

Had a listen to some chapters of the book. It starts well with an interesting explanation of the knower, the thinker and the doer (feeling and desire) and by paraphrasing some solid truths (we're not the body, "person" is a mask, body-soul-spirit).

The next chapter talks about universe and the body; and here is where it starts to shift... it reminded me of alchemical laws, it's trying to describe this simulator and the relationship with our avatars ("as within, so without" - *Hermes Trismegistus*), but with more complexity imo. It explains the concepts of duality, which is what we came here to experience (desire-feeling man, feeling-desire woman, good-bad, left-right, up-down...)

It also talks about the breath-form and the relationship with the doer, which made me think of the well explained concept by *Corrado Malanga* of joining soul, spirit and mind(body). I like what it says about consciousness and the way it describes it as the purpose of everything.

The fact that there is a law of thought is also interesting. I think that everything can be created by a thought, but only when we bring together our 3 parts: mind(body), soul and spirit; and also when we stop to contradict ourselves using the words of our manipulated languages.

I jumped to the "*Gods and their religion*" chapter as it caught my attention. Here is where I've found the biggest lies, as expected. It says that, as humans we have the need of believing in someone/something superior, and that any religion is better than none. This is a lie, a very big one. Here is the breakdown:

1. Religion comes from "religo" which means "to bind (fast)". Bind to what? Probably to this simulator, to continue producing loosh.
2. Any adoration to an external entity (praying) is a lie and it's basically a donation of your own vital energy, that can lead to parasitism by archons and other dark entities.
3. You are not inferior to anyone nor anything, you're an integral part of the source (aka god or universe), an extension of it. Think of it as a glass of seawater: that water is substantially equal to the one of the whole ocean. That's it, a fractal (not a fraction), as it's complete on its own → that's us, that's our souls.

In the end, the book tells you how to reprogram your mind, how to think without letting your senses take the control, and therefore to be able of becoming conscious of consciousness (aka the source or god). This is good, but the way it tries to say so is misleading... check the 2nd quote of *Hermes Trismegistus*: <https://tinyurl.com/mae2hwsf> to understand what I mean.

So, in summary I think the book is good but I don't like the misleading part of it and the overcomplication of certain things. It tells you some truths that suscite curiosity and engagement, but then it leads you to the wrong path (if you don't know where the traps are). It's good though, when you know where the truth ends and where it starts lying, as you can extract a good amount of valuable information.