

# *Face yourself*

• *About* •  
*our times*

2

IGOR  
BONDAR

*We live in extraordinary times. Externally, human life is changing tens and even hundreds of times faster than it did before. Only the souls of men and the reasons for their happiness or unhappiness remain unchanged. It is sad that in the bustle of our modern lives, we often forget this.*

# Chapter 1

For people, love and hate are often just one step apart indeed. For God, the distance between these concepts - always eternity.

Just five-minute work on proper sins and passions in this life costs much more than millions of dollars. One day, this 'accounting' will be revealed to each person.

Today, we often do not try to live exactly according to the God's rules, but slightly correct them to adapt to our everyday life. Such corrections may result in us slightly missing Paradise.

The world now tries to struggle with depression. It will not succeed, though, as a soul cannot be cured with tablets. If people start to struggle with their sins and passions, if they start to repent of their lies, denouncing hatred and adultery, then, they will progress. By the way, then the depressions will disappear by themselves.

What is bad about ‘free love?’ Simply, when it gradually becomes more and more ‘free’, the word ‘love’ fades away. Only passion remains – lust, well, or ‘the basic instinct’ for those who loves it to sound slightly more beautiful.

If we lose the ability to hear criticism, we lose the ability to hear God.

News programmes do not render even an approximate real balance of good and bad in the world today. Concentrating on the dark sides of life is beneficial to satan, as it creates nervousness in us and deprives of calmness in our souls.

Patriotism is good until it is kind and not aimed against others.

Sometimes, having not found proper happiness, we begin enjoying with unhappiness of the others. Although, any gloating is not from the Lord.

Dreaming of water in the middle of a big desert seems much more realistic than thinking of Paradise amidst sinful life.

Absence of faith entails fear. Using that fear, the devil generates various superstition beliefs in the people. That these beliefs differ in different parts of the world and sometimes are even opposite, is not noticed by many.

We are looking for ‘calm waters’ in our lives. Though, the thing is different, as experienced mariners will sail in any sea. We should learn to stay confidently and sail in troubled waters, holding on to the Lord as the mast of the yacht.

Today, many people do not take their looks off their screens for most part of time. Even the most daring fiction writer of the past could not have foretold this.

Moral can only be passed from decent parents, teachers or very good and kind books or films. If there is nothing of these, it is likely that the “author of the world’s immorality” will undertake filling to human souls.

If a human being does not lose honesty and sincerity in his life, the Lord will lift him up with this ‘rope’. Because, where there is no lie, there is no the satan. And the Father will explain the rest to His honest child with time.

That we fall in love with someone – it is not our merit. That we break up with them after that – it is only our blame.

During our childhood, many of us dreamt of having a magic wand, but we did not have it. But, the devil invented it for people of all ages – it is a TV remote control which we cannot leave.

The passion that caught us once will lure us next time with double force.

## **Chapter 2**

The satan does not have a real power. All his earth ‘weapons’ are fear and lie. The last is used to lead us away from right thoughts and to direct us into unnecessary places for unnecessary values.

We expel fast various pests from our homes, but we treat the pests in our souls much more loyally. However, passions are very ordinary pests of the invisible world. They can easily send some mental garbage into our heads.

A human may aspire to the Heavens with his soul purity. Or, may become worse than animals. What beast can for instance, say calumnies and plot against someone?

The Lord took a great burden having created this earth and settling each human life on it. What does He receive in return? Only the happiness of the Father who observes his children. Kind children. He will not be happy looking at evil children, of course.

The Lord will always prompt us to what right action to take in one situation or the other. The question is, how much we want to hear His advice.

We all strive for freedom. The more of it we receive, the better we feel ourselves. But an entire freedom is reached only when we liberate ourselves from our own passions. Until that moment, we are still very unfree.

The most faithful route to the Kingdom of God was given to us by its Creator when He came to earth. Since then, the rest would re-write it from the original.

The Lord's commandments only reflect a maximal possible pureness and the height of human relationships indeed.

The devil rejoices not only when he manages to lead us astray, but also when he manages to distract us from the right direction.

The best diet – is when we get rid of all passions that arise in us from food advertisements and its looks, and we merely begin to listen to our body more attentively.

Some people in this world choose to look at the light. Others choose to look at the darkness. And all are gradually filled with what they look at.

If a grouchy person suddenly gets into Paradise, the size of the Angels' wings and the shape of their furs will be subject to criticism. Namely because of this, none of such persons is ever allowed to enter Paradise.

The time. We have enough of it and we have not enough of it. No enough time for just living on not thinking about anything - this time will end anyway. However, there is a lot of time for finding the main things in life and beginning to work on ourselves. And to come to a place, where time never ends.

A soul of a human is created so, that it will not be truly happy, if the human does everything for him- or herself.

The best 'antivirus' for the human soul – is the ability of its owner to look critically at him- or herself.

In this world, partial security may be given with an insurance policy, security in its entirety may be given only by the Lord.

Any creation and unification in this world will always emanate from the Lord only. Any destruction and division – from the satan.

We can spiritually help others only as much, as our souls are free from passions.



## Chapter 3

If we keep hiding our conscience like an alarm clock under a pillow, then we risk being asleep for the most important things in life.

A family, to which comes love and passions leave, becomes a small paradise on earth.

By replying to criticism with the words: ‘Well, so I am!’, we admit that for now, we like to live with our passions.

Any human and whole peoples may approach the Paradise life on earth. The more honesty, sincerity, love and kindness in the people, the happier they will feel already in this world.

A human being comes to a constant kind character only as a result of the great will to always act kindly, and with a lot of practical efforts.

If we do not clear our soul from passions, our worldview will always have some mistakes, exactly corresponding to their quantity in us.

Love, like water, may have a great difference in its depth. It may be a shallow, drying pool or it may be a bottomless ocean.

A human soul reminds a two-party parliament. The first party belongs to the Lord, the second – to the passions. The human always only by itself changes the ratio of “deputies” inside him- or herself in one direction or another.

A sin – is a fruit, which the passions managed to grow in us, if we followed them. It may be expelled only with our repentance.

If we consider which sin is most severe: deeds, words or thoughts, then there is no great difference between them. Here, only the sinful mood of our soul has meaning.

Currently, there are so many advertisements with worldly values compared to a spiritual one that it is hard to find an analogy. However, beyond this temporal world, everything has an absolutely opposite meaning.

A human is doomed to experience fear from time to time in this life, until he sees the love and all-mightiness of the Lord.

Sometimes, some persons might seem very courageous to us. However, this is often because one passion – ‘pride’ – is superior to another – ‘fear’ – in them.

Today, many people are attracted by various practices of ‘energy raising’. Though, in reality, it proves to be different. If we were slightly more sensitive, we would notice that we are always filled with light and power when we do something kind and good. And, we lose our power with bad deeds. That is how to look the main ‘energy raising’ from Creator.

Any talent is God’s gift. It develops in us or fades – depends on the principles by which we live in this world.

Love and kindness should be the main result of our spiritual work. If there is no them then, something is not right.

The humankind treats various earth exams very seriously. But, the most important exam with the God is often forgotten completely. As a result – huge mistake in education...

Spiritual fruits grow in us quite slowly. Each of them is a result of lots of efforts. However, only these kinds of fruits have value beyond earth world.

Faith – is a very important part of our life. But it is only the first step of stairs that lead to love.

## **Chapter 4**

We choose what to do in this life on our own, of course. However, it does not mean that no one influences our choice.

For worldly people, old age often looks sad and cheerless. For kind and spiritual people, the old age looks rather different.

Denouncement and love are placed on opposite poles. A human being who truly loves will not denounce another. The human who denounces does not love too much.

The first commandment of Christianity says: ‘Thou shalt love the Lord thy God!..’ It is not a forcing or an obligation. It is a prompt to the humankind of where it may always find the highest love, the strongest friendship and the most beautiful feelings.

The Lord is incomprehensible. All the computers of the world are not enough to arrange the life of one human so ideally, as He arranges each person’s life among seven billion people on earth.

How far we are now sometimes from the main and simple sense of this life with all our complicated human knowledge. And it seems that this is not the limit.

According to statistics, the most hated people on earth are often ex-spouses, those who used to say to each other: ‘We will always be together in happiness and in sorrow.’ A good reason to think – do we really know something about love?

Today, in God’s world, a human being who speaks openly about God often does not look quite modern, to put it mildly. The only thing that soothes is that this show will not last forever.

People often spend great efforts to receive a permanent resident clearance in one of the civilized and kind countries. However, only a few wants to get to the most civilized and kindest place in the world

If only we would use a tiny part of our natural curiosity in the most important direction, we would discover many exciting interesting things for ourselves.

As lianas weave around a tree and take away its power, so do passions tie our soul in some time, if we do not resist.

Today, many computer programmes require such a big number of updates and user's presence that already it is often difficult to talk about some convenience

A human being who trusts God truly, and tries to come to Him, is not very beneficial to society today. This human does not like to take credits, does not insure all his things, does not rush to buy all, and does not spend many hours on the Internet. In general, such human seems boring to this world, but not to God.

Now, many have hundreds and even thousands of friends in social networks. Do we not simplify the meaning of the high word 'friend' by calling it all those, whose names often we do not even remember?

Many tragedies happen in the world today and we do take them close often. But, the main tragedy of mankind is that it goes to unbelief, lies, coldness and the loss of many human qualities.

Today, it so difficult for a human being to break through this "computers-markets smog" into the right thoughts, that the Lord stretches His both hands to the one, who dares to do this.

## Chapter 5

The truth is always just one, but a lie has huge numbers of shades.

We reckon that the course of events depends only on our will. Yes, the Lord lets us act on our will indeed. Though, the subsequent success or no success of one deed or the other is not a will decided already on earth. And, it always depends on how much of our past deeds have been good or bad.

There is no need for additional time or place for spiritual work, only the need for our sincerity, attention to ourselves and a wish to become better. It may be done everywhere.

People seek the various secrets to happiness wherever possible! Humankind has an indispensable desire to find some key or an easy answer to this question. However, they does not like to "dig" absolutely in the right direction of the struggle with our passions and sins...



If a human being cannot joyfully laugh on him- or herself, it is bad.

Pride is the silliest thing. How simple and easy it is to talk with easy-going people, whereas it's difficult to communicate with pompous and presumptuous people. The Lord taught us to be like children in order to enter the Heavenly Kingdom.

The degree of influence onto a human being's opinion has become so perfect that people can be told before lunchtime that something is white, and after lunchtime be told that the same thing is black, and they will believe it.

We will never understand completely the sufferings of billionaires. For this, we need to build a 200 meters yacht. And, in a month, we would find out that one of the sheiks built a 250 meters yacht.

A human who is accustomed to justifying him- or herself all the time, inflicts great damage to his or her soul. Thus, the human builds an effective "defense" from his passions, with his passions.

The sinking of a human being in a sin often comes unnoticeable and quite quick. Meanwhile, getting rid of the sin is far longer and deliberate.

Denouncing others is the easiest way to exalt oneself without doing anything else.

If we say excuses to someone without repenting, we inflict twice as much damage to ourselves. It's as if we are making a sandwich where we are putting a new lie on the top of old sin.

The Lord always gives us everything according to our possibilities. A human being has no such situations where he cannot act rightly and honestly.

We are used to saving for an old age. But, to make some savings for Eternal Life is usually not the territory of our anxiety. Not too smart, because this life is eternal...

[www.DolphindDivingDreams.com](http://www.DolphindDivingDreams.com)

## CONTENTS:

|                 |    |
|-----------------|----|
| Chapter 1 ..... | 2  |
| Chapter 2 ..... | 5  |
| Chapter 3 ..... | 9  |
| Chapter 4 ..... | 12 |
| Chapter 5 ..... | 16 |