

Some Food for Thought while your mind travels around from one place to another. Have you ever read stories from 1001 Nights? We all have a story to tell, that's why I called my carpet shop 1001 Nights. Life is full of stories we can all share together. Sharing our thoughts and lives makes life worth living.

Our life of ups and downs is like the waves bouncing around on the high seas, second nature to any sailor. Living and working on the high seas must be a great sensation to be so free from earthly restrictions, yet at times must get lonely being far away from family and friends. I too, once worked on an ocean liner serving drinks to the passengers, it wasn't easy trying to balance myself with a tray of mostly drinks and being away from loved ones. The work was tiring, and I was young with an adventurous spirit.

18 years ago I started writing a book about my experiences in discovering family roots in Albania, these people were Muslim like my father, but I was raised in the Catholic religion, like my mother who was Hungarian. Learning about my father's family in Albania enlightened me into the path of a 'mind journey' or in religious terms known as a pilgrimage. All my questions and answers to the meaning of life came from listening to others and my conscience. I spent a lot of time working, reading, talking to different people and in devotion and prayer. I awakened the Universal Spirit of God buried deep within us all, and saw many things in the spirit, which I could relate to in the journeys of many writers, saints, philosophers and prophets from many traditions, cultures and different backgrounds.

During my journey I read many books on religions, cultures, philosophy, history, psychology, the sciences and throughout my readings I learnt more and more about how everything is relative and therefore connected. This all helped to piece together my own purpose on earth. I found freedom of mind and body after resurrecting my soul, the light or conscience at the centre of every living being waiting to be switched on by an inquisitive mind. Now I am, that I am. I don't belong to any one place or one idea. I see and feel the suffering of every man whether he/she be living in a war zone or in a plastic paradise – all people suffer physically and mentally, ultimately all things are matters of the mind. To create harmony, one must through faith, hope and charity raise their conscious being via the path of self examination.

I have analysed many things of mystical/spiritual significance, and one in particular is the purpose of the 3 pyramids built at Giza (Jeezeh) some 5,000 or more years ago. I understand that the later pyramids were built to house the dead bodies of the pharaohs, but the 3 at Giza, I believe had a spiritual purpose. They were made of not only different materials but the inner chambers were differently designed for very good reason – these were the places where people went on pilgrimage, like Mecca or the Vatican or Jerusalem, in search of truth, in search of him/herself, in search of God. And all things I found relative between all belief systems in the world.

Every day we are confronted with the negative and positive forces that govern this earth called gravity. Good thoughts and good deeds enables us to travel a peaceful journey. Force only creates force. Understanding creates Peace. Fanaticism of any kind divides nations and turns people into selfish, aggressive and proud beings. We are like islands in the sun all wanting our own independence, yet depending so much on each other in many other ways. Practicing the fruit of the spirit, love, joy, peace, patience, faithfulness, goodness, and self-control lead us into receiving the Gift of the Spirit: Knowledge, Wisdom, Understanding and Discernment.

The Ancient Nile:

The pilgrim's progress can be interpreted to the breakdown of the Ancient Nile River from north to south: the **Blackland** (emotions gravitating to this world), the **Redland** (rebirth), the **Limeyland** where the three Great sacred Pyramids (temples of death and resurrection – sunset and sunrise) were built (the heart of the matter). NB: Lime is used in carbon dating, measuring the length of time. Past the 3 pyramids is the **Deltaland** across the turtlebacks that were once surrounded by wild animals and swamps. On the other side awaits the **Great Mediterranean Sea** that joins up with the **Seven Seas**, the **Seven Continents** of the World. The most intriguing of all is the **Pyramids at Giza**.

1. The smallest pyramid out of the three in Giza (the White Wall at Memphis) is called **Menkaure** which means '**King of Upper and Lower Egypt**' – Symbolic of the mind and body of man. Menkaure was built with limestone, coated in granite stone, the substance of the earth where gold is found. The spirit of **God** too is like **Gold**, hidden deep within the earth's crust. Man comes from the Earth and has the same makeup as the earth. The Universal spirit lies buried deep within Man. Menkaure is the symbol of God hidden in the body of a conditioned Man (someone lead by his/her peers).

NB: "The sign of royalty in Lower Egypt (North) was the White Crown, and the Red Crown in Upper Egypt (South)" from Egypt's Ancient Heritage by Rodman R Clayson.

2. **Khephren** the medium size pyramid is the Symbol of our '**Heavenly Mother**', the heart of God, the polished mind (someone who is lead by the spirit to think for him/herself). Kephren was made of limestone and granite and polished granite.

3. **Khufu or Cheops**, the largest pyramid was the place of the **Temple of Sunrise and Sunset**. Symbol of **The father**, the good shepherd who leads his family to The King 'God'. Cheops was built with the Servants Chamber under the earth with steps leading to the Queens Chamber and then onto the Kings Chamber where an empty Granite Sarcophagous is found. We too must shed our skin and listen to the voice of our eternal spirit, God. All the little pyramids surrounding Cheops were built by the pilgrims who had shed their conditioned earthly spirits, they then moved on to live wholesome lives.

4. The **Sphinx** meaning **living image or statue** not far from the 3 pyramids has the body of a lion and the head of a Man King. It stands majestically in front of the temples of the 'Holy Family', symbolising Rebirth and the Resurrected "Sun of God", buried in the Sands of Time.

NB: Inscription found carved into stone below the Sphinx formation:

"My Son, deliver me of the Sands and I will make thee a King".

Inside the Sphinx are two stairways, one going south, back to the sufferings and orbit of the Earth's spin and the other going north blocked by the stone white wall to purity and freedom. There are steps that lead from Cheops to the Sphinx. Man has a choice, a free will to live like a lion (pride) in the jungle or be lead by the Spirit of God into the Promised Land where Freedom and Harmony and Balance dwell between the body and the mind.

The three pyramids are like **The Holy Family**, sign of the Trinity that the Christians adhere to. The body of man and a trained mind mixed with a humble nature brings one to know the universal spirit of God - this is being a part of the Trinity (mind, body and the resurrected soul), buried treasure, buried deep within the generations of man.

Man is built like an atom with negative and positive molecules and neutrons that create a balance. The brain is the same, negative and positive thoughts combined. If positive thoughts mixed with faith, hope and charity rule, then we establish lateral thinking; this balances the mind into peace of mind through the Grace of God, leading to peace of mankind.

There is mention in the Bible that Abraham went down to Egypt on a Pilgrimage and came out of Egypt. All God's Prophets mentioned in the Bible went to Egypt and Came Out of Egypt. At that time the three pyramids at Giza were the Centre of Worship and Pilgrimage.

The symbol in Greek for God is the triangle, shape of the pyramids with the letters 'is' after it. All 'is' words relate to water. It is natural that Water is symbolic, our bodies are made up of 86% of water. Submitting to the will of God enables us to walk on water and live a spiritual life (also known as the afterlife in ancient scripts), in the eternal universal spirit of God.

'Life is but interpretation, translation and transformation, a jungle of words and curves to confuse and to diffuse the human race. Salaem and Amen, Peace to all Men is my Purpose'. Alisabeth M A Martin.