morning and once at night.

From 21/04/1997 to 21/05/1997

First dosage	5:00 am	1 gram
Second dosage	11:00 pm	1 gram
Total		2 grams per day

I want to move forward to the next step and try eliminating the 11pm dosage; the time gap between the morning dosage and the night dosage was 18 hours and I've been very comfortable with it. All I need to do now is increase my tolerance to 24 hours and hopefully succeed.

Starting on 21/05/1997

First dosage	5:00 am	1 gram
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Tonight I'm going to visit a good friend of mine, his name is Raad which means thunder in English, and his last birthplace was Fars province in Persia. He is a lover and it was for love that he sacrificed his life. He is a friend and a mentor for me, he is the ocean of love and I've learned the most beautiful things about love from him. He says: love is not just words or deeds or touch, love is both ends of an infinite bow, love has no clear beginning or end; when there is real love, truth shall appear and seeing the truth requires an internal eye.

18/05/1997 Raad

Guardian: my dear friend, you know that I've started my rehabilitation journey and I hope it has a good ending. I'm happy to meet you again.

Raad: greetings to my good friend, I'm delighted to meet you as well, you have begun a difficult journey which you know is the key to all problems. Your will

and determination is as important as my quest for union; as you know my work was a onetime thing compared to the numerous tests and trials you had been through and this journey is the most difficult one of them.

I'm deeply joyous to meet you again.

Do you remember the time that I left that café and disappeared? You probably know why, that place was a famous joint for addicts and dealers; those places are not suitable for people like you. I'm glad you are changing for the better and soon will be a great example for others who seek the light away from darkness. For a long time you were under the influence of the satanic forces without even realizing it; now with lots of the issues being clarified you are well on your way. You must be very grateful that you have been given the opportunity to serve mankind. If you have any question, I'll be glad to answer them.

Guardian: can you explain the meaning of one of your sayings "put the chariots in motion in the beyond realm".

Raad: this could be interpreted in two dimensions, material or spiritual. Anything that is built well can survive death or destruction and travel in both worlds, especially in the material world. It would remain as knowledge for others to benefit from like

books and other works. The value of the work will remain and get transported to the other world. Do you understand now? If you don't, maybe you should think about that café which you went to visit. I'm kidding you, of course.

Guardian: when you left the café you went straight to the graveyard, maybe I should think about that.

Raad: well, you didn't come with me to the graveyards; hopefully your trip to the beyond will be in better conditions.

Guardian: I know that if I had continued my addiction, I would head straight for the cemetery.

Raad: so long my friend.

21/05/1997

Today is the first day that I didn't consume my nighttime dosage. The past 18 hours was normal and I go to bed at midnight. At first I couldn't sleep and it was a little unusual feeling but I told myself to bear with it; I had some pain in my knees and waited until 3am to take my morning dosage. I had to work in the morning and two hours earlier was no big deal. After half an hour everything seemed good and since there was no drugs in my system for 22 hours, one gram

felt real good. Up to that point I couldn't go to sleep due to lack of drugs and now I can't sleep because I'm too high.

At 5am I left home to exercise a little. It's been two months now that I do some physical activities in the morning and then go to work. I hadn't seen the sunrise for almost 20 years and slept till 8 or 9am. However, things are changed now and I'm fresh in the mornings and full of energy.

The first few days I took my dosage around 3 or 3.30am depending on my conditions and then fell into a routine of one gram per 24 hours. I had achieved two important goals:

1-increasing my tolerance point from 5 hours to 24 hours

2-tapering my drugs from 5 grams per day to one gram per day

Maybe some people would say that the body suffers when 2 grams in two intakes was tapered to one gram?

This is my response:

a) We did this tapering gradually and the body has become familiar with the leaps we have taken several times.

b) When we carry out this method, we'll face the least amount of damage to the body and withdrawal symptoms and they are a lot more bearable than a sudden withdrawal.

c) When we compare our journey to passing through a zone of minus 60 degrees, we do mean some difficulties. Even though we are in the car and safe from the cold outside, we still have to endure minus 2 degrees in the car; we should be a little tough and look forward to our rewards which is every 24 hours, the enjoyable experience which we never had for a long time no matter how much drugs we used. Let's not forget the confidence we shall derive from this endurance, addiction is no longer the undefeatable monster and its hands and feet are cut off now. You are in charge of using your drugs now whereas in the past, it was the other way around.

d) Since the effects of drugs stay in our body for about 6 hours, we spend 18 hours out of the 24 with the least amount of drugs in our system and our body gradually gets used to being without drugs; thus it starts to restore and rebuild its vital production systems.

For these reasons I believe that one gram per day does the job and I'm satisfied with my progress.

28/05/1997 Silver

Controlling the sensitive points

About the awakening of cells I must say that they have always been within you and you should refer to yourself in your journey through the cold. You know that human being becomes unconscious gradually when exposed to extremely low temperatures and slowly the vital systems of the body die and in some cases death will be the eventual outcome. Now that you have begun your journey through the glacial you must overcome these obstacles with careful planning and maximizing your conserved energies. These resources are evolving in your brain and can help you in restoring your body. If the human being is on the highest position but does not know the right path, he would be facing a mountain of obstacles.

Most people have very sensitive points which should be numbed if progress is to be made or at least they should be under control, for example over eating and other things which you know. Gluttony is one of these bad habits that must be dealt with. Our great mentor, Sardar will offer you more guidance on this matter.

We hope that you complete this difficult journey successfully.

Farewell

In this message there is a reference to sexual energy or force, sexual instinct or tendency is one of the sleeping giants which will awake in and after treatment, especially after complete recovery from addiction. This energy must be used to restore and rebuild the body naturally.

29/05/1997 Sardar

Promiscuous takes the hag for a young beauty

To carry out this action carefulness is more needed than speed; if speed is required we'll let you know. In your universe, command has the central role and you must coordinate your plan with the present times so that you can proceed flawlessly.

Do you think that this issue causes certain people to commit suicide in your country? Do you think that this disease only affects the poor? This crisis is happening all over the world and many well off and educated people are struggling with addiction as well, young and old.

However, it must be observed if these individuals seek rescue or not. Have they understood the meaning of reincarnation and life? Are they willing to value their selves and take actions for their salvations? Since you are the pioneer in this path, you must move forward with strong will and determination and there will be many individuals who can assist you on this mission; many human beings long for a healthy and enjoyable life and that's when the eyes are opened to real light.

Guardian: up to this point, I've realized that there are many forces within me that have awakened from dormancy.

Sardar: it's good that you talk about yourself; this will help you gain confidence and think more clearly. Dealing with such forces is a test; you can transfer this great energy from the lower part of your body to the upper section and try to use it wisely, we don't mean inactivity but optimization is the goal. You should be delighted as everything is returning to normal.

Do you have any other questions?

Guardian: I describe drug addiction using this analogy; it's like seeing a very attractive magician in a very magnificent garden. Due to the great power of attraction, one feels like visiting the garden everyday

and romancing with the magician who as time goes by loses the youth and beauty and gradually turns into an old, ugly and horrendous person. Since the visitor has become a resident over time, he or she witnesses the transformation of the majestic garden into a dark crypt and there seems to be no way out.

Sardar: that's a very good description and I'll add one more thing: **if someone becomes promiscuous, after sometime the old and the ugly appear as youth and beauty.**

The Seventh Law:

“All roaring rivers and gushing springs will ultimately reach the sea and ocean.”

Empty or half full glasses will be eventually filled.

In this law, human beings whose inner desires have reached the optimum level have been compared to roaring rivers and gushing springs that ultimately attain their wishes, especially if these wishes are rational and logical. On one condition though, just like a river, its source, destination and goal must be clear. This would be achieved even if there many obstacles ahead and not enough information available. They have been compared to a river that comes across many rocks and detours and yet, finds its path to the ocean. These individuals will find their path and destination also and their empty cups will be eventually filled.

08/05/1997 Silver

Starting from a point

**If you arrive late at the station, you
won't see the bus.**

We have explained to you many times before that our work is very extensive and individuals must have patience in regards to this matter. It is similar to a farmer who prepares the field for cultivation, spreads the seeds out on the field, irrigates it patiently and attends to it carefully throughout the year until eventually he reaps a great harvest. Right up to the harvest he has to protect his farm from insects, storm, wind and the burning sun; I'll have to talk to you about plantation.

In continuation, you must carry out this process yourself and this is another valuable season in life; no progress can be made without hard work and effort and we want you to harmonize yourself to the teachings and the images.

The first image of the book is very important, not the color but the real meaning of it. You have other aims in life which you have to accomplish and you know what we mean by that. We are not implying about the speed of the process but the actual process itself.

Attend to your life's vital issues and in most matters, begin your task from one point and it shall lead you to the next stage and eventually you can achieve goals that are beyond conception.

You are in the beginning of a fresh start and try having an orange juice instead of a Pepsi if you know what I mean. Try something new rather than sticking to old habits and this will help you in attaining new heights; apply your physical and mental strengths as you go.

Life begins with constructing and so long as construction continues, life continues; there is no end to this and if you get to the bus stop late, you won't see the bus.

Farewell

An important point that one must remember from the words of Sardar is that during the journey other issues must be attended to and our lives shouldn't come to a standstill because we are treating our drug addiction. The individual must carry out his daily tasks and responsibilities alongside the tapering steps and he has the energy and the strength to do so. We must be active and busy so that time passes by much easier.

09/06/1997

It has been 20 days that I'm on 1 gram per 24 hours and I'm experiencing some minor discomforts which is nothing compared to the harsh withdrawal symptoms I had been through before. There are no such things as constant sneezing, sweating and stomach ache or diarrhea and I've tapered my consumption from 5 grams per day to one gram.

I achieved this success within four months and I hardly can believe it; rather than using drugs every five hours or so, I'm using once every 24 hours. I gradually feel alive and fresh and sense my body is awaking from a deep sleep.

I did catch a cold one time in the process and it's because the body is restoring itself and doesn't have the ample supply of drugs from outside anymore and has to restart its own production line.

Unlike a machine that is unable to recognize its own defect, the human's body is an intelligent system and in some cases it can repair itself given the required time. For instance, when a finger is cut the wound is gradually healed or when a bone is broken, once the

broken bones are put next to each other and placed in a plaster cast, they would heal within a short time.

Anyways, to cure my cold they gave me a shot of penicillin which was no problem and an injection of vitamin C which did some damage. I couldn't sleep that night and my legs were like springs and kept jumping. I got up and paced around the house and wondered what has happened.

I realized that it was the work of the vitamin C and it had neutralized all the drugs in my system; so I thought it would be foolish to put up with this pain and be miserable till morning. Let's face it; I began this journey so that the body endures only the least amount of shock and sufferings and a rational decision meant that tapering should be done gradual. At this point I felt that I had to calm the system and continue the slow progress forward. So I took about 250 milligrams of opium with tea and slept comfortably till morning when I took my usual morning dosage. I also realized even that one gram was very vital and I couldn't just get rid of it suddenly as the systems were still in the process of restoring themselves.

I'm beginning to be comfortable with my current plan and don't know my next move yet. I think I should be more patient and give my body more time

to adjust itself. Two issues have occupied my mind lately and I'm not sure which direction to take:

a) Should I increase the time gap from 24 hours to 30 hours?

b) Should I reduce the amount of my drug consumption in a day?

I must contemplate more and the path shall be revealed as soon as the start is made.

20/06/1997

Let's get back to our main topic; it has been four and a half months since I have started my journey into recovery and my body is very comfortable with my current plan of one gram per day and it's been one month that I'm on this plan.

It appears that my cellular structure knows the steps ahead and has prepared itself for future leaps; the morning ritual of physical activity and healthy lifestyle has given me a new hope and I've even begun running. I run for 10 seconds and I walk for 10 seconds and keep increasing the distance slowly.

On 21st of May I cut up 30 grams of opium into 30 pieces and I did this with my eyes not using a scale,

so subsequently some pieces were larger than the others. Every day I took one for my daily dosage and naturally I began with the bigger pieces.

Throughout this month I kept thinking about my next move and I wondered if increasing the time gap from 24 hours to 30 hours would be the best option. Since daily life revolves around sunrise and sunset, I realized that increasing the time gap might affect my life and work as I was still dependant on drugs. Each person can arrange the timing of their one dosage per 24 hours according to their work schedule, for example 5am or noon or 8pm. However, if the time gap goes beyond 24 hours, there might be certain problems. Suddenly I remembered one of the previous laws and it made the path clear for me.

The path is revealed with progress.

As I said before I naturally chose the bigger pieces when it was time to take my daily dosage. As I got closer to the end of the month, there were only the smaller pieces left and obviously they were less than one gram. Thus without any planning I had tapered my daily dosage during the month and it felt like mission accomplished.

The end of the first phase

Beginning of the journey: late January of 1997

The end of this phase: late June of 1997

Duration: five months

In this phase I achieved the following accomplishments:

- Tapering my daily drug consumption from five grams to one gram, a four gram reduction.
- Reduction of daily intakes from five dosages to one.
- Increasing my body's tolerance point against drugs from 4 hours to 24 hours.
- Restoring and repairing my body's Opioid production system and other unknown systems in the direction of self reliance.
- Awakening of the sleeping forces within my body such as self-confidence, contemplation, senses, intellect and instincts.
- Damage control in the areas of finances, health and spirit.

Conservation and saving

In this section we want to look at this issue from a financial point of view. For some people this might not be of any importance as they could argue that they have the resources to spend. Here it should be mentioned that the more money spent on drugs, the more damage caused to the body, mind and the spirit of the person and the love-ones involved.

For those individuals who are currently using drugs, the damage is obvious; they can try and not use drugs for 24 hours and find out for themselves the extent of the damage. This is true not only health wise but financially as well. For me the cost of 150 grams of opium was \$45, which was \$5 per day for one month and this was the initial expenses at the start of my journey. When compared to the cost at the end of the first phase, \$9 for 30 grams for every one month we can observe a savings of \$36; I was using one fifth of my regular consumption and in a year it added up to a large amount.

Once my drug consumption was down I was smoking fewer cigarettes and attending fewer parties and these added up to more savings for me. These are only minor gains and the list goes on and on; I slept 12 hours when I was high and now it has been reduced to 7 hours, I don't spend so much time looking to buy drugs and spend more time working.

Now that the path is clear, I wonder how long this journey would continue and when I would be done with drugs. Since the time gap between my dosages has grown longer, I decided to taper the daily amount gradually.

The last phase	From 21 st of May to June20th	30 grams for 30 days
The new phase	From 21 st of June to July 7th	13 grams for 15 days

I cut up 13 grams of opium to 15 equal pieces and hope it would do the job for the next 15 days.

A friendly discussion

Yesterday I was talking to a friend of mine who is a dentist about my journey into recovery and he expressed a great desire to start the journey himself since he is also a substance abuser. He actually believed that drug addiction is incurable and it was sad to see him that way. We are both graduates from top universities and when the time came to give back to our communities, we were held down by our addictions. He told me that he couldn't imagine life without drugs, that going through the day not being high was actually possible.

I explained to him that we have conditioned ourselves only to a certain way of life, for example we only drink orange juice and don't want to try any other kind of drinks like peach, apple or strawberry juice. I went on by asking him if he has seen the sunrise or sunset recently, if he has tasted the crisp air in the morning while jogging, the joy of walking in the snow and swimming in winter. It has been years that we've lost that loving feeling, that sense of satisfaction for every little moment in life, the preciousness of real laughter and defending our rights when we have to.

In addition I explained to him that it has been years since we actually got high; we only attain our natural state when we use drugs, we only become our normal selves and it is only routine to use drugs; it's no longer a leisure activity or a luxury in our lives. The golden days of drug use are over and they've become distant memories and no matter how much we use, we cannot attain that old feeling. That's why our drug use keeps going up and the damage done, more extensive.

We can use the analogy of a rotten tooth in the mouth which gives us a regular toothache and to soothe the pain, we regularly take painkillers. We call this absence of pain being high and when it's back, withdrawal symptoms and because we compare the painful times with non-painful times we think drugs

do miracles. No one really attempts to take the rotten tooth out; they only break the top part and leave the rotten root behind.

Now if someone decides to slowly take the tooth out along with its rotten root, any wise person will be supportive.

There is so much to gain in this treatment process and nothing to lose.

26/06/1997 Sardar

All knowledge is within and without us

We are glad that you are doing well and continuing your battle in a determined fashion so that it'll be a great experiment for posterity and the ruined city within you shall turn into a city bustling with life and progress and its entire beings move in the direction of the Supreme Power.

The particles which are body is made of are divine particles.

We are glad that you are moving in this direction and with each step you're getting closer to your goal. You had lost the path and your purpose due to the reasons that you know very well; think carefully and

put in your best efforts to complete this great mission.

No creature's existence is futile or in vain.

In continuation your efforts will bear great fruits; from every sparkle of light gather a powerful source to light up your path. Our existence is not futile even if we think it is. All knowledge is inside and outside of us like high dormant volcanic summits, calm and silent. If we enable them to move in the divine direction, you can guess what will happen.

You know that images appear or produce and are incomprehensible, but they are a stream which is like an ocean.

We wish you the best in all matters and hope you choose the best options available to you.

Farewell

The Eighth Law:

“No creature’s existence is in vain; our existence is not futile even if we think of ourselves as that”

One day a great sage was going up a mountain to pray. On the way he saw a worm crawling beneath. When he was praying he asked God: why did you create this worm?

God said: the worm just asked me that question about you?

All creatures are travelers on a journey of evolution and are not aware of it. Each creature enters life for a unique purpose and a human being is most satisfied when he realizes his mission in life; the more distance between him and his mission, the more worry, anxiety and sadness that he has to deal with.

Since there is no beginning and end in life, one day he will eventually realize his goal; however, sometimes this realization comes at a heavy cost.

Each human being is shepherd

This is an important point that needs paying attention to. There are little creatures that make up

the structure of our body which are called cells. Their population is about a few billion and the structure of every one of them is like a city.

You can picture this as a herd with human being as their shepherd. Imagine your personality different from your herd and each member of your herd has unique character as well. These millions and millions of resident live within you in a very sophisticated structure and each group has a special task. Most of all this herd's capability and strength depends on the way we raise them.

The key point is here; you can't just give any command to this herd and expect them to carry it out. For example, you can't order them to run at a speed of 60 km/h if their ability is only 2km/h. if you actually do such a thing then maybe most of your herd will die or be injured. Therefore, your commands must be rational and sensible and this is one of the forgotten facts in addiction treatments.

When your body is used to drugs for a long time, you can't just command them to move forward at a speed of 60km/h based on will power and determination. This is possible only when we train and raise the herd gradually to optimum conditions and have rational expectations.

That's why after three and a half month I was able to train my herd so that my drug consumption was reduced to once for every 24 hours and one gram instead of five.

I just need to follow the same pattern so that my herd can get adjusted really well.

The last phase	From 21 st of June to July 7 th	13 grams for 15 days
The new phase	From July 8 th to July 22 nd	11 grams for 15 days

08/07/1997 Silver

Drug addiction and traditional customs

Lady Jones says that in some Native Indian tribes the use of a plant in certain traditional ceremonies were popular and was used for different occasions throughout the year; some became hooked on it and were regular users and they no longer participated in battles. At that point the chief of the tribe had to make a decision about them and it depended on their age. We are fully aware of the needs of humanity in every age, but this dangerous drug (opium) is a very difficult challenge and that's why we chose you, because of your abilities.

Since you said that you would give your life, we decided not to hurry and sometimes life must be sacrificed in action. You polluted your second body along with your physical body and we thought we should clarify certain things for you. You have distanced yourself a little from the negative forces and assistance will come for you in the form of help from others. You must be positioned in the first page of this book and since you carried out the command correctly, your book will contain valuable knowledge and the Supreme Power shall manifest rightfully.

Guardian: there is a seminar on addiction treatment in the coming months and though I've not completed my journey, maybe I can send in an article. What do you think?

Silver: imagine you are a great lawyer and want to prove a case that nobody believes in it; you must first believe in it yourself and then being sure of the great outcomes that it can have for everybody, fight your case. Don't hurry about the seminar, this would not be the last seminar of this kind and in future you'll have plenty of opportunities for such things but with stronger understanding and sharper knowledge.

We suggest that you pay more attention to your own farm right now and work harder to produce better crops. We greatly value your mission in life and your hard work to complete this book. According to the

command we'll provide you the necessary items from the archives.

Every river on its way to the ocean, struggles along the impassable routes, rocks and valleys until it smoothen its path and joins the ocean.

The Ninth Law:

Intellect's command

“We must carry out the intellect's command completely”

In this law, the issue of intellect's command is mentioned. First we ask a question: when does a human being attain the highest level of achievement or perfection on planet earth?

Is being a great scientist the answer? Or when being a successful entrepreneur? Or becoming a famous artist or a musician? How about being a sage?

Where is that highest pinnacle of attainment?

There might be thousands of answers.

But we answer this we two words: intellect's command.

Of course, we believe that attaining intellect's command is not easy, but the closer we get to it, the more comfort and bliss we experience.

If we can carry out the intellect's command in our body, mind and soul, then we are closer to the right path.

If you don't believe this, just listen to the commands that your intellect gives you for a few days so that it'll become clear to you. There is one condition though; the information that is transferred to your reasoning or intellect by your senses must be valid and correct. Irrational or selfish desires of the ego must not be mistaken with intellect's commands.

Sense is the initial step in operating the intellect.

Therefore we say:

The last stage in grooming the body is the command of the intellect; upon transition from your current dimension, thinking and reasoning creates virtual images.

Thus, you must think.

16/07/1997 Sardar

Self

We are aware of your conditions and hope you are determined as always; your method will be of great use to the youth who are suffering from drug

addiction. We have to take full responsibility for our actions and choices and rely on our own intellect.

We must carry out the intellect's command completely

Your internal struggle is at a critical point and must choose the path which can lead you towards redemption. Along the way, you must have faith and patience; you need to be in the mood to continue writing the book and it does get a little difficult at times.

That's why we have the words combined with images so that the meaning is transferred correctly. Each image carries a deep meaning; pay particular attention to the images. Progress is gained with patience.

Do you have any questions?

Guardian: please explain the self or ego; there are many explanations about ego, but a simple definition isn't available.

Sardar: it is the collection of our body and soul's desires which have a very dangerous image in our dimension and are the cause of many problems. These are felt in good people as well but they don't react upon it. However, individuals whose intellects

haven't reached a mature level can succumb to them.

There is a better definition for the self or ego.

All of the body and soul's desires and wishes, rational or irrational, which determine an existence visibly or invisibly.

We have to go now.

Farewell

This message focuses on the self or ego. Most humans assume that a human being is made up of two parts; the body and the soul. This is the belief of the individuals who have faith in the afterlife and don't think that death is the end. For those who do not share this belief, the proof shall come in the time of death and they will realize that they still exist even after death.

The ego is the main entity in a human being and evolves age after age. Of course, there are other entities in a human being that are not discussed here and our main focus is the existence of ego as it is relevant to our main theme.

Self or ego determines all the rational and irrational desires of the body and the soul. In other words, all our desires and wants do not only belong to our body

so as to perish after death; our soul's desires also exist and will remain with us after death. Both sets of our desires accompany us even after death and there is no releasing from them and our ego has to continue the learning or evolving process in other universes and this depends on the level of knowledge gained in this life. **That's why we say the biggest enemy is ignorance which is inside of us all. A wise person never commits a sin; a sin is committed by someone who is ignorant.**

Thus, status of a human being is determined by his knowledge or ignorance and thereafter the place that he is transferred to; every individual has a unique frequency and code that is determined and carried out by commanders and angel of death.

Those who share common emotional and intellectual aspects will be placed together. We can imagine what happens to those who have a hungry ego and the scene of hungry egos fighting each other could be upsetting. Here on earth, everyone can hide their thoughts and feelings if they want, but in the other dimension it's impossible to do this and our thoughts are completely visible and naked.

Drug addiction is a desire belonging to the ego and does not perish with death and will cause serious problems for the individual involved.

The ego should not be punished by hunger or starvation; in fact training, education and knowledge are the keys to curb the ego in its quest of irrational wishes. It does not need chains around its neck like a wild animal and through awareness and knowledge, the ego can be restrained.

I hope to obtain more information in future writings and share with you the fate of individuals who abuse drugs in this universe and other universes.

19/07/1997 Silver

Deriving happiness from drug use in the beginning

All the congress members are happy to see your progress. Do your best in your work so that one day it might be of some use to the people who need it.

It's not wise to leave everything to someone who has lost control and it must be done gradually. Just like giving a large container of water to a very thirsty person; obviously this would cause certain discomforts. Enough water to quench the thirst is the right approach; you do know what we're talking about.

You have had the experience yourself and know what is like to use drugs in the beginning; the immense joy and satisfaction which are derived in the early stages enables the person to work and be active. However, due to imbalance caused by regular drug use, the person enters a state of inaction and is tired all the time and doesn't have the mood to do anything.

There is a great lesson to be learned here. Just like the gradual pattern in which inaction was attained, the same gradual pattern can lead us to action and physical health. Meaning in the beginning, there is little energy as we taper and as we go along, more and more energy is obtained and positive transformation is on the way. This awakened force must be put into action immediately otherwise it'll evaporate quickly. When you gain back your strengths you will feel like your old self and once again you'll have the cheerfulness and aliveness of the old times; this is due to the movements of the electrons in your cells and you must not mistake this with growth.

As long as the human body is alive, it'll repair and restore itself.

If you want to put this energy into use, do some physical activity and increase the exercise time gradually as the energy in the body is produced in such a way. In this manner you won't face a lot of

hardships and the tasks are accomplished; everything needs care and attention.

The Tenth Law:

“When a force begins at a low level and gets to a higher degree, it reaches an endurance point.”

There will be many different experiments on this matter. Every human being has a different endurance or tolerance point and this is the determining factor when going from one phase to another, without any hardship or difficulty.

Guardian: I have felt my body’s tolerance point going up gradually. The best example is the tapering of my drugs, the fact that my body had no tolerance when it came to cutting down my consumption in the early stages; however, things have changed a lot these days. The length of time for the best recovery of cells is yet to be determined but I feel the conditions have been optimal so far and it’s like a miracle. Please explain the effects of drugs on the other bodies.

Silver: your other bodies have existence just like your physical body; your second body gets energy during the night and since it has other kinds of authorities, it

tries to purify or refine itself from the harmful effects of drugs at nighttime by tapping into a higher source of energy. You know that our body gets a lot of rest and energy from sleep and it has been like this since eternity. This important issue has been given less attention; by increasing the tolerance point of individuals, you can tap into the universal energy and this will be of great help to the physical body.

We have to go now.

Farewell

Second body

Here we discuss the second body and I'll try my best to explain it. As the great Persian poet, Rumi says: there are ten senses and seven bodies, count that which cannot be expressed in words.

Human being is still an unknown being and he has many different structures; part of these structures is positioned in a body which is called the surreal body. This body is the one we see in our dreams when we are sleeping. In fact, if we eliminate the physical body of the human being, only the surreal body is left and soul, intellect, sense and ego are parts of this surreal body and this is what is left of a human being after death.

Just know this that the human being is not only the physical body and many of his structures would not be perished after death. Take sleep for example; many of us think that being well rested is the result of a goodnight sleep only. Yes true, certain chemical reactions do take place in the body during sleep, but it's not the only thing. At night when we sleep, the surreal body takes a position above the physical body and taps into a universal energy source; you can say that it gets recharged like a cell phone battery. When we wake up from our sleep, the surreal body returns to our physical body and transfers the reserved energy to electrons of the cells and in this way energy is restored to us on a daily basis. The maximum universal energy is from midnight till dawn and all of our habits and characteristics are transferred to our second body.

The season of summer: discomfort in the city of existence happens in summer.

I experience the first summer of my journey to recovery. This is the season when our body (city of existence) might feel some discomfort, but it is nothing like the serious symptoms of withdrawal. Since our cellular structure has not received the usual amount of consumption, it does feel minor discomforts. However, this is on the road to recovery

and gradually, the effects of drugs disappear from our physical system and leave the body.

A month has passed into summer and I've prepared a new timetable for myself which is 11 grams for 15 days and my dosage is in the mornings. Now I realize the extent of the damage to my body and feel real happiness for the first time; all my destructive habits have gradually faded.

I can see the sparkle of joy in my wife's and children's eyes; my behavior towards them has changed, I treat my family differently now. Up until that time, my family had seen me as a case of a wasted talent, gone with the wind, an old, rotten tree and they felt helpless against this tide of destruction. My body was poisonous from drugs, an under the influence kind of mentality was inevitable as a result.

I can feel a change of perception in me, a positive change. I've become an early bird for some time now; comparing to the times when I was glued to the bed due to the drugs I used, this is a pleasant experience. Nowadays I sleep longing for the dawn to arrive and I get up excitedly. It is unbelievable for me; I take my dosage with hot tea and after smoking a cigarette, I leave home to exercise and then, work.

Never in my years of addiction had I enjoyed recovery this much; I feel reborn and a rush of pride

and self confidence runs through me constantly. The pale complexion of my face has given its place to a fresh, natural skin color; I had been arrested several times as an addict because of my appearance.

A serious obstacle has been overcome

One of the major difficulties of opiate family drugs is constipation and by itself can lead to serious physical and mental discomforts; in certain cases a hemorrhoid operation is needed. The reason for the dryness of the excrement is lack of water in the body as a result of heavy use.

In general, the diet of the addict is very irregular; starvation or overeating and not eating certain foods that ruins the high cause major damages to the digestion system of the body.

The good news is that in the tapering journey or treatment, this is no longer a problem and gradually the conditions improve perfectly.

22/07/1997

Today I used the last piece of this 15day plan and I designed my plan for the next 15 days.

The last phase	From July 8 th to July 22 nd	11 grams for 15 days
The new phase	From July 23 rd to 7 th of August	9 grams for 15 days

Amount of drugs tapered: about 19%

By the way I did relapse once and I took more than I should, but I wasn't hard on myself and to make up for it I didn't use my next dosage, so for 48 hours I didn't have any drugs and it wasn't difficult at all.

I think that such things shouldn't become more than once per month and at the end of our journey we won't experience any more cravings. For now this is only natural and it takes time to come out of these states.

It's been a week that I'm on my 9 grams per 15 day plan and I'm pretty comfortable with it.

30/07/1997 Silver

City, universe and universes

Greetings, since you are becoming a model for others to follow, you must be perfect. We have certain things to say to those who have come to this circle because of addiction and this is beyond your understanding. The same desires are within them (addiction) and they must overcome them. These are the individuals who have to either arrive at the command or return once again; you know very well that quitting addiction is very difficult in the other bodies.

The book in concern which you have contemplated enough about it must be without any flaws and shortcomings; in a specific time period. It must be a doable guide and simple enough to be understood by all and become more complete as time goes by. A part of the society will benefit greatly from this book and we're very happy for you.

The judge says that beginning seems hard but it is an important phase of the action. In continuation you will tap into the universal source of energy and reach the light and we wish the best for you.

Choose the best color of nature to leave the best impression on universe. The physical body is easier to

overcome compare to the electrons which are very dependent to the other bodies; they must be thoroughly refined.

You can use strong images in the book to carry the meanings across and make the reader familiar with the theme of the book.

The city, universe and universes are all within us.

Maybe you'll benefit very much in the future because of the things mentioned up to now.

We think it's necessary to explain shadows.

As you know a shadow of something can be observed in light and there is a common point between light and states of the shadows. Now if two things of the same size stand together, only one shadow can be seen. Unless we are experienced in the matters beyond we can see the second shadow within the first one.

Since we cannot observe a shadow within a shadow, we are not able to see all of our other bodies and we only see the one which is perceivable by our senses and it is made of materials known to us.

Best wishes and farewell

40 days have gone by in summer and things are progressing according to the plan and I'm feeling very good.

01/08/1997 Sardar

Our aim is to teach you valuable knowledge; a product must be of high quality for trading. You cannot compare the taste of honey which is sweet to something that is bitter; production of honey is useful and enjoyable.

You probably know that using addictive medicine is not recommended for anyone, especially those which cause mental imbalance. However, you can use energizing food and drinks during your treatment and this will cause gradual changes in your body.

We have to go now; goodbye.

It's time for me to implement my new timetable.

The last phase	From July 23 rd to 7 th of August	9 grams for 15 days
The new phase	From August 8 th to August 23 rd	7 grams for 15 days

08/08/1997 Sardar

Applying the power of intellect

In order for us to gather around each other we must have strong faith and hopefully all of you have this kind of faith which is essential for achieving the highest levels of spiritual attainments. This will guide you to gain the necessary awareness. What was the topic of our discussion?

Guardian: applying the force of intellect.

Sardar: this issue only concerns you, but we can discuss it in a more general way. You can ask your questions.

Guardian: how can I strengthen my inner powers and apply them usefully?

Sardar: we have to get closer to the intellect so as not waste this precious inner force, just like an athlete who trains constantly. Faith is very important here and refraining from negative or satanic forces.

The strongest distraction is matter. (Satan)

It will follow us throughout our lives. Material things are an essential part of life but we must remember to have control over them and not become their slaves. Then you shall see how smooth life can be and there is no need for austerity.

You have made tremendous efforts towards your goals.

Farewell

The illusory energy of drugs

One wrong phrase that is regularly used about the family of Opiate drugs is that they give fake or false energy to the drug user. What is fake energy? Let's illustrate this with an example.

Imagine an oil lamp that has to produce light for our dark room for one week according to its oil capacity as a source of energy. Now if we pull its wick up, naturally it will produce a brighter light and in turn, it will use up the oil reserve of one week in a matter one night. It is also possible that the wick might burn out.

The damage caused by drugs on human's body is exactly the same as the oil lamp illustration. In other words, drugs cause the reserved energies within the body to burn up faster and drain the resources. That's why after several years of drug use, the addict's appearance changes for the worst. Of course, we should not forget the harmful effects of the poisons entering the body due to regular use of drugs.

Thus, drugs don't provide free and harmless energy for us; in fact they use up all the reserved energy sources within our body.

10/08/1997 Sardar

A flawless proof

If you have experienced the melting and falling down of icicles along your path, then you can write your experiences in your book with certainty.

We'll start the next phase with the images that you have seen so that they'll be published in the book along with the other materials. You'll realize that this phase is not going to be that difficult. If you build a dam across any rivers, it will stop the greatest avalanches. You must do this; when a human being starts the purification process from himself, his faith grows much stronger.

Because an experience gained first hand is a flawless proof.

We hope that you travel the remaining quarter of the way and complete the journey. Then a time comes when you will observe the universe with another kind of vision and your perfect journey will be the inspiration for others to follow; the word of God will

sink into the hearts of the seekers and will become the ruler of your body and soul on the condition that faith has reached that optimum stage.

There is so much knowledge in the universe that if a single subject is understood completely, then the whole will be discovered, but unfortunately **blind individuals with sight are way more than real blind people.**

They use tools to see everything; whenever they could see the world without any tools, with their internal sight, they will realize that they had missed seeing this universe and other universes.

We desire your progress and success in all aspects of your life. New branches will start growing into towering trees replacing the old, rotten trees.

Farewell

Rotten tree: symbol of a drug addict

New branches: symbol of addicts regaining their health

The image

A tree bark hollow from the inside, destroyed by termites. On the other side, healthy trees towering high alongside young branches that have grown

much more. These branches surround the new and old trees.

A brief explanation for the third picture

We began our journey halfway through the winter; spring and most of the summer has gone by and these are the last few days left before autumn arrive. This picture shows our internal and external conditions:

1. Most of the rotten parts of the old tree symbolize the damages incurred to our body which have almost disappeared and only minor parts are yet to be restored.
2. The termites and other insects inside the old tree that caused extensive damages have almost left.
3. The young branches close by symbolize the restoration of our internal systems.
4. The tall, healthy trees resemble healthy human beings who have refrained from all kinds of destructive habits.
5. The hills symbolize the information that has been discussed so far.
6. The road signals the long journey ahead.

Also, the young branches can resemble individuals who will use this treatment method for their recovery.



20/08/1997 Raad

From the black point till the rainbow

I know that you want to share something with me.

Guardian: sometimes the going gets tough.

Raad: I know that you have travelled far and the path has been difficult at times, but the majority of the journey has passed; the melting of the icicles and streams flowing is the least of this new beginning. If the going is tough at times remember that all these streams will eventually form an ocean which is the symbol of their redemption from their destructive habits and your resistance and determination is a valuable endorsement which you can carry with yourself always and is transferable.

You can't always achieve everything that you dream of, but as soon as you put in all your efforts, sky is the limit.

It means arriving at the infinite ocean from almost nothing and it might not be very adaptable to the intellect; but such accomplishment is a light towards the beyond which is a hidden truth.

We must value our achievements; similar to the green robe and the red hat which is the highest award one can receive and I was given those at that

time. Thus every issue has its spiritual value accordingly; you have entered into the right path and with some foresight you shall make the final leap.

Tune up your instruments real well so as to find the path. What we're saying of the command is like a treasure that is available for extraction very soon. Otherwise many human beings will lose their way.

Farewell

Blossoms are in spring

The roots become stronger in autumn

Bear through the difficult times

23/08/1997

I'm going to implement the next step.

The last phase	From August 8 th to August 23 rd	7 grams for 15 days
The new phase	From August 24 th to September 9 th	5 grams for 15 days

Maybe some would think tapering up to 30% will have an undesirable effect on the body and adaptability will be an issue.

Remember that our drug consumption is once per 24 hours and at the time of intake, the effect of drugs from our previous dosage has finished and our body has been without drugs for hours; that's why this much of tapering is not a problem at all for our body. In fact it balances the body out.

It has been more than 6 months that we have started our treatment and our body has gone through a lot of transformations which have made it more adaptable. I feel very high right after my dosage and have to smoke a few cigarettes to balance myself out. If someone is very thirsty, a little water is enough to quench his thirst and too much water might cause certain problems.

The last phase	From August 24 th to September 9 th	5 grams for 15 days
The new phase	From September 10 th to 25 th	4 grams for 15 days

20% reduction

26/09/1997 Silver

Taking over the commandership

Guardian: with blessings and many thanks to the Supreme Power who gave us this opportunity to be in your presence. I hope that you and the other members of congress are doing well.

It's been 6 months that I've begun my journey through the glacial with your guidance and I've progressed according to the plan and thankfully, there haven't been any setbacks. I look forward to the changing of the seasons when the ice would melt.

My current plan is 4 grams for 15 days which means less than 300 milligrams per day; I feel perfectly fine and as time go by, I've become more lively and energetic. I can feel the changes in my thinking and I even refrain from taking any kind of painkillers.

Silver: it's good to hear these things from you and we expected the same. Pay more attention to your writings and the details prior to the end of the last phase. You have now taken commandership of your body and you give the orders now. A strong ruler carries out his plans accordingly to firmly plant his position. Your power starts with the young branches and then transforms into the tall trees that always

maintain their color. Your book will be flawless and you must continue your efforts so that your ideas would be expressed in the best manner like a well equipped laboratory. This way there would be no other alternatives left but achieving our goal; no hesitation if you know what I mean.

We see many hidden powers inside of the human being which he has no idea of and he should apply these powers in a positive direction. You will realize this at the end of this project. Also, you do know that giving a speech needs certain criteria; pay careful attention to them in your universe. Strengthen your roots. We are grateful. Your constant recordings and note takings are very crucial in all aspects.

We have to go now.

Farewell

26/09/1997

Currently my drug consumption is 4 grams per 15 days and I don't have much difficulty. This amount is enough for me; it's just that it has been one and a half month that the sole of my feet feels hot at nights. It is bearable; I'm not sure if this is due to my running or the change of the cellular structure of my

soles. I think is the latter and I'm still not sure as to why. Fortunately it disappeared after a while.

The other issue was the discomfort I felt in my right knee which continued for two weeks. To deal with this minor problem I left the bed and did some exercise by standing and then sitting on my feet for ten times. Then I lied on my stomach and bend my knees in a way that the sole of my feet was positioned on my buttocks. I did this for about hundred times and then I went to sleep. After 15 days this problem disappeared.

Over all I'm quite satisfied with my conditions and feel god about myself. I spend most of my time thinking about the lost opportunities and how so many people abused me because of my drug addiction.

New timetable:

The last phase	From September 10 th to 25 th	4 grams for 15 days
The new phase	From September 26 th to October 10	3 grams for 15 days

Amount of reduction: 25%

The end of summer has come and the beginning of autumn which is the season of planning and discipline has arrived.

Reaching a dead end

Some people imagine that somebody must hit dead end in order to quit drugs for good. This means being banished from family, friends and the society, losing one's job, spouse or home and eventually becoming a junkie. At this the addict either dies or quit drugs for ever. I beg to differ.

Yesterday, one of my friends told me that since I've hit dead end I've decided to quit drugs. I told him that he has been given the wrong information. I've neither reached dead end nor do I hate drugs. I hate my addiction but not drugs. I simply conducted an experiment without any intention to quit drugs and gradually my drug use became less. Less the drugs that I used the better I felt and finally I woke up from a deep sleep.

Even in both of my previous attempts in quitting drugs I hadn't reached dead end; currently my life's condition is very difficult but not a dead end.

I don't hate drugs because I took it as a medication back then and right now I look at it as a natural substance.

For example, alcohol is a very useful substance in different areas; misuse of alcohol is the bad thing not the substance itself. Consider a kitchen knife and its different applications. The knife could either be used

to kill someone or to cut things in a kitchen; depends on the intention of the user and not the object. If the intention is to kill, surely the killer can find other means to carry out his or her intention.

The main problem is not the knife or the drugs, it is us, ourselves. We must learn how to use everything at its right place and purpose. Otherwise opium has many benefits and uses in the medical field and acts as a healing agent. As master Silver puts it: we don't have to use everything that God has created; he has given us a reasoning power to use at our own discretion.

Anyways to get back to our previous discussion, I told my friend that people who hit dead end have lost their brakes. We want to help those who have brakes but it doesn't work very well.

Anyone can use their brakes of faith and intellect to stop the vehicle of drug addiction. People who believe in reasoning can use it as their brake and those who believe in faith can use faith as their brake. For those who believe in both it is much better and those who believe in neither, for now I can't say much.

02/10/1997 Sardar

Do not speak with the ignorant

We are doing well and we constantly wish you the best. We promised you certain things and there has been some delay which has affected your progress. As we said before we are not in a hurry in your case but time is of essential importance on earth and it is like gold. Although it has lost its significance in many areas but construction means a great deal in your dimension. Do not waste your precious time on useless matters and those who need your assistance will come to you in the future. That's why we repeat the same sentence again:

Do not speak with the ignorant; although some people consider themselves as wise and they might just be that, but their self praise is a clear sign of ignorance.

If a flower smells nice, it would be obvious from a distance and it doesn't require any advertisement.

The more difficulty you experience in this life, the more comfort you shall experience in your other lives. Do you have any questions?

Guardian: when I started my journey through the glacial, I wasn't sure where I would end up. However,

things became clearer gradually and I feel very close to the finishing line. Some of the addicts that I speak to regarding my treatment react very negatively and are not very supportive of this journey. Of course I'm more determined than ever as I can feel my whole being coming to life, but sometimes the slow pace of the tapering steps instigates me to quicken my steps and arrive at the finishing line faster as there are many friends awaiting my arrival there. I'm also afraid that as a result I may slip and crash. Since this is the first time anybody is crossing this path extra caution is needed and that is why I'm very careful with my moves; future researchers can make the necessary adjustments later on as the road is slippery and dangerous.

Sardar: you must act in a way so as to make up for your previous mistakes and move forward with the present and future plans.

We heard your concerns and want to remind you of something. You're body is strong and certain inner forces have awoken recently; you must apply these forces to your cause and benefit from them. You are from the generation of the powerful and at this time a weakness has crept up upon you. There are many factors involved here and we have to inform you of your position and status; don't be surprised about your hidden strengths and there will be more of such

discoveries later on of which you must take advantage.

Farewell

05/10/1997

Currently I'm on 3 grams per 15 days step and my dosage is at 5 in the morning.

My physical condition is good and besides that minor pain in my right knee, everything is well. My wife suggested that I take some medication for it but I disagreed as I did not want to disrupt my experiment. After doing some exercise the pain went away.

Sexual instinct

All creation comes from reproduction and this must be valued.

Here, I should talk about the effect of drugs on sexual instinct. As we know everything comes into existence by association of two opposite sexes.

The effect of drugs on sexuality varies depending on the kind of drug used. Our focus here is the opiate family of drugs.

Individuals who have used this kind of drugs know that in the early stages, prolonged sexual activity and late ejaculation offers much pleasure to the users and for men and women, the peak or climax lasts much longer than normal. This is why many people get addicted right from the start and are lured into using drugs constantly to gain more pleasure out of sexual intercourse.

However, this phenomenon continues up to a point and when the vital systems within the body are damaged or impaired permanently, there is a sharp decrease in sexual desire. Sometimes the individual doesn't even notice the lack of interest in sexual activity.

The important point is that up to now in the quick treatment methods like a 20 day period, this issue has been completely ignored and the patient is left alone similar to a ruined city. In these case, the desire for sexual intercourse peaks quickly but the ability to do so is not even there for some individuals. Some even reach the ejaculation stage by looking at a naked body or this happens during sleep.

Anyways, the patient faces a major problem here and this alone can cause a relapse which can even be more intense than the first time. Of course, this problem could fade with time like a year or so but at that time the person might have lost his confidence.

However, in our method the individual using a precise timetable and tapering steps can coordinate his or her sexual activity accordingly as the treatment is gradual and chances of adaptability, many. Furthermore, the patient can feel the awakening of natural sexual desires and instincts in him at every moment. In this method the balance of sexual forces can be of great benefit to the person.

It is recommended though, that the person not intensify his or her sexual activity immediately and maintain caution so as to distribute this energy from the brain throughout the body to reconstruct the systems. Obviously upon a successful treatment process, the individual can enjoy the natural process as he or she wishes.

It is time to write up the next tapering step.

The last phase	From September 26 th to October 10	3 grams for 15 days
The new phase	From October 11 th to 26 th	2 grams for 15 days

11/10/1997

I divided 2 grams of opium into 15 pieces for 15 days and took the first one this morning and went to work at 8 in the morning feeling fine and towards the afternoon I felt a mild dizziness which was easy to deal with.

12/10/1997

Today I took the second piece. Right now is 10pm and I didn't rest in the afternoon. Sometimes I slept for an hour in the afternoons since business was slow for a couple of months. I feel alright but the soles of my feet feel a bit hot which is bearable, of course. I think it's due to the reduction of drugs.

15/10/1997

A small experiment (observing the tolerance point for 48 hours)

It's 11pm on Wednesday. To experiment I took twice the amount of my daily dosage which is roughly 260 milligrams.

I had no problems on Thursday morning and slept comfortably at night. I was fine the next day and around 4pm in the afternoon after 40 hours, I felt a

little weak and my knees were numb. Of course it was easy to endure but I decided to take one piece of my routine dosage as I didn't want to disrupt my gradual adaptation; I want the tolerance point to gradually go up and this progress should be slow and without damage.

Once again I restarted my old routine from Saturday morning since I was only conducting an experiment to determine the tolerance point of my body.

20/10/1997

The plan goes on accordingly and as usual I use the big pieces first and have realized how small my dosages have become and it's quite unbelievable for me and some of my friends, 200 milligrams only. I firmly believe that big, uncalled for leaps can damage the vital production systems in the body as well as disrupt the daily routine and responsibilities. Some of my friends suggested that I stop taking this little amount and I wouldn't have any problems. However, I believe that I would face difficulties if I were to stop suddenly as my body still depends on this small amount. I concluded this from my experiment and it gave me the signal to be cautious still. I hope to finish this stage within the next five days.

25/10/1997

It is time again to draw up the new timetable.

The last phase	From October 11 th to 26 th	2 grams for 15 days
The new phase	From October 27 th to November 10 th	1 gram for 15 days

26/10/1997 Sardar

The real frontrunner

Sardar: we are doing well and for further communications with our own kind who are very interested in these matters, we intend to explore certain divine issues. Having a lot of hope can lead to determination; don't have fear in your will to carry out your plans and move forward because the real frontrunner is the Lord who makes the impossible, possible. We will go to more excursions in the near future so that you you'll become more familiar with our views.

You must arrive at valuable conclusions in your thinking and act upon them and find out the real meaning of the Supreme Power's words and implement them in your life. At that the power and

force of the divine existence will manifest in every human being who has understood them.

Don't be sad and keep yourself busy with good deeds. Strengthen your financial roots and you shall see that many obstacles would be overcome. Conquering the summit is not as important as leaving your impression there permanently; you must regain your previous respect and status for your own sake and not for others. You must have in order to give and generosity will bear its fruit.

Farewell

In the past I didn't value wealth at all and gave away everything that I had due to certain misunderstandings that I had from spirituality. It was a costly deviance and I didn't care about my financial affairs. I believe that strengthening the financial bases is of great importance but it must be done in the right, proper way.

27/10/1997

I started my new timetable today which is one gram per 15 days and so far I've not had any major problem.

06/11/1997

The reduction of my drugs of up to 50% didn't cause any major issue for me except some minor discomforts in my feet which I dealt with some light exercises at nights.

06/11/1997 Sardar

The evolution of the intellect

We are looking at the universe in a different way. We face a variety of discovering knowledge in our various lives which have a connection with the material world. In them, alterations and transformations happen as well. What is for certain is that in the material life everything seems to happen very slowly, but generally learning and evolving of the intellect and its expansion is very significant. The stronger its foundation is the easier it'll become in the other universes. With the finding of every key one enters into a new universe which itself, has other keys and in this process one learns how to open the closed doors.

Paying attention to the transmissions is very important and it requires time. Evolution of the intellect has specific characteristics; in other words

someone who doesn't know how to read and write hasn't received the training to do so, not that he is illiterate. Do you understand what I'm saying?

You must do your best in this path and put in all your efforts; all these materials would one day become a book which could be used for the seekers of real knowledge. We want you to be on the highest summit with the green flag. Of course, a gradual progress is the best and every achievement opens the way for the new ones. We wish the best for you and hope that you have a good winter.

Goodbye

Foolishness of the addict

Something that we constantly hear in the society from people or the media or even the addicts themselves is that the addicts are foolish or that they are not very smart or that they don't think very well.

I really didn't want to bring up this discussion in the book as it is a whole different category. However the discussion about reasoning or intellect is a historical debate where some of our intellectuals have named love as the higher power and some have called the

intellect as the superior force. I just want to mention my view on this matter briefly so that it'll become clear that addicts can reason and think like others and the problem is somewhere else.

Let's use an example to get the point across:

Imagine an automobile which has an engine, gearshift box, wheel and tires. Can you say which one is more important than the other? It must be known that they are all equally important and without either of them, the automobile won't function.

The human being is also made up of different units that are divided into two parts: the visible attributes such as hands, feet, brain, head and etc. and the invisible attributes like the ego, sense, mind, love, soul or any other name that is given.

Each unit does its own unique job and together as a whole, a human being functions on many different levels.

We explained the ego before which has a main parameter; it represents the rational and irrational wants and needs of the body and the soul. It is the ego that determines the existence in the visible and invisible domains.

When the irrational or illogical desires are eliminated the ego enters into the confident phase or we attain the intellect's command.

The mental capacity in human beings acts as an inner guide or messenger; it is like a scale or balance and never makes a mistake unless it's given false information or the ego misleads it.

Sense

Sense is the start of reasoning

Book's title is sense and reason is the content

Sense is the unit in the human being which can transmit all the perceptions to the mind and thereafter the decision is made upon reasoning. Since we the human beings, are imprisoned by our five limited senses, we can only feel and experience this universe. A significant point is that we have a common sense which we share with the whole creation and we call it external or out of the body sense and it has a wide range of operation.

There are a lot of disagreements between people about this sense since some have experienced it and others have not and they don't understand each other at all.

It's like having vision and seeing colors as suppose to a blind person. No matter how the first person explains colors and feeling of vision to the blind person, he will never experience feeling or sensing it.

Thus one of the main resources of information for the intellect is sense. The weaker the sense the more limited is the range of intellect's operation. We can learn more about sense by providing information to the intellect through our sense; this is a principal in creation of the human being.

The human being can attain a place where he sees nothing but God.

Therefore I want to conclude that the mind and intellect of an addict is completely healthy; the problem lies in the ego and the irrational desires and also his sense has changed due to the disruption in his existential structures; both of these flaws have to be corrected.

Soul

Since we spoke of intellect and sense, it's good to write a few lines about soul as well. I cannot say what soul is but I can say what it's not.

1. Spirit cannot be plural like spirits.

2. It's exclusive to human beings and no other creatures.
3. Animals have ego or self, sense and reason but not soul.

A brief description of picture no.4, the rotten tree or autumn

We're now at midway through the season of fall. You can understand more by looking at the picture.

The rotten tree is almost perished and the young branches have grown more.

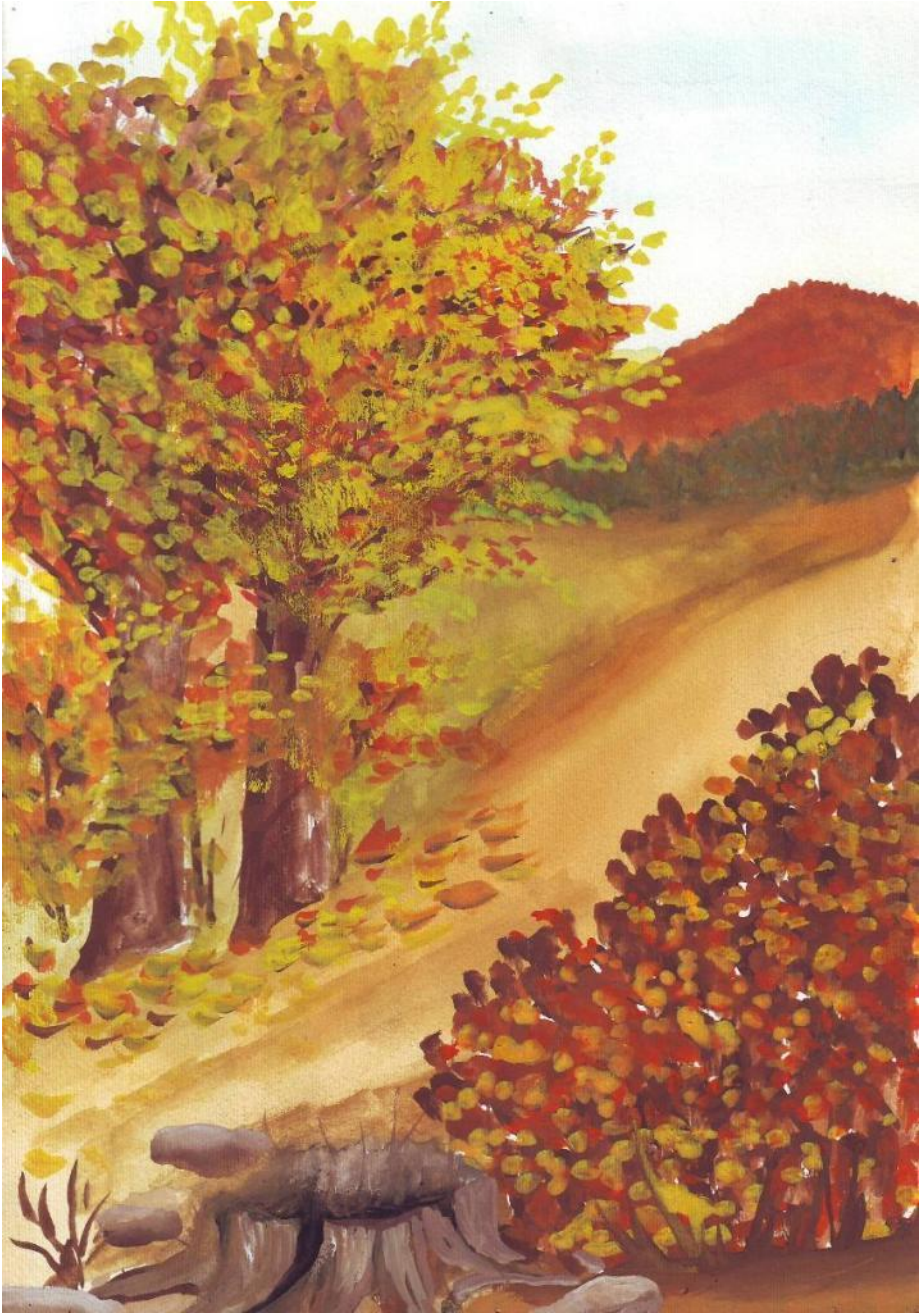
Human being can be divided into two main sections, the visible meaning able to see with the human eye and the invisible which means not able to see with the physical eye.

Since the invisible and visible attributes of the human being have been given many names, we call them using our own terminologies.

Visible attributes of the human being=physical body or city or first body.

Invisible attributes of the human being= psyche or inner or being or second body.

Please remember these titles and names for future references.



10/11/1997

It is fall and the leaves are falling and this process can be observed throughout our universe in different manners. I designed the last stage of my tapering plan and hope to finish the journey by the end of fall.

I've divided one gram of opium into 15 equal pieces. It's been a year that I've begun my journey and my main objective was to give my body time to rebuild and restore itself gradually; all the vital systems that had been damaged due to regular use of drugs need time to come back to life like a green tree, strong and tall.

I'm going to repeat the current step for another two weeks and I'm sure there wouldn't be any problems. Let's not forget that the amount of drug used is very little and it just keeps me busy and my body has more time for restoration.

The last phase	From October 27 th to November 10 th	1 grams for 15 days
The new phase	From November 11 th to 26 th	1 gram for 15 days

17/11/1997

It's been 21 days that I'm on one gram per 15 days plan and the pieces are very small; they are not like a pill that I can swallow and I just put them on my tongue to be absorbed gradually.

17/11/1997 Silver

The nuclear bomb of narcotics

Guardian: greetings to all the members of congress, especially to Lady Jones, Louie, the judge and white eagle. You know that I'm into the fourth season of my journey and hope that with God's assistance I can get to the finishing line. I've learned a lot from all of you in this path and leave the speaking to you all.

Silver: we are very happy that your journey is almost over. You now know very well that how much damage had been done to your mind and body.

You know that the impurities in your mind like the snow of the glacial have gradually melted away and have become the source of irrigation for the young branches.

The drugs which you used all these years were like an atomic bomb to your city of existence (body) but

with the difference that the real atomic bomb explodes once and does the destruction in a sudden manner, whereas drugs cause the damage gradually and over a long period of time they turn the body into a city of ruins. You have now realized the extent of the damage that narcotics bring on to the cellular structure of your body and this is a valuable knowledge.

Louie says: as long as we know the virus half the work is done and this can save us time; you have acted very well as a biologist.

In congress, we feel very proud of those who complete their journey of evolution and take positive steps along the path; we need them at all times.

It makes no difference which phase of life they are at; we see you as a strong tiger because your mind has become very strong. We hope that this period becomes a valuable collection for all to benefit from. We wish the best in all your affairs and hope your new beginning brings you joy and happiness.

Being born from nature is healthy and auspicious and this happens only when the drop and the ocean are both pure.

Young branches turn into towering trees.

Fall is nostalgic and rain, beautiful.

Trees face the blue sky and the horse which is looking the growth of the blossoms; this is necessary for the healthy nature.

Farewell

Addicted to the chemicals

Medicines that are addictive should not be given to others. Many people in the world are struggling with addiction to various kinds of chemical pills; however, they do not consider themselves an addict.

They are forgetting the fact that these pills which are called anti-depressants or relaxants are made up of chemicals unlike opium, morphine and heroine which have a plant as their source.

The only difference between them is that chemical drugs are available in drug stores and could be used everywhere unlike illicit drugs.

No one can deny the medical advances of the 21st century, but I believe that most of the work in psychology is focused around prescription of chemical pills to relax or numb the patient and as soon as they are stopped, the patient is back to

square one; 90% of all psychiatrists prescribe medications that numb or relax the patients, a sort of carefree attitude.

In fact, here we have the exact opposite of the case of the horse and the rider. If the rider (psyche) has problems here, we constantly try to fix the horse (body); of course, any problems in either of them will affect the other one naturally but we cannot treat one instead of the other.

Now we shall compare the difference between an addict of the natural plants (NP) and the addict of chemical products (CP).

NP says: I'm depressed

CP too says: I'm depressed

NP says: I've got problems

CP also says: I've got problems

NP says: I'm different from others, I can't take it anymore

CP also says: I'm different from others, I can't take it anymore

NP says: if I don't use drugs I can't sleep at night

CP says: if I don't take my pills I can't sleep at night

CP says: these pills are medications

NP also says: opium has also been a form of medicine for thousands of years

We say as well that if opium is used on a daily basis, then it will become an addiction of an illicit drug.

Of course, medications like the pills we mentioned before could be used under special circumstances, but if used on a daily basis it is an addiction of chemical narcotics.

I really wanted the statistics of addiction to chemical medications published one day so that the depth of the catastrophe would be known.

A group of people are addicted to natural substances.

Another group is addicted to chemical substances.

Some are alcoholics. I'm not sure what the numbers are and that's why this message was written in the beginning of the book:

I bring you water, drink it until you are well watered but not under the water,

I grow enough so that darkness and night engulf the earth and sky, but you find the light through the greenery and sit on its wing and fly towards me...

Anyways, the science of psychology will find its way also just like how the other sciences did; however, psychology is a very delicate and sophisticated matter as it deals with the invisible attributes of the human being. Till then humans have to pay a heavy price since the entity called human being is still a mystery in many ways.

18/11/1997

It's Thursday night and some of our close friends are here and since they know we're rummaging in the beyond and know our mentors, we decided to mention the details of this meeting even though it might not be that relevant to our main topic.

18/11/1997 Sardar

Measure of knowledge

Greetings to my dear friends who have gathered to know their love as the manifestation of the beyond; we have a lot of respects for people like you and wish the best for you on this path.

There are some individuals among you who are wondering if they can ever achieve a place where they no longer face a thing called problem. This is possible in two ways, with thinking and without thinking. Which is easier?

Along the way, you came across issues which are explainable or you took paths without any thinking at all.

We can say to all humans that by careful thinking and contemplation they can achieve anything that they set their mind upon.

We can see the friends, loved-ones and the children walking the path; hope you end the winter with glory.

Do you have any questions from us?

Question: is there a chance of salvation for someone who is lost or has become a bad person?

To answer your question briefly, yes.

The Supreme Power or God or whatever name you want to call it, has forgiven mankind an infinite times, each and every one of us constantly make a mistake and are forgiven instantly or to say more clearly, forgiveness is finding the right path and having the ability and determination to follow it.

The measure of knowledge is neither literacy nor education, nor civilization, nor the exterior appearances; it is thinking humanely that measure real knowledge.

Put your words, thoughts and deeds through a divine test. I hope you got your answer.

Goodbye

24/11/1997

I've got to the end of my timetable and have to create a change in it. I'm going to divide one gram of opium into 30 equal pieces, which means 33 milligrams each. I've decided to continue till the end of autumn and see what happens.

26/11/1997

The last phase	From November 11 th to 26 th	1 grams for 15 days
The new phase	From November 27 th to Dec 27 th	1 gram for 30 days

06/12/1997

These days the pieces are really small and I just put them on my tongue and continue the treatment process; I feel my body waking up gradually.

06/12/1997 Silver

Receiving the key to the city of existence

You are now in a new phase where your whole city of existence (physical body) has given you the lock and the key so that with a new beginning and better choices, you take charge of your affairs entirely and make a fresh start.

You cannot measure this success by any standard. Attend to your responsibilities diligently and always plan carefully.

Lady Jones says: with the end of autumn nearing, your life will be completely changed and you must continue the restoration of your body.

We are interested in your health more than yourself; make reasoning and contemplation your companion so as to have a balancing force which gives you the strength to carry on. Strengthening this inner force is like a dam that is able to withhold the most powerful rivers in the world. Use it as your wings to fly to unimaginable places; you will never be stuck in a storm again since you are an eagle that flies with the power of faith over the storm, clouds and the wind; this is the divine force that is victorious over all of them.

White eagle says that these are his words being expressed through us.

We have to go now.

Farewell

11/12/1997

An unbelievable belief

Today is Tuesday, 15 days left to the end of fall. When I woke up in the morning I didn't take my small daily dosage. There were exactly 16 pieces left and I had to continue taking them according to the plan. I'm not sure what will happen but I'm wondering if I'm still dependant on this small amount.

Anyways, I waited to see if I would face some discomforts and if I needed to continue the process.

However, something told me that the journey is over. First the picture of the cleansing, second the image of the rotten tree and last, the melting of the ice and snow.

I waited till one o'clock in the afternoon and though nothing happened, I decided not to hurry and took my dosage. It didn't cause any changes in me and my mental state was not altered at all.

The next day also I didn't take my daily dosage and kept wondering what would happen. I spent Wednesday without any significant event and told myself that I would take my dosage the next day.

Thursday morning came and it had been 40 hours since I last used drugs; everything seemed normal

and I felt very relax and calm. I refrained from taking my dosage on Thursday as well and as unbelievable as it was for me, that day also passed.

Friday morning came; 64 hours had passed since my last use. I was in doubt and certainty both. I couldn't believe it and I didn't dare tell anyone. It was 1pm and about 72 hours since my last drug use. My wife asked me about my timetable and how it was going and whether I had any problems.

I told her that it's been three days that I've not used any drugs and I seem completely fine. She screamed out of joy and tears welled up in her eyes and said: swear to me.

I said: you know that I never swear but this time is alright. I swear to the creator which we believe in that I've not used any drugs for three days and as you can see, I'm totally fine. I, myself can't believe it neither and it's beyond me.

She screamed for the second time and continued crying and this time, it was a cry of joy for us.

Arriving at the finishing line

I praise the Lord and give my greetings to all his messengers and prophets.

My dear friends and loved-ones; I'm deeply grateful to all of you who accompanied me during this journey. I will try to serve you all as long as I live. I've tried my very best not to write anything unreal or untrue. Anyways, my journey ended on Tuesday December 11th 1997 at 1pm and I wasn't even aware until a few days later. However, we know today that we can defeat this monster as long as we have the proper approach and depend on the great forces of faith and reason. Even if someone does not believe in God they can believe in themselves, in their inner strengths, to fight off the evil. Even if one does not believe in evil, at least they can fight off humiliation, misery and drug infested neighborhoods where their families and future generations have to live in.

In the end, our existence is not futile even if we think that way.

The Eleventh Law:

“The end of each point is the beginning of another line”

My dear friends, even though my journey has ended I still cannot part with you; we must continue together our journey of restoration and participate in the celebrations.

Today is December 15th and four days has passed since the end of my journey. I'm at the presence of my mentors feeling extremely happy.

15/12/1997 Silver

Recovery Period

Guardian: I don't know how to thank all of you for all your advice and guidance. You were the light in my journey. Raad says that when beliefs are combined with love, the realness of love is felt and those without love, are like empty containers. This is the true love connection between us and we value it greatly. We hope that our path which was a very dangerous route would be passable for those who seek redemption from their destructive habits.

I also send my greetings to Lady Jones, Judge Edmond, Louie, white eagle, father and Raad.

Silver: everyone is happy to hear from you. We constantly wanted the best for you and dedicated all of our efforts for your success.

This is a new life for you, a life that you can help others find themselves and take back what belongs to them. It was your own determination that helped you the most. Furthermore your love for your great mentor, Sardar gave you the needed inspiration long the path.

We too achieved the great result for our research and you saw that this could be achieved without any laboratory. Of course, due to the long period of illness the patient might become somewhat weak and agitated which is very natural. However, this has happened to you in a very subtle manner and it has prepared you for your future trials.

The season of winter has arrived and winter can be of great benefit to you regarding two issues.

First, start of new projects and completion of your research and second; implementation of certain mutual tasks together. Maybe with the birth of Christ you have been reborn as well and it's in your destiny to be resurrected with Christ once again.

We are constantly learning new knowledge; this is a victory for our research in space and its implementation on earth.

Do not have any doubts about your action and we'll celebrate this ending with a new beginning.

Your book and your research will be safe.

Farewell

18/12/1997

It's been one week that I've crossed the finishing line. This journey was a valuable experience and I didn't even use one relaxant or painkiller in the entire journey.

I gather from the teachings of my mentors that I need one full year to recover completely as every illness has its period of recovery. I think of winter as the time of regaining energy and restoring the body, mind and soul.

Let's not forget that throughout the journey of recovery and afterwards, the individual is not always resting. In fact, he's constantly active and attending to his daily chores and responsibilities.

One of the most important things for the individual is sleep at night; sleeping must take place at nights so that the body rests fully. Daytime sleeping is not sufficient for many reasons.

18/12/1997 Sardar

A brief description of the picture No.5; cleansing in the desert

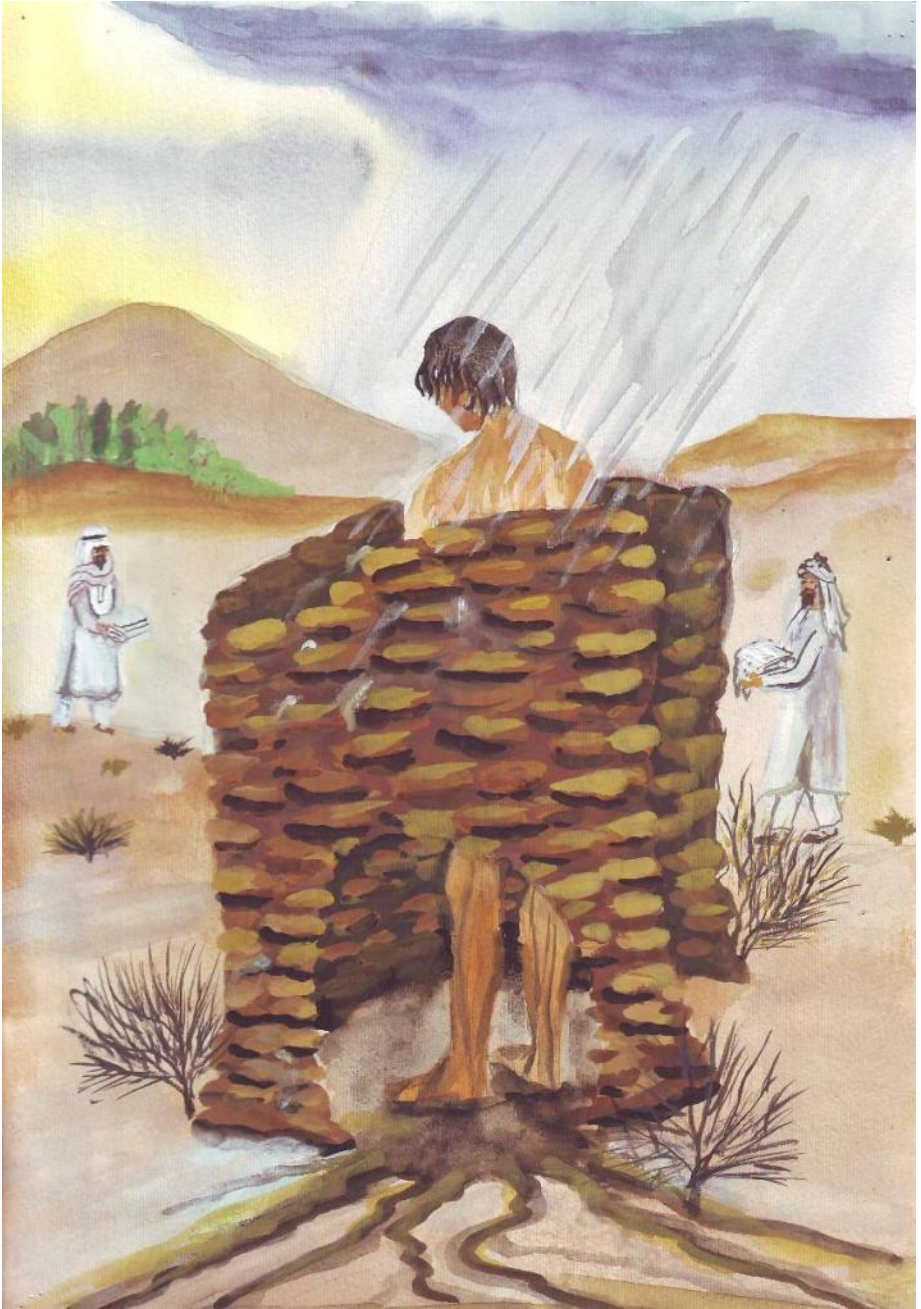
Today is exactly one week that I'm drug free.

I'm in a meeting with Sardar and he displays an image and says: we placed you in the desert so that the merciful rain cleanses you.

This image is the cleansing of a human being in a desert which is done by rain, symbol of divine mercy.

I think in this month the last of impurities will leave our body, they are shown as the murky water in the picture and even the sand does not want to absorb them.

We also can see two individuals from different cultures waiting to present the man with a white shirt which is the symbol of purity.



18/12/1997 Sardar

Waiting for the flight command

Guardian: I'm speechless due to the extreme joy I'm experiencing; I'm amazed at God's power.

Sardar: I send you my deepest congrats; now you can say that I can achieve. We took you to the past to remember how you were.

The place that you were had been the arena of the capable, righteous and reliable men. Many fresh beginnings have begun from there and it's not your fault that you don't remember.

This is the divine wish that you start the ascent from the lowest point to the highest.

You are now like a bird that has learnt how to fly and is awaiting the flight command; this applies to your family as well. You have made many people very happy including your wife, Zahra and your past family and relatives.

We reminded you of Christ so that you know rebirth or resurrecting the death is from him and the closer you get to Lord's mercy the more you'll get to know yourself.

Farewell

Guardian: many individuals assisted us in our journey through the glacial. Someone gave us the map, another provided us with food and someone else gave us encouragements. Everyone helped so that we can finish this journey. You got to know these individuals gradually along the way.

I want to introduce to you all a few more of these people; their names are Pak Robad, Pani, Antina and Khosro.

These people are invited to Sardar's party for the completion of our journey and now the rest of the events:

20/12/1997 Pak Robad

The color of clothing in the party

I'm Pakrobad. We are all in a gathering by the invitation of a pure human being, Sardar.

According to the ancient tradition, we have worn red attires and your mum is also wearing a red dress.

Miss Antina is wearing a purple dress and Khosro has a beautiful robe on.

We went to a birthday celebration that was held for two determined individuals; we realized their humble

manners. The place in which you saw yourself with lots of flowers is the place of your forgotten strength that you have to take back by the command.

The white horse which is a light force says: take control of your life.

Mum says: I've worn red because I know that your achievements must be decorated with rosy red.

I have a white shirt on; Miss Antina wants to say by the color of her clothes that divine splendor is your assistance and Zamamdare Rasti is your guide. Ruling a country needs planning and deserving rulers. Remember this in your mind and heart and carry it out like a dedicated teacher.

We have to go back to the celebration.

Farewell

23/12/1997

I have another friend whom you have heard of before; his name is Raad which means thunder. I'm meeting him tonight.

23/12/1997 Raad

Difference of outlook

Greetings upon the guardian; How do you see the universe?

Guardian: I see the universe beautiful with all its difficulties; however, I find myself nostalgic and lonely sometimes and that's because I'm away from you.

Raad: I was also alone for some time and in my loneliness I learnt much knowledge which is equal to all my learning on earth. You have a valuable gift which is eternal and always with you; it will be used in many universes for a good purpose. In this path, Satan asks for assistance from friends to steal your gift, thus you must be very alert and careful.

Don't be upset by the words of some friend. We told you in the beginning how to benefit from friends; we will prepare the necessities for those individuals who needs your help. You still have to focus on two things: first preparing and constructing yourself and second, making your body and health strong.

Guardian: I feel that I'm looking at the issue in a different way.

Raad: your inner feelings shows your sharp outlook on life; maybe your views have changed and you look at the important issues differently now. The human being can realize the secrets of creation with the help of heavenly powers; it's only the outlook and perception that causes this difference.

I had many followers but on that faithful day, I had no friend but my own love. My impatience for union intensified every second. When my life was taken I realized that the body was only a garment and my soul took flight into the heavens.

Be happy

I've also tuned my instrument.

Farewell

23/01/1998

27 days has passed in winter and 42 days since the end of my journey. My overall condition is not what I thought it would be; it is very different from my previous treatments because the vital systems of my body have come back to life and are functioning as normal again. During a whole year I gave my physical

body plenty of time to recuperate; my body and mind do not feel the urge to use drugs anymore because they don't need it.

My thinking has gradually changed along with my body. My wife recommended that I write my experiences one year after my full recovery as time is needed for the clear result. The following conversation took place between us one week after my recovery date. I answered her:

1. All the issues spoken here must be documented and true; I cannot lie or remain silent about an issue.
2. My treatment process began a year ago.
3. I have so much faith in this method that I won't relapse till the end of my life and even if I'm born a hundred times more, I will never ever use drugs.
4. In those cases which they said one full year must pass from full recovery, they weren't cured in the first place; but I'm perfectly cured.
5. If I want to compare what I lost with what I've gained, I won't be able to as they are not comparable.

I remembered a conversation I had with a friend of mine who is a master of hypnotism. I asked him: Hamid, I have a question, please be honest. You have many years of experience in curing addiction; does addiction to heroin and opium have a cure?

Hamid who was also trained in China and Japan said: “addiction to heroin is difficult to quit in the first few days and the addict must quit heroin in 20 days or so and then use opium since it is less harmful. The high from heroin doesn’t last very long and the addict is constantly looking to buy it, but the high from opium lasts longer.

However, for opium we haven’t got very good results. The addict quits for a while and restarts after a while.”

That day Hamid told me a true story regarding this matter.

The story of a heroin addict quitting

Hamid said: “we had a great master in hypnotism that was very famous in all of Iran. This teacher had cured a heroin addict by hypnotism according to himself and would take him to all the seminars. He wanted to show that addiction was curable through hypnotism and acupuncture and that person was a

clear example; this master claimed that the addict has no problems whatsoever.

After some time, the addict started to smoke heroin again and the news spread everywhere and the master also heard of it.

So they got into this fight together, the master and the addict. The master screamed at him that he has ruined all of his work and damaged his reputation and the addict responded by saying that he had been craving heroin from day one and was suffering as a result of withdrawal symptoms constantly.”

In the end, I told my wife that my method is different and if those who suffered immensely during numerous treatments had gained an overall mental and physical balance, they would have never started using drugs again. Surely something was missing from the treatment process otherwise they would have produced better results.

However, in my method, the body gradually regains its natural balance and when it is completely cured, the mind and soul will follow in pursuit.

There is another issue which you must pay attention to and that is your friends and acquaintance.

Don't get upset by your friend's words and actions. If your friends are also drug addicts you don't have to

cut off your connection with them quickly as it will leave a vacuum in your life. When you start your journey of recovery, naturally you will visit other places and meet new people who are not addicts.

I didn't cut off my relationship with my friends immediately; but they gradually did it themselves. Because to them I was a living proof that drug addiction has a cure and every time they saw me their conscience got bothered. So gradually they saw less of me unless one day they decide to begin their journey which I think that day is close.

You must interact with your friends confidently and let your behaviors and confidence affect them rather than you abandoning them. Whenever they feel ready and have gained the courage, they will start their journey from destructive fire to light, from Satan's trap towards the Supreme Power.

The mysterious illness of drug addiction

I went to a park in northern Tehran yesterday. I saw a young man lying down on a bench in the park. With one look I realized that was his home and a torn blanket was his roof. I was smoking a cigarette when he got up and asked me: do you have an extra smoke?

I lit up one and gave it to him. He went back to his bench. A few nice guys who belonged to a charity group came and bought him a couple of sandwiches. I sat down until they left and then called him to sit next to me. He wasn't able to eat anything so he left his sandwich untouched.

I said: what's your name?

He said: Hossein.

I said: how old are you?

He said: 34 years old.

Hossein was a medium size youth, about 50kg and was wearing short sleeved blue shirt, white pants and sleepers. There was a fresh cut under his eyes which was a sign of recent physical brawl.

I asked him: what happened to your face?

He told me that he had been thrown out of his house because of his addiction and that it had been a few days since he quit.

Hossein: two days ago I bought some Heroin.

Me: what drugs did you use?

Hossein: pills.

Me: how many?

Hossein: I've lost count. I used whatever pills I could get my hands on.

Me: what kinds?

Hossein: anti-depressants and relaxants.

Me: how much do they cost?

Hossein: from one dollar to \$170.

Me: where do you buy them from?

Hossein: downtown.

Me: you took pills, why did you buy heroin?

Hossein: it's much harder to quit pills than heroin. So I thought since I've not used pills for a few days, I use heroin to relieve the pain and quit my addiction. We went to an abandoned house to smoke heroin when

the Police arrested us and they beat us up real bad at the station. The scars on my face and feet are from the beating.

Me: how did you get those scars on your feet?

Hossein: they dragged me on the ground till under a tree and hosed me down with cold water. Since I didn't have any warrants, they let me go later.

Me: they probably did you good with the cold water. You were probably in a bad shape and cold water helps in these conditions. It's hard at first, you should have endured it.

Hossein: yap.

Me: when did you come to this park?

Hossein: I was down at the other park but they threw me out. I came here today.

Me: what have you decided to do?

Hossein: I'm very tired and after sleeping in the streets for a few nights I've decided to either die on this bench here or get healthy.

Me: how many times have you quit before?

Hossein: I don't remember, but a lot. Now even if I tell my family that I've quit, they won't believe me. My mother is not that strict but my sister is.

Me: you don't expect them to believe you after these many relapses, do you?

Hossein: you are right, you got any smokes?

Me: my smokes are finished, you go over there and wait for me. I'll buy smokes. Don't worry; people will help you get through this.

So I got some smokes and chocolates and came back.

Me: eat the chocolates since you have no appetite for food and your body needs energy.

Hossein: right. Thanks

I gave him a few cigarettes as well but no money so that he won't get the temptations to buy heroin again.

I told him: if you want to build a house say right now, when do you it will be finished?

Hossein: it'll be a while, I guess.

Me: do you expect the house to be ready by tomorrow?

Hossein: no.

Me: therefore, your physical body is your house and after quitting you must be patient; if you're under pressure you must endure it since it will pass eventually. Your body will recover in due time, even your memory.

So I said goodbye to him and he went back to his bench and I, to my home.

On my way back I thought everyone knows drug addiction as a mysterious illness and exactly due to this lack of awareness many human beings perish away, unfortunately.

I wondered to myself; had I knew of this knowledge that I have today about addiction 15 years ago, my whole life would have been different and wouldn't have suffered this much.

I wanted to fight off a monster that I had no knowledge or information of. Today though, the illness of drug addiction is no longer a mystery to me.

I thought to myself that if Hossein's family had the proper knowledge to deal with his addiction, they wouldn't have treated him in that way and would have given him the support he needed.

If the Police recognized addiction as an illness, they wouldn't have beaten him up like that and many such ifs and buts.

What a price does a human being have to pay for lack of knowledge and awareness? A heavy price I thought as I arrived home; it's not just the mice that have to be experimented upon.

25/12/1997 Silver

Betting

Guardian: greetings upon the members of congress. I'm very happy because of the research that we did together successfully.

Silver: this collaboration is a sign of a deep connection between us.

As we said before a copy of the book will be kept in the archives and according to Louie this is like a new discovery; to those who still think that doctors, psychiatrists and medicine are the answers we say that is a big mistake.

Lady Jones who has been a constant supporter of your cause won the bet from me. It was a pleasant surprise for us; we didn't think that you would finish the journey before winter and it's a loss we're very happy about. Lady Jones says that she didn't think she would be able to speak Persian at first, but now she has something she wants to say to you." you are

as delicate as the violets that have sprung up from the earth, many blessings of the Lord upon you.”

Do you have any question?

Guardian: I’m grateful to her for the wonderful encouragements; hopefully this path would inspire others who long for redemption from drugs.

Silver: everyone says that we must repay our debts. Judge Edmond says that he is very happy for your achievements and the example that you have become for others to follow suit.

You have learned how to train others for the journey and nothing can stand in your way of progress; the writings and the images will be of benefit for many. You have started the congress from winter and it has a strong foundation to expand.

Farewell

In this meeting of the congress it became clear that whoever finishes this journey of recovery is like a bird that has passed through the toughest storms and flied high above the clouds. What else this bird could be but an eagle?

In fact, this individual has experienced darkness and in a calculated battle he’s been able to regain himself

and his personality and in life, it's unlikely that he makes the same mistakes again.

Generally, dealing with obstacles of life becomes much easier for him because of the trainings he has received.

03/01/1998

It's been a week since the start of the winter and after 17 years of being in darkness, I'm experiencing light.

I remembered the things that I wrote in the beginning of the book, that from all the drinks available I've only drunk orange juice and I thought there isn't any drink better tasting than that. Now I've realized how wrong I had been in all those years.

Now that I look back I realize that I've lost all my assets and finances and due to continuous neglect, I've become poor; all the abuses and being taken advantage of by the closest people to me had left my financial affairs in disarray.

In this journey I've found myself once again and this has given me the confidence to fight for my rights and take back all the things that were wrongfully taken away from me.

I'm also going to the pool with my son on Fridays which is very enjoyable and I've found new friends.

When I stepped into the pool after many years, a rush of joy swept through me; I had never been this close to my son. He had witnessed my gradual death because of addiction and couldn't do anything. He had seen me in prison and now in the swimming pool.

I'm experiencing other pleasures in life which I had no idea about. Oh God, what a huge mistake I had made during all those years in life.

Since my body had regained its natural balance, my mind and spirit were also uplifted and I had lost all desires to use drugs again. I wasn't ready to lose the joy and happiness that I had gained.

The main problem of the patients of drug addiction is the physical body; when it is balanced the psyche of the individual will also be balanced.

03/01/1998 Sardar

Faith

Guardian: greetings upon you. Thanks for having us.

Sardar: we had a gathering for your family and realize a force within you that helped you come out of the darkness.

Faith is the manifestation of God's light in human's existence.

God cares very much for his creation, the human being; but humanity is always ungrateful and this ignorance continues in other circles of creation.

The reason why your mother wore red was because she feels a sense of calm within and seeing you.

The responsibility is on your shoulders, to make the impossible possible, to cultivate and irrigate and to harvest great crops.

Farewell

Getting into worse trouble

One week ago I met someone in the park. He was 34 years old and had quit addiction for two months. We walked for a while and talked about his condition.

Me: what did you use?

Him: I ate opium, pills and drank a lot.

Me: why did you use all three at the same time?

Him: I started opium 14 years ago; I decided to quit so I used pills and to get rid of pills, I sought alcohol. I kept telling myself that it's no harm to eat a little opium or take a couple of pills or drink a shot of vodka. Now that I've quit for two months, I don't have the energy to work or do anything else.

Me: what did you do?

Him: I was a handicraft artist making good money, but now I can't do that anymore. I'm ready to do anything else, wash or clean places since I don't have the mood or concentration for my art.

We said goodbye and made an appointment to see each other next week.

Yesterday I saw my friend again. He is a decent and honest person. I asked him about his situation.

Him: I screwed up.

Me: what happened?

Him: I went to a park and found a dealer and bought some heroin.

Me: I thought you don't smoke heroin.

Him: I've done it a few times before; I also ate a little opium.

Me: when was this?

Him: two days ago, but I want to continue quitting.

Me: how many times have you quit in the past?

Him: four times, but each time I was unsuccessful. Now it's this constant struggle in between drugs and no drugs.

Me: with these uncalculated moves you're getting close to a breakdown and you might even end up injecting. What's your education?

Him: I've got a commercial diploma.

Me: if you don't do some serious thinking you might step into deeper addictions.

I told him of the first law and explained the structure of the body to him; I advised him to think for a few weeks.

He asked me: will your book be published soon?

I said: hopefully soon.

All structures begin with contemplation; without thinking all that there is will perish.

12/01/1998 Silver

A brief description of the images (no.6)

From the beginning of spring till the end of autumn, we'll send you four images. These images are of benefit to those who are travelling the journey; they will serve as light on their path.

1. Rotten tree; it's the symbol of a human being in addiction.
2. Young branches; it represents the rebirth of a cleansed human being after purification.
3. The road; the path ahead is long.
4. The healthy trees; it's an example of a human being walking the right the path towards the sky and forest. The greenery represents your past which was astray. The

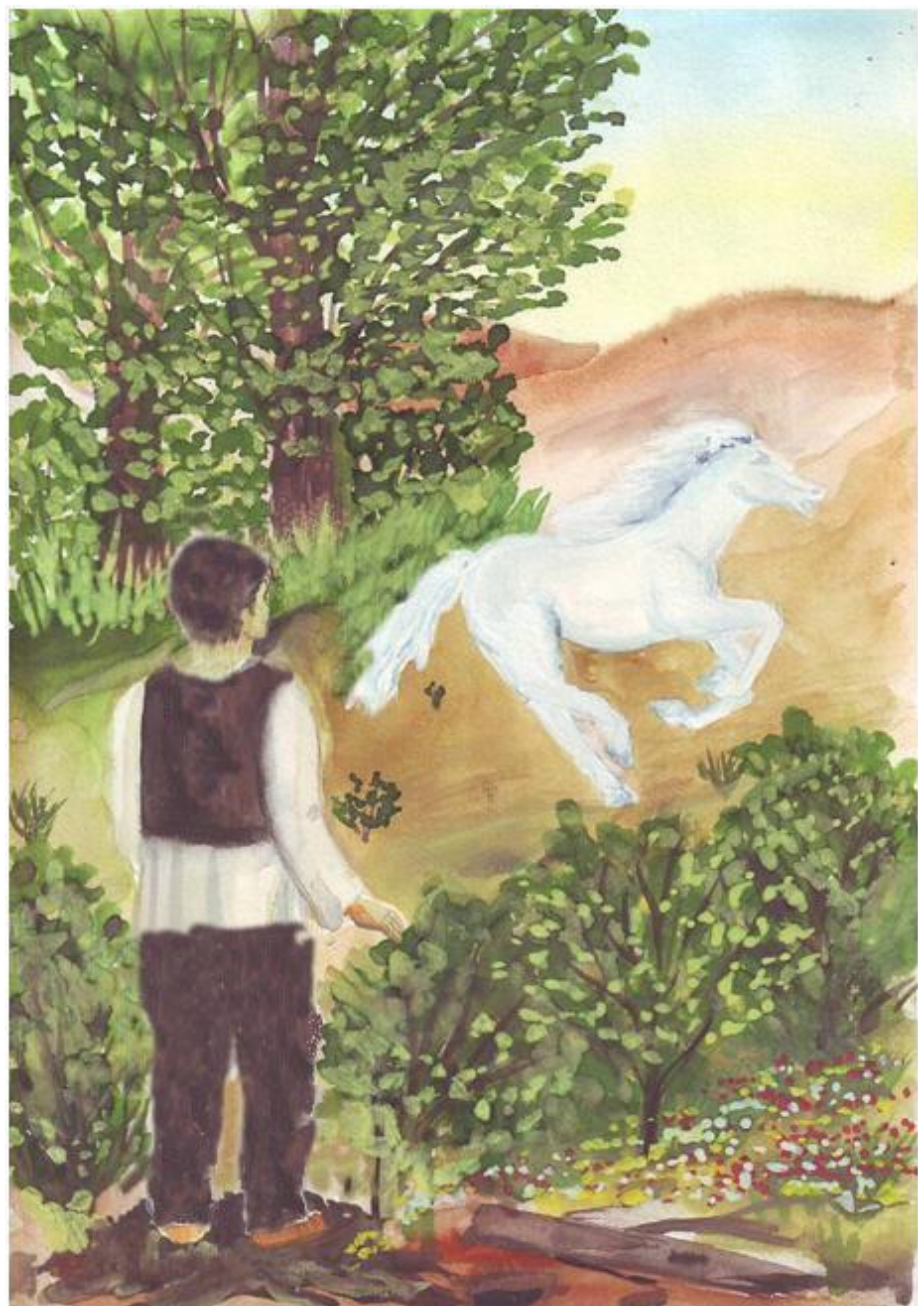
greenery and the horse are specially related to your past.

5. The hill; all the mentioned writings are about the redeemed individuals from the negative forces. It's usable for some of the friends who were on discovery trips in India.

There might be more than four pictures. We started from the ruins; you imagine the beauty of flight of birds in the sky, from destruction to a beautiful image.

We have to go.

Farewell



15/01/1998

34 days has passed since the end of my journey and 19 days since the start of winter. The month of Ramadan has arrived and in our religion, Islam we fast this month. This means no food or drink or smokes from dawn till dusk.

15/01/1998 Sardar

The best way

I'm glad that you're able to fast this Ramadan. You have restored your body and spirit very well and the balance which you have gained can help you deal with all issues confidently.

You had to go through this ordeal so as to regain yourself and go deep within the meaning of your life; to apply yourself fully to life's challenges and actualize your hidden potentials.

In future, by achieving your goals and attending to your responsibilities, you will realize how easy it is to walk on the right path and carry out God's commands.

All humans think that the shortest way is the best way, thus they do not think about its rightness or

wrongness; they choose the path which can bring them closer to their worldly wishes. As a result, their home works are always incomplete and inconclusive and have to redo them again. You must know that all of us have come to this world to serve others and learn; first learning or training and then serving. This takes time.

Raw or half-cooked food is inedible.

We must be alert when carrying out the Lord's commands and make sure they are what he wishes.

We wish this auspicious month will be a time of blessing for you and your objectives.

Sometimes we like to hear your heartaches as well; do you want to say anything?

Guardian: what can I say, you have spent so much time for me and I won't be able to thank you enough.

Sardar: you are not trained and guided only for yourself. This is done so as to make a good teacher out of you for your family and others who come to you to recover from addiction.

Three things you must pay attention to in this regard:

First; receive the divine word completely, seek it out and explore it.

Second; do your best to gain knowledge and learn science.

Third; appreciate and value music; through music you can discover the divine sound.

Encourage this in a special way in your family; music has a powerful meaning. It is as if it calls us to a special place where many secrets are shared but we do not know where it is; it is very attractive. You can observe the creation in it.

Goodbye

19/01/1998

23 days has passed in winter and I'm down with a cold. In the past due to my constant drug use, I caught cold rarely or didn't even notice it.

19/01/1998 Silver

Child's mistake

I'm sorry that you have a cold; we have to inform you of some issues. The cover of the book must be attractive as it needs to attract people in trouble. Remember how you couldn't go through a day without drugs so you should put yourself in their place. Do you understand what I mean?

Guardian: yes I do, you mean that I should think and feel like an addict.

Silver: Lady Jones says" if you mistreat a child because of a mistake; that would cause a lack of confidence in him and might lead to future mental problems".

It's the same with a reader and he should be given plenty of time to make amends alongside the notion that he has made a great mistake. The path seems dangerous but attractive for the reader and the achievement at the end of the line seems magnificent.

Human being has lost his place and status somewhere and is not aware of that. He must find that place.

Farewell

05/02/1998

There are five more days to go till mid-winter and that is the beginning of nature's awakening.

In other words, in mid-winter lots of snow and rain empowers the earth for a rebirth. In spring; plants and animal start their life once again and certain biological events also take place in our body.

Now, a patient who is freed from the horrific chains of addiction is reserving the much needed energy in winter. Without a doubt he has many backlog tasks that he needs to attend to.

There are many difficult issues to deal with for the patient of drug addiction and he has to fight for them just like how he regained his old self back.

During the journey through darkness he has learnt many valuable lessons and experiences and he is a teacher. The things that we'll read from now on are about creating a point of thinking to live a better life and stand up for one's rights; these applies to someone who has crossed the zone 60 degrees below zero.

The month of Ramadan is over and the first day after the end of this month is called 'Eide Fetr' and it's a time of celebration.

05/02/1998 Sardar

The judge's verdict

Sardar: greetings on the worshippers of the Ramadan.

We congratulate you all on this celebration.

We wish that with every sunrise you'll get closer to the creator.

We hope that you value life at every moment and try your best always. We try to guide those who seek virtues and wish the best for them.

With the grace of God and your own efforts, try to purify yourself; with your rebirth and fresh thinking, continue your way towards a healthy mind and body in the remainder of winter.

Attend to the backlogs and have no fear of the future; give enough thought to every action and move forward. Always document every word and event for future references.

The effect of the verdict does not always seem real in the lifetime of the judge.

However, if we mention something in another time and place, it has a significant influence. For example, if you haven't met a writer, you will read all of his

writings with interest; but if he tells you the materials himself, it won't be that attractive.

Farewell

08/02/1998

This period in mid-winter is a very constructive period for us and we can benefit from it greatly in our planning and actions.

08/02/1998 Silver

Cargo Ships

Silver: with the arriving of the cargo ships you must know the method of substitution. The starting move is from the cargo and as Louie says, this is a great sadness. This point is known and hidden for all the microbes, parasites and viruses. You do know what we mean by that.

Guardian: yes (there is a group of microbes that abuse the patient and take whatever he's got.)

Silver: you must continue the battle in two different fronts and finish it off by the warm season.

As time passes your responsibilities become harder and harder and some individuals will need your assistants even those who saw you as an educated atheist. You can influence them with your thoughts and words.

As you can see works progress much faster in groups; in the completion of the book and the third chapter, the third image of the winter is the beginning.

The chaos in the city of existence is in summer.

The order sets in autumn.

The white and rosy blossoms symbolize the flight of the soul into the sky.

The penguins become calm.

The ocean and the valleys are filled with heavenly dancers and the restless soul desires redemption.

It desires union with the beloved.

Then, the divine light attracts the human being like a magnet towards the heaven.

Farewell

It's been 75 days since our journey ended and it is as if I had been sleeping and have suddenly woken up and realized that all these years I've lost so many opportunities.

For example, I gave someone power of attorney on some land in a city and he completely abused that right and took all of the properties for himself and sold it.

He even threatened me and called me a heroin addict and since I was deep in drugs, I didn't have the energy to challenge him and stand up for my rights.

I'm going on a trip to take back what was once mine and tonight I'm meeting Sardar. This story is an example for you and your rights which have been abused. You must become strong once again in the body and the mind.

25/02/1998 Sardar

The weapon of truth

Sardar: in the end, the first command is carried out.

Utilize all your potentials and abilities. Do not have fear about the task ahead since you are protecting your rights

Your weapon is your ability to express yourself, your mental presence and alertness. It's the words that defend your rights and your judgment which is not clouded anymore.

You must defend your rights no matter how small they are and use your reason at all times. Make the best of your time and stabilize your financial affairs. War and battle can also take place in the unconscious; as Dindastur says" we didn't have any date trees to climb up, but in exile we learnt to climb it up and take refuge in it; it was high up and also had food in there. So I got some forced raining there".

Thus your effort and action is equal to the judge and his verdict.

Wish you the best.

We have to go.

The self of the self is a stranger if one does not know one's self.

Be kinder to strangers than yourself.

A weapon that is not use will rust especially if it is your words.

Goodbye

The Twelfth Law:

“In the end, the first command is carried out”

This is a general law which we use throughout our lives.

For example, if our intention in the beginning is to cultivate wheat, we'll get to it after about 8 months of care and irrigation; literally in the end.

Now that we want to quit our addiction, we must not expect results in a few days; patience and perseverance along with the needed time can get us the desired goal.

The interesting point is that we accept and implement this law in all areas of our lives except in the issue of drug addiction.

Why?

Due to lack of awareness of the structures in the physical body, we don't pay much attention to this law.

Now if someone says that they can help an addict, who has used drugs for 5 years, quit in 20 days and be in perfect conditions; it's exactly like saying that they can bring human fetus into life within 20 days.

The Thirteenth Law:

“The self of the self is a stranger if one does not know one’s self”

This law tells us that if a person does not know his relatives and family as himself; then he is nothing more than a stranger to us. If there isn’t the love connection between a child, spouse, brother, sister, father and mother; then they are only words which mean nothing, empty containers.

Suicide

Yesterday I met a great musician who told me that he's quit drugs for six months and that it's been three days that he has decided to commit suicide.

A friend of mine who was there with me told him about the structure of the body and how it has been affected due to years of addiction. He told him "you have waited six months, wait six more months so that your body's systems restore themselves fully and restart their production line".

After a through explanation about addiction, I could see a happy smile on his face.

It's very easy to comprehend the issue here. Imagine someone is stranded in a desert and is dying of thirst; to boost his energy one can tell him that there is a well about five kilometers away and he might somehow get himself there. However, if each time that he gets there he sees a mirage then he loses his confidence and probably dies.

In addiction; more attention is paid to the issue of psyche and spirit than the physical body. When the body is balance then we can pay attention to the mind.

This musician reminded me of myself during my second attempt at quitting drugs when I wished to die every day.

26/03/1998

I was in Zahedan for the whole of last month and was trying to attend to some personal matters.

I returned to Tehran on the first day of spring; nature was reborn again and its effect on creation could be felt.

This trip was different from my previous trips when I wanted to hide myself from everyone including the Police at the airports. This time I was confident and relaxed and no one asked me any extra questions.

I decided to visit Sardar for the arrival of the New Year.

26/03/1998 Sardar

All births are similar

I congratulate you and your family on the rebirth of nature.

We repeat we're very joyful because of your fresh start and your rebirth in life; we encourage you to attend to your responsibilities and strengthen our connection; these include yourself, your book and your financial affairs in addition to regaining your abused rights and unlawful confiscation of your assets.

Moving along the right path makes the human being become closer to God and feel his light and presence in his life. It opens up the internal vision which in turn enables the person to see other universes in addition to his real mental appearance.

At that time one cannot traverse any other path but the right one. You probably know what I'm talking about; pay careful attention to all the work in hand. Speed up the process so that you can achieve a lot more in life's remainder.

Sounds become meaningful like light and feelings and it is there that the meaning of a human's desire is born.

All births are similar.

However, there are great differences in details which usually go unnoticed. This issue does not concern only the physical structure of the human's body, but the essence of his existence.

The attributes of the physical body and appearance are the apparent attributes and sense, sound and light are the hidden or invisible attributes.

This is related to a feeling in human being which wants to dress the sounds beautifully (music) or make his thoughts fragrant (philosophy).

Try to ponder deeply on the divine proofs around you; we wish a speedy progress for you in all of your affairs.

Goodbye

12 days has passed since the start of spring and I'm spending my time organizing my notes and writings.

01/04/1998 Silver

A brief description of picture No.7

Silver: the shining of the sun and its extreme glow and reflection on the ice is the symbol of the difficulty of the path. The car continues with extreme difficulty along the deep bluff.

Guardian: due to the glitter, the car deviates and the front tire barely miss the edge of the road; pieces of dirt and ice fall down the bluff.

However, the car passes through safely and sun's glitter decreases and becomes more tolerable for the human eye. We celebrate the births and continuation of the progress.

Farewell



This picture is the second image of me crossing through the cold region and resembles my conditions in the beginning of spring, two months after the beginning of my journey.

As I explained before, the car is the symbol of our body and the driver is our psyche or mind.

Sun's glow resembles the awakening of internal powers or faith and reason.

Faith is the manifestation of God's light in the human being.

In this dangerous road, upon realization the individual becomes aware of his chaotic conditions and decides to take some immediate actions. In other words, quit drugs suddenly. However, since the road is slippery and the car is in poor conditions, the car starts to deviate and nearly crashes down the bluff (meaning relapse). Fortunately the individual gathers himself and continues on very carefully.

06/04/1998

I've decided to ask my mentors and other members of congress to write something as the book is coming to a close.

Of course, end does not mean goodbye since the end of each point is the beginning of another line. Hopefully when you finish this journey successfully and re-strengthened the love connection between us, there will never be a separation. This might not be believable but needs contemplation.

06/04/1998 Silver

The destructive fire

We're glad that you have finally reached the last pages of the book which will remain in the archive for future use and research. It might be useful to have this writing in the book; come, let's curb this devastating fire and transform it into the largest bird that has the speed of light and sound with the display of the best colors until we arrive at the place where we had diverged from. We should become the light that God wants not the fire which destroys everything; the display of light from the flames of fire.

06/04/1998 Silver

The third picture of crossing through the...

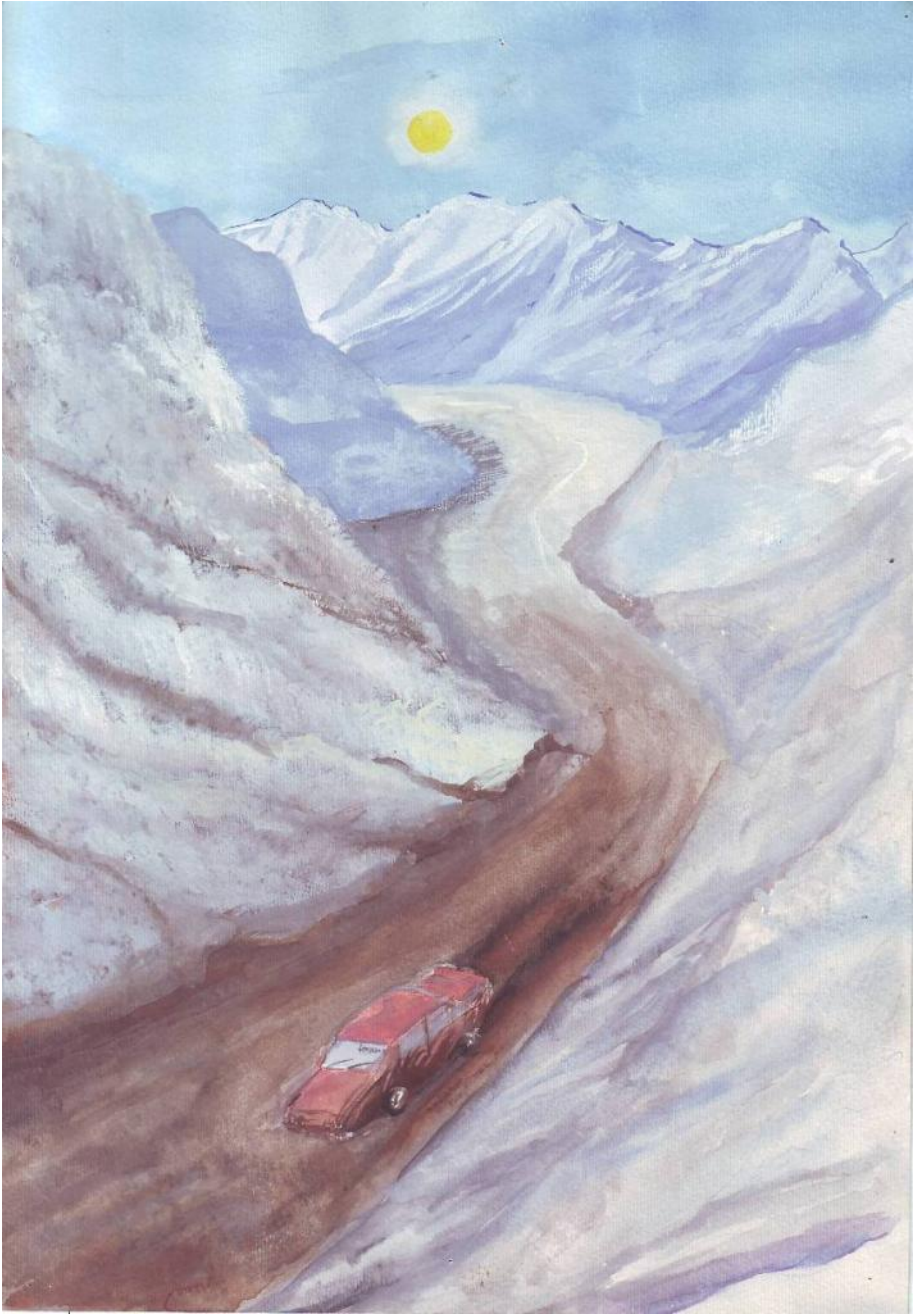
Picture No.8

Silver: in continuation we come across an impassable region with mud, rocks and landslides alongside avalanches.

The car is covered with mud and the road, very dangerous.

The tree and the mountain; it's the condition of the dead and the earth.

We're gladly reassuring you that this book will be the best collection for the world to use.



A brief description of the picture

This image is related to the end of the spring when four months has passed since the start of my journey and it's at the time when my drugs have been tapered up to $\frac{1}{2}$ for every 24 hours a day.

The snow and the ice have melted and the road has become muddy as a result.

In this image there is an internal battle for the progress in the journey. The body is at the stage of restoring and adapting itself.

From now on since the internal part of the body has become alert, there would be a tough battle taking place.

11/04/1998 Raad

The orifice of existence

21 days has passed since the beginning of spring and we, Iranians celebrate the first 12 days as a sign of 12 months in a year. We eagerly go to meet my mentor, Raad and the following is excerpts from our meeting.

Guardian: greetings for the New Year and the arrival of the blossoms. I would like you to give a sermon for my book since these are the last pages of the book.

Raad: greetings upon the seekers of truth; happy New Year to you all as well, especially to your wife who experienced the darkness and stood by you in your journey into the light.

Now you asked for a sermon; I believe you are a living sermon yourself and your path can lead so many individuals out of the darkness. The Supreme Power will reward you for your efforts.

Your evolutionary method will take its place in the archive and will be used in the other universes; each and every one of the rehabilitated individuals will gain the real belief and be grateful for this great blessing.

Should I say more?

Guardian: yes, say more; parallel lines never reach each other but intertwined circles have one point as their centre.

Tell me about the centre of these circles, about Mehr and Mitra, of Adam, Noah, Jesus, Moses, Buddha, Mohammad; tell me about being and not being.

Raad: we can never hide the sun; we can never cover the moon; we cannot ignore the existence of the mountains and see it as futile. Therefore, they have been born in this cycle and creation would not have a meaning without them; they influence all the creatures that have love in them, come out of them and return to the depth of every one of them, again and again.

These reflections always continue and they get recorded in different ways so that they're not forgotten. They're also kept safe in other places so that there is always an orifice of existence in where we come from and return to.

We can feel it in us and that's why we go after it; to know the things that we don't know of existence and non-existence, of being and not-being.

The closer we get to this path, the stronger this feeling becomes in us and if we move away from the path, we'll arrive at the vices.

This is why the search goes on as it is.

Farewell

13/04/1998 Pakrobad

Achieving the rank

24 days has gone by since the beginning of spring and I'm visiting my wife's and my family who have helped me immensely on the path.

Guardian: greetings upon my dad, mum, khosro and antina; happy New Year.

Pakrobad: we're all so happy that you have regained your old self back and we're also very proud of your wife's patience and sacrifice.

We wish you all a very prosperous life along with good health and happiness.

Your search for peace and enlightenment did eventually bear the fruit of purity and light for you and your loved ones and this is very hard to believe for us; it looks like a dream for us but one that has come true.

We're joyous and proud and wish the same for both of you.

Farewell my son.

A brief description of the images of the internal battle, picture No.9

Since the start of our journey into recovery our inner body or second body has realized many things and has woken up from a deep sleep. The sick body has begun to restore its vital systems and gradually regained its balance.

Mid-way through the journey, the negative forces try with all their might to once again create chaos and prevent the restoration process. However, a valuable realization has taken place which has led to an awareness that helps us in this internal battle.

Let's mention some of the symbols and comparisons;

1. The burning desert represents the inside of the patient
2. The dead corpses warn of the future ahead of the patient.
3. Thunder symbolizes the call for help of the patient that is more like a scream.
4. The heat is the symbol of narcotics or alcohol.
5. The existence is the inside of the patient.
6. The city represents the physical body.
7. The sleeping magician represents the irrational desires of the ego or the temptations towards drugs.

8. The internal storm or battle includes reason or intellect, ego, soul, sense or the second body and the shadows.
9. The invisible caverns; relapse back to drugs and destruction. The boom of thunder in the desert is a sign of divine power and grace that can either destroy everything or create life.

13/04/1998 Sardar

The internal battle

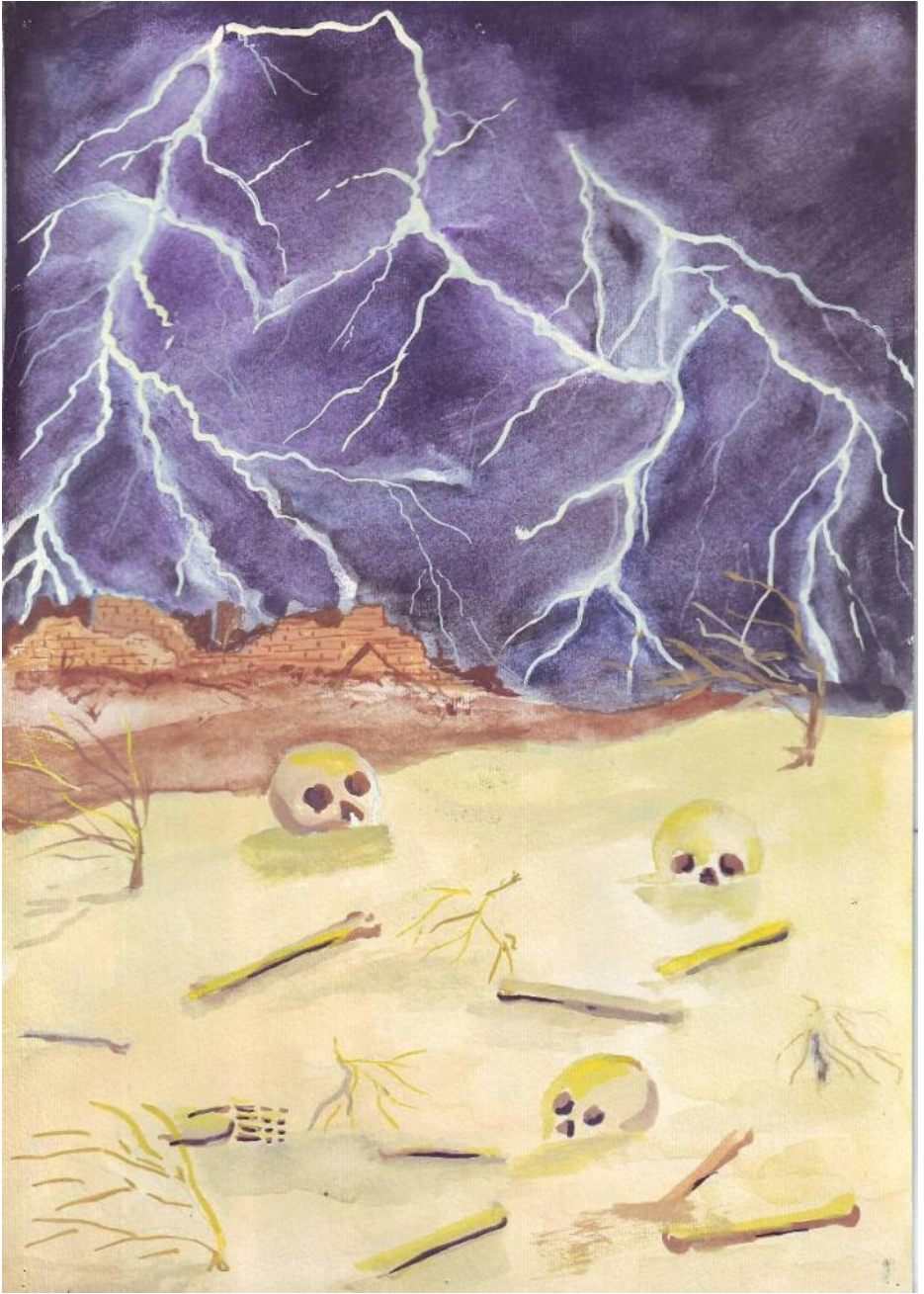
Guardian: greetings upon Sardar; we're getting close to the end of the book and I would like to have some words from you.

Sardar: the end of this journey is the beginning of another journey which you have already started. Instead of words we've decided to send you some pictures that express our intentions.

Explanation for the picture No.9

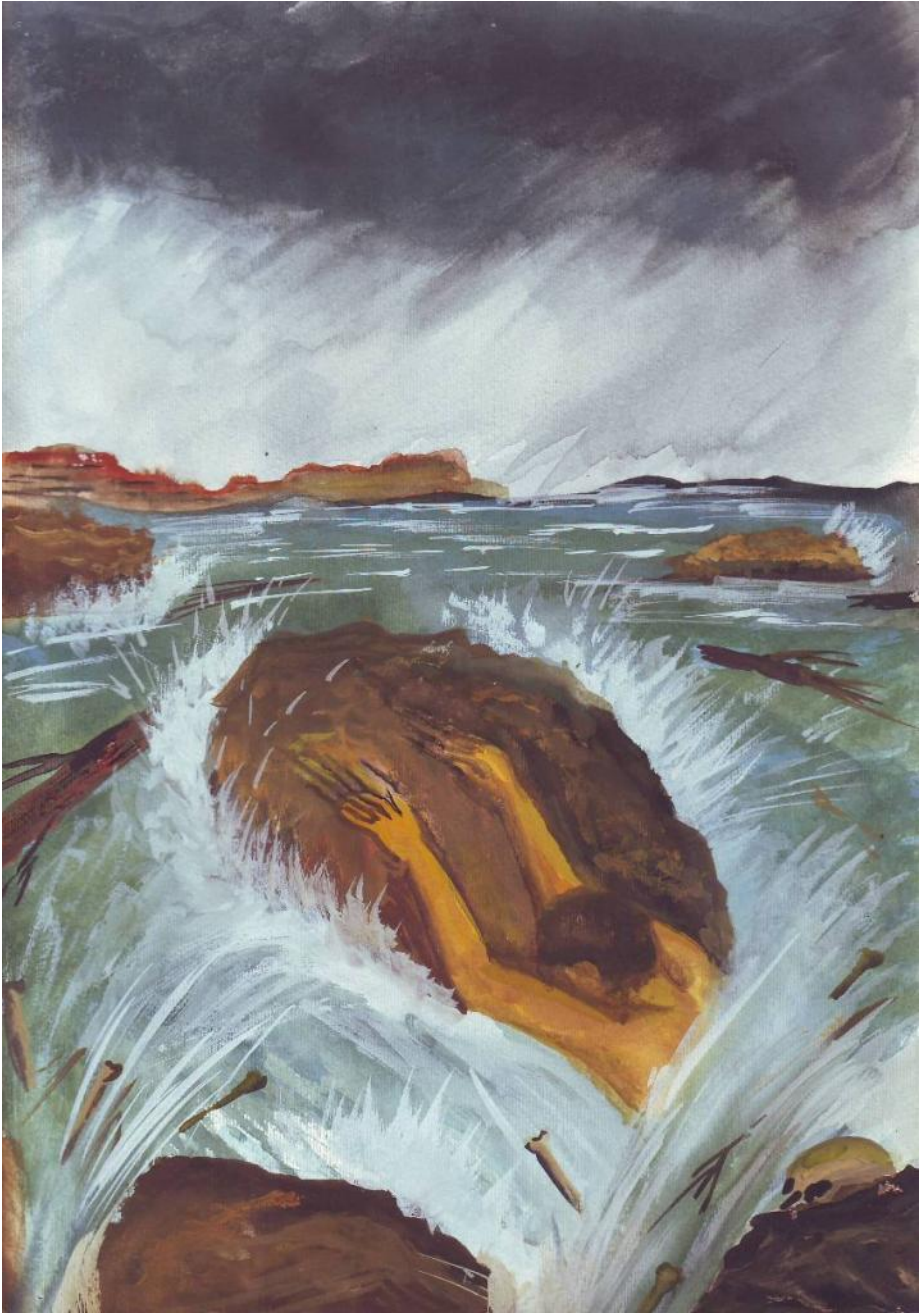
Sardar: these images show the turbulent internal state. The thunder in the desert where there is no sign of water or life; a ruined cemetery and skeleton of dead corpses and the extreme heat have turned the city into a stinking place.

A thunder storm is nearly destroying the walls around the city; the sleeping magician is adding more destruction to the already ruined city.



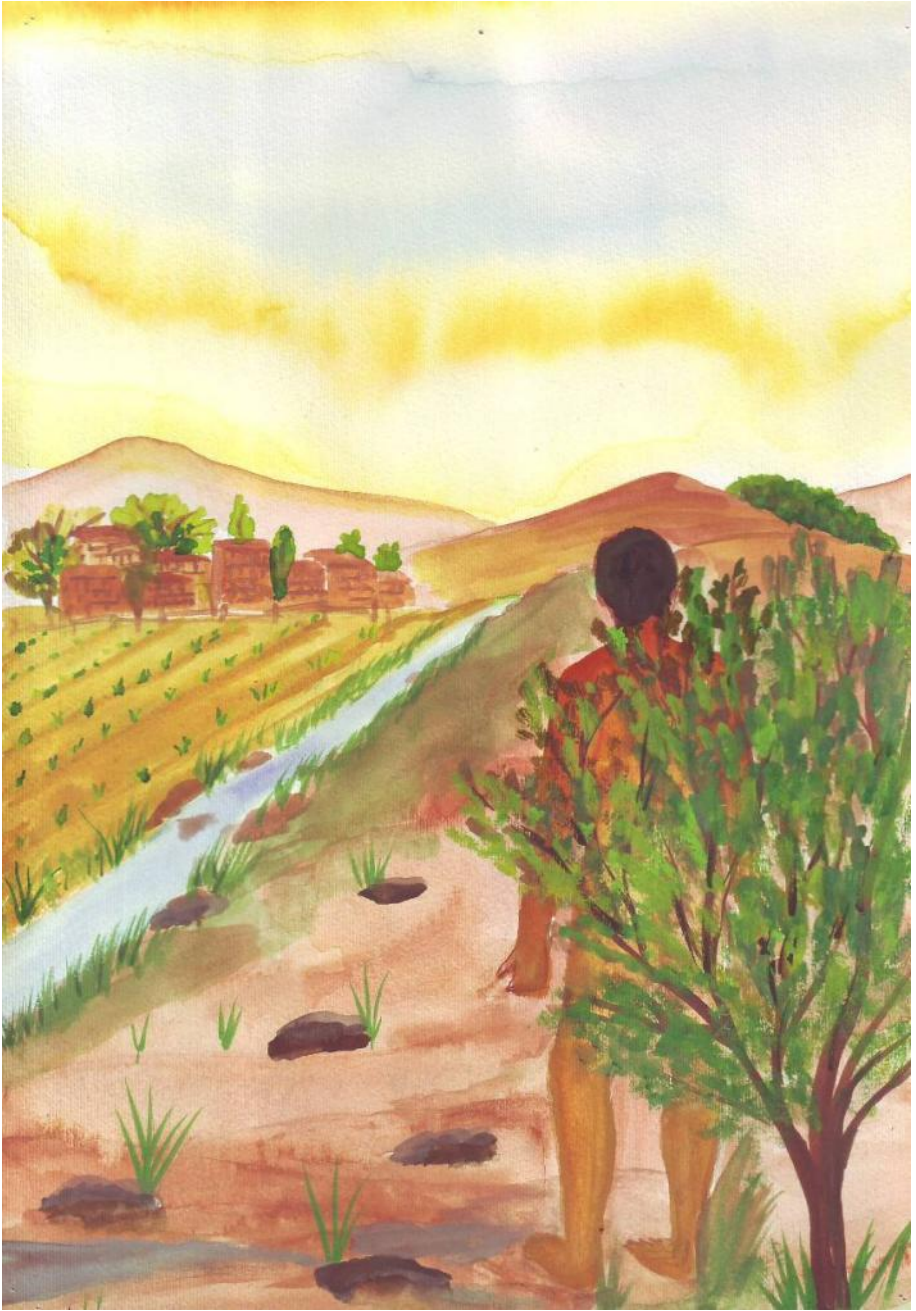
Explanation of the picture No.10

Sardar: now, in the next picture; divine power in the form of rain and flood invades the area and nearly drowns the individual in its currents; however, divine grace comes to his rescue.



Explanation of the picture No.11

Sardar: at the time when the individual is completely exhausted, a light appears in the horizon and signals the path for him. Every step that he takes on the wet ground displays the existence of life for him which is a city where is full of divine blessings for him. He has rediscovered the path of life and with the blowing of a light breeze, he awaits the new alteration.



Sardar: these images could be used to describe the inner and outer conditions and we shall speak more about them in future.

There will be more of such rains in your world; once you coordinate your thoughts, words and actions, you can conquer the highest summits and be the companion of the best divine guests.

Goodbye.

When I started collecting my materials for the book, I thought that it would be over by the end of my journey; I was wrong, though. It's now spring and my story still continues and after two winters, the young branches are much stronger and will withstand any strong winds.

17/04/1998

Yesterday I saw two of my old friends. After some catching up they started to smoke opium. One of them told me: you've done well and now you're free from the bondage of addiction.

I replied: it's still hard for me to believe that this has actually happened. The fact that I'm done with drugs, this incredible six-foot monster is still a dream to me.

My other friend said: your look has also changed; same goes for your outlook on life. Don't you feel any temptations for drugs anymore?

I responded: let me give you a through answer. Our ego constantly wants everything and there seems to be no end to all of its desires. However, those individuals who refrain from indulging in all those pleasures and purify themselves have chosen a different approach. The idea or temptation does enter their mind, but as a result of painstaking training they differentiate between rational and irrational desires or thoughts. They curb the temptations, in other words. Gradually they become skillful at differentiating between logical and illogical wants; it would be foolish to think that temptations never enter into any body's mind; it's dealing with them that count.

Let's get back to your question. If you had asked me if I'm willing to use drugs again or that if I want to use drugs or if I like to use drugs, the answer is no.

To clarify temptation it must be defined. I define temptation as a sparkle or an uninvited guest into your mind; sometimes this sparkle happens so fast

that one has no time to think before acting. If an individual has strong determination he can extinguish the sparkle in no time. In other words, this sparkle can either happen in an arsenal or in a pool of water.

Now if you mean temptation as the uninvited guest that I talked about; yes I do have temptations. However, since the sparkle happens in a pool of water it causes no harm plus the fact that my body's production systems have been fully restored.

My body and psyche has been cured simultaneously; my soul has had the honor of visiting the beloved, my reason has matured greatly, my feelings have become stronger and sense things that are beyond your beliefs and my shadows have improved as well.

So even if temptations enter my mind right now, they will disappear quickly and no fire can destroy the castle the castle that we have built on faith, knowledge, love and awareness.

17/04/1998 Silver

Transmission of images

Silver: greetings upon our earthly friends who have come close to the end of this book which we have kept a copy of in the archive for those who do not want to have the physical experience; here are many of them who desire redemption.

Guardian: master Silver; I know that silver is your nickname. Please tell me your real name; I think the time has come for the revelation.

Silver: I've had many names in my previous lives; the same goes for the friends whom you mentioned. You asked about my name, I'm white eagle.

Of course, you cannot picture my face since I've had many appearances; you can bring the white eagle in flight at the end of your book as a sign of regaining power and strength.

We have three more images for you. The first is related to the young branches in summer and the second and third refer to autumn and winter. In fall, the leaves appear magnificent but are depressed and waiting to fall. Winter is beautiful with snow and some people are skiing in warm clothes.

Do you have any question?

Guardian: we would like to know your ideas about the picture on the front cover of the book.

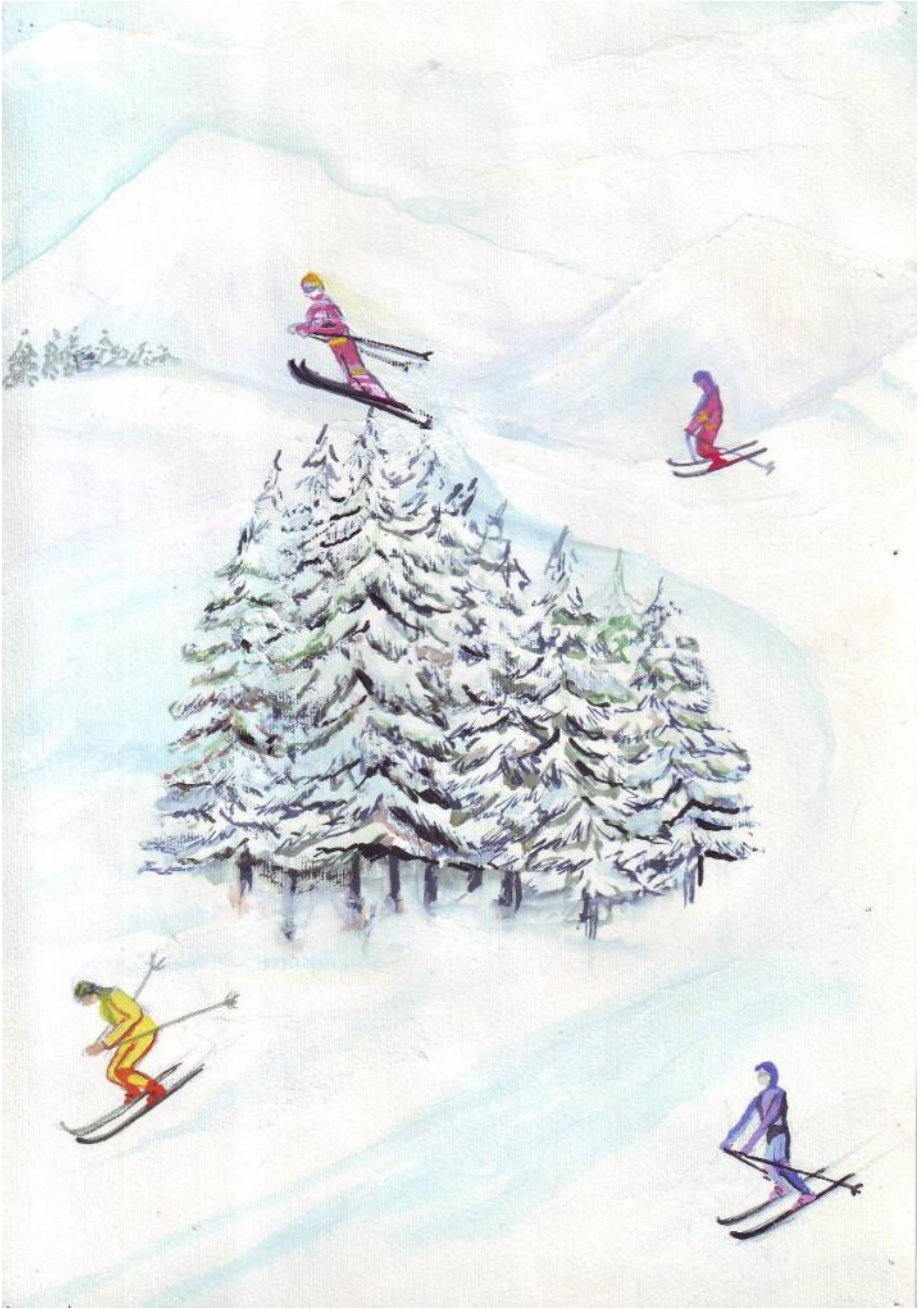
Silver: Sardar will talk to you about that.

Guardian: are there any more images of the car? Because the individual is stuck in the car and the car in the mud; where does he go from there?

Silver: the individual is freed from the cage and returns to nature; he sometimes wants to seek refuge in the darkness but his second body has gained awareness which gives him the strength to walk. He doesn't need the car any more as the car has already served its purpose. This is the war between the inside and the outside of the city which goes through the seasons until it reaches the cold region. However, this time the individual is not bothered when seeing the difficult roads and he, happily skies past them since he has found his real self. We have to go now.

Farewell

Guardian: I have to find the connections between the different parts in these images. However, for the pictures to be transparent I must get help from friends as I'm not a painter at all.



The Fourteenth Law:

“Flowing sands have two functions; if they are close to water, they will join the sea and if they are in the desert, they revolve around themselves and are forever stranded.”

22/04/1998 Sardar

Transmission of the front cover image

Sardar: greetings upon friends who have continuously tried to progress in creation. We're busy discovering the book of thousand pages whose every page contains a world of knowledge.

As you know water extinguishes fire and if this doesn't happen, it will be very strange for everyone. You also know that in a country like Saudi Arabia except the flowing sands, wind and extreme heat, nothing else catches the eye.

When after walking a long distance in the heat of the desert you'll see water and green palm trees, you might think that you've found a little paradise. However it's nothing but an illusion or a mirage.

We can say that human beings have the same characteristics in them as well.

He can either be a scorching desert or be a life-giving river for others and always remain determined and strong.

Now, imagine the effect of these two images next to each other for someone who has lost his way. The individual must realize his inner strengths and amazing abilities and overcome life's challenges.

We see you as such a person and wish you the best in the upcoming challenges which are very important.

Good bye

25/04/1998 Silver

Divine building

Silver: we're all good and Judge says hello as well and he hopes that you successfully attend to all your legal battles and overcome the difficulties.

Guardian: I'll try my best but sometimes the judge is influenced by other forces; anyways, he is human after all and power and money are a powerful source of attraction. Let's get back to our main discussion.

Silver: we think that the book is almost complete and the image for the cover of the book is chosen and it symbolizes the divine power.

Farewell

27/04/1998 Sardar

Insect's house

I hope that you are good and are attending to the tasks at hand and continuing your efforts in the right direction.

We're proud of your achievements as it is a helping hand for those seeking salvation from drugs.

We wish that these writings would have the desired effect on the mind and heart of the readers and rescue them from the destructive disease which has chained their freedom for many years. It is like the eagle's nest being turned into the house of insects.

02/05/1998

Earthquake in the city of existence

Now that I'm writing the last few pages of the book I'm going through a very bad sickness; I've got a viral infection which included high fever, chills and nausea. It's been five months since the end of my journey and I feel as though I've never been an addict.

There are a few guidelines which I think are vital in order to make the transition smoother.

1. The awakening of the forces within; we must guide this energy from the lower part of the body to the upper section so that we maximize its full potential.
2. Refraining from alcoholic beverages as they weaken the immune system of our body.
3. Staying away from heavy physical activities which require lots of energy and affect the restoration of the internal systems.
4. Resting and sleep must be at nights.
5. Refraining from any kinds of chemical pills which cause an imbalance of the mind.

This is our last communication with Sardar as the end of the book is very close.

09/05/1998 Sardar

Do not waste your energy

Sardar: the end of a point is the beginning of another line and no one besides the almighty knows destiny.

We think that you are all set for the duties which you're prepared to fulfill and as you know very well, love is a strong chain that connects and as its strength increases so does faith in God.

Anyone who is enlightened by God's light shall fulfill his or her duties to the best.

Put all of our recommendations and advice to practice and stay cautious constantly so that your vital energy which is your army would not be wasted and sent into swamps.

The end

Medical explanation

It is now the second month of the spring; couple of months back I travelled to sort out some personal issues of mine and I met a medical student in his fifth year of medical school and explained to him my views about the physiology of human being. I told him that I'm an engineer and I view things from a different perspective, but I believe that all sciences will reach and join each other eventually and I feel one day, the medical science should arrive at these conclusions eventually.

He encouraged me on my mission and provided me with some materials taken from the book "Medical physiology Reference" written by Prof. Arthur Gyton and John Hall 1997 which is very important book in the field of medicine and is taught throughout the world. I brought the following excerpts from the book.

Bodily senses in the human being

Doctors recognize illnesses from the pain they cause; that's why the following materials are based on the physiology of certain illnesses.

The aim of pain:

Pain in general is a defensive mechanism for the body of a human being and when a tissue is damaged

it produces a reaction so as to eliminate the source of pain.

A painkiller system or anti-pain located in the brain and the spinal cord

The degree of reaction to pain varies in each individual and it depends on the ability of the brain to alleviate the pain by activating an internal system called analgesia which is made up of three main sections.

Analgesia

- 1) The grey area in the mid-brain.
- 2) A narrow nucleus located in the lower area of the brain; signals from this area are sent down the spinal cord.
- 3) A complex located in the branches of the spinal cord; at this point signals can block the pain before it reaches the brain.

The opiate system of the brain; Endorphins, Enkephalin

About 25 years ago it was discovered that injection of a very small amount of morphine to the brain causes a very strong analgesia.

After further research it became clear that opiate substances are operating in several areas such as branches of the spinal cord. These substances are naturally produced in the brain. There are 12 such substances in different areas of the nervous system which are the products of three large proteins molecules called:

1. Pro opiomelanocortin
2. Pro Enkephalin
3. Prodynorphin

Therefore, using opiate substances and importing them into the body from external sources can create complications in the painkiller system of the body. Thus cellular production ceases its operation and the body does not activate the painkiller system when such signals are received by the brain and the spinal cord. Hence the drug user (opiate family) experiences extreme pain and discomfort when not using drugs and he is compelled to take higher dosages and so, the vicious cycle continues and leads to complete destruction of the painkiller system

unless the individual implements a gradual restoration plan without giving the body a physical shock.

An explanation by the author:

I believe that with proper planning the systems will return to their natural production level and my journey of recovery was successful due to these very reasons.

Best wishes



*Come, let's curb this destructive fire
and transform the fire into the largest
bird that has the speed of sound and
light with display of the best colors;
So that we arrive at the place where
we've diverged from;
In accord with the Commandment,
We should be the light that God
wants, not the fire which destroys
everything; that is the display of light
from the fire;
We should be a master for the flames
that desire riding on light and elude
turning into ashes.*

Justice



Decency

Knowledge

Congress 60