



DAVIDE APPI



THE GOSPEL OF PEACE

You will save the world



**Apocalypse or kingdom of
heaven is the dilemma**

DAVIDE APPI

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THE GOSPEL OF PEACE

You will save the world

The only sure thing is that we know nothing, we do not know and therefore we do not judge. We focus on unconditional Love to All and Everything, and then what will be will be.

Davide Appi

Love and do what thou wilt; whether thou keep silent, keep silent out of love; whether thou speak, speak out of love; whether thou correct, correct out of love; whether thou forgive, forgive out of love; let the root of love be in thee, for from this root nothing but good can proceed".

Saint Augustine

"They fear love because it creates a world they can't control."

George Orwell

CHAPTER 1: INTRODUCTION

How the book came about

This book came about by chance...

A few years ago, I took part in a group meditation for Peace, and it was love at first sight. Subsequently I participated in other meditations, also for Peace, and my interest in the subject grew. I wanted to extrapolate the most important information in order to create a leaflet to be printed and donated, to spread the word about this prodigious exercise, which is as simple as it is effective. So, I began the first research, to write what would become my information leaflet. So I began to write ...

Soon the amount of information I had accumulated, and the madness of writing made me realise that I was writing a book rather than a leaflet. So, this book is a somewhat "grown-up" leaflet, born by chance, and intended to be a source of inspiration for all those who love both the subject of Peace and Meditation.

Meditation as a path to wisdom

Some say it is useless to love because there are bad people. I don't know if I will change the world, but I will not allow the world to change me. When we reach a state of deep meditation, we can resent the present moment, and this connects us to unconditional Love. People who do not feel Love are disconnected from the Infinite, but also from other human beings and the rest of creation.

When we feel the Infinite, we feel One with Everything, everywhere and forever. We are a part of the Infinite that for a brief moment is conscious, or rather likely to be conscious of existing. This consciousness makes us feel good and develops in us a sense of connection and Love for ourselves, and for the world around us. This leads us to become messengers of hope and harmony, bearers of joy and smiles in society, and to embody the change we want to see come about in the world.

But all this, if it remains only a theory, has no real effect on our lives. We need to directly experience the experience of connection with the Infinite. And to do this, meditation is indispensable.

What can we do for world peace?

Do we have the power to change the world?

Sometimes we feel we are victims of fate and believe we are powerless, especially when it comes to world events, we feel so small and without any possibility of being able to change things. We feel like spectators of a script we never wanted to live through, and we feel we can do nothing to change the course of events.

But is this really the case? Take, for example, the wars that are still tearing our planet apart today, are we really powerless in the face of them? In reality, we are extremely powerful, but few people tell us this, and we have in ourselves an exceptional tool for change. We are already the change that we want to see realised in the world, it is already within us, we just must externalise it.

More and more people are ready to revise their existential paradigm. The idea of connection is emerging in more and more fields, and it is something very intuitive. The idea of an interconnected world is much more sensible and exciting than a separate and divided world. More and more people feel that there is something that unites us, that connects us to each other, and that connects us to the Whole. It is a basic philosophical concept that does

not need much rational explanation, rather it can be simply felt and experienced intuitively. The idea of interconnectedness gives meaning to the Whole and to our existence. And it is from this interconnection that unconditional Love is born, which can be experienced within us, and is a pillar for change in our world.

Humanity facing future choices

We are at a fundamental crossroads in human history.

One path leads us, at best, to a tyranny of a few individuals who subjugate the masses, and at worst we risk leading our own species to extinction. The other path would lead us to the first true civilisation in our history, a peaceful and evolved Humanity, where the rights and prosperity of all are guaranteed.

Which way will we follow?

Which side of human nature will we let prevail?

At present, the path of aggression and the most stupid human nature seems to triumph, leading us into perpetual conflict with ourselves, nature, and our fellow human beings. This devastating drift comes from a destructive vision of the world, from the division generated by competition, from the scarcity of resources that justifies the perennial conflict for control of them, and from the exasperated careerism for the need to excel over others. In this perspective, fear and scarcity are the engine of a society that is heading towards its own self-destruction. But we should not despair, for we can see the current self-defeating behaviour of our society as the metaphor of the caterpillar that becomes a butterfly. The caterpillar destroys its ecosystem to appease its greed; it can eat the equivalent of three hundred times its own weight in a single day. When it goes to sleep, its skin hardens and it becomes a chrysalis, from which the butterfly will be born. For a certain period of time, the old represented by the caterpillar coexists with

the new that is about to be born. The function of the caterpillar is to preserve its life, while waiting for the birth of the future butterfly.

To paraphrase, we can say that we currently live in a world dominated by a greedy, greedy minority, like the caterpillar, but the metamorphosis to which we can all contribute will transform the planet into an earthly paradise, like the butterfly. If we love butterflies, we cannot kill caterpillars. If we killed the caterpillars to punish them for their avarice and misdeeds, we could not witness the birth of butterflies. The caterpillar enables the birth of butterflies, just as the current myopic society will lead us to a new world. We cannot hate the caterpillar, just as we cannot hate the immature people who currently run the world. Will we be able to let our wiser, more loving, and creative side triumph, capable of solving all the current problems and difficulties?

The great change

I have no doubt that the world needs a great change, better still a true Revolution. But we cannot change the world if we do not change ourselves first. The good news is that the world changes when we meditate! We will see this later in the book. Our only "weapons" are good daily action and Meditation. Share this knowledge with others, the more people who meditate for World Peace, the greater the changes in us and in society.

So happy Revolution to all!

CHAPTER 2: PRELIMINARY REMARKS

Matter-Energy-Information: three ways of looking at the same reality

As Albert Einstein demonstrated with his famous formula $E = mc^2$, energy and matter are the same thing. But as well-known as this formula is, its implications have not yet been grasped by society as a whole. We are used to seeing material things as real, to focusing on concrete things, but matter is in fact a form of energy.

We think that an object and light are two different things, but Einstein showed us that they are the same thing. Moving from thinking in terms of matter to thinking in terms of energy is an epoch-making change, the implications of which we have not yet fully grasped. Matter is a form of energy, and energy itself can be regarded as a form of mass. However, Einstein and quantum physics itself have translated into scientific terms what ancient cultures have always taught, namely that everything is matter, everything is energy, and everything is information. Matter-Energy-Information are three different ways of looking at the same reality. Everything that happens to us should be taken as a message, a series of information to be deciphered. The Universe is matter, the Universe is energy, the Universe is information, and it constantly interacts with us through the same matter, the same energy, and the same information. As we will see later in this book, this paradigm shift is the key to a rediscovery of our inner power, which we can use to modify the reality in which we live.

The thought creates

We said in the previous paragraph that everything is matter, energy, and information, and in this context one of the tools we have to interact with Reality is our thought. Thought is a process of creating Reality. But what kind of world are we creating today with our current thoughts? Most people

seem to have negative thoughts and feelings, and this leads society astray. This is what the majority seems to be doing, but we, even though we are largely in the minority, can change the world with a collective intention of Peace.

We can choose to use our brains constructively, eliminate negative thoughts and flood the planet with thought forms of Peace, Gratitude and Love. A universal flood of Love!

Join us too, let us create a collective thought of Love, and everything will change effortlessly and in common pleasure. It is time to bring together all people who are aware of the power of their thought, and who therefore believe in their immense potential. It is now proven that thought affects matter. Thought creates. We want to create a better world of Peace and Justice through the power of our intent. This positive energy can bring about very important changes on the entire planet. So let us not underestimate the power of our thought! It makes us 'what we are'. This is true on our personal level, but also on the collective and global level. The sum of the thoughts of all human beings makes our humanity what it is today. So let us get down to business... or rather, let us get right thinking!

The mind and the illusion of change

"A better planet is a dream that starts to come true when each of us decides to improve ourselves." **MAHATMA GANDHI**

We must 'unhinge' ourselves before we can change society, because in our ordinary state of mind, we are nothing more than ignorant and unaware agents of the system, working to maintain the status quo. The ordinary mind thinks it can change things, but it cannot. It creates the illusion of change that proves to be futile, that nothing really changes and that everything remains as it is.

So, the ordinary mind is not capable of creating real change and we need to go beyond it, because we are meant to be free and not slaves to something, be it fears or conditioning that dominates our own mind. We

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