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Life for God.

A Book for Seekers of Freedom!

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This book discusses the question of the meaning of our lives on the Earth, the ways of realization of this meaning, and different kinds of manifestation of religiousness in different people — depending on their level of intellectual development.

It also covers the subject of upbringing of children — from the standpoint of laying a basis of their spiritual development and helping them to avoid mistakes and calamities in their destinies.

The book is intended for those seeking full spiritual Self-Realization. Other readers are kindly requested not to read this book!

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What Is God?

In order to understand how we can *live* for God, one has to understand first what God is.

We have discussed this subject in much detail and from different aspects — in many books [11-14 and others]. Therefore, I will tell about it here in a concise form.

First of all, one needs to understand that the word *God* has different meanings for different people.

There are many examples of worship of fictitious 'gods'. Apostle Philip [10] laughed at such believers: "Worldly people also create 'gods' and worship their creations. So, let these 'gods' worship these people — it would be just!"

However, there are adequate uses of the word *God* with several meanings.

The first one of these meanings is the Universal Primordial Consciousness, which is also called, in different human languages, by other words: the Creator, God-the-Father, Ishvara, Allah, Tao, Jehova, Svarog, etc.

By the same word one may call Representatives of the Primordial Consciousness, Who come out from the Abode of the Creator and are coessential to Him. They may be non-incarnated at present — in this case They are called Holy Spirits (in the aggregate sense They are called the Holy Spirit or Brahman). If They are incarnated, They are called by the words: Messiah, Christ, Avatar.

The word *God* can mean also the Absolute, Everything, that is the Creator coessential with His Creation.

God in the Aspects of the Primordial Consciousness and of the Absolute is one for the entire universe.

His Life is an unceasing development. It is for this purpose that He creates islands of material world where He incarnates souls — so that they may grow in material organic bodies of plants, animals, and then humans. As a result of this development, souls have to achieve Perfection. Such Perfect Souls infuse then into the Creator and thus enrich Him with Themselves.

It is for this purpose that we exist on the Earth. And only on the basis of this knowledge can we understand what the meaning of our lives on this planet is and how we should live.

Briefly speaking, the meaning of our lives consists in self-development — in development of oneself for one's own sake (so that one may become free from suffering peculiar to life on the Earth) and for the sake of God (as it was discussed above). The result of this process of self-development is the ultimate Freedom — the Freedom peculiar to all the Representatives of the Creator, Who comprise in total the *United We* (which is the same as the United Higher Self of the Creator). [10,14 and others]

Every person, in a natural way, begins self-development first in the aspects which are related to the physical body, then in the aspects related to the mind, and then — to the consciousness (soul).

* * *

Space is really multidimensional. The same is true with the Absolute.

The levels of multidimensionality are called *lokas* in Sanskrit and *eons* in Greek. They differ from each other by the level of their subtlety or coarseness. Therefore,

one may introduce the concept of the *scale of subtlety-coarseness*.

On this scale, the subtlest is the Creator; the coarsest are the inhabitants of hell.

The Creator dwells in His Abode — in the subtlest loka.

As for hell, it is the ‘cesspool’ of the Evolutionary Process. It is the *outer darkness*, as Jesus Christ called it (Matt 8:12 and others): it is outer with respect to the Absolute.

Our emotions are states of ours as consciousnesses (souls). If we habituate ourselves to emotional coarseness, we appear in hell. On the contrary, the way to the Creator implies refinement of the consciousness.

What is paradise? It is the abode of those ethically pure and refined souls who can come to the Abode of the Creator at the next evolutionary stage.

Who Can or Cannot Realize His or Her Life with God?

The possibilities of people on the Path of spiritual development are very different. It depends, first of all, on the intellectual abilities of the person at the current stage of his or her evolutionary development.

All people can be subdivided into the following groups¹ according to their intellectual level:

9. Avatars.

8. Prophets.

7. Geniuses.

¹ We discuss other schemes of psychotypes in [7,10]. Apostle Philip, too, discusses this subject in His Gospel [10].

6. Reasonable people.
5. Those who retain the “human form”.
4. “Physiologically silly”.

-
3. Morons.
 2. Imbeciles.
 1. Idiots.

The groups 1 – 3 belong to the category of mentally retarded (oligophrenics).

The members of the three middle groups constitute the majority of population in any developed country.

The members of the groups 7 – 9 are Those few who have advanced in Their development to the Divine Level.

* * *

There is no reason to pity feebleminded people: they do not suffer from their limited abilities. And their state is not their destiny (karma) but the destiny of their parents.

For example, these parents should not have had children, because they had higher tasks for their current incarnations. But their egoistic desire to have their own baby prevailed...

So a baby was born. And it turned out that the baby is mentally deficient. This situation imposes a new ethically significant choice: what to do? To make the baby die? To let other people adopt this baby? Or to try to help this incarnated soul to advance in its evolutionary development as much as possible?

Such souls were incarnated in the past as less-developed animals. But some day they have to become well developed humans (not necessarily in the next incarnation). And the present incarnation can be useful for them for gaining some initial experience of living in human bodies.

Another example is the case of children born from completely degraded alcoholics and other kinds of degenerated persons. What should God do in such situations: should He send spiritually promising souls to incarnate in such unfavorable conditions?

* * *

The term “physiological silliness” was used in the Russian psychiatry of 18-19th centuries as a contraposition to “pathological silliness”, i.e. the one which is beyond the commonly accepted norm.

In adult life, the representatives of this group are usually involved in activity which does not require a developed intellect. They can be recognized by the following characteristic features: they believe in omens and in forecasting, rely on superstitions, participate in primitive entertainments like making fireworks, rooting for teams playing a ball in stadiums, and quite often they have an inclination to hate ‘aliens’ — those who are different from them by some feature: by the place of living, by ethnicity, etc.; it may be any reason for hatred...

Their religiousness, if they have been taught it, consists only in the fact that they mechanically observe certain rules of rituals and of everyday life, which are prescribed in the environment where they were born. It can be, for example, rules about how one should be dressed, what haircut one should have, which religious bodily movements one should perform, and other such things. And they can become very aggressive if they come to know that someone violates these rules. Also they constantly repeat prayers like: “Save me!”, “Have mercy on me!”, “Forgive me!”, “Give me!” — instead of becoming better themselves!

They are not capable of understanding the essence of the Teachings of God and are not capable of making real spiritual efforts. They cannot also master control over their

own emotions. Their passions of egoistic sexual desires can turn abruptly into hatred, enmity, violence, and killing.

Absolute egocentrism and egoism, inability to understand other people and take interests of others into account — all these features are well manifested in their behavior.

They easily commit various crimes — mainly the so-called domestic crimes, i.e. those committed under the influence of abruptly arising violent negative emotions.

Aggressive fans of sport clubs or of various religious sects, also members of cruel criminal gangs — all they, in their majority, are people united by the so-called bandwagon effect.

They easily become alcoholics, develop addiction to various kinds of drugs.

By committing crimes they maim their destinies. Alcoholism and drug addiction result in intellectual degradation.

Can one help them? Yes: by introducing the true knowledge about the meaning of our lives — starting from school programs of education!

... In contrast to this group, the representatives of the fifth stage possess a developed thinking ability — at the level of functioning of the chakra ajna [11]. And they can perform successfully positive socially-significant work within the field of professional knowledge which they have mastered. But they miss the ability to strategically comprehend with the mind really important or professional matters. Therefore, they cannot be good leaders yet, though they can conscientiously and diligently perform their social duties — under the guidance of worthy leaders.

Their other typical feature is firm adherence to traditions and stereotypes of thinking which they learned in early age, also inability 'to look broader', 'to rise above'

the subject or problem, to revise critically and independently the stereotypes accepted in their social environment, to develop a more rational approach to solving a task.

What concerns religion, these people usually become atheists or followers of particular religious movements. And they cannot overcome by themselves the erroneous sectarian narrow-mindedness. Even as the representatives of the previous stage, they, too, are enslaved by dogmas and rules, believe in the 'salvational' nature of rituals they perform...

Their religiousness is like child's play of religion. They are not capable of performing serious and long efforts on self-development.

Juan Matus [10] called this kind of intellectual narrowness by the term "human form"² — as opposed to the freedom that man achieves in the process of direct cognition of the Absolute far beyond the limits of the material body. This freedom is about life in the Absolute not limited by the dependencies on the world of matter, and this life can be gained only if one drops off the "human form" inherent in the majority of people. Juan Matus called us to destroy this narrowness in ourselves.

"Become free! Be so free that you can become Love like I am!" [5] — thus God addressed once one of His disciples who was coming to a higher stage of her development.

One should understand also that the task of destruction of the "human form" cannot be realized quickly. And not all representatives of the considered group are capable of doing it right now. Only those of them can do it who have become completely mature at the previous

² This term can be interpreted as 'confinement in the material body as in a certain form', which is peculiar to 'ordinary' people — contrary to true spiritual warriors.

stage of their development. As for others, one must not hurry them: it can be destructive for them. Too premature abandonment of the “human form” may result in one’s inadequate behavior in society.

Also it should be taken into account that one has to become mature for this transition — not only in psychogenesis (i.e. in the evolutionary process of the development of the soul) but also in the current incarnation (in ontogenesis). After all, the “loss of the human form” happens not due to flicking some kind of a switch in the brain; it requires achievement of the necessary level of intellectual development.

In every new ontogenesis, if everything goes well, one has to pass again through all the already-traversed stages of development — and then one can begin to master new ones.

Development of the thinking abilities depends on functioning of the head chakras. It is the chakra ajna that develops first — both in psychogenesis and in ontogenesis. And it is the part of the consciousness related to this chakra that allows man to manifest personal positive qualities at the stage 5.

But one’s success in development at the stage 6 is determined by the maturity of the chakra sahasrara as well. With the intellect developed in psychogenesis (and in ontogenesis) such people can easily comprehend all subjects which they want to master. This allows them to plan and to foresee the course of events, to draw conclusions from mistakes, to guide successfully the activity of their assistants.

In the sphere of religious knowledge, they can easily accept

- that there is one God common for all people,
- that the essence of all Teachings imparted by Representatives of the Creator to people on the Earth is one,

— that the principles of the evolution of souls are also common for all,

— that in reality there is no such thing as mystical transfer of connectedness with God by means of the ritual of laying on of hands; there is neither 'remittance of sins', nor 'salvation' through prayers. The Kingdom of God (i.e. the Abode of the Creator) can be cognized only through one's own spiritual efforts (Matt 11:12; Luke 16:16).

It is starting with the 6th stage of intellectual development that people become capable of mastering buddhi yoga.

And it is thanks to buddhi yoga that they come to the three higher stages of the considered scheme.

* * *

In order to master more successfully these higher stages, a person possessing a develop chakra sahasrara has to make efforts on transforming oneself into a spiritual heart growing outside the material body.³ [9,11]

It is by the developed spiritual heart — which is subtle and giant, open and possessing strong arms of the consciousness — that one can gradually progress in the task of cognition of God in the Aspects of the Holy Spirit, of the Creator, and of the Absolute.

On this Path spiritual warriors become similar to Holy Spirits. Now they can:

— move between the lokas of multidimensional space and master the subtlest of them,

— send from there love-tenderness, love-caress, love-power to other beings, thus helping them in their development,

³ The development of the spiritual heart can be started much earlier. This creates conditions for faster evolutionary growth and will allow one to master more easily the higher stages of spiritual development in the future.

— embrace Holy Spirits, merge with Them, thus becoming ready for entering the Abode of the Primordial Consciousness and for merging with It.

Of course, these abilities cannot be developed at once: nor in one day, nor in one week, nor in one month. The process of approaching the Creator goes on gradually — during months and years of ethically impeccable life.

God Himself points out that one of His rules of relationships with incarnated people is the following: He (God) does not give to a person more than this person gives to God.

For all reasonable people it must be clear that this rule does not imply that one should go to church, kiss icons, repeat prayers, feed with material food statuettes of 'gods'... This rule implies that one should dedicate one's own life completely to doing tasks which contribute to the Evolution of the Primordial Consciousness.

And among such tasks is distribution of the true knowledge about God and about how we should live if we know about His existence.

Also any other activity on helping people in their righteous existence on the Earth is pleasant for God. It includes building of houses, producing pure food, medical work, giving birth to children and raising them properly, and many other things.

Having approached by their state the state of Holy Spirits and the Creator, having become established in this state, and having proven that they deserve the next stage — spiritual warriors receive the right to enter the Abode of the Primordial Consciousness and to begin the process of merging with It. From now on They become Parts of the Creator and His Representatives on the Earth for incarnated people.

However, the abilities of such Divine Persons are not equal. Sathya Sai Baba says the following about it:

“... (In the beginning) one has to grow one’s own intellect, one’s own ability to think so. And only then this ability to think with the consciousness⁴ unites with My Divine Wisdom!

“In this way the development of the soul goes on. First, you have to learn to be love and to grow as love. Then you learn to give your love to Me. In this way, gradually, you master Mergence with Me.

“If you have no love yet... — then you have nothing by which you can merge with Me!

“Then love should be supplemented with the aspect of power.

“When you dedicate all the strength of the soul to serving Me⁵, then you begin mastering Mergence with My Omnipotence. This is a very gradual process...

“In the same way, gradually, you can learn from Me Divine thinking.

“After all, being in Me means to be Me! Therefore, the flow and the essence of your thoughts must correspond to this. I suggest that you master broad-thinking — thoughts flow easily, smoothly, calmly and become manifested from the *Depth* on the physical plane. And then one can encompass with the consciousness not only forests, meadows, rivers, lakes with their inhabitants, but also countries, continents, nations and communities of people, feeling them all together and every one in particular.

“Yes, you have to learn from Me — to love, to think, to act! The lower self must be substituted with the Higher Self — with your True Divine Self, Which is coessential with the Self of God.

⁴ I.e., not with the manas but with the buddhi.

⁵ This constitutes the main essence of the true monasticism.

“... But this is not the end of the path. Every Soul that has become *One* with Me continues to develop in Me, growing and perfecting Its service — the service to the evolution of consciousnesses in the universe.

“Those of Us Who come incarnated to the Earth differ from each other. It does not mean that Some are superior or inferior to Others... The difference is that Some are like sprouts which just have appeared on the surface from the boundless *Foundation* — from the Ocean of the Creator, while Others are like strong great trees which have been growing for a long time.

“Nevertheless, whatever great may be every One coming out from Me, He or She is but a small particle of the Great Primordial *Ocean*!

“... Avatars always have something to say to people: They are Flows of the Divine Energy directly from the Creator.

“... I am going to tell you about how live Those Who became *One* with the Father. They live helping people cognize their Higher Nature. They live manifesting the Father.”

* * *

All Those who have achieved this receive the right not to incarnate again. But not all of Them use it: Their Great Sacrificial Love attracts Them to new incarnations, because from the incarnated state it is much easier for Them to explain the Truth to people.

But having incarnated, during the long years of earthly childhood some of Them may forget about God and about the purpose of Their coming to earthly bodies... It is a quality of the memory — to forget about past things... And if They do not appear in a sound religious environment, They live... as atheists. And sometimes They do deeds which are not of Divine nature. One of such examples is famous Russian poet Alexander Pushkin...

They forget about God, forget about the possibility to communicate with Him, to submerge with the Consciousness into Him... They do not expect directions and instructions from Him...

Yet God does not forget about Them and guides Them when necessary. They perceive His thoughts as Their own. They may call it 'a flash of inspiration' or 'work of intuition'. It is such Individuals that bring to incarnated people important scientific discoveries, create great works of art. They are called *Geniuses*.

There are Divine Souls who remember about God and can communicate with Him. They are *Prophets*. However, Their contacts with God are not constant. Sometimes a Prophet's way of life is separated from God.

There is also the highest stage of Perfection. It is the stage of *Avatars*. They live in constant Mergence with God. [10]

What does one need to be able to live at this higher level of existence? One needs to dissolve the *jiva* (i.e. the part of the consciousness which is connected with the body; see more details in [14]) and to substitute it with the *buddhi* merged with the Creators. In practice, it is achieved, first of all, by treating the body and *jiva* with the *Divine Fire* and learning to become this Fire [14].

But in order to realize this, it is not enough to have a desire and knowledge about this possibility. One needs to have a well developed *buddhi*.

When this task is fulfilled, the material body with all its functions is controlled directly by the *Ocean* of the Primordial Consciousness. Nothing individual remains. There is only the Boundless Living Subtlest Transparency of the Creator... The body can be transferred from one place to another, dematerialized and materialized again at any place where it is needed... [10]

Good and Evil.

Causes of Hatred and Love

There exist the morals of primitive people — and the objective ethics suggested by God.

The principles of the former are the following:

1. If I am being beaten or killed, it is bad! If I beat or kill, it is good!

2. If something was stolen from me, it is bad! If I have stolen something, it is good!

3. If someone does pleasant things for me, it is good! If they cease to do it for me, it is bad; I will hate them for this and will revenge!

4. Everyone (or almost everyone) around me (around us) are enemies! I fear and hate them all!

And so on.

Let me note that these and other principles of such primitive people have one common cause — egocentrism, i.e. love for oneself, wanting something from others (sometimes to their detriment) for oneself.

Such morals are typical of many representatives of lower stages of intellectual development. This leads them to evolutionary degradation, to formation of bad karma for the future, to hell.

What concerns the ethics of God, it is based on the opposite principles. God points out that on the Path to Him we have to become similar to Him. And He is Love, Wisdom, Power, and Subtlety.

The first quality which He suggests for us to master is multi-aspect love — as the qualities of tenderness, gratitude, respect for those deserving it, caring for others, forgiving others, regarding the interests of others higher than one's own interests, life for the sake of others, self-sacrificial deeds for the sake of others.

This is the difference between good and evil.

I should also note that correct or incorrect education plays a great role in introducing certain moral principles into the mentality of masses. It is important not only with regard to children but also with regard to adults: to those who are adult by the age of their bodies, not by the age of souls. After all, people of lower levels of intellectual developments — like children — are not capable of choosing a life credo for themselves. They form their moral principles by imitating others or by being subjected to someone else's authority. And unfortunately it happens quite often that it is the authority of very egocentric primitive individuals...

This is why it is so important to PREACH THE TRUTH!

* * *

In every significantly large population of people there are always representatives of different levels of evolutionary advancement. Among them there are those incarnated from hell, from paradise, and sometimes from the Divine eons.

Another criterion of differentiation between souls is the soul's size. That is in every one of the above-mentioned groups, souls can differ by their size [7]. And the accumulated 'mass' of the consciousness determines, in particular, one's capabilities of influencing people.

Now it must be clear to the readers that not all souls coming to incarnation are 'little angels': souls are very different.⁶ What does it depend on in every particular case? It depends on the accordance of the destinies of the parents and the destiny of the soul to be incarnated.

⁶ See also [9].

* * *

Once I carried out experiments [3] which were very important for understanding of this subject.

In these experiments, male pups born from mixed-breed dogs were taken away from the mothers before their eyes open. They were raised in pairs inside cages isolated from visual contacts with dogs in neighbor cages. The pairs were composed of pups-brothers.

In the beginning, all pups looked like 'little dog angels', which is well known to dogs owners.

But when they had achieved the stage of pubescence, differentiation of their characters began. They subdivided into three qualitatively different groups: dogs with aggressive behavior (especially concerning food), dogs with passive-defensive behavior, and dogs with active-defensive behavior. The latter never showed aggression themselves, but they actively defended from attacks of others and won.

Given the fact that the conditions of birth and raising were the same for all of these dogs, the only reason of such bright differences of their characters is related to the qualities of incarnated souls. That is, these qualities were formed in the souls in their past incarnations.

There was another important conclusion made from these experiments: aggressive animals living in pair with a non-aggressive stronger partner, who repulsed successfully all acts of aggression, became with time non-aggressive too. Then their aggressive behavior was never manifested again, including contacts with dogs from other pairs.

Thus the effectiveness of the principle of 'coercion into peace', coercion by power into living peacefully with others was fully proven in these experiments.

One should understand that these regularities of social life are common not only for dogs but also for all

animals and for people of lower levels of intellectual development.

* * *

What does one need to do if he or she wants to become better before God but does not know how to do it?

First, one has to study carefully what God suggests to us in this regard. Among other things, our books can be helpful [5-20], which include a collection of texts on this subject. Then one can accelerate significantly the process of spiritual self-transformation with the help of the methods of psychical self-regulation [11].

Thus everyone can become a representative of Good.

Someone may object: how can one fulfill this if there is so much evil around?!

But this very evil also has its own place in the Evolutionary Process.⁷ With its help people of Good cognize what they should not be. Also with the help of evil, God corrects the way of development of people of Good by arranging their contacts with representatives of evil — under His full control. The author of this book cognized it very well in his own life experience in particular (see [7-8,11]). Probably there are not many people who lived their lives in as severe conditions as I did! But I managed to achieve victory thanks to, among other things, those representatives of human scum who were brought to me by God in order to help me.⁸

You, too, can win! The Path was paved for you!

⁷ Krishna said about this through the Bhagavad Gita [10].

⁸ The same ideas are found in the Teachings of Agni Yoga [10].

How Can One Help Children?

Certain regularities of child's development and factors that affect this process, also methodology and methods of helping children in their development are discussed in our books [7-9]. Therefore, here I am going to give only a short review of this subject.

Education can and must make a significant contribution to correct formation of the psychics of every child.

The parents, other relatives, teachers in schools have to show to children, by their own behavior, examples of a truly spiritual way of life, including emotional reactions. For this purpose they themselves have to learn the basics of morals and the art of psychical self-regulation [7-20].

Instructors have to demonstrate to children examples of good, careful attitude toward them. On the other hand, they should not allow children to manifest indiscipline, aggressiveness, greediness, theft, attempts to humiliate others. In struggle with such vices, the instructor has to be rigid and firm. On the contrary, all positive changes in the characters of children, including those resulting from punishment, have to be encouraged by clear manifestations of instructor's cordial love.

In teaching children it is desirable to put the emphasis on broadening their outlook in different positive areas of human activity and knowledge. It will help them to 'find themselves' in social life in the future.

One can carefully acquaint children with the rules of ethically and physiologically adequate nutrition [8-11], even if in their families there are other ethical rules. Only by these measures can one help children to avoid many illnesses and coarsening of the soul.

Sport games that cultivate coarseness, violence, aggressiveness are very detrimental to the correct development both of the participants of the game and of the

audience. Let them to cultivate in sport the qualities of beauty, harmony, subtlety of the consciousness, might of the intellect, power without aggression! Such a sport would contribute to spiritual development of the sportsmen and of the audience! [10]

The competitive spirit, too, cannot be regarded as useful in the spiritual field: it provokes growth of selfhood, one begins to view *others* as rivals, enemies. And this does not conform at all to the suggestion of God that we grow love in ourselves.

It is very important to show to children methods of correct development of the emotional sphere with the emphasis put on the development of the spiritual heart. It would allow such children to avoid in their future many possible breakouts in the ethical aspect and will prepare them for successful mastery of the heights of spiritual self-perfection in adult life. These methods are described by us in the book [9].

Many may find helpful the formula that once was given to me by God: "Every instance of leaving the state of love results in accumulation of negative karma!" [7].

Acquainting children with living nature is very important for their correct development. Let them come to know about the existence of many incarnated lives: plants, animals! Let them learn to regard them as our lesser brothers and sisters, and try to avoid causing any harm to them, even inadvertently!

Moreover, it is among living nature rather than in 'boxes' of city houses that one can successfully learn to expand as a spiritual heart!

Life in nature makes one healthier, broadens one's outlook, allows one to master *harmony* in mergence with the gentle beauty of nature!

Let me quote a remarkable verse that was created and given to us [5] in 2003 by one of Geniuses — Russian poet Nikolay Nekrasov:

Light of dawn reflected in birch fresh leaves —
And they shone in the subtle sunlight of morning...
I love this Earth beyond all measure, with tears!
Everything is on My palms;
I am caressing all the living!

I am cherishing trees, kissing leaves and blossoms,
Embracing them warmly to give loving sensation!
So, love dear nature with all your heart to its bottom,
Being aware that all of this is God's Creation!

... In the beginning, one develops through activity. But then a successful spiritual seeker should master inner quietness (*hesychia*). It is only in the state of deep and broad inner calm that one can traverse the final stages of the spiritual Path. Therefore, let children since early age learn both activity and calm — in their harmonious coexistence! And it is best to learn this in natural landscapes.

At natural *working sites* of Holy Spirits one can show to children the Beauty of God and explain to them at the same time that God is real, that He is Love, Caress, Tenderness rather than a fairy-tale monster who punishes people for every mistake. And let children begin to aspire to cognition of Him and know that one can advance to Him only by becoming similar to Him — similar to His Subtlety, to His Love-Caring, to His Love-Tenderness.

* * *

Let me give some excerpts from the book [10] on the subject of how God views the ecopsychological education of children and its role in the Evolution:

“What do the majority of people do in the early morning? The answer is simple — they sleep! But if man — even once in a lifetime! — watched a sunrise conscious-

ly, leaving the warm bed and cozy home for this purpose, and, over-whelmed with delight, one-to-one with the rising sun, watched the sunrise, then this person would have lived the earthly life not in vain!

“... There is a wonderful state of quietness in nature before the sunrise! Almost all living beings sleep a peaceful sleep. Nothing disturbs the quietness of the early morning...

“One has to be able to listen to the quietness, to become filled with it, and to be it! It is an important component of the spiritual development of man!

“For example, if at sunrise in the forest one begins to listen to the quietness of the space with the ‘ears of the soul’ or, to be more precise, with the ‘ears of the spiritual heart’, then one can become the absolute quietness.

“When inside you there is only quietness — the lower self turns into nothing: nothing of it disturbs the quietness and harmony of the world around! In such quietness one may hear everything: from soft murmuring of a forest brook, whispering of leaves, warm breathing of sleeping animals... — to the most confidential mysteries of the Creation.”

“Everything is so simple! To become happy, one needs to make a little step in the right direction... And then it becomes clear that behind all the beautiful there is its Creator — God! And one’s heart filled with joy begins to aspire to Him!”

“It is very easy to settle in the world of God if you have joy in the soul! Sorrow, depression, hatred are for hell.”

“One has to teach... not only a non-harming attitude toward our lesser brothers and sisters but love for them! After all, they are our lesser friends capable of creating and maintaining on the planet the energy states of paradise!”

“The most important point that I want to tell about is introducing of the principle of giving! It has to come

together with opening of the spiritual heart and you have to suggest many different ways of realization of this principle!”

“They need to be suggested the ways of positive development! Everyone wants to receive — but one has to teach them to give, to create!”

“Every person can begin to help God: to help to transform that which is bad. But everyone has to start by changing themselves — only themselves!

“Everyone can begin to create around themselves a small space of love. It is so simple that everyone can do it... One has to learn to shine with a *ray of love* from the spiritual heart!

“One can come to the forest; it is best to do it in spring, but any other season is also good. One has to stand near a birch, to touch its trunk with a finger, to stroke tenderly this living tree, and then to feel a ray of light coming from one’s own chest, from the place where love lives. And then — to stroke with this ray of light the trunk of the birch: as with a finger.

“Then one can repeat this exercise several times — in order to really feel this touching.

“Anyone can do this — a little child, the mother or grandmother of the child; then the child can teach it to the father and to the grandfather.

“Everyone has this ray; one needs just to turn on the light of love.

“If there is no forest or birches nearby, then one can stroke any tree...

“Then one has to learn to shine with this ray at any distance — and to give thus tenderness to all whom one loves.

“One can try to shine even at flowers which grow in one’s own room and to see how they will grow better after that!

“One can try to direct this ray to our Earth and to stroke the planet with it, directing the ray into the *depth*: the Earth also has a heart... One has to stroke it very gently: Earth is living!

“Also one can stroke God with this ray and feel Joy of God in response...”

“Everything around you loves you, man! Thus the Creation was created by God-the-Father! And if inside you there is a response of love, then mergence happens: separateness and isolation disappear and become replaced with the Love of Everything Existing! All energies of the universe inside man come then to harmony!

“This can be given not only to those who are close to Higher Initiations. This should be included into the basic course of opening of the spiritual heart!

“*Harmony and Love of the Absolute* — this meditation has to become one’s background state, one’s natural way of life, the correct self-awareness of the soul!

“Everything can be solved through submergence of the consciousness into the spiritual heart!”

“One has to teach them to love — only then the entire spectrum of perception and awareness of human soul is turned on!

“For example, one can learn to walk the Earth. One can remember that our Earth is a living soul, and simply walk, carefully stepping on the body of the Earth, feeling every touch of the feet to its surface. It is very simple; everyone can do this! Just ten minutes of such walking can result in first changes.

“... One can also lie on the Earth with the open arms, in a relaxed state — and become aware that we fly in the space on the planet called Earth... If teachers or parents lie together with children in this way and tell them about the universe — then children’s impressions from this conversation will be more important than those received in entertainment attractions!

“And a stay for a night in the forest can give unforgettable impressions if one lies so and looks at the stars...

“... One can wash oneself or swim in interaction with this wonderful miracle created by God on our planet — with water, which is one of the main components of the matter of living organisms. One can even ‘talk’ to the water, to ask it to purify and to heal the body. One can swim, feeling water with every cell of the body. Thus one can increase the awareness, improve health, and remember this exercise as something very significant!

“Also one can wash oneself with sunlight. It does not mean simply exposing the body to sunlight, but one has to interact with it! The energy of the Sun is so wonderful! It exists both on the visible and non-visible to human eye levels; it penetrates the depth of us! One can stand under a flow of sunlight as if under a waterfall — and do the exercise *latihan*. And this can fill one with joy and health!...

“Of course, one should not suggest to people who are not interested in spiritual truths to dedicate much time to such exercises. For them it can be interesting and useful to arrange sport trainings in nature, to collect mushrooms, berries, and medicinal herbs. One can taste the gifts of nature: berries, leaves, herbs that are pleasant to eat. And let us thank nature for this gift! This can also bring healing to the body and to the soul! Many people can be attracted by this healing aspect — and it is very good in the beginning.

“One can learn to receive joy even from removing garbage from places where people defiled the beauty of nature with it. This is also ecology that people have to learn!...

“It is in interaction with harmonious states of living nature, with concrete plants and animals that people can come to understand with what great Love God created everything living!”

“Let us begin to look at the world together — how beautiful the Divine Creation is! Let us tell children what we know — and thus we together will cognize something new! Let us try to see BEAUTY with the help of a camera, painting... In any case we have to be open to each other and to the life around! And God will help us! This is His joy: to see how the souls of His children grow toward light, kindness, love!”

“It is best to do this by one’s own example! After all, the main educator is the way of life of those who live near the child. They can be parents, teachers, the society in general. It is principles of life seen in real examples (not slogans but real life principles of concrete people and of the entire society) that educate our children!

“If these examples are imprinted by children’s souls as something they can imitate, as examples of behavior — then they become qualities of the soul. And if such examples are love, benevolence toward everyone, caring attitude, respect — then all these qualities will be developed when children grow. If children imprint emotions and behavior of the opposite kind — then for a long time such souls have to be weaned — through their own pain — off the vices imprinted in the memory of the consciousness during childhood.”

“It is very important — to be joyful! People have ceased to enjoy natural beauty — and this is very sad for God.

“There is much beauty on the Earth; one just needs to see it! Not everyone can see masterpieces of arts, but everyone can admire the beauty of living nature! Even in the desert and in the eternal Arctic ice there is a special charm!

“Ask people around you: how often do they look at the sky? You will learn that the ‘world’ of most of them is limited to several meters around their bodies and even these meters are contained in their rooms and offices.

“One has to teach them to notice the beautiful! To notice it not only when admiring forests, meadows, lakes, steppe, seas... — but also in dewdrops, in the first rays of the rising sun, in the drops of rain, in grass blades, in the singing of birds, in the thin new moon... — everywhere one can discover the wonderful beauty of the Creation!

“And when people learn to notice the beautiful and to enjoy it, then they can understand and fall in love with Him Who created all this — with the Creator! Living nature was also created by the Creator — as an inexhaustible source of joy and love!”

“To work with children is a great joy for God! Children’s souls are more open toward the beautiful! The purity of their perception of the beautiful is much higher than that of adults. Children are also capable of comprehending very serious knowledge about God if one treats them seriously and speaks to them as to equals. They are capable of coming to the level of their instructor if it is interesting to them. They absorb new knowledge with the whole consciousness, contrary to the case of adults when the received knowledge unfortunately ‘gets stuck in the head’.

“One must also keep in mind that children have the dangerous ‘awkward age’, but this is natural. They who pass it safely have a remarkable foundation for correct further development.”

“Little children are a source of joy and happiness! Almost all of them come to this world as souls similar to blank pages: to begin creating anew their lives on the Path to Light! And it is adults that begin to ‘write’ children’s destinies by introducing into the children’s souls the seeds of either good or bad qualities!

“When a soul comes to the Earth (incarnates), it is difficult for the soul to become used to the small child’s body, to its limited physical and mental abilities. The soul has to master relationships with the outer world

through intermediates: through adults and peers, who surround the baby. The soul anyway absorbs everything — both good and bad: on this stage of development children are not capable of discerning them.

“It is the seeds of good that adults have to introduce into children souls! It is very easy to do in early age by addressing the soul, the consciousness of the child without using the intermediate — the manas of the body. The effectiveness of such education is very high, but adults themselves have to be in the state of love, otherwise the result will be the opposite.

“It is very important to exclude from relationships with children the ways of educating them which use only the commands like: “it is not allowed!”, “do not go!”, “do not touch it!”, etc. One necessarily has to explain to the child why it is allowed and why not. Then the child develops the ability to think rather than to react primitively to the commands of adults.

“Adults think that they know better than children, but this is not necessarily always true. Adults have to observe more attentively the behavior and reactions of children in different situations before trying to educate them. And then adults can avoid making many mistakes which are harmful to children.”

“One has to view the child as a student — and in the presence of students the teacher cannot allow himself or herself to show a little of weakness.

“The more difficult the student is, the more impeccable the teacher has to be!

“If one analyzes one’s own behavior — then one can understand that the roots of many child’s vices have roots in the soul of the teacher.

“One can repeat good words many times... — but what is the worth of the words of the one who cannot follow impeccably one’s own advice? By such a behavior the teacher can depreciate forever the beautiful and

correct values which he or she tries to impart to the student."

"First, you have to develop love in children! Then 'falls' will be impossible. A soul which has grown as love cannot degrade!

"Second, you have to strive to create groups of children (or children and adults)... — with pure and harmonious environment for living and growing. It is in such environment that one can form in souls strong, positive principles of life, morals, principles of interaction with the world of living nature. ... It is a possibility to provide help to sprouts of good, which need to be cared for constantly in the beginning.

"To be different from others — normally is not possible for a soul in a child's body. To oppose alone the aggressive primitivism is possible only for an adult and strong person. Also, not all children can withstand by themselves the temptations of the dull contentment of the *tamas* guna.

"But if there are companions on the Path, then the child — even if he or she was an outcast — accepts a new positive role and becomes one of heroes-pioneers, defenders of the good!

"To a child, it is very important to have like-minded companions both among adults and among children!"

"Cognition of God and His Creation is so much interesting! However, now on the Earth (with some exceptions) the word God is related in children's minds mainly with tedious edification from adults... But God is their main Friend, their main Companion in games and in life!... I want to make their lives very interesting! It is called ecology. It teaches one to learn, to love, to guard!"

"It is with this purpose that Avatars come to the Earth — to show to people examples so pure and beautiful that many souls may aspire to Them with great love, may accept Their advice, moral precepts, may follow Their ex-

ample in everything! Avatars show with Themselves the examples of Love, Goodness, Knowledge and manifest this by every day of Their lives!"

"One has to lay in children the foundation of development in the form of growth of love! Then future difficulties, including the temptations of the egoistic attitude toward the world, become less dangerous.

"It is love that has to be the foundation of the education of souls of any age! This makes their degradation impossible! If the hands of the spiritual heart — the hands which give, create love — have become the basis of soul's life, then such a soul cannot fall! And against such a background the intellect has to be developed! A healthy and joyful way of life in harmony with nature, giving love to others — this is how souls have to be educated! The development of cordial love toward every one of God's creations can help children on the spiritual Path!"

"How can one help those who turn away from love?"

"They have many lives ahead... God's help comes to those who seek how to help others."

* * *

In education of children it is very important to pay attention to sexual problems, of course using a language adequate to the child's age. So many calamities can be avoided then!

After all, the knowledge of nuances of the sexological subject is not inborn in man! It is received either from outer sources (books, films, talks with other people who are very ignorant quite often), or from personal experience based, among other things, on mistakes, on tragic mistakes sometimes.

This concerns, first of all, the ethical aspect of behavior. And it is the ethical aspect that is the basis of formation of our destinies!

I believe that for everyone it would be useful to learn — before gaining the first sexual experience — how one should and should not *do it*. Also one should know what karmic consequences can result from ethically significant errors and how partners can use sexual interaction for their common progress on the Path of spiritual development. In the latter case, it concerns the correct development of the emotional sphere, refinement of the consciousness, accumulation of the energy potential called *kundalini*, which is necessary for spiritual growth.

We have discussed all these subjects in several books [10-13], in most details in [6].

In the process of sexological education one should, among other things, pay attention to destruction of such traditional prejudices as the requirement that a girl must be virgin when she enters into a marriage, that birth of children outside of a registered marriage is shameful (though these children were sent to their incarnations by God!), also the tradition of circumcision.

Circumcision of boys in areas with dry climate can be viewed as a positive tradition: in the conditions of deficit of pure water, it is not always possible to maintain basic personal hygiene.

On the other hand, in some countries of Africa there is a cruel and absurd tradition of ‘circumcision’ of all girls at the age of pubescence. It consists in cutting away with a knife (without any anesthesia) the clitoris!...

... From the standpoint of the above-discussed knowledge about the stages of intellectual growth, every reader can judge: people of what levels of development support such traditions and defend the continuation of their existence?...

Conclusion

Some people believe that there is no God.

Others say that there is God, but He is incognizable.

I know God very well; I communicate with Him as much as I want; I hear His directions, recommendations; I see Him in the Aspects of the Holy Spirit and of the Creator. Jesus Christ, Babaji from Haidakhan, Sathya Sai Baba, and other Greatest Ones — communication with Them is not difficult, especially at Their *working sites* [11].

With confidence I can say that God is more visible for me than bodies of incarnated people.

Someone may ask: “How can it be?”

But God is very large! And the Holy Spirits are giant! After all, the Creator fills with Himself all the universal Infinity!

Then why not everyone can see Him?

Because I, in contrast to almost all people, indeed strived sincerely to lead an ethically impeccable way of life. And I dedicated almost 40 years to spiritual transformation of myself — with the purpose of cognition of Him and telling others about Him.

And I have managed to fulfill this because during all these years my motive for work was love for Him, for His entire Creation, and for all units of life including incarnated people.

How do I feel myself now? What do I mean by saying “I” when I talk about myself? Is there self-conceit, self-praise, self-advertisement? No. I simply do not feel myself. I have dissolved myself in Him. When I need to say “I” — it is nothing more than a way of speaking: otherwise it would be impossible to tell my thoughts to interlocutors; the speech would become unintelligible.

And, as you can see, I quite adequately express my thoughts. And no one can reproach me for inadequate behavior. ("No one" except for aggressive primitives, thieves, alcoholics, killers, and other degenerated individuals, who regard their way of life as a "norm").

A few companions of mine who have managed to traverse this Path together with me can say the same about themselves.

The age of my body is more than 60 now. I entered on the Path of spiritual search when it was 27. As God gave me new methods of spiritual development, I shared them with my friends. And as these methods were accumulated, the stairway of spiritual ascent was formed of them. Then I began to give courses of teaching the art of psychical self-realization [7,11] — in different cities and countries, in particular.

However, out of thousands involved in this process only a few have managed to achieve the summit. Why? The answer to this question must be clear to you now.

In the latter years, neither I nor anyone of people known to me give such practical classes. The methodology in general, concrete initial methods, and many "milestones" and "overtones" of the Path are well described by me and my colleagues in many books published in several languages, demonstrated in films, shown in photo galleries, etc.

In general I can tell the following about the system developed as a result of this work.

Its creation began with my desire to become better, to cognize God, and to help others in this task. When I began this search, I strived to include in it all the best that I found in the history of spirituality on the Earth. And God helped me in this. In particular, He became my direct spiritual Guide, my Guru.

The task of this system is to create the necessary preconditions for achievement of energetical purity of

the organism and ethical purity, which is essential for successful advancement: after all God does not allow unworthy people approach Him! It includes psycho-energetical methods, materials on classics of spiritual philosophy, published instructions of Divine Teachers, and necessary theoretical knowledge on the methodology of spiritual development.

One may ask: to which religious direction does this system belong?

It represents of itself integral knowledge and can be regarded as modern developed Hesychasm, as realization of the ideas of yoga, of Sufism, of Taoism, of Buddhism, and of all other spiritual directions that have a healthy basis, also realization of the precepts of Thoth-the-Atlantean, Pythagoras, and other Representatives of the Creator.

The central part of this system consists in working with the spiritual heart. First, one has to purify and develop the chakra anahata, then to begin to grow from it as a spiritual heart in the direction of refinement of the consciousness and direct growth of the consciousness. It is thanks to progress on this Path that one cognizes God in all of His Aspects. It is by this Path that all Those Who have achieved the Creator came to Mergence with Him.

* * *

To lead people to Perfection, to cognition of God — what wrong can one find in this? Nevertheless during all years of my spiritual service, I encountered many times violent hostility from the side of primitive envious persons and from servants of hell. Threats and attempts of punishment, promises to burn me alive, requirements to leave the country forever in two weeks, and even a real killing of me that resulted in two clinical deaths, etc. — such things constantly happened to me on this Path (see

more details in [7-8]). There were also police investigations, slander spread through the Internet... For example, slanderers asserted that I was an alcoholic and was treated for alcoholism, that I was a patient of mental hospital, that I founded a religious sect, that I arranged classes on group sex...

Such attempts to defile something pure are the favorite occupation of primitive people...

In the USSR there was an absurd sect created by a mentally ill person, Nikolay Antonov⁹. It was condemned by the Orthodox Church and included into a list of destructive sects. It was called "the school of Antonov". And some people decided to attribute the 'glory' of that sect, created by my namesake, to me!... I was vilified by them in the Internet for many years!

But my only relation to sectarianism consists in the fact that I studied the activity of many sects and opposed them by publishing scientific knowledge in my books.

To make it more clear I should note that the term sect denotes a significantly large association of people in the form of a religious organization which is distinguished by its own peculiar ritualism, by its false worldview and false understanding of the tasks of man in religious and social fields of life. Probably no one would contest also the statement that in such religious organizations their members usually pay money to the leader and worship him or her.

As for me, there were no such things in my activity — even in plans or in thoughts.

... Thus God tested the firmness and steadfastness of my love-aspiration for Him, my readiness to serve Him self-sacrificially.

Well, now I may say that I have managed to pass all these trials successfully.

⁹ See http://www.duel.ru/200102/?02_4_3 (in Russian).

* * *

In Islam there is the following formula: 'Allah Akbar!' — 'God is Great!'. It can be very useful not only for Muslims but for all other people, and not necessarily in Arabic pronunciation.

The Creator is indeed great! He is Infinite in space and time. He is the Universal Ocean of the Subtlest Truly Living Eternal and Infinite Consciousness. And He possesses the qualities of perfect Love, Wisdom, and Power.

He waits us in Himself, invites us to enter Him, to infuse into Him — so that we become Parts of Him and in this state participate in the Evolutionary Process by helping incarnated beings.

The Path to Him is described. It includes two main directions of work: development of oneself and work on helping others.

And let our memory about His Blissful Greatness attract us to His Infinity and accelerate our advancement toward Him!

So, let everyone remember: God is Great! And He calls us to merge into Him!

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