

APPLIED META-PHYSICS:

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

A COLLECTION OF ESSAYS

THIS ESSAY:

Lenten Season 2022: Day 18
FOOD 2: The Parable of the
Vrot Pot
(TO BE READ AUDIBLY)

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Food 2: The Parable of the Vrot Pot

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

ESSAY: The Parable of the Vrot Pot

Preamble:

To 'fight' disease is to be deluded into thinking that 'dis-ease' is a separate entity from you. This is a grave error – the germ theory is lacking – germs can only breed in an already unhealthy environment – they live off cells that are damaged in some way... this means that germs can only live and thrive – where 'dis-ease' already exists.

For a deeper understanding of the creation of germs, please read Charles Fillmore's chapter on Microorganisms, which I shall link to at the end of this essay.

The word 'vrot' is a South African colloquialism and means "rotten", 'putrid' 'very bad'. And conveys the idea of something really rotten and not in any way desirable.

In this case, I've used the term for a 'pot of soup', which represents our Spirit-mind-body unity. I wrote this essay many years ago (and updated it after my website was hacked and destroyed), after healing myself of cancerous breast tumours. I trust you'll find it meaningful and helpful in understanding the process of ReGeneration.



THE PARABLE OF THE 'VROT POT'

Blessing (male), and **Precious** (female), are both making soup in their own space. Each has a burner on the stove, they have access to all the ingredients they need and each has total freedom to choose from all the available ingredients, which soup they shall make.

Each one has a large soup pot with a tap for drawing off the soup when it is ready... both start to make soup.



Precious adds carrots, celery, tomatoes, oregano, garlic, vegetable stock, potatoes and all the other necessary ingredients to make a really hearty and wholesome soup.

Blessing, also starts out the same way, but soon grows impatient, and he does not wait for the full flavour or the character of the soup to develop. So he adds all sorts of strange and so called 'magical' ingredients into the pot. He adds, animal bones, tobacco, alcohol, cocaine, ecstasy, and crystal meth, etc., into his pot.

When the soup is cooked, each draws off a cup and tastes it. Not surprisingly Precious' soup tastes fantastic, but Blessing's soup is vrot!

Precious really enjoys her soup, she draws from the pot every day and tops it up with more fresh ingredients. and she lives a happy life.



Blessing, seeing his soup is vrot, calls someone to help. That person advises to “cut some of the ingredients out”, but this does not make sense to Blessing, how can he remove parts of a soup, already made? – so he wisely refuses to have anything cut out.

But he is distraught! What to do? – His soup is ‘vrot’ – he has a ‘vrot pot’ of soup – and lives an unhappy life!

So, Blessing calls in for more advice... the advisor tells him to add more tobacco and cocaine and alcohol – so the Blessing tries this – but – if the soup was ‘vrot’ before, it is really, really, even **more vrot** now! And Blessing is so numb he can hardly taste anything any more.

So, in deeper despair, Blessing calls for the ‘soup doctor’ and the soup doctor says “I have seen this before, and I know how to ‘fix’ it!”

Then the ‘soup doctor’ sets about measuring his ingredients, mercury, stem cells, essence of this, essence of that, and then he adds a lid so the pressure builds up and then he squirts his ingredients through the pressure valve.

Well after calling in the soup doctor, Blessing feels good about his decision – but as soon as he tastes the soup – he is in even deeper despair than ever before! He cannot taste the bitterness, or any good the soup may contain, because his taste buds are all numbed up!

A deep dark depression overtakes Blessing, he



only has one pot of soup and every day he must draw from it and drink it!

He knows it was his very own recipe! IF ONLY HE HAD LISTENED TO HIS ANCESTORS – they had, through trial and error come up with some really great tasting soups and overcome this problem before – why did he need to be so ‘clever’!

Now his soup was putrid, he thought that if he drank it, he would die!

Suddenly the aroma of Precious’ soup hit his nostrils! It was HEAVEN! Absolute bliss!

Oh, if ONLY MY SOUP WERE LIKE Hers he said to himself – and he looked at his putrid pot – the vrot pot – of soup and he cried.

He cried and he cried and he cried.

Then he cried some more.

He cried for years, because each day he had to draw off a cup of the soup and drink it and it was making him more and more unhappy, more and more unhealthy and more and more depressed.

Blessing was in desperation, why, why, why, had he not listened to his family, his friends, all those who knew how to make good soup! But no, he thought he would be clever and now his soup was vrot – really vrot.

One day the aroma of Precious’ soup again wafted through the air and again the beautiful



savoury smell hit the nostrils of Blessing, now very deeply in despair.

He thought he was being mistaken – surely no soup can smell THIS GOOD, can be this good, can TASTE this GOOD! Surely this is ‘too good to be true?’ Surely this is a con?

As Blessing reasoned over these questions, the aroma of the really good soup continued – as it had for years and years...

Then the Light dawned on him... I do not need to live like this, I can change! I can learn how to make really good soup! – I shall go and ask Precious, for her recipe!

So! In desperation Blessing goes to Precious and asks for her recipe.

Precious says no!

Again Blessing is in despair, but Precious, who always made beautiful savoury soup says: “Look, I said no, not because I will not give you the recipe, but because you have not listened to those who make good soup – and if I give you my recipe, you are likely to add ingredients to it and make it vrot again and then tell everyone you are making ‘my’ recipe!

Then no one will trust me to make soup, or help them make soup again. And I have dedicated my whole life into discovering and applying the principles of the balance required to make a really great soup!



So Blessing says “what shall I do then?”

Precious – looks at the vrot pot – and says: “What a mess! No wonder you are unhappy!”

So, she says to Blessing – “look, your pot is vrot, but you knew that – and it is also full! ... and there are no more pots!...

This is what WE CAN do.

We can take some of the good soup, and we can add it to your soup!

Blessing asked: “Will that fix it?”

And Precious responded:

No! there is **no fixing this soup!** but it will teach you that it can – with time **be regenerated** – if you will but **follow the instructions.**

Blessing Said: “What instructions do I need to follow?”

Precious: “Well you need to immediately recognize what ingredients are good for making soup and, which are not.

Then you need to go into your cupboard and discard all the ingredients that you know are making your soup vrot”.

Blessing: : “Will that correct the soup?”

Precious: “Not immediately – just as it took some time for you to add the wrong ingredi-



ents and then discover what ingredients were wrong, now you need to draw off a cup of soup every day and drink it and make adjustments according to what the soup tastes like each day!

Blessing: “But it is *vrot*, really *vrot*!”

Precious: “I know, but there is no escape in drinking it – as I said, this is your only pot of soup, there are no more pots and if you wish to live, you have to draw off a cup each day – and drink it, no matter how *vrot* it is and then learn from your mistakes and stubbornness”.

You have to *realise* that the recipe for really great soup has been here all along but you decided to create your own – and while some great chefs make great new soups, you were, to be honest, a total amateur!

Blessing: “So what do I do now?”

Precious: “You have just done it, you have asked for help! You have realised your situation and in asking for help, I can give you some of my soup, and teach you how to regenerate yours.

When I add some of my soup, it dilutes your soup, your soup will become more palatable – and less *vrot*. Then as you learn what ingredients to add each day, you will add them and regenerate it.

Immediately you will see and feel a small difference. Then you will – hopefully – recognise



the value of following the recipes and methods and principles of cooking that were handed down to us.

IF you do, then you will be able to see in your mind's eye – that a beautiful savoury pot of soup is on the horizon – and it will be in your pot!

Your pot will no longer be vrot!”

Blessing, starts to get all excited at the prospect of improving his soup! And says “When can we start?”

Precious: “Well we already did – I have added some of my soup to yours, here, taste some.

Blessing tasted the soup – it was still vrot!

He sais: “You have cheated me! You said if you added some of your soup to mine it would dilute the taste and it would make the soup better!

Precious: “Yes I did, and so the soup is better – but has been vrot for so long that the soup I shared needs to be increased – a little each day and as I share my soup with yours you need to co-operate and adjust your recipe and **ONLY use those ingredients that are listed in the recipe.**

THEN each day as you draw off the soup from the vrot pot and drink it, the ‘vrot’ taste will lessen, and you will educate your taste buds into recognising good quality ingredients and



be able to choose them wisely as you top up the pot.

Blessing thought about this, he could see the sense it in, but there was something in him that resisted!

So each day as he drew off a cup of soup, he would top it up, but sometimes with cigarettes, alcohol, a pinch of cocaine (can't do any harm, he thought to himself!) and even some friends gave him heroin and some ecstasy, some even gave him various cocktails – all these he added to the soup.

One day he awoke and the stench of the soup was so bad, he could not face drinking it – and decided to kill himself.

The poison in the soup had so warped his mind that it *seemed* like a logical solution – so he went into his garage, got a pipe, put it onto the exhaust of his small car, and through the car window. He sealed everything and then turned on the engine.

As the engine purred he heard a more distant sound – it was the sound of music! At first he thought he was hallucinating, but then he realised it was real, after all he had hallucinated for years and knew the difference.

He sat extremely still – a voice deep within him said “listen to the music!” Both the voice and the music were deep and beautiful and both were beginning to surround him.



Before the fumes overwhelmed him, he switched off the engine and opened the garage door to let in some fresh air – then the music danced across his ears.

He looked in the direction from where the music was coming; it was coming from Precious' kitchen! His friend who made beautiful soup!

Remembering the aroma and the taste he had of his friend's soup, he decided to go and see her.

He knocked on her door and Precious opened it, laughing and joking and happy.

As soon as Precious opened the door Blessing got a really strong whiff of the most beautiful soup EVER.

Precious looked at Blessing, and realising he was close to death, took him inside.

They sat and spoke for a while and drank some green tea. Then they both went to Blessing's house – and as they opened the door they were assailed by the overwhelming stench of the vrot pot!

Precious had brought with her some mineral water – she immediately diluted the soup, added some vegetables and parsley and seasoned it.

She could tell by the smell it was still so vrot it was near impossible to drink, but if she could not persuade Blessing to take some, he would die.



So, she gave the soup to Blessing, the vrot soup tasted ugh! But it also now had some minerals and vitamins that would build his strength.

Every day Precious visited Blessing, added some of her soup and got him to clean the outside of the pot and to add some fresh garlic, parsley, tomatoes, oregano and potatoes as well as whatever other fresh organic vegetables were in season and readily available and **needed** to balance and regenerate the soup.

Each day Blessing drew off a cup and drank it – and each day although the soup was still vrot, it tasted better and better.

One day Blessing tasted his soup, and although there were remnants of mercury and pills and drugs, the taste was becoming quite pleasant.

“I have persevered this far” – he said to himself... “I will continue to persevere and **I will totally regenerate this soup!**”

So every day, Blessing drew off a large cup of soup, as large a cup as he could find. Although the taste was still vrot and bitter, he never ever complained to himself or to anyone else. He had realised that complaining never helped – **correcting the recipe did.**

So, on days when the soup tasted bitter, he looked at the list of ingredients he had added in the last few days and then he would elimi-



nate the offending ingredients from his list of suitable items to make soup. He also started to read up on the experiences of his ancestors, what kinds of ingredients they used to make soup, and the results they got. It was not long before he realised that while many people made really great soup, there were also a LOT of people who dressed up and pretended to be knowledgeable in making soup!

He realised that many of these soup doctors were just out to make money, they SOLD their ingredients and once you bought them they thought they were freed from the responsibility for the resulting soup! They knew their ingredients were not the very best for soup... but the temptation of the money they got and the items they could buy with it for their own soup was overwhelming!

So they continued to do it.

Blessing, looking back through history, discovered there were some really great recipes and ingredients for making soup and they were all very affordable, or even free! He also realised that 'free' is a price. When someone says that 'something is free' they mean it literally – not that there is no cost, but that whatever you are getting in return costs you your freedom! A choice made, is a commitment. One had to 'pay attention' to learn, and this took time.

After he had made this realisation, Blessing determined in his heart to create a really good recipe for his soup! One like that of Precious,



using only the very best ingredients and produce a soup with a rich savoury taste that would be deeply nourishing and very enjoyable to consume each day. A recipe one could never tire of, but which could be adjusted within reason to provide happiness **every day**.

So, he called Precious and asked her to remind him of the basics of making soup and to share some more of her soup with him. Precious was only too happy at the prospect of seeing Blessing's soup being regenerated and made perfect, and to see him enjoying drinking his soup every single day – looking forward to the savoury flavours, the intermingling or textures, the nourishment it gave.

So together Precious and Blessing looked at the existing pot, which despite having had the wrong ingredients in the past, they both knew now that the principles of making soup stated that as long as they drew off a large cup every day and then topped it up with fresh ingredients – they could regenerate any soup and restore the recipe so that the rich aroma of savoury soup would fill the house and give joy and happiness and nourishment every day.

The End.

End notes:

The principle of ReGeneration is that our spiritual blueprint is the perfect recipe. **Blessing**



is our body, and **Precious** is our Soul/
Intuitively wise Spiritual guidance.

The soup, is the body. Drinking the soup every day is living, and the principle is that everything, which goes into the body must be suitable as food, appropriated through the mouth and each person must learn, by reading their own body, their own Book of Life, what foods they need to grow and repair the body.

Likewise with thoughts/ideas. Everything we eat and drink, read, do and experience represents an idea. So, we ask ourselves: “Is each idea in harmony with the Divine Law?”

“Is every ingredient suitable for the purpose?”

This parable is one of many I have used this past three decades when teaching the principles of Applied Meta-Physics, and the ReGeneration and every analogy I use, I draw from the inner realms (where our connection to one another is undeniable and immutable) through meditation, visions and dreams... and from the fruit of personal experience, always asking the Spirit, which words to speak and analogy to use, which will be best for the person who has asked for my guidance.

I trust the reader finds this essay informative and meaningful, I used the term ‘Vrot Pot’ to make the parable as memorable as possible. As discussed at the beginning of today’s essay, here’s the link to the [Microorganisms Essay](#).



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 meta-physical 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.

