



PATH OF HOLINESS



Eric Roxas

Path of Holiness

Eric Roxas

Copyright Declaration © 2024 by Eric Roxas (John Eric Velilla Roxas)

All rights reserved. No part of this book may be copied in any form or method without written permission from the author and publisher.

Published by ericroxas.com

Holy Paradise Resort, Purok Fortune
Cangmatnog Siquijor, Siquijor, 6225
First Edition, 2023

Cover Design by Eric Roxas

Note: The information contained in this book is for general information only. Although efforts have been made to ensure the accuracy and completeness of the information contained herein, the author and publisher make no warranty or representation as to the accuracy, trustworthiness, appropriateness, or completeness of the content of this book. Any trust you place in this information is on your own efforts.

Dedication

For Ate TC,
for your unwavering support and belief in my cause.

For Rose, in eternal love.

For my parents, who continued to support.

For all those who help me see and invisible.

Gratitude

I want to express my sincere thanks to all who supported me in writing this book.

Special thanks to my team for their invaluable help and motivation.

Introduction

I welcome you to the "Path of Virtue," a comprehensive guide to understanding and living a holy life according to God's will. The purpose of this book is to give you the necessary knowledge, perspective, and practical steps to embark on a journey to spiritual purity and perfection.

In today's fast-paced world, we can easily deviate from what really matters. Our daily trials, temptations, and distractions can distance us from our divine purpose. The "Path of Holiness" aims to remind us of eternal truth and the divine path that will lead to true happiness and salvation.

Throughout this book, we will examine various aspects of holiness, from understanding God's Ten Commandments to avoiding mortal sin, and from accepting spiritual disciplines to living righteously. Each chapter is designed to guide you step by step towards a deeper relationship with God and a more meaningful life.

As you read the pages of this book, I encourage you to ponder and consider how you can apply these lessons in your daily life. Remember, the path of divinity is not a destination but a continuous journey of growth and transformation.

May this book serve as a faithful companion to you on your spiritual journey, and may you find the strength and courage to walk the "Path of Holiness" with unwavering faith and dedication.

Eric Roxas

About the Author

Eric Roxas is a dedicated spiritual teacher, writer, and missionary who aims to guide individuals on their journey to holiness. Through years of experience in spiritual disciplines and a deep understanding of God's teachings, Eric Roxas has helped many people discover their divine purpose and live with righteousness and fulness.

Born and raised in Quezon City, Eric Roxas has always had a deep connection to spirituality and a strong desire to help others. They studied various religious texts and traditions, seeking to understand the universal truths that bind us all.

In addition to writing, Eric Roxas conducts online seminars, workshops, and virtual guidance sessions where he shares his knowledge and insights with those who want to grow spiritually. Their compassionate approach and unwavering dedication earned them the respect and admiration of many.

The "Path of Holiness" is the result of Eric Roxas' lifelong journey in understanding the spiritual and their desire to have a positive impact on the world. Through this book, Eric Roxas hopes to inspire readers to begin their own journey to divinity and discover divine purpose within them.

For more information about Eric Roxas and their activities, visit ericroxas.com.

Reminder (Disclaimer)

The information provided in this book is for general information only. Although efforts have been made to ensure the accuracy and completeness of the information contained herein, the author and publisher make no warranty or representation as to the accuracy, trustworthiness, appropriateness, or completeness of the content of this book. Any trust you place in this information is on your own efforts.

The skills and lessons discussed in this book are based on the author's personal experience and beliefs. It is not intended to replace professional advice or guidance. Readers are encouraged to seek appropriate professional advice regarding their particular situation.

The author and publisher shall not be liable for any direct, indirect, or consequential loss or damage that may arise from the use or trust of the information set forth in this book.

All rights reserved. No part of this book may be copied, distributed, or transmitted in any form or method, including photocopying, recording, or other electronic or mechanical

TABLE OF CONTENTS

Cover Design by Eric Roxas	1
Dedication	2
Gratitude	3
Introduction	4
About the Author	5
Reminder (Disclaimer)	6
CH1: Intro to Divinity	9
What is Virtue?	9
What is the Path of Virtue?	9
What Is Sin?	10
What is Karma?	10
What is Reincarnation?	11
What is the Mission?	12
CH2:10 God's Commandment	13
CH3: Other banned	20
Why Banned Talk to the dead?	20
What's it like to say that it's forbidden to go through fire?	21
What about the banned magicians and magicians?	21
CH4:2 God's Great Commandment	21
CH5:3 Mortal Sin	23
What is mortal sin?	23
Murder	23
Flirting	25
Theft	28
CH6: Hermitage	30
Effect:	32

Buddhaing	32
Effect:	33
CH7: Immortal Sin	33
What is immortal sin?	33
CH8: Weighing Sin	35
CH9:7 Deadly Sins	36
Greed	36
What is the right thing to do:	37
Greedy	37
What is the right thing to do:	38
Laziness	39
What is the right thing to do:	40
Boasting	41
What is the right thing to do:	42
Envy	43
Hate	44
Obscenity	46
CH10:3 The Lord's Command	49
Be Good	49
Be Kind	50
Be Strong	51
CH11: Simple Statement	51
Do the Right Thing. Avoid Malice.	52
CH12: Proper Living	53
CH13: My own life	58
CH14: Last Word	62

CH1: Intro to Divinity

What is Virtue?

Virtue is the fulness of goodness in thought, word and deed by obeying the will of the Lord. The holy man is called a saint. As we strive to do the will of our Lord, we become holy people - we become Saints.

What is the Path of Virtue?

The path of holiness is the way we become holy people. It is the same all the time of the world. It doesn't matter what religion you are. It doesn't matter what you call on the name of God the Father of all of us. No matter what you think of him, there is still a will that we must follow. God's will is that we walk in the Path of Holiness to become like Him.

We are all made in the image and likeness of the Lord. This means that we have the same form with the Lord. There is a face, a body standing, 10 fingers in the hands, 10 toes, a penis, a penis and other things we can see in our bodies as human beings. We also have our own mind, heart, only inside, blood, saliva. Last and foremost, we have a spirit.

We are created in the image and likeness of God, and God expects us greatly. God does not expect animals to walk in the Path of Holiness because the Lord did not make them in His likeness and image. We are the ones who are expected to be holy like the Lord because it is the way for us to reach out to Him. We must obey the will of the Lord in order to be saved from the effects of the sin of our ancestors in the first place and to reach the Kingdom of God.

So I am now teaching what we need to do and avoid in order to succeed in our purpose as a man appointed by the Lord. So I wrote this book to explain what the path of holiness is.

Following the Path of Holiness is preparing a bright future for yourself in the next world when you die. This is especially true if you

are a missionary, and you are a missionary who is working for a better future in the world.

What Is Sin?

Sin is to do evil or wrong according to what the Lord has said and it weakens and defiles our spirit. Every sin we commit in our lives is like a hole in our spirit and will drain our strength and life from it.

There was an original sin committed by our ancestors because they did not obey what the Lord law said. This happened to our ancestors in the fairy and human world. Sin has a variety of negative effects of death, old age, poverty and poverty. Our sins in the worlds from which we came have caused us to be thrown into the human world so that we can suffer the evil effects of sin in order to pay for our sins.

If a person does not pay for his sin while he is still in the human world, he still has to return to suffering here in the human world to atone for his sin.

What is Karma?

Karma is the law of life that states:

What is planted, that is what is harvested.

Karma is not good or bad. It just means that you will reap whatever thoughts, words and actions you have done in your life. If we plant well, we will reap well. If we plant badly, we will also reap badly.

Simple as that. We are like spiritual farmers. What we think, say and do is planting seeds, growing and fertilizing according to what we plant.

We can also put the law in these words:

What you do, it will do to you.

This is the basis of the Golden Rule:

Do to others what you want them to do to you.

What is Reincarnation?

Reincarnation is the doctrine that we live over and over again in different lives here in the human world. Often what people hear about reincarnation is that it is eternal until man reaches what is called Nirvana. This is a concept known in Buddhist teaching.

On the other hand, there are people who say that reincarnation is not true and that we only have one life before the Lord God judges us where we will be placed forever.

What I can say here is that there is truth in both perspectives but something needs to be clarified.

What I learned from my mission is that reincarnation is true, that we live again and again to pay for our sins but that the amount of lives we can use to reincarnate is not eternal. Our reincarnations are limited and then we are judged to be placed in the place we deserve according to the karma we have accumulated throughout our lives.

Reincarnation is real. The judgment is also true.

As for Nirvana, eternal happiness, it is not automatically obtained. You need to be able to live in the world of the living, so that if you continue to sin, you will be in hell.

So let's give an example:

A person has a limit of 99 lives. For the most part of his life he has done good and in some of his life done pretty bad things. After 99 lives, his karma will weigh whether good or bad is heavier. Whether he is good or bad, that is the basis on which he will be placed in eternal life. If the balance is heavier the good, ede congrats to him because he will go to a good eternal future.

What is the Mission?

The mission is the official registration as a missionary on the Path of Divinity to accumulate energy and points for a bright future. It is the seriousness of setting one's own life to follow the Path of Holiness for life.

It is also a time when the screening period is over, and especially if it is crowned, the decision to serve a mission cannot be withdrawn. If a person is not allowed to go on a mission, the penalty is greater than if a person does not serve a mission because he knows the truth better.

A person can also walk the Path of Holiness without serving a mission but a person cannot take advantage of the benefits of being a holy person if they do not serve a mission. A lifelong mission decision is necessary.

If you really want to get the highest you can, you must serve an official mission and take the Path of Divinity seriously.

Man must serve a mission so that they can live in a kingdom in the fairy world before the Lord's judgment comes. We are from the fairy world so we need to go back there before we go to Heaven as our last destination and home.

For a more detailed history of who we are, what the purpose of our lives is and why we are here, read Enlightenment of Truth: History of the World which is another book of mine (which I'm done with now).

In this book, the Path of Holiness, I will explain practical ways to become a holy person.

To learn the details of the mission, read the Missionary Guide:

www.sighealers.com/misyon

CH2:10 God's Commandment

Here we will discuss God's Ten Commandments from the Old Testament:

Love God more and more.

2. Thou shalt not worship idols.

3. Keep the Sabbath day.

4. Honor your father and mother.

5. Don't kill.

6. Do not commit adultery with someone other than your spouse.

7. Don't steal.

8. Do not make false accusations and do not lie.

9. Do not desire what you do not own.

10. Do not desire someone who is not your spouse.

Why would we discuss this?

Good and evil have not changed. They're still the same. The same is true and wrong from the beginning. In modern times, there are only ways to do good or evil, but good and evil are still the same.

The Ten Commandments of God are still a good guide today and it is only necessary for modern people to clarify what these commandments mean.

I have to say that this is the only reason why morality is common in all religions. You can also rely on other religions as long as you have the same code of conduct or proper way of life. Good and bad are the same in all the people we know in our hearts.

Love God more and more.

To love God is to focus our lives on Him. We want to make him happy because he is the first in our lives. More than family, friends or town - God should come first.

If we put God first, then all aspects of our lives will be fine because God will guide us in the right way in life. It is only what God thinks

and judges us to worry about, not the thoughts or judgments of people, fairies, angels or other creatures.

2. Thou shalt not worship idols.

Worship should be done only to the Lord. No one else.

The only thing that needs to be clarified here is that the most God hit that should not be done is the worship of the animal statue that causes the animal. What the Israelites did before was they made a golden bull and they would have sacrificed a virgin woman human to this bull. They will be killed and then killed to shed blood on the golden bull. This is the most important commandment of God.

Not all of the statues are bad. The ark of the covenant is a statue of two angels made of gold. God also made a bronze serpent statue so that the Israelites who were bitten by the serpent could look at the statue so they would not die. In the same way, making statues of saints in the human world is not bad either. The saints are not worshiped as God, but they are worshiped by the devotees as faithful servants of God and ask for help in praying to God because they are closer to God than the people of the world. If the statue uses the image of God for human worship, it is important to remember that God is the one we worship represented by the statue.

The Spirit of God can enter into those statues made in the image of God so they should be respected. People who disrespect images that have been inserted by the Holy Spirit will become sick. Even the ones that have been blessed can cause pain. Honoring God's name means that we should respect those who are blessed with statues or objects in his name.

However, there are some people who are still alive and living as Saints. The Holy Spirit has entered into them and they have already represented holiness in their lives. If people worship God and see the saint as an instrument of God that helps people to be good in the human world, it is not bad. It helped them to be better and to think about approaching God, not the sin of the world.

Also one thing that needs to be clarified is that it doesn't mean we worship fairy tales when we offer them. It's just a way to prepare food for the important and powerful guests to eat. Sounds like you invited a rich or powerful person to business or politics. Fairies, especially white fairies, are our companions with responsibilities and powers in the human world so we need to conform to the law as we do with government law.

It only becomes evil to sacrifice fairy tales if you do evil and you ask the black fairy for help or power to do evil. You have worshiped the goddess in that way because you have more obeyed the commandment of evil that is no longer in accordance with God's will and you have done the will of the black fairy that you have worshiped him.

An example I want to clarify here is the sacrifice for a ground to keep fairy tales out of the way. In fact, the fairies are ahead of us and they have a higher place in the level of life than we do. Moreover, the people here today are fairies who used to be sinners so we fall into it as people. We need to respect the fairies because they are more entitled than we are on earth. We must pay and conform to the law of life that is also from God but not just known by man.

Another thing that needs to be clarified is the sacrifice of our ancestors. It is not part of the worship of idols because our ancestors needed food including light, smoke and prayer. This is why families are having problems because they are not able to give proper respect to their ancestors. The dead and the rest of the living would be so miserable that it would cause suffering to the whole family if there was no proper sacrifice for the dead.

3. Keep the Sabbath day.

The Sabbath day becomes Saturday or Sunday depending on what people interpret. The only thing that matters is that there is a day more set for us to remember God. We need to have a day when we are not only worldly in our minds but also spiritually focused.

On a Sabbath day we examine our lives whether they are in harmony with the will of the Lord or not. We learn from the Lord's good counsel so that we can remember and look at our own lives and see what we lack to fill.

As we become so busy, we may forget the Lord's instructions and our efforts for eternal life so that setting aside the one-day Sabbath is the Lord's command so that we have time to remember Him and His desires for us.

4. Honor your father and mother.

We all live in the world because we have parents. Adam and Eve were created by God, so they had no human parents, and all humans on earth had human parents. We need to honor our parents who gave birth to us and raised us because we would not be where we are today without them.

Honoring our parents will bring us blessings on earth. It is hard to be happy or successful in life if we do not respect our parents. Even if our parents did something wrong or they weren't perfect, we still have the respect to do because they are still our parents. That's not to say we should let abusive parents get in the way of our lives. We just have to respect them as parents.

The father and mother are our blood relatives, from whom the seed came that made our bodies as humans, but the father and mother are also the ones who cared for us in case we were not blood fathers and mothers who cared for us. This is the case with adopted, abandoned or orphaned children.

This does not mean that we have to follow our parents' wishes. When we grow up, we have the right to make our own decisions. It just means that we need to avoid doing things that our parents wouldn't be happy with when they were with us.

5. Don't kill.

The murder referred to here is the murder of man. It is important to make it clear that we should not kill as much as we can, but if we reach situations where we need to kill, it is not sinful.

An example is self-defense. If a thief breaks into a house and they are willing to kill to steal or not be caught, it is not a crime if you can kill the one who entered your house. If possible, it would be nice to have the perpetrator caught in jail, but that often does not happen when the encounter becomes violent.

Killing for your own gain is evil. In the case of a criminal entering a house and willing to kill to steal, this is not right. This is the mortal sin that needs to be avoided. Another is if the person kills a person to eat a human or sacrifices a human to a demon for powers. This is the biggest crime of murder that needs to be avoided because the punishment is also the most severe.

If for example, a soldier is a soldier and is doing his job to defend his country, this murder may even be forgiven if he has to kill for his mission as a soldier. God is trying to determine whether the soldier actually killed as a mission or if he could kill for his own gain. If the soldier is killed by a soldier or the victim's family, that is the serious sin of the soldier.

The murder of a married man who is divorced is forgivable. It should be in the act itself caught so that no one is bound by human law to be imprisoned but in God's eyes it can be understood. However, it is better to forgive the spouse and divorce him than to kill him. The man in Heaven is more likely to do this than to kill his wife.

The ban on killing does not refer to the killing of animals. Animals can be killed for human sacrifice and consumption. However, animals should not be tortured in ways that are no longer necessary. It's best to let them have a nice and comfortable life as much as the person who cares for them can then do it quickly to kill them if necessary.

Another thing to remember is that a mother should not have an abortion or an abortion. As soon as the sperm and the egg of the

male and female have arrived, there is life. No matter how long the pregnancy lasts (minutes, a few weeks or a few months), it is still bad to do abortion. It is a killing of a human life. This should not be done. In relation to non-murder, it should also be avoided flirting so that there are no times when people who have sex with each other are not ready to have children or are not in love with each other.

6. Do not commit adultery with someone other than your spouse.

Fornication with someone other than your spouse is easy to understand. If you're not married, don't bother, land or peek. Simple as that. This law is stricter for married people. Whether one or both of the people who commit adultery with each other are married, it is bad.

However, even if the same person who has sex is single and unmarried, it is still bad if they flirt with many different people.

In modern times, there are many children who have sex with many people while they are young or young. This is unfortunate because cleanliness and virginity are of no value.

Every human being has only one true spouse and we must strive to find this true partner so that he can be with us for life here in this world and forever in the other world.

7. Don't steal.

We should not take things that are not ours. Money, objects, names, rights or anything that is not ours, let's not take away.

Stealing for your own gain is something that needs to be avoided. If a person steals to make a lot of money, even if he has a fair way to make money, it is a sin.

Sometimes, due to suffering and lack of other opportunities, people are forced to steal. This is even more forgivable if the person really has no other opportunity to work in a fair way.

8. Do not make false accusations and do not lie.

We need to be careful not to say things that are not true, especially those that hurt people. We are going to have a case in the human world.

Even in God's eyes, it is not good to make accusations that we cannot be sure of or prove. Especially if it's a lie.

We are charged with every word we say. A person injured by false accusations may be able to incriminate those who make the accusation and it will cause pain for those who make the accusations. God expects us to speak the truth, especially when we are talking about important things and the reputation of others is at stake.

Lies can be forgiven to protect people's lives, but if they lie to destroy, they will be judged as evil.

9. Do not desire what you do not own.

If we have possession, we should only enrich it, thank and appreciate it. If someone else has property, we shouldn't interfere with it. We can use the resources of others to inspire us to strive to have for ourselves, but we should not envy the prevailing will.

If we can be happy for ourselves and our fellow owners of the possessions they have, that's okay. We should not compare ourselves to the way we are filled with envy.

The desire for what we do not own brings envy, lack of peace and lack of contentment with our own lives. We are forced to steal, spoil and complain when we are overwhelmed by lust for what we do not own.

We need to learn to be content with our own possessions and focus on our own growth so that we do not get carried away by the temptation of lust for the property of others.

Think of your own business, that's it. We need to focus on our own lives and livelihoods so that we don't get involved in what is no longer ours.

10. Do not desire someone who is not your spouse.

We should not be dependent on our spouse, whether we have a spouse or not.

If we are single, we should not be looking for people who are already married. The desire for a man is the beginning of flirting or fornication with that person.

It is better for us to pray that we will be given a husband for us who will make us truly happy - we can be reconciled and be with us forever.

If we have a husband, we should focus on our husband. We should not desire for other people, whether they are married or single.

Desire is the thought of another person in an obscene way and it causes sin in word and deed that would lead to the mortal sin of flirting with someone who is not your spouse.

God's command reminds us that all sin begins in our minds. If we can get rid of lust for people we are not married to, we will not be able to flirt with our words and we will not continue to commit fornication in deed.

CH3: Other forbidden things

Why Banned Talk to the dead?

Because people in the past are doomed when they do it alone without the help of knowing really. A person can die when they have weak energy in communicating with the dead. Other spirits can be invaded. Other spirits can also enter the dead person and the dead person will rise again. This is called necromancy in the Bible.

What is done as sacrifice to souls is the way to communicate with the dead to help them have a better condition in the other world. It is not just a matter of doing it and the Lord must give you the blessing and authorization to do it without harm. There must be a proper process to go through in the sacrifice of souls.

What's it like to say that it's forbidden to go through fire?

These are the rituals that make the charcoal for people to dance. They're going to eat and sometimes they're going to eat the beef.

There was nothing wrong with this ritual, but the ritual of going through the fire was the sacrifice of a virgin woman to flow blood to the golden bull. The Israelites were to do this, but by God's grace Moses was able to stop what they were doing.

What about the banned magicians and magicians?

What they call magic is the magic or power used by magicians or magicians. Their power was derived from black fairies and they did not obey the law of the Lord.

Therefore, it was forbidden because fairies such as witchcraft, barang, witchcraft and other magics were not good for the will of the Lord.

Many people are still using this method and we should avoid using these methods. There are powers and magic from the Lord that are used for good and they are often called miracles. They are the ones who use the power of the Lord.

CH4:2 God's Great Commandment

All of God's Commandments can be summed up in 2 Commandments:

1 Love God in all your being.

To love God in our whole being means to focus on the Lord as #1 the most important thing in our lives. Let us pour out all our bodies, minds, hearts and spirits in love for the Lord.

This means that we must obey his will at all times and use all that we have. We need to think about him every day and how to make him happy. We can show our love for God by obeying all of His commands.

We have many people in our lives, but only one God can be with us in our lives. In the end, we want nothing but God. Well, he's just our most audience that we need to focus on.

We don't need to be happy or to be happy with the people around us. Only God can make us happy. If we are to obey God's will, we cannot avoid making the people around us happy.

We can't just let people get angry and jealous of us for our good and good deeds. These are the ones we should pray for. They are not the ones who need to be happy as they want to be because they are not in accordance with God's will.

2 Love your neighbor as yourself.

Everyone knows the basics of love.

We know what our needs are as human beings. While each person has unique needs, there are also common needs.

We know what is good and what is good for us. There are virtues and sins that we can only know by simply observing people's lives and they can be seen even if the person is from different places, races or religions.

We know what is good and what is bad.

People have a common sense of what effects the things they do have on themselves and the people around them - whether it's helping or hurting.

So our guide is what we want to deal with ourselves. It's really that simple. If we want to do something, let's just think about how it will affect other people.

Is this going to help or hurt myself?

It can often help or hurt other people in a situation.

CH5:3 Mortal Sin

What is mortal sin?

Mortal sin is a serious sin that is hard to repent of and is severely punished. These are the sins that can go to hell if a person who commits these sins is not repented of and paid for while he is still alive here on earth.

There are three deadly sins that man must watch out for not to commit:

- Murder
- Flirting
- Theft

Murder

Life is not good for good reason.

Evil murder is doing it for personal gain and unjust reasons.

For example:

- Murder to steal
- Killing to break business competition
- Murder to kidnap a spouse

- Killing to get famous
- Killing to gain power

Sometimes it is not a crime to kill for a reason. However, even times when a person has a competent reason to kill without sin should still not be entertained.

For example:

- Murder in self-defense, family or town
- murder of a spouse or fornication of a spouse because the spouse committed adultery
- Murder for raping you or a loved one
- murder for the innocent

The above examples are possible reasons for just killing, but it is nevertheless possible to tolerate them depending on what the person's ability to endure and depending on the intent and severity of the sin.

It is best for a person to learn patience and to have more points in Heaven if he decides to be patient than to kill.

Instead of killing those who would have killed themselves, families or towns, they could be imprisoned.

Instead of killing a spouse or committing adultery with a spouse, the spouse can divorce and put the offenders in prison.

Instead of killing the victim, the prisoner should be put in jail.

Instead of killing the innocent person, he can also be imprisoned.

Often, the life of a person who is imprisoned is even more difficult than just being killed. They will be given the opportunity to repent of their sins while they are still alive in this human world.

As far as we can, it is better not to hurt or kill people and try to solve all problems in a proper way without violence. However, God understands the reasons why a murder occurs that is not intended for his own gain and is forced by the circumstances of life to protect himself.

Flirting

The idea of flirting is to have sex with a lot of people.

In today's modern world, the importance of virginity and generosity is no longer appreciated. So flirting with many people is widespread. Pornography, prostitution, lewd themes in shows and false teachings about sexuality are rampant and have no spiritual teaching.

The only thing that should be done is to have a relationship with someone who will love for life and sacred this promise through marriage. Having sex with a lot of people is bad. On the other hand, if you've only been with one person and have sex with you all your life, that's right because true love is honest.

If the couple is serious about each other for life, it may be okay for them to be together and have sex even if they are not married. However, they are still at risk of leaving because they are not married, especially when they have no children.

It is better to have a formal and formal marriage support. However, some couples still separate even if they are married in court and in church and marriage does not ensure that the couple has no problems. Couples need to work hard to keep their relationship healthy.

It's not good to be single when you're not married. It's worse to flirt with a single man and it's even worse to flirt with a married man.

It's worse to be married when you're married. It's not good to flirt with other people even if they're not married because you're already married.

It's best to flirt with other people who are married like you.

However, there are also reasons why people cheat on their spouses:

- Neglected by husband
- Their husbands are also being bullied

If this is the case, then the couple should hopefully be able to discuss the problem and whether they can still fix it. People often leave their spouses because they are neglected.

If a man tries to fix the relationship with a spouse who is cheating on him but his or her spouse does not want to negotiate, they have a reason to cheat on their spouse to meet their needs that the spouse could have met.

The needs of a married couple that cause the wandering to find another way or someone else to meet these needs:

- Financial
- Sexual
- Emotional
- Spiritual

The following explanations of the situation are to assume that work is the reason for looking for others, but that it may be just a habit or a spouse's abandonment that causes one to become a jerk.

Financial:

People need money. In a married couple, there is usually one who worked for money and one who took care of the family and took care of the house. The man who worked for money was the man and the woman who worked to take care of the family and take care of the house was the woman.

Sometimes, it happens that the woman who stays at home is neglected by the man who worked for money. A man can't give enough to a woman. Due to the lack of housing supply, the woman was forced to look for money. Sometimes he doesn't find the opportunity to earn money because he can't get a job. There are also times when there are other men besides the wife who are willing to support the woman. This other man becomes the new lover of the woman who left the house because she gave more

money than the husband who should have given her money to support.

It would be nice if the couple could discuss financial needs so they can find a way to avoid having to look for someone else just to meet the financial need.

Sexual:

Sometimes couples live far away from each other because one works remotely. For example, a man goes abroad to become a OFW. The woman was left to take care of the children and take care of the house.

Because they are far from each other, there is more temptation to have sex with other people to meet the calls of the human flesh. There is a temptation both for the man who has gone far to work and for the woman left behind in the family and home.

It would be nice if couples could find ways to still meet their needs even when they are away without having to flirt or find another man or woman to be with. They can make a video call to each other. They just need to be patient until they meet again.

Emotional:

A couple who love each other should talk and listen to each other properly with respect and be realistic about what their feelings, thoughts and thoughts are. If the couple doesn't have this healthy communication, it won't lead to a healthy relationship.

By working too hard or doing different things, the couple may not be able to communicate in this way.

As a result, the person is looking for other conversations. Often the woman who is left at home is looking for someone else to talk to besides her husband who has abandoned her without giving her time for emotional communication. This can also happen to a man who is not given time to emotional conversation.

It would be nice if the couple could talk so they can find a way to communicate well as a couple and meet their emotional needs.

Spiritual:

The couple also needs spiritual harmony. Married couples may not share the same religion, but often the relationship will not work out if they disagree on their spiritual views or beliefs. Spiritual harmony between husband and wife is necessary for them to reconcile and to last their relationship.

It is difficult to keep a relationship going when a couple fights over what is spiritual truth. Their spiritual harmony should be established first as a foundation for their reconciliation because the spiritual perspective becomes the basis for what is truly important for the couple, the purpose of their organization and what the purpose of their lives is.

It would be better to make it clear what the spiritual outlook of each couple is before they get married to become a couple. If two people are married, they should continue to work together and talk about their spiritual growth.

Sometimes, there is a lack of response to this need if two people do not understand each other spiritually before they get married. This leads to their disagreement. This is where the search for one or both pairs of other pairs begins with a spiritual perspective that is more compatible with their spiritual perspective.

So the spiritual outlook of the couple should be matched and they should grow spiritually at the same time.

Theft

Theft is the taking of what we do not own without notice or permission. It is also a form of fraud that is not fair. If it is done for our own gain, it is bad.

Stealing for habit is the worst. This is especially true when you are trying to commit a crime or a crime.

If a person is forced to take something for their needs because there is no other just way to get that need, it will be better understood and forgiven. However, there are many ways to get something in a fair way before reaching the theft. As far as we can, we must strive to make a way to meet our needs without stealing anymore.

Sometimes, people steal from people who steal only to return what they stole to the people who were robbed. It's not a crime, it's just a matter of taking back what was stolen. People just need to make sure they are stealing. Others use a judge or court to prosecute people who steal and if proven guilty, they will be jailed or charged. It is better to go through the court for the proper process but sometimes the process in court does not go well, especially if the lawyers, judges and courts are also involved in the offense. The other is that the courts are so expensive that people are losing their wealth. This is especially true when it is difficult to get a lawyer or a lawyer.

If a person has obtained his wealth in a just way that he has not cheated or stolen, it is a sin to rob that person. Especially if he is a holy man and follows the Lord strictly, stealing from that person is a sin.

There's no sin for accumulating wealth to make a man rich, as long as his method is just trying here in the human world.

Just doing unfair methods to make the evil rich - this is the stealing.

The lack of a contract in a transaction is also a fraud. It is better to have more than enough.

Giving others a deal is also not good and can be a form of theft or fraud.

Everything in the human world is equal. There is nothing free in the world. Everything has a price.

Money is not the only thing in exchange for the things of the world but food, things, land, services, energy, prayer and so on. The fair way is to provide the right replacement for the things to be taken.

We always have something to buy from what we get.

Even if we don't have money, property or wealth, we still have ourselves. There are our lives that we can use to serve, work hard or help in the way we can with our labor or body.

Theft is the disrespect of this law of energy. Theft is the forced taking of something that does not provide a substitute for the taken thing.

Giving freely to the person who gave it is different from taking the property from the owner without notice and permission.

When a person gives willingly, he or she will receive the energy of gratitude from the person he or she has given. He also has the ability to give his own heart. Often, the person they gave free from the heart prays for the one who gave them. It still has a replacement.

If a person steals, he will get anger, resentment and curse from the robbed person.

CH6: Hermitage

Hermitage is the act of living alone on a mountain to repent and pay for serious sins - mortal sins such as murder, fornication/flirting and stealing. According to what we have discussed about mortal sin, they committed mortal sins with full awareness and for their own gain.

They have to pay for their sins while they are in the world.

As a hermit, this is what they do most of the time:

Live alone:

Most of the sins in the world are possible only because of our fellow human beings. Murder, flirting and stealing are only possible if someone else is around. Without other people, there is no sin. Of course, people who are alone and away from people will face loneliness. This loneliness is also included in the penance for sins.

Lived in the forest:

In the forest, you can't be with other people. Only nature can be with. Animals, birds, insects, plants and trees will be seen and experienced on a daily basis. This can cause silence within us because it can only absorb energy from nature and no other person can disturb our minds.

Eat what's around them.

As a hermit, you can't be with other people with food stalls so you just look for food to find around you. You'll pick fruit or plants, kill animals, get herbs or whatever food you can get around just so you can eat.

Pray or meditate:

Hermitage also includes praying or meditating to repent of sin and deepen spiritual awareness. Some hermits also carry orations to prevent them from starving due to lack of food material. They are the only ones who eat the food and drink so that they can survive for a long time.

Count the days:

Hermits also count their days with stones and wood to write in the past days as they look at the stars, sun and moon. They count the days before their death.

To death:

People who have hermitized have suffered this way until they die. Some people try to live as hermits as long as they can before dying.

Some hermits last for several months. Some are years. Then they'll die. It's also hard because hermits are difficult if that's why some of the hermits don't take too long. Especially when something happens where they get visited by feral animals for example.

The opportunity for the hermits to save their lives is a blessing. If a hermit eats a wild animal, it is a good sign that their suffering will end. The same goes for other ways they will end their lives. This includes wars, poisonous deaths or diseases that they can get from the surroundings.

Effect:

Overcoming the hermitage will result in paying for mortal sins and gaining a life of peace when the human spirit returns home to the other world when it comes to his death.

Buddha-ing

Buddha-ing is a class of hermits.

The Buddha is known to the Buddha, who became famous as the Buddha, the most famous of many Buddhist religious sects. He wasn't the only Buddha because he wasn't the only one to do this kind of hermitage.

Buddhahood is the meditation or prayer in the forest of those who do not eat and drink to death. To buddha a man is to sit in a meditation and not stand up until all his body is rotten.

When someone dies of hermitage as Buddha, it will result in paying for sins and the person will be able to go to a beautiful place in the other world. However, the human race is not as high as it would have been if he had served a mission for a long lifetime. Also just doing hermitage buddha by people with mortal sins or diseases that don't heal.

Most of the time, buddhas choose a tree where they sit until they die and they just become part of the tree. Plants and plants grow as if they were being swallowed up by nature.

Effect:

People who buddha can get permission to go to a beautiful place in the other world but they don't have bodies. It is necessary to do a mission to the white fairies so that the person in the other world can have a body that can be used to act in the other world. The person who succeeds in the buddha process is called a buddha. They are the floating spirits and walk in comfortable lights but they have no bodies.

CH7: Immortal Sin

What is immortal sin?

Immortal sins are sins that are not too serious. It is not enough to equal life and throw people into hell.

If we look at the mortal sins, they are:

- Murder
- Flirting
- Theft

Immortal sins are things that are still flawed but do not reach the gravity of mortal sin.

Imagine a ladder going down to hell. At the top of the stairs are immortal sins that are not too serious. Some immortal sins are more serious than other immortal sins. In the end, the more immortal sin seems to be lower on the ladder. Then go down the stairs until you reach the last floor of the stairs below that you are in hell because you have committed mortal sin.

The severity of immortal sin depends on where they occurred - in thought, word or deed.

The mind is lighter. It is also the most common immortal sin. Often, immortal sins are the things we think are evil but we can't say or do.

The next step is to use the word. We can say something that hurts ourselves or our neighbors. Our words may be intentional or not. Of course, we have to be more careful about what we say.

The most common is the immortality of sin. We can do something wrong with our neighbors. We may be able to do something about the person, his family or his possessions but it has not yet come to murder, flirting or stealing.

Because we are here in the human world ruled by Satan and we eat food that has gone through the fire, we cannot escape the fact that we have immortal sin. The best we can do is to try to reduce or minimize our immortal sin.

Even if you can't say or do anything wrong, you may think of something bad and even this thought is already a sin - although it's just immortal sin.

We must strive to be able to sin and if we reach it, we will try to reduce the immortal sin in our minds without thinking of anything evil.

An example of this:

- Feeling a sense of guilt for your spouse
- Sometimes you have to do what you have to do
- Overeating what you really need
- You're going to have to be proud of your bad
- The feeling of human hatred
- Going to a place of worship to watch
- Watching porn
- Feeling of arrogance
- The use of painful words
- The thought of doing evil
- Thinking about the temptation that you feel like doing
- Speaking evil but not true about someone
- Dream of taking someone else's wife
- Dream of claiming someone else's property

We are human beings and we cannot avoid sinning while we are human.

All we can do is ask for forgiveness for our sins and continue to cleanse ourselves of sins in thought, word and deed.

We can get that we are almost free from sin and that this is what we need to be truly holy people and succeed in our mission in life.

CH8: Weighing Sin

Here I will discuss the process on how to weigh sin.

Sin has different weights according to the following factors:

Mortal or Immortal?

Mortal is murder, flirting and stealing. This sin is more serious than immortality. Immortals are all sins that have not yet reached mortal sins but are not yet in accordance with the law of love for God and neighbor.

Intentional or Unintentional?

The human intention of deliberation is heavier than the unintentional act of committing sin.

Luxury or Need?

Sometimes people just want to get something they don't really need in life. Sin is more serious than it is because of the need to survive.

Celebrated or Regretted?

The sin that is celebrated and boasted of is more serious than the sin that is repented of because a person is happier in the sin he has committed than in asking forgiveness of the Lord.

Of course, we prefer to avoid all kinds of sin, but the judgment and competent punishment for different sins are different. Everything on the left is the heavier and everything on the right is the lighter factor.

On balance, the more serious sin is the more answers on the left. The lighter offense is the more right answers.

We as humans have a mind to weigh the sins of ourselves and others. White fairies can advise us about sins, but the ultimate Judge of all is God.

It is better to be aware of the gravity of sin according to these factors so that we can avoid serious sins.

CH9:7 Deadly Sins

There are 7 Deadly Sins. These are as follows:

- Greed
- Greedy
- Laziness
- Boasting
- Envy
- Hate
- Obscenity

Let's break down the discussion of what they are, what they do and what is avoiding them:

Greed

What is it:

Greed is the excessive craving for wealth, power and other things.

How it goes:

It is a form of theft, fraud, indifference to the welfare of others or murder just to get gain.

In other words, wealth is more important than the value of money. The morality that God has given as His command is forgotten.

What is the right thing to do:

It is okay to dream and strive to obtain material treasures in this world, but we must not commit sin to obtain them.

If we take the deserving or fair way of making money, saving wealth or taking power - there's no problem here.

We just want to do God's will, and we want to make money and be rich. We also need the resources to feed our families and our daily needs. Wealth is also a blessing to the Lord, which gives us the power to share grace more with others.

Sharing grace with others by celebrating, giving jobs, giving gifts at the right time, teaching skills or knowledge to benefit and sharing opportunities with people to earn a living are also good practices.

Of course, we must not forget that all graces come from God the Father so we must always thank Him.

Greedy

What is it:

Greed is the overconsumption of food or drink that is harmful to ourselves or our neighbors.

How it goes:

It occurs in the way people eat and drink that they gain weight, worsen their health and sometimes even consume money.

Greedy people may also be robbing themselves of food and drink that others seem to have lost so much of their needs to survive. Some people even have a tendency to eat too much food to get

them to eat again. It shouldn't be done because the grace of food and drink is wasted.

In the case of alcohol, we should not exceed the limits of alcohol that our bodies can control. The best thing is to stop consuming even a little alcohol, but for ordinary people who have not sworn for the mission, it is enough to not just get drunk and not vomit. We should not be allowed to change our behavior and hurt others.

Effect:

Many of the diseases in modern times are caused by excessive consumption of food and drink. Some people call this over-consumption of the disease. Diabetes, hypertension, heart attack, stroke and others are the result of eating abuse and drinking foods and drinks that should not be consumed as much. This is especially true for modern junk foods.

What is the right thing to do:

It's okay to eat and drink delicious foods and look for these foods, but we must learn to control ourselves so as not to overdo what is needed.

If we know our limitations and don't overdo them, we won't be overweight and damage our health. We can still enjoy the good and nutritious that the Lord has given us through food and drink. We also need to focus on a healthy diet that consists of fresh, nutritious and less processed foods.

We also need to be more aware of what we are doing. We need to focus on the process of our food so that we can taste each bite and taste better. We don't just eat a lot to get full. We are often overwhelmed by the food, but we are not able to eat fast enough.

Focusing on the taste of food will give our bodies pleasure that we cannot do if we eat without care and awareness. We may sometimes have more food like a one-time feast meal, but we should not always overdo it because that can cause pain.

We should be thankful to God for the food and drink we have every day. If we pray for grace and blessings for food and drink, we need to eat less to be satisfied because there is energy going into the food that will be full. We don't need to eat too much to get enough nutrients for our body.

Laziness

What is it:

Laziness is the lack of effort to do what man deserves to do in the human world.

How it goes:

It is not a way for people to take action to meet their needs or those of their families.

Often, this one person becomes a burden on his family and both because he didn't contribute to work. This is not an example of helping with work, cleaning, repairing the house or any other human occupation.

Laziness to do what is right also causes people to lie, cheat or steal because it is easier to do so than to try the right way. It is more important for a lazy person to benefit from the efforts of others than to work for himself.

Laziness is also a lack of effort not only to work for money or material needs, but also to strive to improve oneself to be a better person in all kinds of ways.

Effect:

If a lazy person has a family, then his wife and children are poor. If a person is lazy, he does not help with employment, cleaning and taking care of the needs of the family. Even the self can be neglected.

Laziness will neglect all the needs of the human world and the lazy person will not reach the human world or the other world because they will not try.

Moreover, the effect of laziness is that we will not feel a sense of success in our lives because nothing happens in our lives due to lack of effort. This often leads to envy in people who are making efforts for their lives.

The lazy person is of no benefit to the people around him because he does not give his contribution to work according to the abilities given to him.

What is the right thing to do:

Fatigue is normal and is common for everyone. Sometimes, we don't feel like we want to work, but that doesn't mean we should stop trying. It just means we need to rest.

Life in the human world is so exhausting because it is full of suffering and poverty just to survive, but we all face this situation. Sometimes we need to rest, but we should still go back to the effort after we have rested.

It is also good to do what is called the right pacing work. This means that we have to figure out what speed and amount of work we can do consistently without over-exerting fatigue or the so-called burnout. Burnout can be physical, mental or emotional.

We need to learn what our limitations are in every aspect of our lives so that we don't get to the point where we're overwhelmed and run out of doing anything.

We don't want to be too quick or too busy, we just have to keep going.

There is a so-called work of the wise. That's true. But we can't stop working when we reach our limits. It is normal for us to be tired of working. We also need to use our body and mind energy to work

because if we don't do anything, we won't be able to sleep or rest well at night.

As people on earth, we need to accept that work and hard work are really part of our lives. Even the wealthy also have to work to maintain their wealth - although their jobs are often more mental than physical burdens.

Boasting

What is it:

Pride is the height of self-esteem that humbles others who have already treated them like no longer equals.

How it goes:

It is a way of treating other people as animals or objects that are no longer worthy of respect as fellows made in the image and likeness of God.

It is natural for a person to have arrogance or self-recognition according to what he has achieved in life, but if he uses it as an excuse to treat other people as animals or tools, it is bad.

People who boast have forgotten the importance of the law saying that we should do to others what we expect to do to ourselves.

Everyone has abilities in different areas of life. Some are good in some areas, others are better in other areas. Even if a person is better than others in a field of life for example, it does not cause him to trust others and think they are worthless.

Effect:

When a person is proud, he does not know how to feel about his neighbor because his neighbor is not considered a man. It's also hard to listen to others because he thinks he's the best and no one cares to listen to others.

Humility is important to rise above in life because people don't like to socialize with a proud person.

This pride also causes all other sins because he thinks he is a threat to everyone and is not subject to human laws. He may think he is too high to obey what everyone needs to follow.

Even if a proud person does not think he is beyond the law, he may be confident that he can do things that most people cannot and will bring himself closer to dangerous temptations or dangerous things that can kill him if he makes a mistake.

Over time, the person who boasts will become more lonely until he no longer has a companion from the heart.

What is the right thing to do:

Self-confidence is different from self-confidence. We all have talents and abilities that we should be grateful for, celebrated and appreciated. This means that we all have a sense of self-worth.

It is not wrong to have self-confidence and "boasting" but it should not be arrogance in the way we trample and humble others.

Trusting our own creation as human beings in the image and likeness of God is a good work. This means that we have a high opinion of ourselves, but it is not only for ourselves but also for others.

However, people have different abilities. Some people are better at some things than others. There are also people who have more well-being in different fields than in others. This does not mean that they have the right to trample their fellow human beings. This means that the Lord has given them grace so that they can use their abilities and talents for the good of themselves, their families and the entire people.

There are things that can be achieved because of the constant human effort. These are things to celebrate as long as these

achievements are done in a just way that is in harmony with God's will. There is a sense of pride in human success and it is normal.

The right way to raise life that we won't be proud of is that we grow as a tree.

As the reach of our branches increases in life, so do our roots in faith and tribute to God. This means that we have a balance between achieving the high things in life and humbly accepting the fact that all of this is possible because of God giving us life and ability.

Envy

What is it:

Envy is anger at what our neighbor has that we don't have.

How it goes:

It comes out in a way that we think or speak offensively to our neighbors who have things we don't have.

Sometimes, when the work is done, the work becomes harmful in a way that destroys the property or steals the envy. The use of a name to spread rumors that are not true is a way to vent envy.

It is also called a bashing or insulting to someone who uses words that hurt the person being envious. In modern times, social media makes it easier to do this. It is especially possible to hide the fake image and name and then use it to say any bad or hurtful words that result from envy.

Effect:

If a person is jealous, they are ugly. It's funny to think, but when you look closely at the people who are jealous, their faces are twisted and they are spinning with the pain of their feelings.

People who are jealous of their lives are lost because they can't see what they have in their envy.

People who are so envious of their own lives have become even more envious because they can do nothing good or benefit from their own lives.

What is the right thing to do:

First of all, we should be grateful for the blessings we have. We all, no matter how hard we are, still have blessings in life. So we need to be thankful for what we have. Our appreciation for our own life will bring us satisfaction with what we have.

We need to focus on our own lives and enrich them. Second, mind your own business. This means that we should focus on our own lives, resources, resources, abilities, talents and everything else we have.

If our neighbor has something we don't have then we want to have that, let's make him an inspiration. We must strive to achieve what we can do. We should not be discouraged because it means that we cannot be better than we are now. What we reach can be made a cause of envy or a cause of more diligent effort for our further development.

And, by giving greetings and being happy for our neighbors, we can feel their joy that will also bring joy for ourselves. Life is different and depends on what God has given us.

Material things can be envious of people if they are not aware of the fact that we will not be here long in the human world. What is more important is that we focus on the wealth of our holiness that will give us wealth when we pass away from the human world and we can go to the other world.

Hate

What is it:

Anger is the anger of a person who is impatient and violent because he has concealed his anger.

How it goes:

People are naturally angry when they are hurt. Anger is the filling of a person's anger because he or she has not been able to express his feelings properly. Suddenly, he was able to breathe in a way that he could no longer control.

People who are hurt in life also hurt others just to vent their hatred, but this is not the right way because more people are hurting in this way.

The lack of knowledge of how to deal with emotions can also cause hatred. A person does not know how to get rid of the feelings of resentment he has received from others so it will only cause harm to himself or others that he cannot control.

In the beginning, it can come out in a way that hurts other people. In the long run, he may cut himself off, make habits or do dangerous things in life. One day, he could commit suicide or kill someone else.

Effect:

It has a negative effect on people because it causes people to fight. Bashing, bullying, harming yourself or others - all of those are acts that come from human hatred.

Hate will be a source of conflict. A person who is already in a state of anger can also kill himself or others.

Killers who kill innocent children are often abused and hated from their youth so that's what they do to others.

What is the right thing to do:

We all have a heart that is broken. It is normal for a person to be hurt by hearing hurtful words to people, but there is a way that our hearts will not be filled with hatred.

Crying is the most basic way that people don't appreciate today because we weren't taught how to cry. People, especially men, have been told that we should not cry and let go of the pain we feel but it is the wrong thing that causes hatred to pass on to other people.

As we cry and let go of the pain we feel, we will not be filled with the hatred that comes from others and we will be able to continue our patience with people. Crying doesn't always have to bring tears. We can only feel sadness, anger or any energy from the pain of the will of others and we can simply breathe to pass it by.

Crying or breathing out of resentment should be done with a concomitant prayer. God the Father is the one we can always pray for and weep. He is always there to listen to us. Prayer is the way to give ourselves the strength and comfort to face all that our fellow human beings are saying. Through prayer too, we can understand why people say hurtful words - because they are hurting too. This is where we understand that people's pain towards others is caused by their received pain that they do not know how to release in a way that does not harm themselves or others.

Meditating on our feelings of pain or anger from others will also give us the freedom to feel anger without reacting immediately to anger. Through these methods, we can learn how to forgive. All of this can help us to improve our patience. We can feel the pain that our fellow human beings throw at us and we can't avoid it while we are human. But if we can strengthen our spirits, we will feel light and not react immediately. We can respond slowly in a way that we can understand them and communicate teaching the right with respect for ourselves and others.

Obscenity

What is it:

Obscenity is the abuse of our sexuality as human beings.

How it goes:

Humans are naturally strong seeds because they are the ones that act within every person who wants to go out to reproduce in humans. So the temptation is strong for people.

The practice of flirting with many people, masturbating in all kinds of images, having sex with other people, watching pornography or obscene shows, attracting people by stripping on stage, selling flesh to prostitution and other similar activities.

It is even more important to have a relationship with someone else if they are married or have sex with a married man. Even worse is the rape. And then there's the rape of one's own relative. The worst of all is the rape of a young child and there is no nonsense about what is happening.

Obscenity is the easiest habit to make because people just need their own genitals - unlike other alcohol, drugs or yosi vices for example you have to buy.

Especially in today's modern era, there are many online shows that are available for free. As long as the internet is available, people can watch porn and enjoy the rude things that can be seen.

Effect:

It has a negative effect on people because the brain becomes vulgar. Pornography is a way of life that is so full of lust that it is impossible to see the world.

This is usually the case when the family is destroyed. One or both of these people are in a relationship and that is because they are in a relationship. The sacredness of marriage is trampled.

The same goes for the anger that sometimes leads to the death of a married couple.

What is the right thing to do:

We must strive to stay clean from the immorality of the world.

If the man is a young man or a woman, the best but also the hardest thing to do is not look at anything obscene, do not masturbate and do not have sex with anyone until they marry the right person. This is the most difficult and difficult thing to do, but it is the best way to do it.

The next step is to masturbate if you want. If possible, the best thing is to just leave a family without an image of someone else thinking or looking at.

If he can't do it, it's better to show off the image of the person near him. This is because it is easier to get the energy back when the person likes him.

But he should not use pornography, especially by people who have had sex far away and have had sex so much because it is difficult to get his energy back to him and he can also get the spiritual pain of those he suffers.

We should avoid being attacked by anyone. We are to protect our virginity because it is our wealth. Every time we meet, we are reduced to wealth. We can give a lot of wealth to a man who will last us a long life.

Let us pray and improve so that we can obtain the sweet love of our true husband in time. We are better off on a mission so that we can get the opportunity to be with our true spouse who we can reconcile with here in the human world. If a man is married, he should focus on his wife. He would not have thought of anyone else but his wife, especially when they were having sex.

If the spouse is left behind, he may be forgiven and given another chance or divorce. It is up to the man what to do. It would have been better to kill the man in anger.

Other men or women should be treated as brothers, children or parents. If you're a man, you shouldn't be with another woman besides your husband in ways that you're alone in the bedroom or any similar situation.

If you look at other people, it should not be seen in a way that encourages desire for those people and should be viewed as family members.

We shouldn't be looking at pornography or obscene shows.

We should avoid the distractions.

Let's dress modestly and not be rude.

We also avoid alcohol, drugs or other things that can change our minds and make people feel bad.

We should not drink from the family that comes out of our penises - especially the penis - because it is flirty.

We will remain clean until the end.

CH10:3 The Lord's Command

The Lord spoke to me and he had general advice for me to succeed as a holy man in life.

These are as follows:

- **Be Good**
- **Be Kind**
- **Be Strong**

Be Good

Being good is doing what is right and avoiding what is wrong. It is to obey God's will for our personal morality.

It's the process of organizing our own thoughts, words and actions.

This is obedience to God's 10 Commandments.

This includes avoiding all vices. Alcohol, drugs, yosi and so on.

Here is also the avoidance of the mortal sins of murder, theft and plunder.

It is inevitable that we will sometimes commit immortal sins, but we strive to reduce them by praying and guarding.

We must preserve our wealth as much as our worldly wealth (and it is even more important than material wealth) because it is our wealth when we die and move on to the other world of eternal value.

Be Kind

It is about how we treat others in a good way. We don't let people down with their anger, their land, or any other evil. We don't make fun of them, embarrass or humiliate them.

This does not mean that we cannot tell our neighbors what is right and wrong. It just means that we have to do it in a respectful way.

Then if someone insults, laughs or humiliates us, we won't punish them in the same way they do that we'll be as bad as they are. We must be calm, understanding and respectful in our response to them or ignore them.

If we talk to them, we will convey to them the right message that will come to them but we will not respect them. They may still be hurt by what we say because they have been shown to be wrong but we do not use swearing, evil or ridicule. We can continue to communicate with everyone and not talk to our bashers in person. We're just going to have to answer our bashers - in general message. They are just being directed and not directly.

We need to treat our enemies with respect even if they don't treat us with respect. Our continued treatment of them with respect will cause God to protect us from all our enemies.

Be Strong

We need courage in a world full of suffering, trials and suffering. We can't help but feel the pain and suffering of life here because that's the nature of the human world.

Even the Lord Jesus Christ himself went through many sufferings when he came down here to sacrifice himself for the sins of the world.

Our strength has a different meaning.

One of the most important things is to be strong against all temptations. We must learn to resist and avoid all kinds of temptations that come our way. That's inevitable. We must always pray and trust in the Lord God the Father who will give us the strength to overcome all temptations in life.

Another step is to be strong in the face of the challenges that come our way. Sometimes there will be unexpected events that will cause sadness, confusion or anger in our hearts. It is also one of the things we cannot deny in our lives. As these come into our lives, we also need to learn to hold on to our faith in the Lord as we continue to pray to Him to solve our problems in life.

We will continue to be tested in every way while we are here on earth. The trials will not stop until we are out of this world. We must therefore remain rooted in deep trust in God and lift up our hands to Heaven in the sacrifice of all to Him.

CH11: Simple Statement

The simplest way to say what God's will is is:

Do the Right Thing. Avoid Malice.

It's very easy to say, but hard to do. It is because of the sin that is in the flesh of man while we are still in the human world controlled by Satan, that we cannot simply do this commandment of God. We must do everything we can to fight against all the evil that is in our human muscles.

There are three aspects to be taken into account for this right and wrong. These are:

- Mind
- Word
- Act

Here are all the places where there will be right or wrong.

Mind:

We need to be mindful of our thoughts because it is where all ideas come from what we say and do in our lives. It is inevitable that we will have temptations to think badly at times, but we just need to get rid of thoughts like that as soon as possible so that we don't go through our words and deeds. We must focus on good thoughts so that they can yield good words and deeds. As we think about it, people who are sensitive to us may feel even if they have not yet overwhelmed in word or deed.

Word:

If we are constantly able to think about things in our minds, it will pay off by speaking about them. It is said that if we are filled with thoughts about something, it will overflow with words. Even if we want to hide our thoughts, one day they will come out of our mouths if we happen to be unable to control our mouths. What comes out of our mouths, that's what we always think about. The word can also affect other people because they can hear what is inside us and can hurt or help others depending on the use of the word.

Act:

Last of all the most serious impact in the world is the work. If it is always thought and discussed, the last step for the fulfillment of what has already begun is to do so. It is the weight of good or evil because the whole body is mobilized to achieve the intention. We must be mindful of all our intentions so that we can do what is good and not bad.

We must keep our thoughts, words and actions together so that all of this is in harmony with God's will.

CH12: Proper Living

These are the guidelines for living in various aspects:

Sleep:

We need to sleep well and well enough for our bodies. Children usually sleep for about 7 hours and sleep for adults.

Gadget Use:

The use of cellphones, TVs, laptops, tablets and other electronics with a screen should be controlled. It's best to take a shower before we use it and take a break from using them when our eyes get tired - even if it's about 5 to 10 minutes per hour if we work. We shouldn't have to wait until 10pm to 5am the next day.

Drinking:

We need to drink enough water for the body. We should not be too our skin. Drinking water would have been nice if it was just warm or not too hot or cold to keep the body from getting shocked - especially on a morning when the stomach was empty. Avoid or limit alcohol consumption.

Dining:

We eat healthy foods that are different colors, fresh and natural. We should reduce or avoid processed foods, junk foods and canned foods. The diet for me was to eat meat and fruit. It may work for you too.

Exercise:

We should all just exercise to stay healthy and strong. It is important to sweat, to get blood flowing, to make your heart beat fast, to stretch your joints, to challenge muscles and to stay active even after ageing. We should do what we can to protect our bodies and not overdo them.

Clothing:

We wear decent clothes that do not reflect our treasures that should be kept in the world. In women, dede, pepper and groin should be covered. The shoulders or the navel should not have been shown for more modesty. It's okay to be tight, as long as the skin is covered. Men should hide in the bulging of the king and the appearance of the groin. If possible, don't translate too much to show the body.

Language:

We should speak with respect to everyone. We should not just make stories that are wrong, lying or hurting people. Let's avoid swearing (p*tang mother and such similarities). We should not be blaming others, especially those who are not responsible for us.

Getting to work:

We work hard and efficiently to recognize our well-being because of the product and service we deliver to people. We don't want to be in the middle of a fight when we're not in the middle of a fight. We should not be deceiving or abusing our employees if we are employers. We can't be ashamed of our work without giving people what we want or what we want to do. What you have to do should be done.

Consensus:

We are to respect our words because our words and spirits are worthless if we are constantly disobedient or disobedient. What you agree with someone, you must fulfill. What you said you would do to God, angel, fairy tale or man - must follow.

Masturbating:

Most people, especially when they are single, masturbate or masturbate to get out. It's ok and normal for most people. It is rare to find a good family that would not be able to get a family out. For most people, people are going to be addicted. However, it should not be used to create a family.

It should not be used to display images of other people and especially pornography that is done by unclean people who have many spiritual and physical diseases. If a person cannot avoid using the image of others, it is better to use the image of the person close to him that will restore his energy more than the image of the person in a distant place that he cannot see in person and cannot return his energy to him.

If a person is married, he or she can use the image of his or her spouse to get married. This is the image that other people deserve to see.

Sex:

Sex should have just been done by a married couple. If they are not married, they will be committed to each other for a long lifetime. We should respect our virginity until we find someone we can live with for the rest of our lives.

But this is not the case because most people have sex when they are young or young with different people. Virginity is no longer valued. It seems like a curse that people should get rid of as soon as possible. It's a misconception. The most important thing is that the people who are virgins are the ones who have the wealth they can give to their husbands.

Sex should have been done in a couples private place and not videotaped or done in public to show off to other people. It is a sacred happiness of a couple who love each other and should not be made into jokes or fun. This is a responsibility because the family can produce children when the male and female family reach each other. Therefore, we should be careful about sex.

Meditation:

If we meditate every day, it is a great help for our body, mind and spirit.

The most commonly learned form of meditation is mindfulness or awareness that makes them aware of themselves. If we want to deepen our meditation, we must strive to be aware. I will explain this in more detail in other times and places.

I'm going to start with the 3rd Eye Meditation that will help me in all aspects of life. We can learn what is true in direct spiritual experience through meditation. It is better to do it at least once. It can also be up to 2 times. One in the morning and one in the evening or afternoon. Follow my LIVE meditation every Saturday at 10 am and use the replay whenever you can.

All the benefits of meditation are derived from doing the meditation technique I teach. There is also a sense of consciousness and more awareness that can be covered as well as other worlds.

A meditation can only take 15 minutes if you want. This has a huge impact on the person throughout the day. To better prepare for FREE 3rd Eye Meditation, please read the Guide to 3rd Eye Meditation:

www.ericroxas.com/gabay3rdeye

Prayer:

Prayer is the way we feed our spirits so that they can grow stronger. We need to pray at least once a day, but it is best to wake

up at least once in the morning and once at night before going to bed.

Prayer is the one that gives us the guidance, protection and strength to stay on the Path of Holiness to the Lord and overcome all the trials of life. Use the Daily Prayer Guide for the correct daily prayer method:

www.ericroxas.com/gabaydasal

Journaling:

Journaling is writing down our experiences and thoughts in a notebook or journal. Here we write down our experiences in meditation, dreams, meditations, wonders, dreams and other thoughts for remembering, revisiting and deepening. Journaling is a good habit because it makes us think better.

Writing is the practice of thinking. So the more we write, the more we think. Keeping our emotions in the journal can also help us to relieve stress.

Sharing the Good News:

Another good thing to do is to share the good news. This means sharing Bible verses or sacred book lines for most people, but the good news is not just those from the old sacred book. Any word that is just according to God's will and helps people is good news.

Any information that is good for the person that will bring him closer to good physical, mental and spiritual health is good news. Our sharing of the good news of course begins with our representation of all the advice we give to others. We are the living good news.

Helping Others Materially:

It can also help the neighbors in a material way. Providing food, water, clothing, house, household items, money and other material things is also a way of goodness. This includes feeding programs, medical missions and other material assistance. It is important to

remember that the best way to help is to help for a long time and not just at once and still depend on others.

Instead of just giving money or food to the person he can use, it is better to give him the means and means to stand on his own two feet to get his needs. In other words, education and providing opportunities for people to continue to work hard for their needs is better than hand-outs or other occasions that they still depend on others rather than making their own support.

Medicinal:

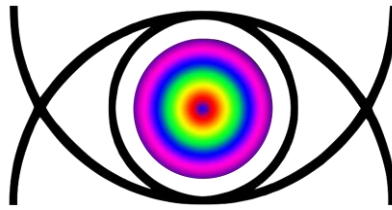
The same is true for those who are spiritually involved in the treatment of their fellow human beings. Oils, ointments, orations, pearls, prayers, hymns, laughter, suob and other methods are used by faith healers, alveolar or healers to cure people's diseases. The doctor also helped people to pay for their karma to stop the disease. However, there are many responsibilities and many risks involved in becoming a physician. The physician is literally at the end of life and death - especially if the physician is not knowledgeable about the law of medicine and how to close diseases.

Before treatment, a person should know through a thorough study what the correct treatment process is. I also plan to teach the proper medical process. Just keep it up.

CH13: My own life

This is how I live to implement the Path of Holiness in my own life. I'm not saying you should follow me in every way, because my example is a bit extreme. I'm just sharing this with you as an inspiration to get an idea of how to be a holier person in your own life.

These are the things I will never do for life. Avoiding this with doing good has strengthened my spirit and increased my achievement in the mission of 3 years:



- Watch porn
- Drink wine
- Do drugs
- Magyosi
- Manglandi
- Flirting
- Go to lewd places like disco or nightclubs
- Strip in public
- Kill
- Gamble
- Steal
- Swear to wife
- Get back to the ex
- Stop the mission
- Separate from the spouse
- Go with another girl alone
- Have the girl ride in a vehicle alone
- Have a woman come in by herself
- Anyone should be allowed to stay at home, especially if they are
- Video calls with people who simply don't have a proper process especially at night

I added these curses to my life one by one until I had done them all in my life on three years of missionary service.

My life:

I stayed in my Sacred House here at Holy Paradise Resort. I'm alone in my house when I sleep at night but I have a lot of fairy guards and my fairy tale wife Rose visits in person sometimes.

Comrades:

I had a few people in my house and they were in a different house. I didn't accept a woman as a guard. There are other women who are not allowed to stay in my room. I didn't even get to see anyone at night, even if they were my guests.

The woman I was with at home in the morning was Ate Tece who was the only one my husband allowed because she was the one

who could be trusted not to do anything wrong to me and guide me to what was right.

Aunt Tece has twin brother Loe who is my fairy father. I said, My Aunt Tece is my aunt. I was also close to my sister's family, which I considered my own. Aunt Tece is the one who understands me best because she also has a lot of experience in fairy tales and other spiritual things just like me.

Ate Tece helped me with cooking, shopping, making products, taking care of things at the resort, doing rituals, preparing events, landscaping and cleaning. He was my main companion and guide in missionary work on the Path of Holiness and has served a mission since he was six years old. I also helped him do everything he could when I wasn't busy with other things.

I do:

I write a book, make videos, talk to subjects or clients, answer questions, share good news, produce a product and explain the service. I also have rituals, blessings and reading aura.

I don't have time for games or just scrolling through the content. I don't look at the clues or the jokes.

I also work and manage my own business. I teach workers the techniques of work that I can learn from my father as an engineer, from YouTube or from other resortmakers.

I also keep in touch with my parents, siblings, uncles, aunts, nieces and cousins who are far away. I am grateful that my parents are loving and supportive of me if I need their support.

I prayed day and night. I meditate for a few minutes, even when the sun is too busy. I've been taking a lot of time to meditate if that's my mission.

Instead of having a habit like yosi, I just sit back and breathe. I'm just starting to feel my own breathing. I'm not going to take a few minutes or even take a shower if needed.

My dreams are bright and important to me. When I wake up, I write in my dreams first to discover the messages that I want to convey and to share my experiences with the other world.

Fellowship:

I help my neighbors by giving money when they need food. I don't give up when I know they're going to buy habits. This is in addition to the fact that I once gave up materials or equipment for people's livelihood.

I tell people who want to add me on social media that their profile pic should not be rude or nude if they want me to accept them. Must be decent looking.

I'm going to be using my social media or in person. They did not know what they were saying. The source of what they say is often envious. So I just understand them. I'm always quiet and explain myself when needed.

Physical care:

I do weightlifting or calisthenics for 2x a week and then walk on other days. This includes walking for papers or walking to see and manage what is happening at the resort. It also depends on the weather. If it's rainy or hot, I'll adjust to the exercise I can do.

I'm sure I'll eat healthy food. Fresh and natural. Different types of colorful foods. I'm currently eating meat and fruit. The newly cooked house is what I always try to eat. They also occasionally eat at restaurants or restaurants.

I drink enough water and clean water. I have a water filter and the water comes from the natural spring in my village. It is also possible to remove the filter if it does not rain heavily because the sand cannot cover the water. I'm glad the source was direct in spring and didn't go through the cow or laundry. We even tested the water and it was clean. This is also the water used in our swimming pool at the resort.

I'm only using clothes that are good quality but still good price. The clothes are often expensive and cheap. I'm talking about ordinary everyday clothes here. For the ritual dress, we bought fabric and made it for our tailor, Lisa, Aunt Tece's daughter.

In the process of cleaning my own body, I wash and shampoo. I brush my teeth, floss and tongue cleaner.

I have been given a gift from the people who have given me the light, in addition to the light they have given me.

I keep focusing on God, my wife, my children and my mission.

I didn't go to any church. I have only used my own house and altar to worship God.

My religion is Roman Catholic because it is my mother's religion, but my spirituality covers all religions.

CH14: Last Word

This Path of Holiness is a guide for people to become holy people.

The guide is there to show what is right but it is still up to us as people if we do it.

I just pray that you will fulfill all that I say on the Path of Holiness for yourself.

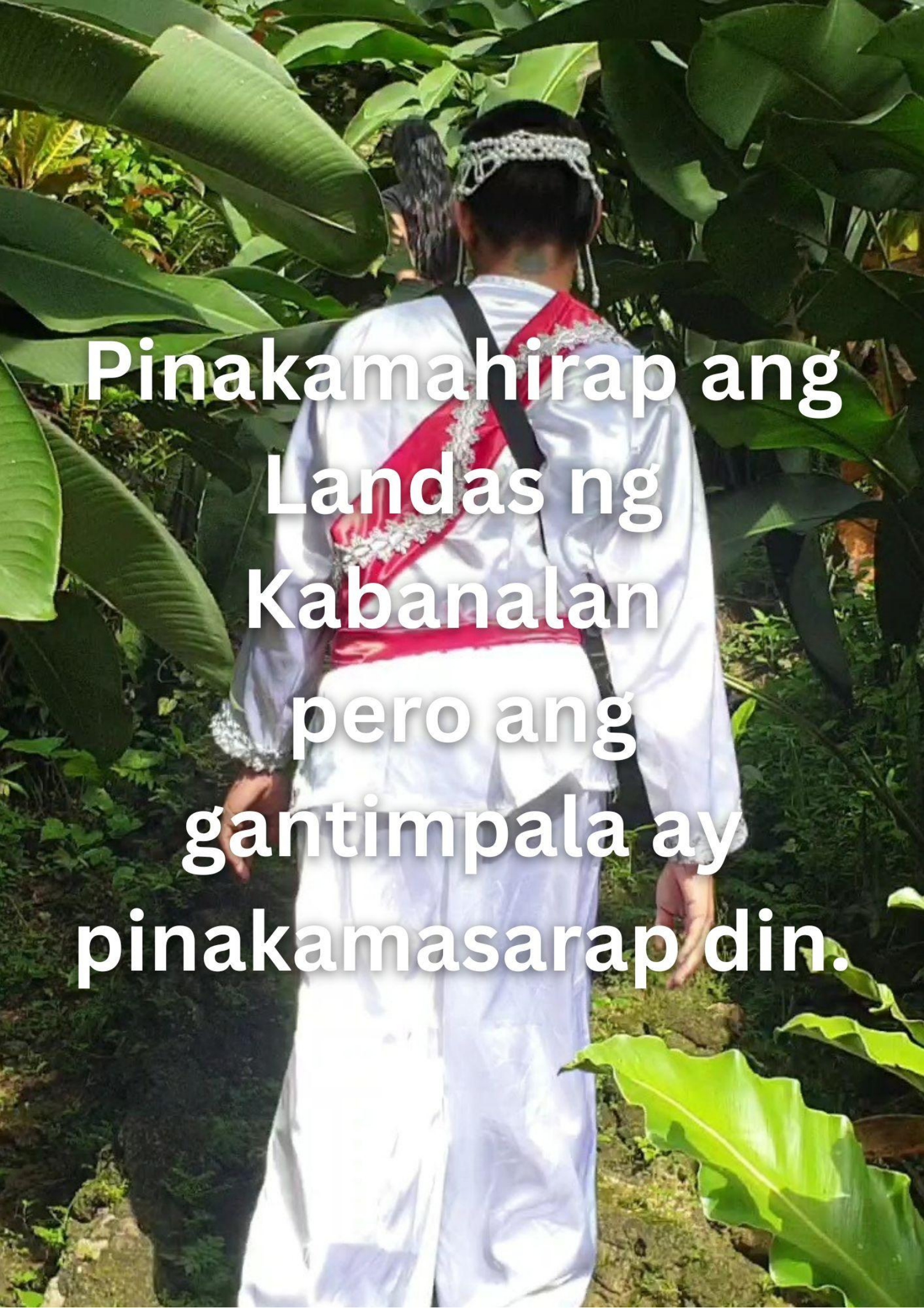
If you are serious about pursuing the Path of Holiness and want your holiness to have a greater impact on it for your future in the next world, serve a mission in what I teach:

<https://ericroxas.com/misyon>

I have a lot of FREE guides that help people with General Self-Improvement to Heaven on my website and social media pages. After that, if you want more in-depth instruction from me, you can avail of paid memberships at Eric Roxas School.

<https://school.sighealers.com>

Thank you so much and GodLet's relax, pray and enjoy our holiness!



**Pinakamahirap ang
Landas ng
Kabanalan
pero ang
gantimpala ay
pinakamasarap din.**