

The Doubting Thomas
Speaks On
Truth and Light

Adapted from the ancient *Gospel of Thomas*

Excerpted from *The book of KAPROS*

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The Doubting Thomas Speaks on Truth and Light
is an excerpt from ***The book of KAPROS***



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Printed in the United States of America
ISBN-10: 0-917828-04-6
ISBN-13: 978-0-917828-04-1

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Posted April 7, 2024

1. Whosoever finds meaning in these sayings
cannot experience death.
2. Seek until it is found.
That which is found is always the unexpected.
The unexpected troubles the mind.
Being troubled,
the mind opens to the truth.
Then one rules the world.
3. The perfection of man
is not found in the sky.
If it were so, the birds would already know.
The perfection is not in the sea.
If it were so, the fishes would sing all day.
The perfection is hidden within the self
and the observed world.
When this perfection is touched,
the self and the creator is known.
Find that inner perfection
and perceive the greatness of the world.
Without the perception of greatness,
one's life is abject poverty.
4. When the old man seeks answers of life from the child,
he will live.
Is it true that the last shall be first,
are they not the same?
5. When the immediate moment is known,
the hidden worlds are exposed.
6. There is no gain in fast or prayer.
Do not lie.
Do not do that which is hateful.
Nothing can be hidden;
all will be known.
7. If the great assimilate the weak, the weak become great.
If the weak assimilate the great,
the great become weak.
8. A sage clings to perfection,
the fool to the many and pretentious.

9. Truth and wisdom are cast upon the earth,
and like windborne seeds,
a few find fertile soil and root.
10. Truth and wisdom, when cast upon the earth,
burst into flames,
and though quickly extinguished,
smolder over all the land.
11. That which man aspires for, can never be.
That which is past is past,
and that which is now
is only the moment.
Who can know what it means
to live in the Light,
or when your One becomes the Two?
12. In the absence of Truth,
seek the teacher for whom the world exists.
13. What is Truth?
It is beyond righteousness and knowledge.
How can Truth be the master?
For when grasped,
all knowledge becomes confused
and man knows not.
The greedy and worldly fear truth,
and sense it will ultimately consume all.
14. Efforts for the salvation of the self are sin.
Rather,
be open to any who would speak.
Visit with any who open their homes.
Freely eat that which is offered.
What enters the mouth neither purifies nor defiles.
That which leaves the mouth as spoken words,
defiles.
Truth flows from the mouth but is never spoken.
Truth heals and comforts.
15. There are those born of this earth,
and a very few reborn in the Light.
If fortune leads you to one of the Light,
listen well.

16. Truth will not unify man.
It is not of the earth,
nor can it long remain.
Truth destroys and separates,
and is never gentle.
Whatever is known,
is not Truth.
17. Truth cannot be seen nor heard.
Truth cannot be touched.
Truth is beyond the mind of man.
18. Truth is within a beginning,
never in the ending.
What ends, is death.
Seek always to begin,
and never know death.
19. Blessed is the one possessing Truth,
for then Heaven and Earth become as one.
Nurtured by Heaven, the world is transformed,
and then even the rocks of Earth become sustenance.
20. Truth is like a mustard seed.
From the most minute planting,
comes the greatest growth.
Who understands the greatness of the seed?
21. A seeker of the Truth
sees danger all around.
Each intruding thought and belief,
permeating through the mind,
is as a thief in the night.
When Truth is found,
do not let it go,
but embrace it tightly.
22. Truth is not in the Two.
Neither the good nor bad,
the just nor unjust,
the female nor male.
Only when the Two are One,
can Truth be touched.

23. Those with Truth are the elite.
One out of a thousand,
two out of ten thousand,
yet they shall ever be One.
24. There is Light within the man of Truth.
He lights up the whole world.
If one does not shine,
there is no Truth.
25. Watch your brother with all your might.
His perfection is as dear as your clear vision.
26. Find the Light within the self and clear the vision.
Only then can one perfect a brother.
27. One must let go of the world,
to see the world.
Likewise, let go of a day and make it a Sabbath,
to find the creative.
28. Truth came to the world,
but no one heard.
They were blinded with all the attractive sites.
They were intoxicated with their own might.
Empty they entered the world,
and empty they expect to leave.
When they shake off the greed,
then they can repent.
29. Have you listened to what they are saying?
That the spirit created the flesh.
Surely that is a wonder.
But the flesh created the spirit?
Does not that pass belief?
Why does Truth with all its wealth,
choose to live in such poverty?
30. With many gods, one has gods.
Truth appears only when the numbers of gods decrease.
31. Who listens to Truth from a friend or relative?
Would you let them prescribe medicine for you?

32. A fortified city on a hilltop,
cannot easily fall,
nor can it be hidden.
33. A seeker of Truth,
must be ready to expound,
that which is heard in the quiet of the mind.
One does not hide the Light,
rather one places it in a prominent place,
to light the room for all who enter and leave.
34. How can the blind lead the blind?
Will they not both fall?
35. A strong man's house,
cannot be taken with force,
except the man's hands be first bound.
Then the house can be robbed.
36. Be not worried about your outer appearance.
Be concerned rather with the inner Light.
37. Truth can only be fully revealed,
when one can ignore one's nakedness as a child.
38. Truth is not at the beck and call of the mind.
Could it be Truth when controlled by desires?
39. The churches have hidden the Truth.
They have hidden the writings of access,
and discourage all from seeking.
Be wise as serpents and innocent as doves.
40. The teachings of the institutions
are like unsound grapevines.
They produce no fruit,
and have only empty promises.
41. Those who can grasp accomplishment,
will gain more.
Those with nothing of gain,
will lose the little they have.
42. Be as travelers through the world.

43. Do not be like the religious,
who either:
love the teacher and hate his words,
or love the words and hate the teacher.
44. To deny the nature of creation or its gods is of no concern.
To deny the source of Truth is unforgivable,
and is death.
45. A man of Truth,
is not without accomplishment.
A man of evil,
has nothing of value.
46. A man of greatness is exceeded,
by the seeker who can be as a child.
47. One cannot compromise Truth,
neither with the greatest knowledge of man
nor with the fondest desires of the heart.
48. When two people can touch the source of Truth,
any obstacles to their union can be removed.
49. Blessed are those who are isolated from the crowds.
In not belonging,
they have never left and will return
to the eternal Heaven.
50. What is the source?
The Light.
Who are you?
I am of the elect born of the Light.
What is the sign?
It is motion in stillness.
51. When will the renewal of the world come?
It is here but unrecognized.
52. In honoring the knowledge of man,
Truth is excluded.
53. Increased perfection cannot be obtained.
Life is already perfection.
Only in seeking perfection,
can it be gradually realized.

54. Blessed are they who are not attached to materialism,
for they may possess Heaven.
55. Whoever clings to filial responsibilities,
or sibling comfort,
is not ready for liberation or Truth.
56. When you finally understand the World,
you will see it is only an inert remainder.
57. Man in his ignorance,
attempts to frustrate the Divine evolution.
His efforts are as small weeds raised
at the feet of giant stalks of wheat.
58. The results of suffering can lead to the Light.
59. Seek Truth while Life remains within you.
Life is the one chance for seeking.
60. Those without vitality and the Light,
are easily devoured with false teachings.
Find the inner quiet center and surrounding vital energy,
and remain free from domination.
61. Two men live identical lives,
one lives and one dies.
A person traveling in the Light and Truth,
knows no constraints as to destination.
Entering strange places,
all recognize the bearer of Light.
Being at Oneness, the Light burns brightly.
62. Do not let the left hand know what the right hand does.
The physical left must be separate from the spiritual right.
Only by becoming two is Truth known.
63. One night a successful man burned his mortgage.
Greatly pleased with his wealth and lack of debt,
he smugly went to sleep.
That night Death took him without a murmur.
64. The cities are filled with the successful and powerful.
As they tend their obligations and demands,
they have no time to listen for the Truth.

65. A rich man listened to the demands of the crowd.
Feeling benevolent, he donated money to their cause.
A second time, they demanded and he gave.
The third time he sent his son to reason with them.
His son was held for ransom for all his wealth.
66. The stone the builders reject,
becomes the cornerstone.
67. Whoever believes that the Divine destiny errs,
is himself in darkness.
68. Blessed is he when persecuted and hated
for sake of Truth,
for his inner Light becomes brighter.
Where persecution and hatred exist,
there the darkness increases.
69. Blessed are those who find inner doubts and conflicts.
in seeking their resolution, Truth is found.
Blessed are they who hunger for Light,
for they shall find Truth.
70. For perfection,
the powers within the self must be brought forth.
However, the inner powers are not sufficient.
If they are not increased and brought forth,
the inner self dies.
71. Life destroys its own containers,
who can recreate the dead body?
72. The blind seek Truth only as a solution to their quarrels.
73. The harvest is great,
the laborers are few,
seek out those who can labor.
74. Many stand waiting to drink,
but there is nothing to satisfy the thirst.
75. Crowds wait for increased welfare.
It can only be found by individuals.
76. The fool invests in perishable commodities,
the wise invest in the incorruptible.

77. Truth is the Light above all life.
Truth controls and is present in all matter.
Study the atom and observe the action of Truth.
78. If you seek the Great, Powerful, and Magnificent,
look to the heads of state, churches, and institutions.
If you seek Truth,
look in the desolate, subtle, and hidden regions.
79. On cheerful and bright days,
all is right in the Heavens and God rules.
On dreary and desolate days,
Satan is seen to rule.
Only the individual filled with Light,
perceives equality in the days.
80. He who understands the world, understands the self.
But he who understands the self,
has attained much.
81. Let him who has wealth, rule.
Let him who has power, delegate.
82. He who is near the Truth is near the Source.
He who is far from the Light is lost in the world.
83. Man perceives images of reality,
but the Truth remains concealed in the complexity.
The Creator is manifest in the complexity,
but is concealed by the reality.
84. One rejoices on viewing the self as remembered.
A great tribulation results when the eternal self is glimpsed.
85. Adam was the first in man's evolution.
Had he been perfected he would not have died.
86. The world has homes for its creatures,
but Truth and Light have no dwelling place.
87. Wretched is the ego dependent upon the body,
and wretched is the soul dependent upon those two.
88. The great teachers can only give that which you already have.
You can only give in return that which you have.
When will the teachers take what is really theirs?

89. Why do you honor beauty and despise your excrements?
Are they not both made by the same source?
90. Truth is easy to endure and its demands are few.
In Truth one can find repose.
91. Truth is never found in the analysis of events,
only in the unfolding of the future becoming present,
is Truth manifest.
92. It has been said, "Seek and you shall find."
Yet what you first pursued,
has been lost in the wonder of the journey.
93. Do not give that which has beauty and truth to the masses.
The hordes of man can profane the most holy.
Do not give the source of power to the greedy mob,
greed will destroy the most powerful.
94. Seek until the door is found,
then knock and it opens to you.
95. If you have excessive wealth,
do not use it to gain more.
Rather loan it without expectations of return.
96. Truth is like the small amount of yeast added to dough.
It slowly diffuses and changes the very nature of the dough.
97. Those who attempt to grasp Truth are like the woman who
drove to the gasoline station to fill her automobile with fuel.
On the way the tank developed a leak,
and she returned home with no fuel.
98. Attaining Truth is like the person who is awake all night
planning how to ask for a raise in salary and then
obtaining a substantial promotion.
99. Truth has no intermediaries or contemporaries.
Only those who know Truth,
can share in its mysteries.
100. Give to the government that which has their imprint.
Give to the church that which maintains the priesthood.
Give what is required to the demands of Truth.

101. Parents give and support the beginning life.
Parents also promulgate the ignorance of society,
and enhance the bondage of the child to materialism.
102. Church leaders are like the dog sleeping in the hay.
Neither the dog nor the livestock find nourishment.
103. The fortunate man knows his own weaknesses.
If also wise, he then protects against his weaknesses.
104. When Truth is manifest,
how can one think of sinning or of error?
Only when one is in the dark,
should one seek purification of the self.
105. Who can be singled out as one's parents?
Have not Adam's superstitions been passed from parent to parent?
106. Learn to be two,
then learn to make the two One.
In doing this, One becomes master of the world.
107. Just as all of the governmental forces seek out the deviant,
so does the source of Light.
108. When one is filled with Truth,
the ego disappears.
The spoken words become those of Above.
The wisdom of the universe is present.
109. Truth is like:
a family threw out an old trunk from the attic.
The trunk was found by a trash collector,
who diligently cleaned and sorted its contents.
He later sold the valuable antique contents,
and was able to finance others in their endeavors.
110. If upon mastering the world one becomes rich,
renounce the world.
111. In growing older and wise in Truth,
the world and the heavens are seen as a childish dream.
Since one in Light becomes superior to the world and heavens,
there can be no death.

112. Woe to the body that depends upon the soul.
Woe to the soul that depends upon the body.
113. When will the new world arrive?
Not by waiting for it,
nor by looking here and there.
It is already here but so omnipresent that it is not perceived.
114. The physical world of shape and form has no eternal life.
The spiritual world has no change.
Only when the two combine and fuse in Life,
can Death be overcome.

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