

THE SUPREME AND EFFICIENT METHOD

ATTENTION: This document is just an additional help for performing the method. It is not replacing the lecture of the booklet (Check no-to-the-apocalypse.net/downloads)

At least Chapter 3 regarding the method should be read completely before using it.

THE SUPREME AND EFFICIENT METHOD SCHEDULE	
FROM MONDAY TO SATURDAY	SUNDAY
06.00 - 06.20	06.00 - 06.30
09.00 – 09.20	09.00 – 09.30
12.00 – 12.20	12.00 – 12.30
15.00 – 15.20	15.00 – 15.30
18.00 – 18.20	18.00 – 18.30
21.00 – 21.20	21.00 – 21.30
00.00 – 00.20	00.00 – 00.30
03.00 – 03.20	03.00 – 03.30

Attention: This is the Romanian time, GMT+2. Please adjust the time according to your country time.

PREPARATIONS

Place a chair with back-support, facing east.

Place the image of planet earth, seen from space, with the centre at the eyelevel. If there are more people in the room doing the same method, each has his own image, placed at the level of his eyes.

We write down the formulas, in very large letters (capital letters) and we place these papers on our knees, so we can use them when we say the sacred formulas.

We set an alarm clock to ring after 19 minutes (counting from the agreed time, from the beginning of stage 0 until the end of stage 6). On Sundays, we set for 29 minutes.

SUPPLEMENTARY: BURNING A CANDLE

It is recommended to light at least one candle per day, at one of the decided moments. The candle has to burn until it's ended.

Few minutes before the decided hour, we stand, facing east, before lighting the candle, we say in our mind the formula for consecration:

“I COMPLETELY OFFER HERE AND NOW THIS LIGHT AND, AT THE SAME TIME, I IMPLORE THE GOOD GOD AND HIS ANGELS OF LIGHT TO TRANSFER IT IN A MYSTERIOUS WAY AND ALCHEMIZE IT, SO THAT THIS LIGHT REACHES THE WORLD BEYOND. MAY THROUGH THE WILL OF GOD AND WITH THE HELP OF HIS ANGELS, THE ENERGY OF THIS FLAME BECOME AND THEN REMAIN ENTIRELY A MYSTERIOUS BENEFICIAL LIGHT WHICH WILL FULLY CONTRIBUTE, IN UNISON WITH GOD’S GRACE AND WITH THE MANIFESTATION OF HIS ALMIGHTINESS, IN ORDER TO SUCCEED, THROUGH THE HELP COMING FROM GOD, TO AVOID FOREVER THE TERRIBLE CATASTROPHE THAT THREATENS OUR PLANET AND THE ENTIRE HUMANITY.

SO HELP US GOD. AMEN! AMEN! AMEN!”

While standing, we perceive the mysterious flow of divine grace that comes from up to down, from the crown of the head to the toes. We experience a sublime, uplifting emotion.

STAGE 0

Start precisely at the decided hour. Standing, facing east, we make the following statement with closed eyes, in a solemn way, with the attention focused inside, while doing the cross sign (Time: 10 - 15 seconds)

- 1. IN THE NAME OF THE FATHER;**
- 2. OF THE SON;**
- 3. AND OF THE HOLY SPIRIT;**
- 4. AMEN!**

STAGE 1

The solemn consecration of the fruits of the supreme and efficient method to God the Father

We say in our mind the formula standing, facing east.

“DEAR LORD, HEAVENLY FATHER, I OFFER TO YOU, HERE AND NOW, TOTALLY AND UNCONDITIONALLY, THE FRUITS OF THIS SUPREME AND EFFICIENT METHOD, WHICH AIMS, THROUGH THE HELP WE RECEIVE FROM GOD, FOR A FULL PROTECTION OF PLANET EARTH AND OF ALL PEOPLE FROM THE DANGER OF ANY PLANETARY CATAclysm. AMEN! AMEN! AMEN!”

Awareness: The answer to the consecration will be perceived like a divine flow of energy coming from the top of the head flooding our being down to the feet soles: max. 45 seconds. If we receive no answer the method will not be continued.

STAGE 2

We sit on the chair facing east. We request with humbleness and faith the guidance, inspiration and help from our guardian angel and from one of the archangels, selected according to our affinity and we maintain this choice each time: Metatron, Michael, Gabriel, Uriel, Rafael.

A) The formula for obtaining the guidance and the inspiration of the Guardian Angel

“PURE AND BLESSED GUARDIAN ANGEL, I HUMBLY ASK YOU, WITH FAITH AND ASPIRATION, TO HELP, TO GUIDE AND TO IMPEL ME FOR SUCCESSFULLY ACCOMPLISHING, HERE AND NOW, THIS SUPREME AND EFFICIENT METHOD WITH ALL ITS STAGES. I THANK YOU WITH LOVE AND GRATITUDE FOR EVERYTHING YOU WILL OFFER ME EACH TIME.”

Then we perceive a state of communion, signaling the apparition, presence and the help offered by our guardian angel. The awareness lasts for 45 seconds.

B) The formula for invoking the Archangel

“HOLY AND BLESSED ARCHANGEL, I HUMBLY IMPLORE YOU, WITH ASPIRATION AND FAITH IN GOD, TO ASSIST, INSPIRE AND SUPPORT ME, HERE AND NOW, FOR ACCOMPLISHING THIS SUPREME AND EFFICIENT METHOD, TOGETHER WITH ALL ITS STAGES. I ALSO IMPLORE YOU TO TAKE AWAY FROM ME ANY TEMPTATION THAT MIGHT EVER APPEAR AND ANY DIFFICULTY OR DOUBT THAT MIGHT EVER APPEAR. I THANK YOU WITH LOVE AND GRATITUDE FOR EVERYTHING YOU WILL OFFER ME EACH TIME WHEN YOU WILL INSPIRE AND SUPPORT ME.”

Then we become aware of a sublime distinct state, different from the one felt by becoming aware of the presence of our guardian angel. (45 seconds) Sometimes the angel or the archangel will manifest again afterwards, especially during significant dreams.

STAGE 3

We sit on the chair facing east. We will aspire to appear in our inner universe a distinct, ample and profound state of communion with the mysterious energy of the Holy Spirit.

The formula for invoking the Holy Spirit

“INTIMATE, PERFECT, ENIGMATIC AND DIVINE BIRTH-GIVING HOLY SPIRIT, I INVOKE YOU AND I HUMBLY IMPLORE YOU, WITH ASPIRATION AND FAITH IN YOUR EXISTENCE, TO SUPPORT ME, THROUGH YOUR INFINITE, TOTAL POWER, AND TO HELP ME TO SUCCESSFULLY ACCOMPLISH, HERE AND NOW, THIS SUPREME AND EFFICIENT METHOD, TOGETHER WITH ALL ITS STAGES. I THANK YOU WITH LOVE AND GRATITUDE FOR ALL THE INTEGRATION, SUPPORT AND THE MYSTERIOUS AND BENEFICIAL ENERGY THAT YOU WILL OFFER TO ME EACH TIME.”

Then we become aware of a special state of integration, pure, giving enthusiasm, uplifting and euphoric, in an immense and mysterious intimate reality, which will help us to experience the state of unlimitedness. It has maternal nuances, feminine, grandiose, affective. In our being will also appear a state of sacredness and purification. (Awareness: 45 seconds)

STAGE 4

We invoke and perceive, in our inner universe, certain aspects of the divine reality. First we invoke the energy and the mysterious reality of the divine grace. Then we invoke the divine almightiness. Then we invoke the occult specific energy that accompanies each time the manifestation of the Will of God.

Sitting, we place the left palm on the left knee, facing upwards. After we invoke each of these divine aspects, we become aware of receiving their specific energy through the left palm, and it accumulates in our body and inner universe.

A) The sacred formula for invoking and attracting God's Grace

"I INVOKE, HERE AND NOW, WITH A FULL, PROFOUND AND STRONG FAITH, THE MYSTERIOUS MANIFESTATION OF GOD'S GRACE IN MY BEING AND I STRONGLY ASPIRE TO FEEL EVER MORE CLEARLY AND INTENSELY ITS ACCUMULATION IN MY INNER UNIVERSE. I AM PROFOUNDLY AND FULLY CONVINCED THAT THIS IS HAPPENING DUE TO THE MIRACULOUS HELP THAT THE HEAVENLY FATHER – GOD – OFFERS TO ME."

Awareness: We feel the energies of God's Grace attracted through the left hand and accumulated in our being, mainly in the body area: maximum 30 sec.

B) The sacred formula for invoking the manifestation of God's Omnipotence

"I INVOKE, HERE AND NOW, WITH A FULL, PROFOUND AND STRONG FAITH, THE MYSTERIOUS MANIFESTATION OF THE REALITY OF GOD'S OMNIPOTENCE IN MY BEING AND I STRONGLY ASPIRE TO FEEL EVER MORE CLEARLY AND INTENSELY ITS ACCUMULATION IN MY INNER UNIVERSE. I AM PROFOUNDLY AND FULLY CONVINCED THAT THIS IS HAPPENING DUE TO THE MIRACULOUS HELP THAT THE HEAVENLY FATHER – GOD – OFFERS TO ME."

Awareness: We feel the reality of God's omnipotence reality attracted through the left hand and accumulated in our being, mainly in the body area: maximum 30 sec.

C) The sacred formula for invoking and attracting the energy of God's Will

"I INVOKE, HERE AND NOW, WITH A FULL, PROFOUND AND STRONG FAITH, THE MYSTERIOUS MANIFESTATION OF THE ENERGY OF GOD'S WILL IN MY BEING AND I STRONGLY ASPIRE TO FEEL EVER MORE CLEARLY AND INTENSELY ITS ACCUMULATION IN MY INNER UNIVERSE. I AM PROFOUNDLY AND FULLY CONVINCED THAT THIS IS HAPPENING DUE TO THE MIRACULOUS HELP THAT THE HEAVENLY FATHER – GOD – OFFERS TO ME."

Awareness: We feel the energies of God's Will energies attracted through the left hand and accumulated in our being, mainly in the body area: maximum 30 sec.

STAGE 5

The Synthesis

We sit on the chair facing east.

- We aim to gradually become aware of the effects of attracting the manifestation of the energies of God's Grace, the reality of God's Omnipotence reality and the energies of God's Will.
- We gradually notice, with lucidity and detachment, the sublime effects in the sphere of consciousness at the mental and supra-mental levels.
- We notice how we become a divine channel, an OCCULT RELAY, in and through which God the Father manifests.
- We discover through our inner ineffable experience that in reality EACH OF US is created AS THE IMAGE AND LIKENESS OF THE MYSTERIOUS REALITY OF GOD THE FATHER
- We distinctly become aware that everyone of us is a sui generis PART which is perfectly integrated in the grandiose reality of the holographic WHOLE of God's Creation.
- We feel how our being is endlessly expanded and it is totally, euphorically and vastly integrated in the super-gigantic mysterious reality of God the Father.
- The immense WHOLE of the Universe is fully mirrored in us and we are vastly and profoundly integrated as a PART in the gigantic WHOLE of the Macrocosm.
- We experience the SPIRITUAL AMALGAMATION and the indescribable unification process.

Time: max 2 min.

STAGE 6

We sit on the chair facing east. Left hand facing up, lining on the left thigh. Right hand up, elbow bent at a 60 degrees angle. The other way round for the left handed people. Open the eyes and fix the image of the planet. Close the eyes and imagine how all the divine energies accumulated in your being are directed through our right palm towards the planet.

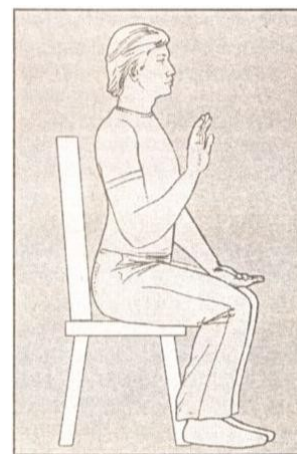
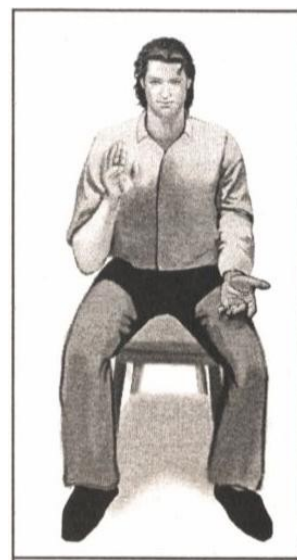
The sacred formula for THE SUPREME AND EFFICIENT METHOD

“DEAR LORD, HEAVENLY FATHER, WE HUMBLY IMPLORE YOU, WITH A PROFOUND, STRONG AND TOTAL FAITH, TO HELP US ACCORDING TO YOUR GREAT MERCY TO REDEEM AND AT THE SAME TIME TO ANNIHILATE, BOTH THROUGH YOUR IMMENSE MERCY AND THROUGH THE GODLY FRUITS OF THIS SUPREME AND EFFICIENT METHOD, ALL THE SINS AND MISDEEDS THAT MAKE US, THE PEOPLE, DESERVE YOUR PUNISHMENT. WE IMPLORE YOU TO HELP US, ACCORDING TO YOUR ENDLESS MERCY, FOR US ALL TO DESERVE NOT THE PUNISHMENT, BUT YOUR FORGIVENESS AND COMPASSION. WE ALWAYS IMPLORE YOU IN UNISON, BEING FULL OF LOVE, DIVINE HOPES AND GRATITUDE, TO RELEASE FOREVER FROM US, THE PEOPLE, THIS CHALICE OF SUFFERINGS. ONLY THY WILL BE DONE ALWAYS, AS IN HEAVEN, SO ON EARTH. AMEN! AMEN! AMEN!

Awareness: We feel the accumulated energies accumulated in our being flooding the planet like from a fountain: min 8 min.

- We become aware of the mysterious, mystical, profound and overwhelming answer, coming from God as an energetic flow, very fine and uplifting, from up to down, entering through our forehead. This stage is truly fruitful only when we are totally open towards God, on the background of a strong, profound and complete faith in Him.
- We lift up the right arm, forming a “V” shape, in an angle of approximately 60 degrees; the palm is relaxed and orientated forwards. This position has a mysterious significance, known to the initiated one.
- We continue to perceive the capturing, through the left palm, of the energies of divine grace, of the manifestation of the reality of God’s almightiness, and of the energy of the will of God, in a continuous flow, generating a state of divine superabundance. Then they are redirected towards the right arm, and they spring out through the right palm and fingers.
- Then we look with attention, as much as possible without blinking, to the image of earth. We manifest firmly, clearly and continuously a strong intention that all these Godly aspects, captured and accumulated in our being, to be directed in a continuous flow, springing from our right palm and fingers, like an immense artesian fountain, pouring out in the subtle-energetic ambiance of earth, during all the time of this stage.
- Then we become aware of this uninterrupted flow of mysterious divine aspects through our being, which became a mysterious channel for them.
- If we feel the intensity of this flow decreasing, we open the eyes and evoke with the lightening speed, through the help received from God, the reparation of these divine aspects, and their manifestation in an uninterrupted flow. We do like this each time when we notice the decrease of the intensity of the flow.

We continue like this until the end of this stage, when the alarm clock rings. It is important that this stage lasts for at least 8 minutes (15 on Sundays).



STAGE 7

We stand up, facing east, in a profound state of introspection and gratitude, we say in our mind the formula:

“DEAR LORD, HEAVENLY FATHER, WE THANK YOU WITH HUMBLENESS AND GRATITUDE FOR HAVING LISTENED TO OUR HUMBLE AND SINCERE PRAYERS. WE THANK YOU WITH LOVE AND GRATITUDE FOR HELPING US PEOPLE, ACCORDING TO YOUR BIG MERCY. GLORY TO YOU, NOW AND FOREVER AND EVER. AMEN! AMEN! AMEN!”

Immediately after, we perceive spontaneously a sublime, euphoric, indescribable flow pouring in our being, from up to down, together with an uplifting emotion.

Supplementary actions to support this planetary program

THE LIGHT OFFERING OF 25 CANDLES

This light offering can be done daily (even more times a day) or once in some days or every 3 days or every 7 days. This action can be done by all those who lack the time, to perform the Supreme and efficient method at least 1-2 times a day.

It involves making at least once a day a light offering of 25 candles, at any hour of the day (but never after midnight, meaning after 12:00 a.m.!!!), taking lots of precautions for those candles (tea-light candles encased in a thin aluminium cover) which will be carefully placed in order to completely avoid the risk of any (possible) accident.

We stand, facing east, and before lighting the candle, we say in our mind the sacred formula of consecration:

The sacred formula of consecration for the light offering of 25 candles:

“I OFFER COMPLETELY, HERE AND NOW, THIS LIGHT AND, AT THE SAME TIME, I IMPLORE THE GOOD GOD AND HIS ANGELS OF LIGHT TO TRANSFER IT IN A MYSTERIOUS WAY AND TO ALCHEMIZE IT, SO THAT THIS LIGHT WILL REACH THE WORLD BEYOND, IN THE KINGDOM OF HEAVEN. MAY THROUGH THE WILL OF GOD AND THROUGH THE HELP OF HIS ANGELS, THE ENERGY OF THESE FLAMES BECOME AND THEN REMAIN ENTIRELY A MYSTERIOUS BENEFICIAL LIGHT WHICH WILL FULLY CONTRIBUTE TO THE REDEMPTION AND ANNIHILATION OF ALL THE SINS AND MISDEEDS THAT MAKE US DESERVE GOD’S PUNISHMENT.

SO HELP US GOD! AMEN! AMEN! AMEN!”

In the end of this solemn, sincere, altruistic consecration which is full of faith, standing with our face and body towards the East, we will perceive an effusion of a mysterious flux of Divine Grace that will always manifest in our being from up downwards and will flood the whole body, from the top of the head to the soles of feet, as well as our entire being. With that occasion, we will also experience in our inner universe an uplifting, powerful emotion.

Afterwards, we will light the candles and let them BURN COMPLETELY UNTIL THEY END.

FRIDAY FASTING

This method involves performing a complete fast, starting from Friday 6:00 a.m., until Saturday 6:00 a.m., during which we will, for the entire duration of the fast, only drink water (as much as we like, in order for the body to benefit from the required amount of water).

In case we are treating certain illnesses or diseases with the help of medicinal plants, or if we perform daily the yogi technique of Amaroli, we can in both cases continue doing so. During this special fast, it is possible to continue to take the plants as we used to, first keeping them under the tongue and then ingesting them with water.

In the beginning of this fasting, we will solemnly, humbly and firmly recite the following sacred formula of consecration and divine integration (for example, Fridays, at 5:50 am):

The sacred formula of consecration for the Friday fasting:

“I OFFER, HERE AND NOW, TOTALLY AND UNCONDITIONALLY, ALL THE MYSTERIOUS FRUITS OF THIS FASTING TO GOD THE FATHER. AT THE SAME TIME, I IMPLOR THE GOOD GOD TO TRANSFER ALL THE EFFECTS IN A MYSTERIOUS WAY AND TO ALCHEMIZE THEM, SO THAT ALL THE BENEFICIAL ENERGIES THAT WILL THUS BE GENERATED IN THIS WAY WILL REACH THE WORLD BEYOND, IN THE KINGDOM OF HEAVEN, BEING OFFERED AS GIFTS TO THE HEAVENLY FATHER. MAY THROUGH THE WILL OF GOD ALL THESE BENEFICIAL ENERGIES BECOME AND THEN REMAIN, IN THEIR TOTALITY, A MYSTERIOUS AND SUBLIME BENEFICIAL POWER THAT WILL AFTERWARDS FULLY CONTRIBUTE, IN UNISON WITH THE GRACE AND THE ENDLESS MERCY OF GOD THE FATHER, FOR THE REDEMPTION AND ANNIHILATION OF ALL THE SINS AND MISDEEDS THAT MAKE US, THE PEOPLE, DESERVE THE PUNISHMENT OF GOD. SO HELP US GOD! AMEN! AMEN! AMEN!”