

# Five Rules-Guidelines on the protection of Purity, the salvation of the human Soul and the successful continuation of the evolution in the transitional times

10 March 2016

These Rules-Guidelines are the most important new Knowledge at the moment given by Presence of the One Lord God Originator and Creator of the Heavens. In the transitional times in which we are living now, they are help for us after the changes that occurred on the Earth in the years 2014 and 2015 – support for the survival of man and his successful movement forward along the Path of spiritual development and preparation for entry into the New Divine Order.

When I received these five Rules-Guidelines, it was explained to me how serious the situation is at the moment and how important it is that they are announced on the website and followed so that the human race on this planet is saved.

For this reason, everywhere on the website where it is needed, corrections and additions will be provided by every Ascended Master, who has given the respective Message, Guidance, etc. so that the Teaching is updated in line with the rapidly changing situation on the planet and it complies with these new five Rules-Guidelines.

**1. Work in spirituality** – any spiritual practice, including the directing of Gratitude Above and the blessing, is to take place in private, in a place and at a time when there is lack of possibility the person to be seen at that point by any other person. And everyone needs to take measures for that purpose. The time has come to do as Jesus told us to – be in service to God in a secret place – both internally in your heart and externally in the physical world.

The time for this has come.

When it is spoken from Above about group spiritual practice, it is meant exclusively only that a person invokes Ascended Heavenly Masters of the Hierarchy of Light to join his Service at that moment, when he proceeds in solitude to its implementation!

A person should do his spiritual practice only if he is alone in a room with closed thick curtains or blinds and the door locked, to avoid even the slightest possibility to be surprised and seen while being in Service. If the room has a mirror, it is good to cover it while working in spirituality. This new Rule-Guidance needs to be applied regardless of whether the person is located in a city, in a small town or is completely in nature. However, if a person lives under the dome of a settlement, this new rule works in parallel with the previous rule that work in spirituality, under the dome of any settlement, is best to be done in the early morning hours – up to 3 a.m. astronomical time, in surrounding silence and in maximum purity of the field while almost all people around are sleeping.

If for a person it is impossible to be alone in a room that has opaque curtains or blinds, and to lock the door, then for him it is best to carry out his work in spirituality outside in nature, but only if he is covered entirely with a large and opaque cloak or shawl made from 100% natural

plant fabrics (cotton, linen, hemp, regardless of the ratio), possibly lighter to be more comfortable.

The only exceptions to the first rule are family members or residents of the house if such exist, but only if they also comply with all these five rules.

**2. Eating** is to take place also in solitude in a place and at a time when there is no possibility of a person to be seen in this period by any other person.

An exception from this rule is again only for family members or residents of the house, if such exist, but only if they also comply with all these five rules.

For eating applies the same rule as has been said above regarding the work in spirituality – for eating both at home and in nature – the person is to ensure the lack of any opportunity for establishing direct visual contact with another person, regardless of the distance from which he may be seen while eating\*.

**3. Sexual intercourse between spouses** can take place only if both comply with the new five rules and take all measures so that they are without a direct visual contact and the possibility of being seen at the time by any other person.

**4. During bowel movements and pee**, the person should also be alone and without the possibility to be seen by anyone, again regardless of the distance and whether it is day or night.

**5. Change of the energy network** – from the Light network to the network of the darkness or vice versa – no matter in which direction, this transition is also a moment of danger for people now, in these times. For this reason, it is now extremely important that the person remains calm and keeps elevated consciousness constantly, accepting everything, whatever happens, in a state of gratitude to the Father. It is important to be constantly in the Light network of the planet, and if he feels that he goes out of balance and falls into an illusory state, he should get alone in a place where another person is without the possibility to see him. If there is no such option, he should immediately cover himself with a large scarf, even for a few seconds, while he does in the fastest way what is needed to restore his harmony with the Higher octaves of Light, with his Higher I AM Presence and with the Living Life on this planet.

In all five cases – when a person performs a spiritual practice, when he eats, during bowel movements and while peeing, during a sexual intercourse, and when changing the energy network, he opens up to God, i.e. a direct and strengthened connection is established between the person and his Higher I AM Presence. For this reason, in the cases above the person should take all safety measures, namely to exclude the possibility to be seen by any other person, in order to preserve the purity of his subtle bodies.

Time has changed. One of the options of a possible future has already started and will unfold, and we are living in the new conditions. That required the announcement of the above five new Rules-Guidelines for successful passing through the new circumstances of life on the planet Earth. And because time is running in a more accelerated way and changes also take place in an accelerated manner, the list of rules for preserving the Purity of our bodies could be extended and supplemented from Above at any time if necessary.

I am extremely grateful that these Rules-Guidelines were given to us. And I hope that many people will succeed to apply these in their life to the fullest – all of them, without exception, and to successfully pass in the coming times ahead, still having the Living Life in their four lower bodies!

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\* Note from Rositsa Avela from 1 April 2016:

Following the publication of the 5 Rules-Guidelines on the website, I was asked the following question:

'Is drinking of water considered as eating? Is water counted as food, which leads to compliance with the Rule-Guidance about eating?'

The answer from Above is as follows:

Drinking of water is an exception to the Rule-Guidance on eating. Anyone can safely drink water in front of people wherever he is located. The same applies for drinking herbal teas, infusions and tinctures (extracts) in water\*\*, as long as they are without sugar, honey and other additives, such as pieces of dried fruits.

Drinking water and herbal tea without any supplements are the only two exceptions to this Rule-Guidance which have been given so far.

\*\* for herbal teas the herbs boil in water;

for infusions – pour hot water over the herbs, cover with a lid and allow to steep for up to several hours;

for water extracts – the herbs sit in cold water for a longer period of time.

## Questions and answers to 'The Five Rules-Guidelines on the protection of Purity, the salvation of the human Soul and the successful continuation of the evolution in the transitional times'

We have received questions through the website about the Five Rules-Guidelines, which later were answered from Above:

**Question:** What does 'opening' actually mean, and what happens when we are 'open'?

**Answer:** In the Five Rules-Guidelines the following was explained:

'In all five cases – when a person performs a spiritual practice, when he eats, during bowel movements and while peeing, during a sexual intercourse, and when changing the energy network, he opens up to God, i.e. a direct and strengthened connection is established between

the person and his Higher I AM Presence.'

As it was already explained, when a person opens to God, a direct and strengthened connection is created between the person and his Higher I AM Presence. You can think about it as a pipe which opens, its diameter increases, and its conductivity increases as well. At that time the access to all the subtle lower bodies – the astral, mental and etheric bodies, i.e. the Soul, is open for penetration from outside. At such a moment, the person has an open Soul literally.

That is why when a person performs his spiritual practice, it is said that he opens his Soul to God, and this is very good because energy descends from the Higher octaves, saturates his Soul, and the Soul feels good. At such a moment, a person's Soul feels light and joyful, he feels happy, calm and peaceful.

The person should feel the same after eating, if before he started to eat, he blessed the food, attuned himself to the Higher octaves of Light, and while eating, he is silent in speech, thoughts and feelings which lead him away to the illusion. To achieve this silence, it might be helpful to continuously mentally say while eating 'Thank You, Lord' or to say OM mentally and listen to its sound and vibration within himself, or something else according to his religion and the spiritual practices he uses, and to say:

Thank you, Lord, that while I am eating this food,  
all my four lower bodies are being fed with everything necessary  
so that I am healthy, active and able to work,  
and I can serve You in these transitional times  
and whatever I do is useful for You, for me and for all Living Beings!  
And may all be according to Your Holy Will, Lord!  
AMEN TAKKA DA BUDDEH OM

The person should feel the same after peeing and bowel movement if he remembered to say:

Thank you, Lord, that the way my bladder and bowels are emptied,  
the same way I am freed here and now  
of all that is toxic, foreign and harmful in all my four lower bodies!  
And may all be according to Your Holy Will, Lord!  
AMEN TAKKA DA BUDDEH OM

That also applies even more when a sexual intercourse is being performed between spouses and before that, they tuned themselves to the Higher octaves of Light and said:

Lord, we give You completely selflessly and unconditionally  
The Energy of the Creation – the energy of the Great Mother,  
which we are going to whirl between each other  
I ..... (the first name) and my husband/wife ..... (the first name).  
We are weaving our male and female energy into one united whole  
and give it to You to deal with it  
according to Your consideration in these transitional times, dear Heavenly Father!  
May all be according to Your Holy Will, Lord!  
AMEN TAKKA DA BUDDEH OM

Whatever one does, he could be in service to God and the Father. Therefore, whichever of the listed activities a person does, which makes him open up to God, if the person wants to be able to continue to serve God and the Father, he needs to take all measures to protect his purity at all levels, in all his four lower bodies. That means to follow the given instructions strictly in all cases of opening to God. That is to have taken all safety measures in advance – to be alone in the room and without the possibility to be seen by any other person, or to cover himself with a large and dense but lightweight scarf made of 100% natural plant fibres if there are people around.

**Question:** What is the rightest way in these times from the Lord's perspective for a person to treat someone who is his guest?

**Answer:** In the old times, when people were purer, there was a saying that a person was a friend of the house and its inhabitants if he or a neighbour came to visit while the owners were eating at the table.

Now the same saying states that the person who has come during the eating time is not their enemy, and he does not think evil of them. And this is true because that is exactly what he does. The Universe misses to hear 'no'.

Only if a very pure person – a saint, enters into someone's home and finds the people there eating, that is each of them having an open Soul and a greater access to his own Higher I AM Presence in the energy field of this pure person, if they invite him to eat from their food, that is good for them. But then, this pure person will burden himself with much more karma, as he will take a lot more negative karma for transmuting from the eating owners of the home.

That is why in the past there was a saying that when such a holy person came, the best thing was to invite him to the table with the hosts of the home. And people were showing hospitality to the one who is in God and were giving him the best food, first to him as a sign of respect and gratitude in return for the good that he was giving to them, their home and kin.

After such a person's visit, if he was welcomed and seen off well, the people in this house were prosperous.

However, now the times are different, and if a guest comes to someone's house, the host may joyfully treat him with the best food he has and very calmly tell him that in this house everyone eats alone with God within himself, then leave him alone in the room to eat in peace, and only afterwards talk to him.

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