

# APPLIED META-PHYSICS:

FROM ET-ERNITY  
THROUGH TIME AND SPACE  
TO  
ET-ERNITY

A COLLECTION OF ESSAYS

THIS ESSAY:

Lenten Season 2022: Day 38  
FRUITS OF THE SPIRIT

(TO BE READ AUDIBLY)

WRITTEN & PRESENTED BY:  
Stephen J. Serva Dei  
2022



Lenten Season 2022: Day 39

# FRUITS OF THE SPIRIT

Approximately:  
14 min read.



SilverBird Electronic Publications  
2021

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

To join the WhatsApp essay group,  
use this link:

[https://chat.whatsapp.com/  
HJJDgAhA8Fb2likE8na4JY](https://chat.whatsapp.com/HJJDgAhA8Fb2likE8na4JY)



# APPLIED META-PHYSICS, THE SCIENCE OF BE-ING AND KNOWING

## ESSAY: FRUITS OF THE SPIRIT

We communicate in WORDS, and if in the same room, other factors are taken into account, e.g. body language, facial expressions, and tone of voice, etc.

When we READ, and we do not pro-nounce the words, we do not lift them off the page, we are just scanning them, and the intellect then tells us “we’ve ‘read them” and with this lie, we do not retain the information, we merely look at familiar words and then think we understand and then go about our business.

What little we do learn does work within us. The best benefit, to ourselves is to read audibly, and using the example of a computer, let me explain what ‘read’ really means. When a computer ‘reads a hard drive’ it displays it. Likewise, *when we have read and understood Spiritual teaching, we live by it.*

When someone writes, they are writing to share an experience—this is especially true for



the script-yours. They were written by *Spiritual adepts* with a varied number of Spiritual experiences, and their purpose was to share the Wisdom, in such a way that it would not be recognised as such and destroyed by those hypnotised by the dark forces.

This is where 'Meta-Physics' comes in. It is the Science of Being and Knowing and uses cipher, code, analogies, allegories, riddles, parables and koans etc., to preserve the Wisdom, and encourage all those seeking peace of mind to do the necessary mental work to overcome the lower carnal mind, the mind of the beast, the 666 mind, and ascend into the Higher Mind, the 888 mind, and beyond. When they wrote these parables, they are metaphorically 'nailing the Word to a tree' and they are wrapping the Word in 'swaddling clothes' to protect it. These swaddling clothes are the same parables and allegories, as the first movement of Spiritual light dawning on the mind, when the Christ in us is first born into mind.

*"Christ in you, your hope of glory".*

When the light dawns on the mind it turns our whole lives upside down, it is at the same time



the most disturbing (to the lower mind) experience ever, and the most beautiful (to the higher mind) experience we can have. When the Light shines within our hearts, it starts to bear its fruit within us. As we focus on the light and open our hearts and minds to receive it, it empowers us more and more, enabling us to overcome the dark psychic forces of the Race Thought Atmosphere, and as we do so, our thoughts, words and deeds are charged with more light, purging the darkness, which has blanketed this world.

Have no doubt whatsoever, the LIGHT **is *within you right now.*** All you need to do is acknowledge it *every day* and invoke its presence. Call on it! Respond to the call it has been calling for you to recognise it every day since you were a child, and the memory of God and your own Spiritual blueprint was being drowned out by the indoctrination of the world. The world and its systems have done everything they can to make people turn away from the Light in their own hearts and focus on the world. This is why so many people are feeling 'empty' inside, because the daily, incessant indoctrination each is subject to in disguised as education has left the vast majority



with no conscious connection to their own inner Light and centre of volition and the *immense indescribable beauty we each contain*. Even the vast majority of ‘spiritual teachers’ do not mention the indescribable beauty, because *they have not experienced it*. Those who do experience it cannot stop talking about it, because if they do the flame goes out—and by sharing their experiences and charging their words with the Fyre of the Spirit, the Fyre remains kindled in their hearts and when it touches other hearts they too are kindled with the flame, which is the very essence of life, unspeakable, indescribable beauty and joy.

*“And the light shineth in darkness; and the darkness comprehended it not.”*

**ALL valid** spiritual teachings have this ONE purpose, of kindling within all those who receive it the very light of LIFE, and consciousness of the reality that LIFE is an immortal principle... and teaching everyone how to Live and Walk by the Light.

*“And this is the condemnation, that light is come into the world, and men loved darkness rather than light, because their deeds were evil.”*



So, our ‘condemnation’ is that due to the dark forces seeded within us as children, we feel more comfortable in the dark, because we know what our shortcomings are. The word ‘sin’ means to “miss the mark” or “fall short of the mark” and this means *we fail to express our full potential as human beings*.

The dark forces have turned so many away from the Truth, and made it appear that the Truth is something obscure, which we need to find, instead of being an omnipresent principle available to us every moment of every day of our lives. We need to open our hearts and minds, then our willingness to receive the Light of the Heart will open our eyes and our ears, and we will see that we live move and have our being in the omnipresent Truth.

Our work is, like Moses to “take off our shoes, for where we stand is holy ground” - and the shoes represent the material concepts that we’ve used to protect ourselves in a materialistic world. When we take off our shoes, or loosen the mental concepts with which we walk through life, we can perceive the Burning Bush of the radical nerves of the SOLAR PLEXUS, which is a Dynamo of Spiritual power. Again,



there are no words in existence with which I can use to describe the feeling of this inner flame once kindled radiating its fyre through ME, and dissolving all so called physical limitations and putting ME in the presence of the ALL.

This awaits every person, this inner flame is what is keeping us alive, and with every breath the inner fyre is FORGING this body, *infusing it with the quality of our thoughts.*

What we think on the inner is written into our body. When we align ourselves with the Divine Law, we are ReGenerating our body temple, “the temple not made with hands” and we are infusing every cell of the body with the fruit of the Spirit, and when we have embodied these highest ideals, they become us, and we live them.

*"My Father is the husbandman." "I **am** the true vine." "Ye are the branches." "As the branch cannot bear fruit of itself, except it abide in the vine..."*

We are to bear the fruit of the Spirit of the Higher Mind, which makes each of us a master of Self. The final fruit of the Spirit being:





**Self-Control**, as we attain to **The Conqueror** plane of consciousness.

Do not limit yourself in any way, the Spirit, which is your REAL SELF, is forever knocking at the door seeking to in-spire you, *breathe into you everything you need every day in order to strengthen you* and enable you to recognise your own shortcomings and dissolve them via the power of the Spoken Word.

*“Let you yes be yes and your no, no.”*

We are to say **No**, to the lower mind and its lies and deceit, and its accusations against us of incapacity.

*“I can do all things through Christ (the Spiritual power of Light and Life) within ME.”*

WE must be diligent, we must be wise stewards of the Gardens of our Minds, we need to be present to ourselves and in each situation, and learn how to invoke the Spirit continually. When we invoke that which is *highest within us*, and we are willing to accept its judgements and **inner-tuition**, our **intuition** guides us in the way.



The fruits of the Spirit are many... again, different intellectuals list different qualities...

Love  
Joy  
Peace  
Patience  
Kindness  
Goodness  
Faithfulness  
Gentleness  
Self-Control

First is Love. This world blanketed in the Race Thought Atmosphere does not yet know what the full intensity of Love is. At various stages of our lives it sends an imposter, lest we should dis-cover the flaming fyre of Love in our hearts, which no man can extinguish.

It presents an emotional lust to the youth, it presents greed to the ambitious man, it presents security to the fearful man, all these and more are imposters, and none can replace the Love which is God.

Our birth into the LIGHT brings us a TASTE of the JOY, which awaits us. This *taste* is to inspire us to continue to sift our consciousness



of all the error thoughts and purge them. The more we purge the error, the more joy we have.

*“...that your joy may be full”*

When we DO TASTE the Inner Fyre of Love and experience the JOY it imparts to us, we find a profound peace, which stays with us forever. Even when we are in agony, and have lessons still to learn the peace that the inner Fyre gives us cannot be forgotten.

Peace is wholeness, we have FOUND the Spiritual essence within us, which makes us ***whole***.

THEN, we diligently become the conscious gardeners of *our own being*. Each day we live and life's experiences reveal to us those aspects of our character we must purge, these seed ideas sown into our minds before we were old enough to conceptualise. WHEN we understand that ReGneration is a process of inner gardening, we receive the fruit of the Spirit. The Spirit shows us that we require patience to learn how to become efficient gardeners and that this takes time, exactly as it does when we are gardening the patch outside our homes.



AS *patience* permeates the mind, suffusing it with CALM, we have the realisation that EVERYONE is going through the SAME process, so we do what we can to be a *succour* for them—because there is an increasing realisation that we is ONE. We are all intimately connected, and I shall discuss how in a later essay.

Through our awareness of ONE-NESS with God and each other, we develop the ability to discern right from wrong on the gross and the subtle planes of consciousness, *in the conscious and subconscious levels of mind*.

As we persevere, we bear witness to the fruits of the Spirit, and our inner Faith, our inner connection to the Spiritual world increases and the powers of the Spirit transform us. We live more and more by Spirit, not by sight. This is faithfulness, being true to SELF.

Our Faithfulness makes us stronger and more steadfast in the face of so called ‘reality’ and materialistic ideas. We Live by what the Light of the Heart teaches, not by what the world and its darkened Race Thought Atmosphere demands of us.

As we are in alignment with, and True to the Spirit, it continually percolates up from within us, making us more and more aware of the beauty and majesty of all LIFE.

Consequently we become more gentle, we appreciate life more... we have been extricating ourselves from the lower mind and its insane demands, and we are beginning to experience more powerfully, the direct and gentle comfort of the Holy Spirit and the gentleness it brings into our lives.

When we are gentle, we have a totally different approach to life and living. Through each gift coming to maturity within us, we interact with the world on a whole new basis.

**WE ARE IN THE WORLD, WE ARE NO  
LONGER OF IT.**

We have, by totally uprooting and dissolving every degenerate idea of the carnal mind, entered into a whole New State of consciousness. This is METANOIA—the consummation of:

*“Be ye transformed by the renewing of your mind.”*

When we have aligned ourselves with the Divine Law written within our hearts and minds,



we are living in Harmony with God and with one another. We have reached the ultimate Freedom: SELF-CONTROL.

This is not just refraining from doing things we know not to do, this is the fruit of the labour we have invested in ourselves, to ascend through the stages of Spiritual Evolution as described in the Gospel of Matthew, from Abraham, the Father of a Multitude, to Christ, our Saviour, as the Spirit of Christ flows through us in abundance raising our consciousness into the *Superconscious / The Conqueror state of Mind*.

These then are the fruits of the Spirit and you will recognise them as you do the inner gardening of your mind and cultivate them within you... and follow the intuitive impulses of your heart.

*“By their fruit ye shall know them”.*

*“Seek FIRST the Kingdom of God (SELF) and ALL else shall be added.”*

**ONLY when we have True Self-Control and Sovereignty, do we have something of real value to share with our other selves.**



**Applied Meta-Physics** is the oldest Science in existence. It is the study of who we are and why we are here.

It is sometimes called 'The Science of Making the Ideal Real', because it identifies in concrete terms the abstract workings of the mind, and teaches the steps every eternal idea passes through in transition from the plane of the eternal spiritual world, to become manifest on the earth plane.

The sacred writings we have inherited are metaphysical in nature. This means they have been written through the inspiration of the Paraclete using words, which have varied meanings, interpreted accordingly, depending on which level of consciousness the reader has achieved.

The *art* of Applied Meta-Physics is to 'conceal, to reveal'. The Wisdom the writers concealed protects it from those who would destroy the writings, *and therefore destroy themselves*, until a time when the human family matured and awakened and realised its need.

The scriptures are like an offer to an addict deep in the throes of ad-diction, rejecting what they really need most, and lashing out, because they have lost control of their own minds. In the height of the loss of control the addict attacks those seeking to help them and would destroy them.



The parables, analogies, codes and koans in the Helios Biblia have preserved these writings, as the power of the Word concealed within them has worked in the hu-man consciousness to do exactly that.

**Applied Meta-Physics is the Key** opening the way to comprehending their riches and applying the Wisdom revealed in one's life and proving the truth thereof.

There is a simple fact of life:

We are all created equal, in that we are all the offspring of God, and we form our lives by the thoughts, words, deeds we think, speak and do. The equality is that the Divine Law is no respecter of personalities.

We are all held responsible for everything we do, and our body either regenerates or degenerates according to the motives of our hearts. If we seek to rule others, we are using the life we have been given to express ourselves contrary to the Divine Law, and this is slow and definite suicide.

If we submit to the will of another, this too is slow suicide and contrary to the Divine Law.

The LAW IS!

It is the Doorway to Everlasting Life.

PEACE.

