



Light Up Your Life With Phasmatia

A Layperson's Simplified Guide to *The Sacred Text*



CHURCH OF
PHASMATIA

*Light Up Your Life
With Phasmatia*

A Layperson's Simplified Guide
to the Sacred Text of the Phasmatians

**Light Up Your Life With Phasmatia:
*A Layperson's Simplified Guide
to the Sacred Text of the Phasmatians***

Produced by
The Phasmatian Church
www.phasmatia.com

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Foreword



Many individuals have approached us over the years for more information about the tenets of Phasmata – be it out of simple curiosity, or a deep inner craving for spiritual salvation. While all the divine wisdom that has been passed down to us, and to me personally, by The Universal Spirit can be found in our Sacred Text, we understand that such a large work – for, in essence, it provides all the most meaningful answers to life, the universe, and everything – can be a bit daunting for the novice

That's why we have created this layperson's summary of the Phasmatian dogma. We hope that you will find this an easy-to-use introduction to Phasmata and the blessings of The Universal Spirit. May these pages help start you on the wonderful journey to a more fulfilled life, and the salvation of your soul.

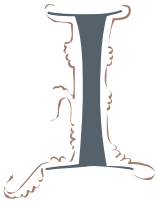
Although we are happy to offer this work, we strongly urge you to read the full unabridged version of *The Sacred Text of the Phasmatians*, and to seek us out, either online or at a temple, for more information about joining the Church of the Phasmatians.

May The Spirit be with you always.

A handwritten signature in blue ink that reads "Sky Fisher". The script is fluid and cursive.

Sky Fisher,
The Chosen One,
Benign Wellspring of Universal Kindness,
Divine Leader of the Church of the Phasmatians

The Genesis



In the beginning, there was the void, a complete and utter darkness. But then The Universal Spirit spoke, “I am,” and so, from that preternatural spark – that explosion of divine will – all creation as we know it came into being. Matter, and energy, and plasma, and gravity, and light raced forward, expanding into the nothingness, and continue to do so even today.

A tiny portion of that which sprang forward from The Universal Spirit retains a special vestige of Her wondrous original act of creation. We call this life. Life transcends the demise of an individual host, bequeathing its essence to its offspring, or to those other life forms who take nourishment from it. Therefore, in its ability to preserve the spark of existence – to reproduce and evolve – life echoes the will and purpose of The Spirit.

The more advanced and refined that life becomes, physically and especially spiritually, the more it reflects the divine nature of The Universal Spirit. So it is with us, the naked apes who have evolved into consciousness and taken dominion over our planet. In this regard, at a metaphysical level at least, we are made in the image of The Universal Spirit, and are able to achieve communion with Her.

But the darkness is a mighty foe. Even the mighty light of The Universal Spirit cannot penetrate it completely. Every single manifestation of The Universal Spirit is countered by three of Dark Energy, and though it be invisible, this powerful force can be felt and measured throughout our universe.

Everything that you know of existence is therefore governed by this one ultimate struggle – the chaos and entropy of the Dark Energy versus the creative, life-giving power of The Universal Spirit.

This cosmic duality is even reflected in the worldwide digital realm where today we communicate with one another. For strip aside the truth/lies, love/hate, benevolence/ greed, beauty/ugliness, wisdom/stupidity, hope/hopelessness that you will find on the Internet, and it all is reduced to ones and zeroes—the zero representing nothingness, and the one representing creation. From the simple interplay and juxtaposition of these two primal entities comes *everything*.

Your Soul



piece of The Universal Spirit burns within you. This is your soul. It is a divine gift that The Spirit has entrusted to you, and it is your connection to Her, to be cherished and tended. But you alone can do this. The Spirit has also bestowed upon you the ultimate demonstration of Her love – the freedom and the will to choose your own destiny.

But, in the end, there are only two paths that you can choose – the way towards the dark, or the way towards the light. For, just as a fire must be tended and fueled in order for it to continue to burn brightly and warmly, so too must your soul be properly and constantly nurtured.

If you neglect your soul, and allow it to be besotted and stained with wrongful and selfish acts, then it will wane and weaken, becoming a pathetic and shriveled thing that the Dark Energy will swallow up when the spark of life within you fades. When this happens, your essence and your memory will disappear forever.

But, take heart, for if you cherish and cultivate your soul with devotion and rightful acts, then it will become strong, burning with a pure and unquenchable light transcending the bodily vessel that hosts it. Then the soul will reunite with the Universal Spirit, even beyond the death of the body, and your essence will survive for all eternity.

Be warned, however. This is not the easier path. Just as Dark Energy permeates the Universe by a three-to-one ratio, so apathy, and lethargy, and selfishness are the pervasive tendencies in human lives. Do not allow them to win. Exercise your will, and constantly strive to seek the light. The holy tenets of Phasmata can help you do so.

The Chosen One



One day the man called Sky Fisher forsook the way of the material world and set out on a spiritual journey. This was before Phasmata, as we now know and call our manner of worship, had manifested itself among the peoples of the earth. Yet, even then, Sky Fisher could feel the light and the almighty power of The Universal Spirit within Him, and resolved to refine and focus that light, as indeed others have done before Him.

Sky Fisher wandered for many months around the countryside, devoting almost all His time to meditation and contemplation. Avoiding the company of humans, except to periodically exchange His labors for some food, or to help a fellow in need, Sky Fisher strove for purification of self.

One day He saw a mountain in the distance – the place we call Mount Skylight – and a rapturous feeling of certainty inside Him told Sky Fisher that He should climb to its summit. Reaching the top, He sat meditating and fasting for seven days. As the veil of the physical world seemed to lighten and fall away with each passing day, inside Sky Fisher’s spirit grew stronger and brighter, until it felt to Him like it was a mighty beacon, shining up into the heavens.

Then, on the seventh day, Sky Fisher suddenly felt permeated by a magnificent rapture, as if all the energy of the entire cosmos had been concentrated into a single place, and infused directly into Him. Then a voice – a sweet, musical feminine voice, full of gentleness and understanding, and yet infused with an inexorable power – spoke inside Sky Fisher’s head. The voice uttered forth not in one language, as you and I speak, but varyingly in all human tongues, those known

and those long forgotten, as if the words were simply individual threads in a rich, intricate, and multicolored tapestry. Yet even though Sky Fisher had not previously spoken, or, in fact, even heard many of these languages, at that moment he understood them all with a perfect clarity, and without question or uncertainty.

“I have chosen you,” the voice of The Universal Spirit said. There was no need for Sky Fisher to ask who had spoken, or what it was He had been chosen to do. In that moment of divine communion, He understood the true nature of The Universal Spirit, and the perfect love She bestowed upon all Her creation. He could feel Her almighty sorrow at how the Dark Energy corrupted the souls of Her children, and her longing for their salvation.

And yet, even as He sat instilled with all the lightness of the entire Universe, Sky Fisher could feel the great burden that was being placed upon him, and he despaired.

“I am not worthy!” he cried. “Please, take me unto yourself now. It was not easy to forsake human society. Do not ask me to return. Let my purified spirit now join yours, and let me bask in your perfect love for all eternity.”

“No, my beloved child,” The Spirit replied, “as much as I wish it. Just as it is not easy for you to re-enter the physical world, so it is not easy for me to place this terrible burden upon you, as it was supremely difficult to place it upon the others I have chosen in the past. But I must. I can set the board, but I do not move the pieces, for I have bestowed my children with the free will to determine their own destinies. But these are dark times, so I must choose you and your shining spirit to illuminate the path for all others.”

When The Universal Spirit had finished her pronouncement, and although she freely used myriad languages as she spoke, She had specifically used the Latin word “*phasmatis*” for “spirit.” And so it was that when Sky Fisher returned from Mount Skylight, and traveled

to New York City – into the very heart of modern humanity – and gathered others about Him to do what had been commanded by The Universal Spirit, He carried that word with Him, and used it to anoint the new religion as Phasmata.

Sky Fisher walked among his fellows, both physically and using the contemporary tools of electronic communication, and preached the words and the way of The Universal Spirit. Disciples began to gather around Him, and their numbers grew. Some of these devotees Sky Fisher anointed as holy priests to help Him preach the message of Phasmata, and from the ranks of the priests later came the hallowed bishops, the most holy vanguard of the Phasmatian faithful, sworn to eternal obedience to their leader, The Chosen One.

And all the wisdom and knowledge that The Universal Spirit had imparted to Sky Fisher on Mount Skylight were set down in The Sacred Text, and these truths come to you directly from Her, and are the way unto the Light.

How to Pray



You should set aside time for prayer and meditation, ideally at least twenty minutes twice each day. The ideal times for this are in the morning, before you have broken your fast, and in the early evening before sitting down to supper, but any time is the right time to pray. If the circumstances of life do not make prayer possible on one particular day, do not be frustrated with yourself, or feel that you have failed, but simply strive to return to your prayers at the next opportunity.

Choose a spot that is calming or attractive to you. If you can, find or create a retreat that has the sound of water nearby. Sit upright, with your back straight, either cross-legged on the ground, or comfortably in a chair with your feet squarely on the floor, and your hands resting on your thighs. Close your forefingers to your thumbs, creating an “O”, with your palms facing upwards. Bend your head forward slightly and close your eyes.

Breathe in and out through your nostrils, slowly and rhythmically. Feel each breath begin in your nose until it fills your diaphragm, hold it briefly, then exhale. Relax, still the senses, and put your mind at rest. Concentrate on your breathing, feeling the waxing and waning of each breath, and seek serenity. Strive to close out the worries and anxieties of the world around you and focus on your breathing. If such thoughts intrude on your meditation, do not be annoyed, but trace the train of thought backwards, noting how they gained entrance into your mind, and then return to your original place of quiet emptiness.

Place yourself in a receptive mind and feel the calming light of The Universal Spirit enter you. Picture a great beacon emanating from your

forehead up into the heavens and beyond, to the very beginning of time and space, and into the very heart of The Universal Spirit. Imagine yourself being lifted from the ground, and floating weightless towards Her. Feel Her love for you – feel it warm you and strengthen you, for The Spirit loves you, unconditionally, and absolutely.

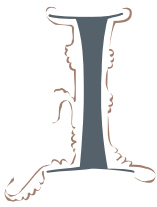
Strive for a clean heart and an open mind. Repent your sins, and pledge to The Universal Spirit that you will lead a better, purer life, and will seek to repair the harm you have done to others, and to yourself.

Do not seek to petition The Spirit with your prayers, asking Her for material things or for intervention in your worldly affairs. The Universal Spirit does not micromanage the lives of Her children, and will not reach down to alter your destiny as a result of your prayers, no matter how pious you have been. But through your devotions you can open a conduit to The Spirit that will allow some of Her wisdom, strength, and grace to pass into you.

Whenever the everyday serenity you should strive for is strained, by unfortunate circumstances, or by the caprices of the unenlightened, these meditative techniques may also be used outside of your formal prayer sessions as a restorative tonic for the mind and spirit. Close your eyes, breathe deeply, and seek to restore your calm. Let the worries that are plaguing you move past you, like water flowing over a stone in the stream.

As you practice the rules for a purer and more fulfilled life that are laid out here, you will find your connection with The Spirit increasingly strengthen while you meditate, and the power of Her love will infuse your life and your prayers.

Group Prayer



In addition to your private meditations on how to be a better person and how to nurture the divine soul that shines within you, take the opportunity to regularly meet with others and pray together. If there is not a Phasmatian temple near you, where an anointed priestess or priest can lead the prayers, then it is proper to join with others in any place, no matter how humble or common, to worship The Universal Spirit.

Relax and make yourselves comfortable and receptive. These group prayers can be informal and spontaneous. Music is permissible, for it helps raise people's spirits, but be mindful that tastes vary. Do not choose raucous music that may disturb or offend others.

Group prayers are not just for what you may get out of them personally, but even more for the benefit of the others around you. Let worshippers take turns, in no preset order, voicing their praise and expressing their feelings. However, no one should be forced to participate or speak up. Don't push to fill a silence if it should occur. Silences are to be expected, and can be calming.

Pray not for physical things, but ask The Universal Spirit for wisdom and revelation, so that you may know Her better. Pray that the eyes of your heart may be enlightened in order that you may glean the divine life-giving nature of The Spirit, the richness of Her perfect love for you, and her incomparably great power. That power is a mighty inner strength that can find its way into you, and is amplified by the presence of the other believers surrounding you in prayer.

On Celebration



pious life need not be a somber or a dull life. In Phasmata we embrace the ecstasy of celebration, for in such rapturous moments, we move closer to the ultimate and perfect joy that resides in The Universal Spirit.

Therefore jubilate and take pleasure in the company of your fellows. Revel in music and sway and dance to its rhythms and melodies. Gather together freely, be festive, and make merriment. Shower your love and affection upon your fellows. Appreciate the blessed bounties of food and drink, stopping first to give thanks to the life whose spirit you consume, and to The Universal Spirit that is the wellspring of all existence.

But just as the Dark Energy constantly permeates and twists creation, so you must always be wary of it when you celebrate. There is a time and place for celebration, just as there is a time and place for work, prayer, contemplation, and self-betterment.

Avoid excess and gluttony when you celebrate, and indeed at all times. Stimulants used to heighten celebration can lead to stuporous intoxication and the destructive misery of addiction. Do not take your revelry at the expense of the sanctity and serenity of others, for example through intrusive noise, violence, or vandalism. Exercise moderation in all things, including the moderation you exercise to avoid degradation of your dignity or the corruption of your soul.

On Self-Improvement



Constant idleness is succumbing to the entropy of the Dark Energy. While relaxation and celebration are beneficial to your body and spirit, and can help you lead a more happy and fulfilled life, they must be moderated, and cannot be an end unto themselves.

You should therefore strive for betterment, both in the physical world around you and the society of your fellows, as well as within yourselves. But never do so at the expense of others, or to the detriment of the natural world in which you reside.

Set goals, and endeavor each day to move closer to accomplishing them. The quest for increased knowledge and ultimate illumination should be foremost among those goals. While the complete nature of the universe that The Universal Spirit has given birth to may seem unfathomable in the beginning, through learning and meditation you will come closer to understanding and appreciating the marvels of creation, and in so doing move closer to unity with The Spirit.

Do not neglect your body, for although it is merely a vessel for the soul that burns within you, it is also the means by which you interact with your universe. Seek strength, and grace, and skill, and artistry, not for your own advantage or aggrandizement, but for the betterment of all others.

Living in the Light




The Universal Spirit has bestowed upon you the greatest of loving gifts – the freedom and the will to choose your own destiny. Because of the constant entropic influence of the Dark Energy, however, it is not always easy to embrace goodness, and strive for betterment. Endeavor, therefore, to walk purposely in the light, and to build a positive foundation for your life.

Know what you want to achieve, and constantly visualize not just the ultimate outcome, but the individual steps and concrete tasks along the way. Record these on paper, or in a digital device, and let them serve as your blueprint and roadmap. Track your progress, and regularly reaffirm your commitment. Believe in yourself, and your ability to achieve what you have set out to do. Create an optimistic environment and a positive lifestyle conducive to making daily progress towards your goals. Learn to recognize the points of resistance and moments of weakness, and develop the means and stratagems to overcome them.

However, unbridled optimism and wishful thinking are not enough. Believing that all things will go your way simply because you want them to is naïve, and a precarious position for dealing with the realities of life. Be prepared for calamities and setbacks, for the negative influences of the dark forces are relentless and powerful. When bad things happen, as they surely will, control the damage and deal with the consequences as quickly and efficiently as you are able. This includes acknowledging and addressing the negative impact on your own faith and self-confidence.

On Sex, Love, Marriage, and Fidelity

ex is a beautiful thing. It is from sex that life springs, and life is light. To share such intimacy – to be joined with someone who equally feels your passion and desire – is a profound worshipping of the divine light that The Universal Spirit infused in all of us. In the moments of orgasmic bliss you will find communion with The Spirit, and feel Her love for you. Therefore, freely revel in the ecstasy of lovemaking, without guilt or inhibition.

But always remember that you are not alone in these acts, and the powerful emotions and urges you feel may not always be shared. Always be considerate of your partners first. Never force yourself upon another person, be it physically, or through subterfuge, or by abuse of authority or position.

It is a grievous sin to have any sexual relations with a child, even if they seem willing to participate, or have begun to develop the sexual characteristics of adulthood. It is your divine responsibility to protect all children – not just your own – and to nurture them, teach them well, and set them off on a righteous path towards their own salvation.

Always be cognizant of the power sex has over you and over others. Never succumb to gluttony or selfishness in sex. It is wrong to use sex as a weapon, or as a punishment, either of another or yourself. Beware the powerful forces of jealousy, and do not seek to covet or control that which is not yours. If you use sex to damage the serenity or sanctity of another person, or to diminish their reputation or self-esteem, then you are turning your back on The Universal Spirit, and succumbing to the Dark Energy.

Love is the most powerful force in the universe, for love, and life, and light are as one, emanating from the perfect essence that is The Universal Spirit. Strive to let the love within you blossom and shine forth – not just love for other individuals, but love for all your fellows, for the natural world that surrounds you, and most of all, for yourself.

Do not, however, confuse love with sex. It is possible to have sex with someone without loving them, just as it is possible to love someone without having sex with them. Remember that physical beauty is fleeting, and that true beauty comes from the decency of character and the quality of the spirit within a person.

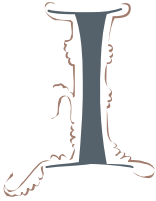
But when you find someone likeminded and feel yourself full of love and passion for them, matrimony is desirable. The stability in life that a wedded couple can achieve, providing mutual support and encouragement, can help you to nurture your soul and reunite it with The Universal Spirit. Marriage is also the ideal environment in which to love and raise children, and in so doing preserve and prolong the miracle of life with which The Spirit has gifted us.

That is not to say, however, that couples should not live together or have children out of wedlock. It is the intent and sincerity of a couple that matters, not the legal niceties. Marry someone only out of love and a legitimate desire to join together in a more perfect, united state – not out of any sense of obligation, or from the impelling of others.

Marriage, however, is not to be undertaken lightly, for it means vowing to cherish and remain faithful to another. All promises should be kept to the best of your ability, and no less so the sacred vows of marriage.

Fidelity will require constant strength and vigilance, for even the sweet perfection of love and the ecstasy of passion can be corrupted by the relentless sway of Dark Energy. Learn to recognize and resist moments of temptation, and the weak rationalizations and self-interested justifications that accompany them. Fight unwarranted jealousy and strive for honesty and intimacy with your mate.

On Altruism



It is wrong to succumb to selfishness. In all things, seek to do good, and to help others around you.

Yes, it is true that through history some have found their way to The Universal Spirit by following the ancient path of the hermit. The Chosen One himself was an ascetic wanderer, striving for purity within, when The Spirit anointed Him to serve Her. But then The Spirit sent The Chosen One back to walk among the multitudes, and lead them along the path to the light.

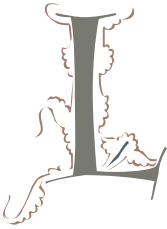
Since most of us live among our fellows, we should therefore practice selfless service to all humanity. Do not seek reward or expect thanks. Do that which is right, simply *because* it is right.

Let compassion be your cornerstone, and strive to relieve suffering wherever you see it, even where it may seem such suffering is deserved.

Love those around you, and find ways to foster their happiness. The more you care for the happiness of others, the greater will become your own sense of well-being. Love of your fellows is measured by what you give them, not what you take in return.

Above all, be true to yourself, and love yourself – not in a selfish or narcissistic way, but in a realization that The Universal Spirit shines within you, and longs that your spirit be reunited with Her.

On Silence



Learn to appreciate the serenity of silence, and not just while you pray and meditate.

A silent mind, freed from the onslaught of thoughts and worries, is a keystone in your spiritual development.

This inner silence is not actually about the absence of physical sound, but symbolizes the way to know the ultimate reality of one's own true self, and therefore to know The Universal Spirit.

Even outside prayer, in your everyday life, silence can be a desirable attribute. Don't speak just to hear the sound of your own voice. Before you open your mouth to utter something, ask yourself: *does it benefit my quest for betterment, or help others?*

Through your silence, learn to listen, and better understand the views and thoughts of others, for they too are children of The Universal Spirit. But, even in this, don't judge others solely on their words, but consider their deeds, and the quality of the spirit that burns within them.

On Harmony and Ecology



We share this planet with all the other forms of life that inhabit it, and The Universal Spirit has created a wondrous and intricate balance in Nature. Strive always to preserve that natural harmony.

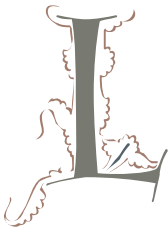
This is not easy, for living is a naturally selfish act. All life seeks to assure its own survival, and that of its offspring – just as the creative forces of The Universal Spirit must fight to counter the Dark Energy that permeates the universe. As a result, life feeds on life, and we humans, the most blessed of The Spirit’s creations, are no exception.

But we have been gifted by Her with the power to control our own destinies, and this carries with it the responsibility to be benign and wise stewards of the world we inhabit. Just as you must nurture and grow the spirit that shines within you, so you must do also for the planet that harbors you. Therefore, take no more than is required for yourselves, and do not be cruel or gluttonous when doing so. Remember that the chain of life is long and intricately woven, and that every action has a consequence.

Practice ecology, learning not to be wasteful, and endeavoring to restore and foster life as you take it. Do not foul the natural world with your waste, simply out of greed or expediency. Be mindful of the results of your actions, be it as perpetrator or accomplice, and strive for a simpler and more harmonious life.

Take time to immerse yourself in nature, and to understand and appreciate its wonders, from the most microscopic and seemingly insignificant, to those whose overwhelming grandeur and power hint at the boundless power of The Universal Spirit. As the soul within you grows and glows through meditation and devotion, you will come to better understand and appreciate the marvels of Her creation.

On Tolerance



ive peacefully among your fellows, and treat them as your equals. Remember that we are all children of The Universal Spirit, and She loves each and every one of us. Therefore you too should display tolerance to others, regardless of their race, gender, national origin, sexual orientation, personal philosophy, and, indeed, whom they choose to worship, even if it *not* be The Universal

Spirit.

Even if you are more advanced in your devotions and have perhaps moved closer to The Spirit than others, do not prejudice them, or feel you are superior to them. All of us must follow our own paths, and the manner of belief and styles of living are as varied as the stars in the heavens. Rather than ridiculing or vilifying those who are different, seek to understand them and to find common ground, no matter how alien they may seem to you.

You will encounter many who have succumbed to the Dark Energy of the universe, and should seek to help them find their way back to the Light. But where others seek to harm you, it is not wrong to resist that evil, and to act in defense of your self, or to protect those you love, or your society of fellows. But first be sure you have no other alternative. However, judge not in haste nor in ignorance. Mercy and prudence are the way towards the Light, not rage and blind impulse.

Be wary of those who preach intolerance or counsel violence towards others. Fear not the power of the tyrant, for he can only harm the vessel. Only you alone can extinguish the divine light that burns within you. Therefore you should resist tyranny, but do so in a manner that does not diminish that light.

On Humility

Before the ineffable might of The Universal Spirit we are all like insignificant motes in the vastness of space. Consider this before you act in an arrogant or superior manner. Learn instead to practice humility in all things. Accept the compliments of others with quiet gratitude, but remember that any praise and adoration is fleeting, and do not consciously solicit it.

If you assume a position of authority, or are chosen to command over others, remember that this is a solemn responsibility and not a personal privilege. Here especially you should practice humility. You should never seek such positions for your own personal gain or aggrandizement. Every decision you make, and each directive you issue, must be for the betterment of your charges. Governors serve their constituents, and managers serve their employees, not vice versa.

On Honesty



When dealing with others, and especially when dealing with yourself, you should strive for honesty at all times. This is not an easy thing to do, for absolute right and wrong is rare. Between the pure shining light of The Universal Spirit and the ultimate impenetrable blackness of Dark Energy lie an infinite number of shades of gray. The truth, therefore, most often lies somewhere in the middle, shrouded in bias and the imperfections of perception.

Thus we cannot say that a lie is, in and of itself, innately evil. A lie is like a knife. Although it can kill and maim, in the right hands a knife can also be used to protect those you love from evil and harm, or to clothe and feed them. Similarly, sometimes the naked truth can be destructive, like a mighty light that blinds and burns all beneath it.

But while it is natural to want to protect yourself and your loved ones, you should not use dishonesty to exploit others, to demean or discredit them, or to bring them harm. In most cases, deception, even the pettiest kind, tends to darken our lives.

Therefore, open your heart to the goodness that is The Universal Spirit, and She will guide you, and you will know which is the right path, and how best strive for honesty. In the end, it is not the words alone that must be judged, but their intent – and the good or the harm that they cause.