

Tatyana M.

On the Other Side of the Material World

***(An Essay of the Experience
Which I Really Had)***

**Translated from Russian
by Vladimir Antonov
and Hiero Nany**

**2-nd new edition,
with corrected very gross mistakes
made by the previous translator**

2012

ISBN 978-1475261851

This book is about how, with the help of ecopsychological methods, one can effectively and quickly progress towards the spiritual perfection, cognize God and learn from direct personal interaction with Him — for the sake of further personal development and for helping others on this Path.

The book is written by one who participated and experienced the described events personally. She hopes to be able in future to present readers also the subsequent chapters.

www.swami-center.org

© Tatyana M., 2012

Contents

INTRODUCTION: BIOLOGISTS STUDY GOD	6
Farewell to the Cats	9
VISIT 1	12
The First Meeting	12
You Are Doing a Good Job!	14
Life Has a Meaning!	17
First Places of Power	18
Concentrate Now on Your Own Perfection!	25
Look How Much Tatyana's Anahata Grew!	33
I Became a Great Consciousness over the Sea!	37
But Some People, Who Almost Reached the Top, Fall Back Down	47
The Spiritual Warrior Must Be Impeccable in Every Way!	48
Here You Can Enter Directly into Jesus!	50
Take the Sea on Your Palms... ..	55
What Is This: Are You in a Bra Today?	61
I Cannot Love You Entirely When You Are in Such a State!	66
"Theory of Watering"	67
"Sandy Energy" and Riding on the Planet Earth	70
"Pedagogical Probation"	74
I Became a Mahadouble	77
Materialistic and Spiritual Psychiatry	79
Incest: Is It a Crime — or not?	82
Are You Afraid of the "Terrible Christ's Judgment"?	84
Meeting with Sathya Sai Baba	84
My Own Search for Places of Power	86
Fire Meditations	87
I Will Kiss David Copperfield!	89
The 'Pure Love' of Sathya Sai Baba	91
Bliss in the Face of Ptahhotep	92
"Photograph for Memory"	92

VISIT 2.....	93
Everyone Chooses Their Own Path.....	93
Guru Nanak-2	94
Was David My Mother?!	95
God Is not a Grandfather Sitting on a Cloud!	98
Holy Spirits — Men and Women	98
How to Embrace Krishna, When I Have Merged with Him...?.....	104
Babaji: “I Want You to Recognize Me!”	107
Are You Ready to Participate in the Great Spiritual Revolution?	112
Persistence, Adherence in Service, Love for God!	115
Visiting the Divine Sufis	116
Leap into the Abyss	120
The Touch of Kim’s Palms.....	125
In the Mahadouble of Jesus	126
Temple	130
Become My Colleague!.....	133
Maenuel’s Poems and Danish Lady’s Kisses	137
We Must Transform Ourselves into Love!	139
Apostle Andrew: “Be the Boundless Love!”	142
VISIT 3.....	144
Alone with the Master.....	144
The Image of Guru Nanak-2	146
“Third Floor”	148
Four Segments	150
“Craniotomy”	153
Good to Know the Whole Way!.....	155
On the Ability to Communicate with God	157
“Losing the Human Form” and the Centrism in God.....	162
Was David... My Mother or...?	175
I Am the Cloud of Golden Light!.....	181
The Error of Guru Nanak-2	185
Friends Forever!.....	191
Walking by the Dome of Hip-Roof and the Journey to the Center of the Earth.....	195
“Total Reciprocity”	198
In the Embraces of Juanito	200
Lorenz Byron’s Rejuvenating Divine Wind.....	202
Talk with Divine American Natives and Maenuel	204
The Revelation from Apostle Andrew	206
Kim: Become Nanak Again!.....	208

Piotr's Spiritual Heart.....	210
Conversation with Kayr.....	213
Mastering the "Trans-Mirror"	215
Getting Acquainted with Hell	218
Kundalini Raising.....	220
Letting Our Own Mahadoubles off, Apostle Philip, Jesus, and the Karl Rossi's Fire Pyramid.....	223
It Is Impossible to Love the Creator without Love for His Creation	227
Gunas and Spiritual Growth	228
On the Alternative Consciousness States and the Meditation .	239
Krishna: Unity of Love and Calm — with Power	241
Nikifor's White Sailing Vessel.....	246
Love of Lady-Sufi	249
Ngomo the Great	250
Sun of Adler.....	256
"Bridal Chamber" of God-the-Father.....	258
First Loss of Stability.....	261
Last Appeal of Babaji	261
VISIT OF VLADIMIR IN MY HOME	263
My Errors and the Bitterness of Goodbyes	263

Introduction: Biologists Study God

Dr. Vladimir Antonov is the first scientist-biologist who has extended the scope of his scientific interests to non-material forms of life, including God in His various Manifestations. He is not only a theorist, having carefully studied all the historical background, but he is also a spiritual practitioner who has successfully combined the knowledge gained from God — with his own practical experience of cognition of Him.

Vladimir Antonov has achieved complete success on this subject, has published dozens of books, as well as produced many films with his lectures. Many of these materials have been translated into many different languages.

He and his fellow-helpers — during tens of years of hard work and with numerous attacks from a variety of primitives — have succeeded in creating a new direction of modern science: the methodology of spiritual development.

This integral knowledge includes:

- **Historical information, including competent translations of philosophical texts and a collection of quotations from the Teachings of Thoth-the-Atlantean (known as Hermes Trismegistus — in His next Incarnation), Pythagoras, Krishna, Lao Tse, Gautama Buddha, Jesus, Muhammad, Babaji from Haidakhan, Sathya Sai Baba, and many other Divine Teachers — Representatives of the Primordial Consciousness (the Creator).**

- The description of God, including accurate and complete explanations of what we should understand from such terms, as God, the Absolute, the Primordial Consciousness, the Creator, the Holy Spirit, the Trinity, (real) multidimensionality of space, hell, paradise, the Abode of the Creator and the Evolution of the Universal Consciousness.

- The description of big and small steps of spiritual growth of a person — leading to Perfection. These steps lead us to the direct personal cognition of God in the Aspects of the Holy Spirit (Brahman) and the Primordial Consciousness (the Creator, God-the-Father, Allah, Dao), and then help us to find Divinity by Merging with the Primordial.

All this information and much more is described — from different points of view and also being related to different situations — in the writings of the scientific-spiritual School of Dr. Vladimir Antonov.

What is — in general and in brief — the methodological concept of this School?

1. The basis from which to start spiritual development for each person must be striving for ethical purity — as God understands it (but not as different groups of people understand it in different historical epochs).

2. The purpose of our lives on Earth consists of active self-improvement — with the aim of cognizing our common Creator and Mergence with Him in Perfect Mutual Love. What God needs from us — is not bows and begging-prayers, but efforts to become better¹ — in accordance with His Teachings.

3. God is Love². And, for us to be able to come closer to Him by the quality of consciousnesses, we must also become Love. The “organ”, by which we can develop the

¹ Matthew 5:48.

² 1 John 4:8,16.

emotions of love, is the spiritual heart. It may start its development in the chakra anahata located in the chest of each one of us. Only by developing ourselves as spiritual hearts — we can grow ourselves in sizes incomparably larger than the size of our physical bodies. And only by possessing such spiritual hearts — we can cognize God in His Greatness.

4. Another essential direction towards self-perfection consists in making the consciousness more subtle by means of, first of all, learning to control our own emotions. The mechanism by which we can overcome the given problem is to master the *art of psychic self-regulation*. The appropriate system of methods has been developed in this School.

5. The level of intellectual development of adherents of the spiritual Path determines their success. Therefore:

a) One needs to increase the intellectual level in oneself, and then to help others, including children, to do the same;

b) teachers of spiritual disciplines should not try to “drag” students to those stages of development at which they are not yet able to remain confidently and strongly.

You can get acquainted with the latest materials of the School on the websites:

www.new-ecopsychology.org

www.philosophy-of-religion.org.ua

www.highest-yoga.info

www.swami-center.org

www.spiritual-art.info

www.meaning-of-life.tv

www.path-to-tao.info

www.pythagoras.name

www.atlantis-and-atlanteans.org

www.encyclopedia-of-religion.org

In recent years, neither Dr. Vladimir Antonov, nor his closest companions give practical training, lectures or seminars, supposing that, by using the above materials, people can improve themselves — with the help of God.

What I am going to reveal to you, did not take place recently...

Farewell to the Cats

I wrote to Vladimir for the first time some years ago. I was still a medical student in university at that time. Probably due to the fact that I misunderstood something, seeing this, Vladimir proposed to me to work on the ethical aspect of my life and to write to him again after graduating from university. If I did not change my mind by that time, of course. That is, after four years.

I wrote to him six years later. Why? Because I considered myself not worthy enough yet.

In my new letter to Vladimir, I asked some advices from him and suspected that this would be the end of our relationship.

But Vladimir responded very favorably.

We then exchanged letters, one for another, for two months, until he suddenly announced that he would be glad to meet with me. I really did not expect such a turn of events: my dismal future suddenly started to acquire rainbow colors!

We agreed to meet in the spring, at the end of April. During the time prior to the scheduled meeting, I had to completely master the course of raja yoga, as it was described by Vladimir in his books and films.

During these months, I had sometimes to go through tests which could have, theoretically, resulted in a further postponement of the trip. But I understood that it was God Himself Who was testing me!

At that time, there were also a male cat and a six-month-old female cat living with me. I loved them very much! But I knew that Vladimir would not approve of such attachment towards them, which would not even allow me to be absent from the house for a couple of days. Yes, on the one hand, I felt guilty about keeping them in a one-room flat as locked in a cage, but, on the other hand, I was afraid to let them out on the street, because cars could run over them!

I remembered an incident that occurred right in front of my eyes: one cat was crossing the road and jumped directly under the wheels of a passing car. The car just left, and the cat remained there suffering and having convulsions. And in the distance there were already the shining lights of the next cars coming. I rushed on the road, grabbed the cat, and ran with it to the opposite side, and put it on the grass under a birch tree. It was a simple black-and-white cat, small and defenseless, with its eyes half-closed, so warm, it jerked one last time in agony and then died...

After witnessing this horrible incident, I continued to keep my pets inside four walls.

And suddenly... Vladimir wrote to me that he sees me... (from another city!) "in mergence with cats!"

"It is wonderful," — he said, — "that you love them so much, but now it is time to merge — with the emotions of love — with God, not with cats!"

He also noticed that if it was too difficult for me to agree to put my cats into someone else's good hands, then maybe it would be better to postpone our meeting?...

I was astounded: how could he so precisely detect my situation?!

I had never even suspected before, that I was "in mergence" with someone! However, analyzing the situation, I realized that my over-pouring their little noses and

soft fluffy tummies with kisses was just the manifestation of love of which Vladimir was talking about!

This was concerning the distribution of my indriyas: either we direct our own attention and love towards objects of the “earthly” world, including, for example, cats and dogs. Or, we can direct them towards God, Whom we love so much that we aspire to be able to cognize Him and Merge with Him entirely.

On top of that, I realized that, in spite of my profession as a medical doctor, my own health left much to be desired. The medical knowledge, which we received, was not sufficient to the extent that we, the students, could support good health even in ourselves.

I understood that these problems should be solved in the quickest way.

Three days later, leaving for work, I released my male cat, which already had a tendency of wanting to be free in the streets for a long time. I then turned around one last time to see it happily running away with its tail held up high — and then I went away.

Then I succeeded to present my female cat to a female friend of mine. It was much more interesting for a cat to live in a society with five other cats.

And silence came back into my house. Now my indriyas appeared free, and I could now direct them towards God: this was exactly what Vladimir was hinting.

I did not have any more doubts about going to see him.

And I energetically set out to work on transforming myself in accordance with the methods developed by Vladimir: I cleansed my chakras and meridians, learned to look out from the chakras... All seemed right! My health improved, my face began to look younger, even my old friends ceased to recognize me...

Visit 1

The First Meeting

On the way to his city, I tried, with varying success, to calm my chaotic mind and relax. However, the importance of the upcoming meeting did not put my mind at ease. What occupied my thoughts most of all, was not to ruin everything, not to do something silly! I feared that Vladimir would be disappointed, because I could be different from what he had been able to perceive of me during the time of our correspondence!

My tensions and my nervousness created an inconvenient situation: the police pointed out that the photo of my passport did not resemble me. This aroused their suspicions, and they made me repeat several times my own signature and made me show some other documents. They even called for backup. But in the end — I was released.

Therefore, I headed up to the railway station where I had to find Anna; one of Vladimir's few colleagues and assistants. (We had previously exchanged our photos as well as the description of our clothes — to help us recognize ourselves).

I was the first one to see Anna and headed to her. She met me with a broad smile, and at that moment, I understood that I had arrived!

We embraced. My fear gradually disappeared, making room for joy. Anna said that she had some difficulty in recognizing me. My appearance had changed a lot, compared with the photograph that I had sent to her.

We calmly talked on the way to the house where I was to live.

Anna told me that she had an almost grown-up son. A few sad intonations in her voice compelled me to ask:

“Does not your son share your convictions?”

"No, not at this time," — Anna then felt to thinking, expressing a gentle smile. — "When he was small, he accepted everything with joy... But after he grew up, he decided that this Path was not his."

"Why?" — I was surprised. — "How is it possible?"

"Simply, he still has insufficiently grown in the evolutionary meaning. The material world is much more attractive to him at this moment. And he is not the only one of our children, who having matured could not accept the 'adult' concept intellectually. In such cases, there is a 'roll back'..."

... We had a late dinner with potatoes and mushrooms, and then took tea. I did not dare ask Anna about the condition of my chakras and my energy state in general. However, I would soon find out. Therefore, I decided to change the subject and asked for information about the other personal disciples of Vladimir:

"Was there anyone else whom Vladimir invited here in recent years? Who were they, and where did they come from?" — I was all attention.

Anna did not answer quickly:

"For the past ten years or perhaps even more, there was no serious candidate able to complete the full program, here at these places. The problem consists in the fact that the students had to be able to hold the intellectual knowledge, which is not feasible for everyone. So God recommended to us to show the Path, for all those concerned, with the aid of books and movies. In such situations each person can choose the theoretical and practical knowledge corresponding to his or her level. By doing so, intellectual surcharges do not happen. You are the first person that Vladimir invited here in all these years. As a result, you are very lucky!"

We laughed. It sounded, of course, very cool! But I decided to close the subject: after all, Vladimir had not seen me yet, and this meant that his last "verdict" was

not pronounced. Anna did not say anything more to me, she only looked at me and smiled.

You Are Doing a Good Job!

I slept restlessly that night, dreaming different rubbish. And in the morning, I had a headache and a sore neck.

This happened often in the past few years. I had to change, as a result, several pillows and regularly performed gymnastic exercises for the neck and shoulders. Unfortunately, all this gave no result. The feeling I had was as if my head was “overloaded with garbage” that I could not get rid of by any means, and they were piling up...

We took a shower, had breakfast and got dressed warmly: it was still early spring.

Knowing my acute sensitivity to cold, I dressed my body with a few sweaters, a jacket above all, and rubber boots on my feet as well. Anna explained to me that the legs of my trousers should cover my boots because it would act as protection, when walking, against the needles of trees, other types of forest debris, or against forest insects: such as ticks etc. Because of this, debris would not fall into my boots.

So, very early in the morning, under the gentle morning sun and the sounds of rare cars, we walked in the still quiet city streets towards the railway station.

Anna said to me, pronouncing slowly and distinctly every word:

“You can continue your training while you walk in these conditions. For example, you can move the consciousness into all the chakras — up and down — cleansing and ‘smoothing’ them. Then you can place the image of a small loving sun into the anahata and look out — from it — to all directions.”

I started training. And her remarks sparked my sudden and sincere surprise:

“You are doing a good job!” — she said.

I stopped, stupefied. I was only doing what I had always been able to do! I never had any difficulties in putting my concentration in any part of my body, in visualizing images, in looking from the thorax to the world surrounding me! When I got acquainted with the books of Vladimir, I enjoyed performing pranayamas with the visualizations of barrels. It was one of the most effective cleansing exercises! (Before meeting Vladimir, I had to master all of raja yoga completely. But I thought that my successes were not at the appropriate level of what I had to attain.)

When we went onto the bridge over the river, Anna offered the following meditation:

“Take a side of the river with an arm of the consciousness, burying it deeply underneath the sand at the bottom. Now, let us do the same with the other arm, extending it to the opposite side.”

I felt my arms coming out of my anahata. I felt them as being made up of white light, so I stretched them out, as far as I could, under the river channel. I felt some tension because of the constant need to maintain my concentration. But, the novelty and excitement made me feel very happy too.

When my concentration weakened, I paused, and then repeated it all over again. Anna smiled. I really liked it when she smiled. For me it meant that everything was going well.

... The moment of meeting Vladimir was approaching. We stood at the designated place waiting for the rest of his companions. According to my calculations (based on his book *How God Can Be Cognized. Book 2. Autobiographies of the Disciples of God*), there had to be about seven people, including Vladimir himself.

What aroused a little concern in me was my meeting with Olga. I read her autobiography with, for some reason, difficulty and even with some unpleasant feelings. And now, I was afraid that she would notice such my emotions. (But later I found out that Olga had already left the group, I will talk about this later).

Larisa approached. She hugged me — and then quietly began to discuss something with Anna.

Two more people approached, we introduced ourselves to each other and hugged. Truthfully they kept away from me in the recent future. I do not know the reasons. Maybe this was because every new person they meet caused suspicion in them? Their names I will not tell for reasons which we will discuss later.

Then I saw Vladimir and Katya briskly walking in the distance. Katya and I hugged each other and I almost squinted when Vladimir approached. He smiled too, then embraced and kissed me.

I knew that he was already over 60. But I was surprised to look at his lean body, youthful face, however framed with a white beard. I would give him about 30 to 35 years of age ... And if without a beard — even less.

“Better than I expected,” — he said, and then went a little to one side and looked at me with clairvoyance. — “Worked well with the chakras! Good job!”

We laughed together — and I sighed with relief!

However, for some time, I continued to feel myself in the presence of Vladimir and his friends — “like at an exam”.

And right now, in a few sweaters, a forest jacket, cap with “ears”, in glasses, hiding somewhere deep “into myself”, I looked like a frightened student...

... And finally — we went by train. This day should be my first day of personal and direct acquaintance with God, as was announced by Vladimir.

With the real, living God? But how could this be done?

... In my twenty years, I for the first time read in Vladimir's books that, *yes, it is possible*. But for such a success, it is necessary to apply maximum efforts on the transformation of oneself by the criteria of ethical purity, which may be achieved, in particular, only by mastering the art of psychic self-regulation and then the subtling of the consciousness and then increasing its size.

Life Has a Meaning!

Before, I plunged into despair because of a lack of understanding of the meaning of life and the ongoing events involving me. All this was plunging me into a deep depression.

The only thing in those years that I always dreamed about, was love — love in all senses!

But, for some reason, such love did not come... There were only slight hints of it. And life grew sadder and sadder. I did not know why I got up out of bed every day, why I studied, why I worked, why I trampled down this land.

While I was still a student experiencing permanent overloads, stresses, bad luck, I started to cry, praying to God: for Him to take me *back*. Buy why? And where was it: *back*? I did not know. But I had the feeling that, before I came into this dense material world, there — it was for me nice and cozy. But here — it was complete darkness...

Raised by parents in the Orthodox tradition, where God-the-Father was the flying old man on a cloud, I believed that He would not send me to hell just because I felt very unhappy...

I thought: are not people divided only into "saints" and "sinners"? Like some of them go to paradise, and oth-

ers go to hell. But what about those who are not “saints”, “atheists”, or criminals? To think about it, there are too many such people on this planet! If one believes that every human being lives on the Earth only once, where do they go after the death of their bodies? Where do they live? In the entire history of mankind’s existence on the Earth, if we take into consideration that every day millions die, so that means that the space between paradise and hell, which apparently exists, must already be overcrowded!

Reasoning this, I set a goal: to find the truth, the meaning of why I, like everyone else, found myself on this Earth.

I never had any doubt that God loves us all, but I only wanted to know: what exactly did I do wrong and can I change and improve this situation.

As a result of such thinking, the starting point of my worldview became the concepts of reincarnation and karma. These terms were associated in me with Buddhism. “Seizing” this direction of religion, I decided to “attack” the library to find out everything about it.

But, to my happiness, I immediately found the book by Vladimir “The Methodology of Yoga”. Specifically, what attracted my attention were the words of the title of the book: ‘yoga’ and ‘methodology’. It sounded very scientific!

First Places of Power

After leaving the train, we, at a very leisurely pace, started walking towards the seashore. There was a strong cold breeze, rain drizzled, and the sun peeped out from the clouds only rarely.

Then we walked along the shore’s sand, crossed the streams that flowed into the sea...

Stopping suddenly, Vladimir turned around and said:

"This is the first, for you, *place of power*. It is the *working site* of Krishna. Here He is! You can say 'Hi!' to Him!"

With the flood of emotions and thoughts, I could not squeeze out anything better than "Hello, Krishna!". And, in confusion, I stopped. Nothing more "reasonable" came out from my head. I could not unite my happy emotions with these words.

Vladimir tactfully helped me to come out of such a predicament, by offering to continue the way.

However, he explained that it is possible to speak with God, one can and must learn to talk with Him, to love Him, and to embrace Him...

... Soon we stopped near an alder-tree, fallen by a storm.

"This is alder catkins," — Vladimir showed us. — "Hazel-grouses feed on them."

We walked a few feet further to a large fallen birch-tree.

"And this — birch catkins, it is the favorite food of black grouses."

Passing by several fresh stumps, he suddenly stopped and pointed to one of them:

"Why is this wet?"

"Here is the exam!" — I thought, remembering how in one of his books, Vladimir described "examinations" for those who were willing to learn from him: at first, it was proposed to them to fill in a form of very simple questions, which showed, however, the intellectual viability of the applicants. On this basis, a decision had to be made: to continue or cease the training.

... The last rainfall was possibly the cause of the wet stump, — but this would be too banal an explanation. Why did all the other stumps not look as wet? I "suspected" the existence of a more complicated selec-

tion of answers. Looking closely, I saw that this “wetness” was thicker than water. So it was the “liquid of this tree”, — I decided, out of fear, simply not being able to recall what its name was.

“Yes, it is birch sap,” — finished Vladimir, developing my thoughts. — “The tree was cut down this winter. However, since its roots are not dead yet, they continue to produce the sap.”

... After a while we stopped again. Vladimir declared:

“We have come to the right *place of power*. We will work here long enough. So — let us water!”

As it turned out, this issue was not “restricted” to, or at least caused confusion among the group of Vladimir.

The men went ahead. The women remained in the aptly chosen by Vladimir spot for this purpose among the bushes.

... Unexpectedly, a few days later, I heard a “lecture” on this theme from Vladimir. He jokingly called it the “Theory of watering”. But I will retell this event later.

... And now we, as it turned out, stopped near the working site of the Divine Master, one of the Holy Spirits, — Juanito.

“Try to feel the boundary of the site,” — Vladimir said, showing it to me. — “You will need to learn independently how to define clearly the boundaries of *places of power*.”

At that moment I did not exactly understand what I should feel for. So I had to step over the boundaries several times.

The small differences in emotional states, yes, I felt...

But after about half an hour, the feelings became much clearer, the easiness and confidence of their perception appeared.

And even the sun came out suddenly from behind the clouds and warmed everything up! It was very helpful for my frozen body, including my fingers and toes.

"Do you know who Juanito is?" — asked Vladimir, when I approached him.

"The disciple of Lao..." — I hesitantly answered, uncertainly adding: — "Tse..."

"No, we do not know His Teachers."

I mentally slapped myself on the forehead: how did I mix Him up with the Divine Teachers Juan and Han, about whom Vladimir wrote in the book *Classics of Spiritual Philosophy and the Present!*... I felt guilty. Although it was an obvious fact that my reaction to talking with Vladimir was the same as taking exams, — and I was the only one to feel so.

"Juanito was the American Native spiritual Chief, according to His last incarnation," — Vladimir continued the topic.

I almost jumped up: American Native!

... The first book that I read about the American Natives — it was *Winnetou — the chief of the Apaches*. I was at that time only twelve years old. But instead of enthusiasm from exciting adventures, I started crying, with bitter tears moistening my pillow: "How could such wonderful, such brave, such beautiful and such proud people live on a reservation? What cruelty!" For me it was an emotional shock: I first saw, from the outside of my little world, at least how I thought myself, the cruelty which was... allowed by God.

At that time, because this did not cause me to doubt His Love, I could only imagine how much I still had to learn and understand. Later I learned that the American Natives' reservations were not places of imprisonment for American Natives, as we were taught in the "Soviet" schools. But, instead, they were the lands that were given into the possession of American Natives, for them to live

the way of life of their ancestors, by that lifestyle which they chose for themselves. And even entering their reservations was prohibited or severely limited for strangers; and this was also determined by the American Natives living in the reservations.

Soon I read all the available books and other materials about American Natives. At the same time I became acquainted with the *Song of Hiawatha*, but... did not understand anything about it. Only an after-sense of something very light and mysterious. I also learned the names of all the American Native heroes, their timeline, and achievements. I also searched for their images in movies. I even knew the names of their tribes and in which parts of America they were situated. I even started to learn some of their languages, but quickly understood that studying all of this was approaching the level of abnormality.

For many years I even dreamed of going to North America to live with the American Natives who lived in the forests and mountains. Almost every night at bedtime I thought out stories, as to how I would find them, get acquainted with them, how they will let me live with them forever. So I invented whole "series" of adventures. I also imagined a prairie where I could ride on a wild mustang, canyons where I would learn to climb fearlessly, the huge sun over a lake where I would be able to see, every morning, wild mammals and birds which would never fear me...

... But every time, the next morning, I woke up in a stuffy, four-walled city flat...

... And now my imagination was trying to draw Juanito, as He could be: long black hair up to His shoulders, brown face, brown eyes, eagle feathers in His haircut...

But I did not dare to ask Vladimir about all this, to clarify.

... At the forest glade among the pines and firs we found an old fireplace. After throwing our backpacks down, we gathered enough firewood and built a bonfire. Then we energized ourselves with cheese sandwiches and coffee.

Vladimir stood up first, approached me, extended his arms, and helped me to stand up.

Then he grabbed gently my arms, but more specifically — my fingers, checking their level of heat. (In my correspondence with him I told him that I get cold often and dress “like a cabbage-head”, meaning many layers of clothing. I suffered the most from freezing fingers — even at positive temperatures... In response, then, he offered me a few pranayamas for cleansing the meridians of my hands and feet).

“Well,” — he said, — “you have worked really well: your hands are even very warm!”

“They are really warm!” — I realized mentally.

“Relax the legs and bend them slightly at the knees,” — Vladimir began his demonstration, showing an example using himself. — “And let us sway gently from side to side like water-plants in water.”

Then he extended his arms to the sides, palms up, on the level of his shoulders.

“Imagine a golden fiery sun on a palm — and begin rolling it from one palm to another — through the hands and anahata. Repeat this exercise many times in both directions.”

I could not see any sun with my physical eyes. But I could get a very clear sense of an intensely glowing ball rolling from one hand to another.

“Look from anahata!” — Vladimir corrected me, perceiving my efforts. — “To look with our bodily eyes — this does not have reason!”

I tried to do everything exactly as Vladimir instructed. But my emotional stiffness in the presence of

Vladimir and the again approaching, far of the bonfire, cold — hampered me in doing the exercise. Also — the feeling of... strangeness of the experience... and my accustomed position to analyze and challenge all doubts with the mind.

Otherwise, I was ready to jump with joy: Here it is — now! Finally! I am here! And the dream, that I always had, is finally coming true!

I was given further free mastering of the exercise — by myself.

At the same time each of the other members of the group had their own lists of tasks for today. And, as I understood, they were always given such tasks.

Fifteen minutes later, passing by me, Vladimir said: “If you are tired or cold — come to the bonfire.”

I did not put such questions to myself. But, thinking and “listening” to my feelings, I decided that I needed to go to the fire, where all the others were already assembled, getting ready to pour tea from the thermoses.

... Before I was engaged in intensive athletics. There, “the state of fatigue” means to “give all one has got” when “the tongue is on the shoulder” and “legs give way”.

But Vladimir explained that in the spiritual work we need to not come to such states of feeling: our memory must record the best, the most vivid meditative states — as opposed to the “weak and feeble”.

So I stood there, watching the fire. The body got nicely warmed up.

“The image of the fire could be placed into anahata,” — Vladimir said again. — “After doing this, you can put it below your body, turning it into a huge bonfire. By this method, it is possible to cleanse the body making it free of all negative energetic insertions.”

I tried. The image of a big bonfire was good and effective.

Concentrate Now on Your Own Perfection!

Then we talked around the bonfire. During such conversations one theme stood out and we returned to it later repeatedly. This was medical issues.

Once long ago I picked up a nail fungus. This disease “rooted” into me, among others. I was treated by well-known medical mycologists. They advised for me a highly known and widely advertised drug. But I did not see any positive results due to it. And now, when I was offered to try on the shoes of some of my new friends, I was obliged to confess about this highly contagious disease. At the same time I called out the medicine that I desperately tried to cure myself with, without any hope.

But Vladimir and Larisa simultaneously exclaimed:
“But this medicine is completely ineffective!”

Vladimir added:

“A lot of people are sick with the same fungus as you are, and they are treating it with the same medicament as you. This situation continues during decades of their lives or until the death of their bodies! Why so? Because the leaders of some pharmaceutical companies are very interested in false advertising. And this concerns not only this medicament. Such pseudo-medicines can be inserted into medical literature, into textbooks. In reality every good medical doctor is to make their own personal search for the best, the really most effective ways to treat patients.

“All medical doctors can be divided into: a) enthusiasts looking for news in literature and on the Internet, seeking out new medical goods, constantly observing the progress of the treatment of their patients, they are selecting all the new methods of treatment — and b) those who are too lazy to move, who do not care about the true

welfare of the patients, but they think only about their salaries and 'just sit out quietly until pension'..."

Larisa, who suffered from the same disease of nails in the past, was lucky with her doctor: he appointed to her the treatment consisting of the combination of Exoderil and Dimexidum, against a background of softening of the affected nails by a special exfoliating ointment, followed by filing down the affected nail tissues, or even cutting them down with a razor. The disease disappeared without a trace. (It was also easy for me to get rid, later, of the same problem by following the same advice).

Vladimir continued this theme, enumerating often prescribed medicines, which, we can even say, are traditional, but completely ineffective. It was interesting to talk with him on this subject. His mother was a physician, and he himself became a biologist and worked for decades of his life in various areas of medicine, even in such areas as neurophysiology, obstetrics, and others. While being a student of a university as a biologist and ecologist, he studied anatomy, physiology, histology, cytology, biochemistry... Later, he defended his dissertation in medicine. He mastered even surgery, taught physiology at a medical institute, taught to medical students and doctors the art of psychic self-regulation, which he developed and repeatedly published in different aspects...

In particular, I remember his following medical advices and approvals:

"One important cause of high blood pressure is the surplus consumption of common salt. It is impossible to get rid of hypertension without removing this factor.

"The common cause of inflammation in joints is a rheumatic disease. Sulphanilamide treats well its pathogen microbes.

"It is appropriate to begin the treatment of diabetes with cleansing chakra manipura.

"A cough may be, in addition to infectious causes, the result of bio-vampirism produced by someone who is close to the patient and who, at the same time, strongly wants love and attention from him or her.

"Coughing may also occur if a hair (or other debris) is inhaled (for example, during laughing) — and this hair sticks to the wall of an airway.

"While suffering from sexual bio-vampirism, chakra svadhisthana may also be affected, and this can cause inflammation of the uterine appendages.

"Using undigested milk products — is the frequent cause of diarrhea in adults. This is because the digestive system of not all adults produces enzymes that are necessary for the complete processing of milk components. These enzymes are produced in children. But, with age, their production ceases, except when milk continues to be in their diet without long breaks.

"Canceroids can be overcome by cleansing the chakras, meridians, and by 'winter swimming,'" — Vladimir told how, when he taught psychic self-regulation (at the level of raja yoga), there were in his groups several inoperable cancer patients. After the course of these lessons all of them looked quite improved in health, including disappearance of pain. And the results were strong: after years he met them again in forests: they were collecting mushrooms, or continuing their training in meditative running, or in "winter swimming".

"Against angina, rinses with potassium permanganate are usually good. And it makes sense to always keep it at home already divorced — in case one becomes ill, and was not too lazy to prepare it. Another fine method in such cases — a chloramphenicol tablet on the tongue root at night. It cures, including tonsillitis with their viral origins, because chloramphenicol has very strong cleansing power for the affected area. (But it increases in-

testinal peristalsis, so before a long journey, for example, it is not right to take it).

“The cause of frequent headaches usually is the clogging of the head chakras (sahasrara and ajna) by energies of those animals, whose bodies were used as food.

“Also the result of such unclear (ethically and bio-energetically) feeling is the narrowing of small vessels of the brain due to the deposition of uric acid salts in their walls. This is — one of the manifestations of gout (podagra). Gout causes not only headaches, but impairs memory and intellectual function in general.

“Another category of headaches is a migraine, with pain in one half of the head. The cause must be sought primarily in inflammation of the roots of the teeth. These teeth should be treated or removed.

“The using of animals’ flesh as nutrition — it is also the cause of digestive organs diseases.

“In all such cases the mechanism of these problems consists in a combination of ethical and bioenergetical negative factors.

“When heel ‘spurs’ and other pains in periosteum, tendons, and muscles are — the local impact of Dimexidum helps. (But after heavy use of Dimexidum bad breath may appear).

“For treatment of cystitis, it is usually taking enough pills of Nitrofurantoin.

“Of trichomoniasis — Tinidazole will help (but not Metronidazole, which never gives a complete cure). (Both Tinidazole and Metronidazole may also be successfully used against intestinal infections).

“If you have problems in the thyroid gland, it is necessary, above all, to cleanse chakra vishudha.

“Of hemorrhoids — this solution is to oil with propolis ointment. Propolis — it is a great tool that speeds up the healing process. (But it must be carefully used in the summer time, for bees are not indifferent to it).

“You should not get involved against a cold with adrenalin-containing vasoconstrictor drops. They produce ‘habituation’: nasal mucous membrane will ‘require’ new and new portions of adrenalin; without it the mucous membrane remains in the swollen state, thus a drug-induced chronic ‘runny nose’. (If it has already occurred, it is possible to win a stay by high temperatures: summer heat, saunas).

“When there is a pain in the muscles after high surcharges, Phenylbutazone or Comarum Palustre cream will be the best. (The first of them gives a more rapid effect).

“Indometacin helps cure in cases of joint swelling (because of strikes or corns by shoes). This is especially important if this happens during long walks through forests or other natural landscapes: for swelling around damaged leg joints — because of their acute pain — do not let you go any further. In such cases it is possible to put indomethacin ointment on the wound site and — with a raised leg — to lay on a tight bandage tape or court plaster, scotch. This, in particular, prevents oedema’s growth.

“In a case of papillomas — it is desirable to dispose of it quickly: viruses multiply in them, and this can cause much more serious problems, including oncological.”

“Enough for now?” — Vladimir asked. — “If not, then we can continue this topic.”

“Long time I had very high interest in the use of medicinal plants.”

“Excellent! But only few of those plants, which are called so, give any real benefit. Others are used only ‘by tradition’, that is, they — are not effective at all, if not harmful. Among the truly effective plants, I can now recommend:

“Sage — as an anti-inflammatory for problems in stomach and esophagus.

"*Potentilla erecta*, as a brew, is an excellent plant for treatment of inflammations in the digestive system, especially in the intestine. It is usually recommended to harvest, digging roots in the autumn. However in this situation these wonderful perennials, of course, die. But the aboveground parts of *potentilla* are effective for treatment none the less. Therefore, *potentilla* should be laid — in the autumn, when the plants already gave their seeds to the land. We collected *potentilla* even when there was snow, after heavy autumn rains — and it was alright. Dried for the winter, it treats very well, if brewed and consumed.

"Also it is possible to enumerate Ginseng and *Eleutherococcus* — both gonadotrophic plants which increase the general tonus of many body systems, efficiency, and resistance to diseases.

"On the contrary, I can remember now several ineffective plants, such as: leaves of eucalyptus, celandine, nard, St. John's wort, all kinds of camomile. Although they, by people's tradition, are often tried and used.

"... And now look at Juanito," — suddenly said Vladimir quietly, pointing upwards. — "Here, at the top, just above the large pines, — His Face."

Vladimir smiled, looking at me.

"You can hug him — with your hands of the spiritual heart."

I, as was taught by Vladimir, came out of anahata backward, straightened as the spiritual heart and began to search — by the arms of the consciousness — to embrace the Holy Spirit Juanito, Who was so easily seen for Vladimir. I tried to restore in myself all emotions of love, which were experienced by me, relating to my former everyday life, — for God. But since I had never imagined Him at some definite place, and more so, as an American Native Chief, also not having clairvoyance — this task was very difficult for me in this situation.

“Juanito says that He is ready to take you as a student and make of you the Spiritual Warrior...” — Vladimir paused, listening to the next words. — “But for this you must wish this very strongly for yourself.”

I was covered by a wave of happiness! I did not even remember whether I replied something or only nodded in assent, being unable to express any emotions: “I now have a personal Teacher — the Holy Spirit Juanito! How can it be possible to doubt: do I want? Of course, I do wish! A young American Native Chief is my Teacher!” All my thoughts even stopped — of joy!

“Juanito says that there are no people in your lands who are able to accommodate the higher true knowledge concerning God. Now — you have to concentrate alone on your own improvement. He also stresses the importance for you to stay frequently in nature, at *places of power*.

“It is necessary to organize a group with which you can walk in forests,” — He continued. — “But to create it, you need to express yourself. About yourself — as about a person who is ready to help other people with your own knowledge and by other skills. But you must be extremely cautious with those who are not able to accommodate this knowledge.”

Since this topic was voluminous, I decided to think about it later. But now — due to emotions of happiness which entirely possessed me — I could not solve such serious questions, as I just became a personal student of the Holy Spirit — American Native Chief Juanito!

... Vladimir, taking me aside from the bonfire, offered to work with the psycho-physical exercises described in his book *Ecopsychology*.

In particular, it was possible to ask for help from the Holy Spirit, raising hands up and merging with Him there — then feel, drawing hands down, how the Divine Light was spilling, washing my whole body. And then

— I could pour out this Light from anahata, presenting It to all around me.

Such exercises I already mastered at home. Now it was the new Holy Spirit that was helping me — He was Juanito, and now all these actions occurred in nature, and even at His *place of power*. The difference in scale was felt immediately. The sensations became much clearer.

But I also quickly came to fatigue. Again, it became cold, and I returned to the bonfire.

After resting Vladimir suggested repeating everything.

Working on the path, I met Anna coming to meet with me. She carried an armful of firewood. As always, she, smiling happily, pointed out that over there, on a small sunny clearing, Juanito is now seen even better.

I immediately went to the designated location. There seemed to be especially intense sunlight. It was warm. It even warmed my toes through the rubber boots. I was happy to begin repeating the exercises with an emphasis on merging with Juanito.

I saw a large fireball above my head: maybe it was because the sun was shining, but maybe I really *saw* — yet I did not understand. I tried to feel the emotions that were felt formerly, embracing people dear to me, and those emotions which were always only dreamed about, but did not happen... And then — my body was overflowed by hot heat and blissful joy filled my whole being!... So overwhelmed with emotions, which seemed to not fit and flowed over the edge! My eyes were full of tears — and were drying quickly in sunlight... Yes, it was He — God — in concrete Manifestation through the Divine Holy Spirit by the name of Juanito!

But it appeared that it was not easy to maintain this state for a long time. I paused, inhaled in widely the air and... — hugged Juanito. Then — again and again...

I did not know how much time had passed, but at some point I noticed Vladimir approached. He smiled.

“But did you yourself say to Juanito, that you love Him?”

I suddenly discovered that, indeed, I did not utter a single word. For some reason, when I began to form my own emotions into words, it turned out that I did not find such words — and, as a result, I started to stutter and then — became generally silent. Well, now it was necessary for me to learn to talk — to talk about love!

“Look: here Juanito’s Disciples, Who attained the Perfection, gathered,” — Vladimir continued. — “They are also willing to help — and make of you the Spirit Warrior!”

How I wanted to see and hear Them at that moment! From this — the desire escalated to learn more quickly and to move towards Their Perfection!

But at present, I could only be happy, sigh, and make declarations of love!

Look How Much Tatyana’s Anahata Grew!

Near the bonfire, to which I returned to rest, Vladimir came to me observing.

“Look: what anahata Tatyana has now!” — he said, addressing the others. — “When you came to us for the first time, it was as this:” — he drew with his hands a ball about twenty centimeters in diameter. — “And now it is so grandiose! The flower has blossomed from a bud! Your anahata — even in a relaxed state of the consciousness — no longer fits within your chest, it is much outside of the body! Now this is — not just the anahata, but the true spiritual heart!”

All were happy for me:

“That is — what means Juanito!”

“Such a young and handsome Chief!” — Larisa added, and we laughed.

... But then, again, I began to freeze, even near the bonfire. The toes were disturbed most of all.

Therefore, the following meditation, which Vladimir explained, was too hard for me. I had to shine above the opening spaces with the spiritual heart, as by a bright lamp or flashlight. And then — to fill these spaces, merge with their beauty.

Noticing, apparently, that I was not very good at this exercise, Vladimir clarified that it requires from me to merge in no other way, than by the state of love.

I tried. What I was looking at, was really infinitely beautiful, but the flashes of my love... were combined with the rigor of the body.

“Yes,” — Vladimir said, — “if it is cold, no love is possible.”

We returned to the bonfire. And suddenly... Vladimir suggested to me... to stand barefoot in the snow!...

He himself calmly took off his rubber boots, which were worn on bare feet — and... stood in the snow, offering me to do the same...

Because I was always interested in trying everything new and unfamiliar, and also if it was useful, and even more if it was told by Vladimir — I repeated all after him...

For the feet, of course, it was cold, but for some reason, at the same time it was ridiculous... This was the reaction of my body to a “positive stress”.

“Enter into your anahata,” — Vladimir said. “Now — it is, in fact, not too cold, right?”

“Hiding” with all the consciousness into anahata, I could really not even feel my feet. But then again they distracted me, and again I held down as long as possible in anahata.

In the end, we stood barefoot in the snow for about ten or fifteen minutes. For Vladimir, it looked like it was quite usual, he did not feel any discomfort from it. But I... — I do not even know what to say about this... — I took this... into my experience... I will have to train for this next winter...

... After relaxing near the fire, I began to repeat and consolidate all the exercises given to me. The most difficult was to hold on my hands — the sea, fish, birds... I stretched out my hands of consciousness, as far as felt... From these exercises, I got tired more quickly, I even began to breathe deeply, as if I had just climbed up a steep slope...

Vladimir helped me by showing yet another place where it was most convenient to perform such exercises. It was much more comfortable and warm, emotions of love appeared much easier. After taking deep breaks for a few seconds, I then started everything in a new fashion. And only when meditations lost their clarity and emotions diminished, I returned to the bonfire.

Vladimir smiled silently. He almost never laughed loudly, but just emanated a quiet joy — through his eyes, his smile, his face, his whole being. I only once heard his laugh, along with everybody. It was after the story about the pictures I had seen, where the Orthodox priest in a cassock, standing on the roadside, placed the advertisement: "Benediction of petroleum!".

... Soon it was time for us to leave the place of Juinito and to board a train. We walked along the beach sand. Water reflected the sun rays.

Anna asked me, if I had noticed that the swan, which I kept on my palm and tried to fill with my love, suddenly began to swim towards me? I replied that I just did not see it because of my poor eyesight, I only tried to keep it on my palm as long as possible, trying to feel as a bird — and give it my love and warmth. Then Anna

smiled and noted that, judging by how easily I learned to *see*, I had every chance of restoring full vision.

... We left the train and walked calmly back home. My head was buzzing, muscles had pain, but the state of relief and joy, comfort and peace — overshadowed everything. We talked, laughed, but no idle word was said, nor any sentence, which would have no relation to God, living for Him. All was so natural, as if we were speaking about the most ordinary daily household affairs. But this was their daily life! And I was hoping the same life would be mine.

... We again touched on the subject of restoration of vision. Anna told the story about one of their former students:

"One nice girl came to us several times... She had eyesight which was much worse than yours — down to minus eight. But at the Eremey's *place of power* she had the success of improving her eyesight to minus three."

"And where is she now?" — I pried.

"She is not with us anymore, Vladimir had to remove her. She did not pass the test: she fell in love with a boy, her disciple. But that boy, from a certain point, could not intellectually master the next steps. And, despite numerous warnings that he was not able to move on, she stayed with him, actually preferring him — instead of God. And then she was very resentful to us, that we did not agree that she — as she said — could love that boy and God at the same time..."

"And what happened next?" — I did not appease. It was totally incomprehensible for me: how could this happen? — To reach such heights, to cognize directly God's Love — and suddenly be carried away by "earthly" relations!

"He was much younger than her," — Anna continued. — "They were together about two or three years —

and parted. But during that time she lost all her positive experience in the spiritual development..."

Such an outcome was not unbelievable for me; I was not surprised.

"And can you tell me her name?"

"Olga..."

... At home we ate a very tasty supper. I especially praised highly the fried mushrooms that Anna kept in dried form, but now soaked and fried. They were scaly nedgehogs (*Sarcodon imbricatus*).

After supper, I secluded from the others and remembered the story of Olga. Would it be possible that this would happen with me?

Once upon a time, reading the New Testament, I imagined Jesus: how He could be, how He talked with people, how He was playing with children — and I suddenly thought that if I was near Him, I would definitely fall in love with Him! But — with that "earthly" love, because I did not know at that time about the existence of any other kind of love... But I immediately scolded myself for this thought: it is not allowed in the Orthodox — to love God in such a manner!...

About Mary Magdalene, I knew in those years, only that Jesus had saved Her from stoning. But I read only in later years that She became the companion of Jesus...

I Became a Great Consciousness over the Sea!

Morning. Gentle sun.

I walked with the consciousness through all the chakras: down, up, then I looked to all directions from the anahata, "catching" doves with the palms of consciousness — to fondle them. I was watching people: while it was possible to hear laughter and cheerful voices from carefree youth, adults had mostly anxious or

sleepy faces, Russian homelesses were coming their “work day” with their own positiveness. Calm in the city. Rare cars. The freshness of early morning.

I noticed that the fatigue from meditation exercises — was the same as in the physical. And if I am not tired, while holding the river on my two hands — at first, from one side of my body, then from another, — it means that I have forgotten and involuntarily lost the concentration.

I was now no longer afraid of Vladimir, but still remained tense in his presence: so as to not suddenly blurt out something that could produce a gentle hint on my intellectual insolvency.

I had heard about many good followers who, despite their developed anahatas, strayed from the Path because of the fact that they just could not intellectually master the following steps. I was very afraid that this could happen with me, but knew that I could do nothing about this. All I could do — was to “accept my own fate” (in the words of Juan Matus) and try to do, with the maximum effectiveness, all the possible in this current incarnation...

... Having left the train, we went through the forest. As a diligent disciple, I asked questions about every bird, which was singing its songs for us — to remember them by name as quickly as possible and in a number as broad as possible.

Vladimir was carefully choosing a path in the woods, as the snow did not melt yet and it was difficult to walk.

Finally, we found ourselves on the beach, on a green meadow, warmed by the morning sun. Yesterday Vladimir let us know beforehand that we would be going today on a visit to Divine Lorenz Bayron and Konrad Lorenz — and that this was Their common *working site*.

I tried with all my strength to feel Them, searching for the differences in Their energy fields. But all that I could still feel — were small changes in my own well-

being: inside of *places of power*, an ease of feelings appeared — as if I was unleashed and allowed to stretch my wings.

“Konrad says that They are very pleased to see us here. And Juanito is now here too. Do you still remember Juanito?” — Vladimir joked.

Do I remember Juanito?! I almost was indignant, but quickly realized that Vladimir was joking — and then laughed.

“Of course I remember!”

“Juanito is very pleased to see His favorite student!”

For the “favorite” — I was quite blurred with pleasure!

... Covered with ice and snow, the sea sparkled in the morning sun! From this point, it was perceived — as infinite space and infinite freedom!

Vladimir began to explain the tasks for today. We had to train ourselves to flood back from anahata over the sea space — and feel ourselves as that beauty!

“But first we need to drink,” — suddenly he said.

“To drink what?” — I did not understand.

“What was in store for us...” — he replied, and they all laughed.

We “fueled” ourselves with cheese sandwiches, cookies, washed our food down with cranberry and raspberry tea.

“While chewing, we also can meditate,” — Vladimir revealed quietly, slowly, pausing to allow time to properly interpret and apply the above into action. — “Let us hold out one hand in that direction, to the sea, and take the sea on the palm of love. And then let us extend the other arm to another side, under the land... We will give our love to fish, birds... — to all living beings!”

I tried. Today this was easy. Today there was a bright cheerful sun, which not only warmed us, but also spar-

kled on the snow, as if blowing a lot of “sunbeams”! Though, perhaps, just only my attitude changed, but not the weather around.

... Then we went on a sandbank.

“Here another *place of power* begins,”— Vladimir made steps forward and back and showed with his hands, as if feeling a wall at the border.

“Let us feel the difference. Let us feel how, by stepping over this line, the spiritual heart suddenly becomes huge!”

The difference was really felt quite clearly. As if from a closed corridor you suddenly broke out into the fresh air — and the shining scope expanded around and became clearly visible. You were spilling by the consciousness into it! But if you took a step back — it was as if the space “curtailed” around the body, around oneself. And you immediately wanted to jump back!

Then Vladimir proposed to turn our backs to the sea and flow out of anahatas. And then I really felt as if I flew up! I did not see what was there, but I felt joy, and the delight of such soaring was overflowing!

It was not a real flight with the feelings inherent for the material body. But the thrill of flight of consciousness at this *place of power* was of a different level of perception. There was only a huge space filled with Divine Light and Love! And I tried to feel myself huge there — like that Light and Love, and not like a material body.

Vladimir suggested me to ask myself: “Who am I? Where am I?”. This heightened the Mergence much more. The Light and Love — became me, and I — became It!

Then Vladimir continued, addressing mostly me:

“From the state of Mergence *there* — let us extend our hands to our bodies! Take the bodies on our palms! It is also possible to heal our own bodies in this way. Also — to heal anyone regardless of where that person is now and what he or she is doing.

“And now,” — he said, smiling slyly and not in a serious tone, — “feel yourself sitting on those distant ice floes and looking at your body, which is on the shore... Our Teachers said to me that in this way it is possible to learn to move in space with the material body. What if you master this faster than us?”

It was easy for me — to keep my body on the palms and warm it with love, but the second task had me so surprised that all my thoughts vanished. It was quite “too much”! There was a strong feeling that this was so far away for me.

“Okay, okay! I was joking!” — Vladimir smiled. — “But do not stand still: move not only with the soul, but with the body too!”

Vladimir had already reminded me about this several times. Inspired by the new practices and the new sensations, I often completely forgot that the majority of meditations may be mastered better not with a stationary body, but if the body slowly walks.

... Getting tired, I sat on a log, with Vladimir sitting on the other end of it — in his “sunshine” state. Here it was especially warm, and I happily turned my face to the sun and relaxed. But not for long.

“Here is — Konrad Lorenz. We are — with our bodies — in Him. That is — His large Face: a few meters above us. You can fill it with yourself. Or you can embrace Him, coming from outside with the consciousness — into His Mahadouble. You can also say to Him that you love Him!”

Then Vladimir added jokingly, referring to my relationship with Juanito:

“To love two such Men — is not a sin!”

I did not understand quickly, to what extent this was a joke. I did not see this as a problem: for I was learning to love God! And it is so remarkable that it is possible to develop the emotions of love in this way!

Moreover, not so long ago, I even “got wise” enough to fall in love with two “earthly” men at the same time, staying with both, at the same time, “at a polite distance”. I cried to myself: “How is this possible?!” I understood only now that I loved in them, in each, only the best of their qualities. I even fantasized: to take from one of them his care and concern, and from the other — the tenderness and wise patience, and then combine both into one... — that would be great!

But now — I could laugh about it.

It was important for me at that moment — to understand and “to sort through” the coming new knowledge for me. For each of the concrete Representatives of the Holy Spirit are unique, though All They are equal in regards to subtleness of Consciousnesses and Their Coesentiality in the Abode of the Primordial Consciousness. And we must be able to recognize Each of Them.

I tried very hard. I even put my head on the shoulder of Konrad Lorenz. I do not know if it was appropriate, but it was very cool!

... After finishing writing down the exercises and relaxing in the sunshine, I went to fix what was already mastered.

I again detected the boundaries of the *place of power*: could I still feel them? I convinced myself that I still could feel them well.

And I could also now more successfully flow with the consciousness back from anahata.

But the most joy, I now had, was feeling huge, filling the entire space above the sea — and keeping my own body, which seemed at present so insignificantly small — on my own hands.

Speaking on the use of such skills in the world of matter, Vladimir pointed out the possibility to cleanse the housing of coarse energy, to diagnose and to heal patients at any distance, and to see their fate.

All these perspectives were, of course, fascinating. And it became clear, how much work there was still to do. And I needed to work every day for achieving the results.

... Soon all gathered again around the bonfire.

"It is better to rest at such halts being barefoot," — said Vladimir and offered to drop the boots.

Since this time there was no snow under our feet, only sand, and the weather was warmer, the rest without rubber boots was really one more delight.

"And it makes sense to wear socks only in winter, them being of wool," — he added. — "And for them not to wear out quickly, it is reasonable to wear above them — socks made out of synthetic fabric: because they are stronger. But such fabric — to be worn directly on the skin — is unfit."

Then he looked long at my rubber boots, thinking about something. And, finally, smiling, he said:

"I have understood now, what symbolic figure exists in the design of your boots! Their coloration is similar to the color of a zebra. But the zebra, they say, is the fastest of all horses. So, this means, you should go on the spiritual Path, too, more quickly than all others!"

We laughed.

... All but Vladimir, being refreshed, went around. But he suggested to me to learn a new relaxing meditation while lying down.

"Put your body on the ground. Thus, it is convenient."

Seeing that I laid down on my back, he said:

"Posture lying on the back — it is better to avoid during sleep. The common cause of snoring is the habit of sleeping in this posture. There are two ways to unlearn this habit. The first — banning forever oneself to lie so. This — for strong people. But there is another way: one can sew a pocket to the back of a night-shirt or

night-gown and put there a table tennis ball. But there are also those who are able to snore even lying on the side. They can be advised to learn to sleep on their bellies. I say this not in relation to you personally: I was not able to verify whether or not you snore. But it is good for you to know about this: for you, as a physician, to give appropriate advice to your patients."

After a pause, Vladimir said:

"As for spiritual seekers, I can give, in my opinion, useful advice, not associated directly with the problem of snoring. The best posture, if we wake up at night or in the morning in bed, is this: a posture between on one side and on the back. In any case, for right-handers — it is preferable on the left side. As for left-handers — I do not know, because I am not a lefty; it must be studied.

"Why is this significant? The fact is that this posture is the most favorable of all the lying postures — for perceiving God.

"And now," — he continued, — "let us merge in love with the Holy Spirit. Let us come out of our anahatas — and up... Then — the same — and down. And feel the Earth as our own huge bed, merge with its inner Light... And so — alternate several times. When meditating, do not close the eyes!..."

I tried to do everything as Vladimir instructed, but still felt that I was not very good at it. Emotions, distracted by physical discomfort, were already not as intense as I wanted: in bright sunlight I, all the time, wanted to close my eyes and — take a nap. And also I could not relax all the time and was worried: what if I am doing something wrong, and suddenly I am not fit for such work, and what if I do not try hard enough?

Finally, I confessed to him that I was not very good at this exercise. He was surprised, but, on reflection, said that it was — from fatigue. I immediately felt better. So, the problem was not my inability.

... After making sure that I had enough rest, Vladimir asked me to go a bit with him. We walked along the shore.

“Here the *place of power* of Maenuel starts.”

I was surprised and pleased. A few years ago I was able to buy the book *Spiritual Heart: The Path to the Creator. Poems-Meditations and Revelations*, edited by Vladimir. I loved to open it at random — and see, what God would say to me each day through what was contained in this book. And very often I came across the poetry and meditations of Maenuel.

So I already could easily and happily follow Vladimir, assuming that I was apparently, to some extent, familiar with Maenuel.

Staying among the pine trees near a small lake formed by melted snow, he asked me to turn my back to the water and... to sink with the consciousness down through the Earth's firmament, into the Light Which was there.

“It is very convenient at this *place of power* to ‘fall through’ to that Light. And it is possible then — from there — to purge one's own body, coming up from below, through the middle meridian.”

No matter how sudden and strange this task sounded, it turned out alright. I clearly felt that in the depths of the planet there was a bright space in which one could really fall as deeply as was desired.

Others came to us and watched my “journey into the interior of the Earth”, commenting on what was happening with me. So it was — really true? So it was — not an illusion, and not something as “non-verbal suggestion”?

... Vladimir went on, and we, stepping over bumps, came after him to the next coastal shallow. Vladimir again invited me to sink down by the consciousness and then, approaching nearer to the water, to turn the body: back to the sea.

“And now, back from anahatas — tumble out...” — he smiled and looked at me, — “Maenuel hugs you... Do you feel it? He likes you!”

We laughed.

I now really began to feel the Touch of the Divine Teachers. These Touches could be very intensely blissful! They were — like of a special subtlety sounding joy that fills the whole consciousness, whole body — from head to toes! Because of this, I wanted to become even broader and larger in size — to accommodate this Divine Joy to an even greater extent!

I felt that I was smiling “from ear to ear” and I did not want to disturb this state with any words. So I only smiled to Vladimir and nodded my head in answer to his questions. And what is here to convey in words? They would sound only corny.

I wanted to ask him: would it be alright to love three such Men at the same time? But I did not ask, only laughed silently.

... We went back to the path, and even after a few meters it turned out, that Adler’s *place of power* began. But about Him I did not remember anything, and Vladimir also said nothing, hoping to make my acquaintance with Him in the future.

Vladimir found here good places to cleanse the meridians and to be able to flow down with the consciousness.

... Near the bonfire, he remembered (I do not remember in what connection), a bygone case in the forest. A man of an alcohol-type guarding the tents of tourists asked Vladimir to teach him how to make a fire. If not, he almost cried, the tourists would return soon, they had asked him to boil water for tea, but he cannot make the fire! Vladimir explained everything, gave the entire store of paper from his rucksack and went on his way. But, when he looked around, he saw how that man put and

burnt all the paper which was put above the top of the wood...

There are people who are completely without the ability to learn...

... We went back to the train by a new route. The path led us to a glade covered with small fir-trees and young pines. Vladimir felt here another *place of power*, which they did not know of before. He looked — and said calmly:

“Here is — again Maenuel.”

After walking on this site a few minutes, he offered us to come to work here tomorrow. All gladly accepted: they were always happy to learn new things.

But Some People, Who Almost Reached the Top, Fall Back Down...

Larisa talked with me a lot too: she told me about her life experiences, which could be discussed as examples to help me. She gave me advice about contacts with people with whom I had not quite smooth relations. I felt with her like a small child, whose mother very carefully covered her with a blanket at night.

Anna, also, in turn, came to me and suggested new meditations, when we were walking, for example, back to the train. She herself always tried to embrace and love all living beings, and wanted to help me in making this — my main motive in life too.

She was always filled with a special joy: it was even expressed in her manner of speaking: sometimes the tone of her voice, in some emotionally significant places, so suddenly changed, as if it flew among a flock of happy birds, calling among them to each other. In those moments I wanted to fly up with her.

But there was the couple, whose names I decided not to mention. They always kept separate from the others, but

among only themselves; they always together came and together left. I also noticed that they both wore glasses, and with large lenses. I asked Anna about this. She did not answer immediately, but after a little pause said:

“Maybe, contrary to you they did not wear glasses only as adults but have been wearing them since childhood and are therefore used to them...”

It was not entirely clear. Maybe because I wore glasses only from the age of eighteen and knew what this meant — to see well without any aids? In any case, I really wanted to improve my eyesight. It was especially bad being without glasses in the woods: I wanted to see every leaf, every blade of grass, and all the colors in all their brightness!

... Now I remember the story of one patient, when I was in practice in the room of a psychiatrist. I had the opportunity to just sit aside and to watch the patients and the way the doctor communicated with them. Once a patient came, who claimed that he could see the future: some accidents — in advance. Perhaps he saw it, but he also took medication regularly. Looking at me, he suddenly said:

“You can bring yourself to not wear glasses, but you just do not know about this yet!...”

The Spiritual Warrior Must Be Impeccable in Every Way!

I took off my boots in the hallway at home and stepped down on the bare floor. This was something that I normally used to do. Larisa drew attention to this:

“Now you have to wash your feet, you cannot put on slippers with such feet!”

I tried to argue that I stepped on the floor only few steps. Larisa went on a theme:

“The Spiritual Warrior must be perfect throughout, even in small things! Vladimir — long ago — well explained to us that we walk by streets in places where, perhaps, spat tuberculars. And the street dust with dried and sprayed contagious sputum may well be carried and on the floor of our apartments. If one does not follow Vladimir’s advice, then it happens... he looks so that the desire to argue immediately disappears...”

I did not need more explanation and tramped into the bathroom.

After the supper, Anna asked me to read a book in which I could continue to meet with the stories of the Divine Teachers about Themselves: on Their latest Incarnations, and how They achieved Their own Mergence with God. It was already mentioned by me: *Classics*.

They fell asleep already at six o’clock in the evening, but I for a long time studied the book or was thinking about current events, then — dipped into some of my own problems.

Was it possible that around me, there is no person to whom such knowledge would be needed? And how hopeful I was about some people!... Because I had wonderful friends still with me — from school. Of course, we did not always agree in opinions and sometimes pursued different goals in life, but no matter what happened — we adopted each other such as we were, and tried to help each other in every possible way. And I was always grateful to God for such friends!

I used to notice that they did not understand and did not share my outlooks. But this was because I spoke and explained inadequately, because I continued the life that could not be an example for others... And now even my mother, as I thought, who once would be able to come into my life and understand and accept, now could not. So it turns out... no one...?

Here You Can Enter Directly into Jesus!

Today we were going to the *place of power* of Maenuel!

I was already doing everything freely without glasses, easily stretching out my hands from my already accustomed to very advanced states spiritual heart — to caress and embrace the tops of trees, birds... The morning sun flooded all the space with its gentle light — and again I put the same little sun into my anahata and lighted with it everything around.

... The joy of meeting in a train, road, path in forest — and we were at Maenuel's *place of power*.

It was a very early, slightly foggy morning. The branches of young fir-trees were wet with dew.

We washed our hands using the snow and then ate.

... When everyone had gone to perform their individual tasks, Vladimir invited me along with him. Moving the face towards the sea, he began to explain:

"This is — an interesting and very important place within the vast Mahadouble of Maenuel. It is intended for working with the 'orbits': microcosmic, macrocosmic, and the average. Let us start with the mean, i.e. the orbit of the 'cocoon'. Let us feel the boundaries of our own 'cocoons' and start, along with walking a little, turning the energy of them. At this *working site* of Maenuel, this rotation takes place as if by itself, without our own efforts. Simply, Maenuel, here, helps His embodied students learn this very important exercise."

Vladimir showed how to do it, moving forward.

"But when moving the body in the opposite direction — the direction of the rotation of energy, as if by itself, is reversed. What an interesting and unusual *place of power*!"

I tried to feel my “cocoon”. But I hardly succeeded. In my preparations for the visit, I did not even touch upon work involving the “cocoon”. And all that was in my mind, was two bubbles around the body with luminous points, which were described by Carlos Castaneda. I did not consider this subject before because I assumed I would not be at this stage.

I went a few times here and there, but no significant changes were felt since I could not even imagine what and where this “cocoon” should be.

Larisa was coming towards me, repeating the same exercise. I asked her for help... In the end, nevertheless, I had to admit to Vladimir that I did not gain any success.

Then he said: “Let us leave the ‘cocoons’!” — and proceeded to explain the principles of rotation of the energies of the microcosmic orbit. He explained its trajectory inside the body — on the same path at the same *place of power*.

Now I really felt the rotation which reminded me — at my present stage of development — something like the movement of a tractor’s track.

After working with the orbit, I still decided to return back to the “cocoon”. For some reason, I saw it as round, like a ball. And moreover — transparent. I asked Vladimir about this. He replied that the completely purified “cocoon” is really *seen* as fully transparent.

“About Carlos Castaneda,” — Vladimir said, — “it is an actual fact, that he could not even develop his spiritual heart. His psychogenetic age did not allow him to make such self-transformation easily. Therefore, very much of what was taught by his American Native friends, he did not understand and therefore described inadequately.”

Interrupting his explanation, Vladimir suddenly and calmly said:

“Jesus has just arrived. You can say ‘Hello!’ to Him!” — Vladimir smiled. — “Here, here He is!” — and Vladimir pointed to the space in front of us. — “You can go directly into Him, feel Him, hear what He says...”

Vladimir saw my confusion.

“Hearing God can be most successfully done when we are in the meditation: ‘There is only God, there is no I’. It is the only possibility to perceive God clearly. Only in this situation all His thoughts become understandable.”

I took a step forward.

The effect of intensity of arising sensations could not be compared with anything! It seemed, that there was nothing that was not filled with Jesus! Waves of His Bliss passed through my body! In seconds — my whole life flashed in front of me, and I felt that my control over my emotions was carried away like a dry twig of a tree carried by a strong gust of wind... And I cried...

... It seemed to me that I knew Loving Jesus always. From my early childhood, I remembered the foreign TV series, created based on the New Testament theme, which was broadcast in the mornings on TV almost for a year, — and I always watched them with pleasure.

... Or, when I was just five or six years old, I went with my grandmother by the hand and asked her to teach me how to pray. Although that was strange, for, being educated in atheism, my parents never told me about God. And my grandmother only went to church in the last years of her life. But I knew that I could just ask her about prayer. And it was not the plan prepared by me beforehand: it happened spontaneously.

And my grandmother began: “Our Father, Who art in Heaven...” — and I repeated after her. And learned.

... And once I lost a shoe of my favorite doll and was very distressed by that fact. I was afraid that I had lost it somewhere in the haystack, and therefore — it

would be impossible to find. And then, I went up to the window, into which the sunlight struck, I stood on my knees and began to pronounce that prayer. I asked God to help me to find the missing shoe. Requested — very sincerely, though nobody ever taught me to do this. Then I stood up from my knees and was going to make my bed, lifted the end of the blanket from the floor... And, oh joy! There was the shoe!

I grabbed it, pressed it to my chest and rushed to tell my grandmother about this miracle. Grandmother responded with restraint, and my parents — did not pay any attention. It did not upset me that no one shared my joy as much as I pleased; I then went about my deeds.

... But there were also memories of my older years. One day, completely suppressed by the situation at the University, the mental overloads, and in addition to a heavy quarrel with my mother, — I was stepping down deeply “into myself”, hiding from the world like a tortoise into its shell, I desperately prayed God to come to me for aid. The sense of injustice (by my standards) kept me in continual misery. I cried into my pillow and called Jesus... And He — came! That time I did not understand this in its entirety, as now, but He really came, because I immediately calmed down. I imagined that He wiped away my tears. And then I imagined Him sitting on my bed holding my hand... So I fell asleep...

... And here I was now — in the new stage of my life, the result of my passionate quests and calls! Words can describe only in very small measures what I experienced in those moments when I was in Him — and I thanked Him, again and again!...

Vladimir left me, especially for me to be alone with Him. Tears streamed silently, almost running from my eyes. I was not able to settle down to listen to what He would like to say to me...

I had to leave that place: I did not want to be seen crying by someone. I had to calm down quickly. Once again, wiping the tears, I sat under a tree — to relax. Then Vladimir came. He looked thoughtfully, or listening to, or formulating his ideas:

“As you yourself have not heard, then I will pass what Jesus says to you.”

I sat still.

“It is unacceptable to ignore the experience that you are receiving now! If this happens, it will have a huge impact on your negative karma...”

Vladimir continued:

“Jesus and Maenuel embrace each other... They say, you should now consolidate yourself on the achieved level.”

How can this be so? How can They have doubt in me? Do They suggest that I am capable of taking the entire happening as a game, not seriously? Maybe I have done something bad in my past lives, so God is not sure of me? Or is such the fate of every human soul, to prove one's own devotion to God many times?

For me, it was incomprehensible: the fact that people who were so close to God, such as Olga, suddenly were able to capture something fleeting and turn away... Then in this case it is really possible to doubt everyone...

But the positive aspect of that warning was that I stopped wanting to cry.

Before I finished writing down the words spoken by Jesus, Vladimir added:

“Kayr is here. He says that ‘the mergence with cats’ should be replaced with the Mergence with God right now!”

I already felt that I was starting to fall into a state of prostration: “Kayr! Cats? Now?! What about now? Really — right now?!”. I tried, but due to the chaos of emotions and thoughts, nothing good, I thought, occurred.

Vladimir smiled. I even began to think that everything, that was said, was done on purpose for me to relax. And even if They were smiling at the situation and my reaction — it was not very funny for me!

... Little by little, the others of us began to approach. Vladimir told them too, that Jesus, Maenuel, and Kayr were here.

I did not notice even a drop of emotions, experienced by me, in them. On the contrary, I would name the state they were in as blissful peace: peace and calm on their faces and in their gentle smiles. And there was a feeling that they were present here only with small parts of their consciousnesses. But they perceived all that was happening, both here and far beyond...

Take the Sea on Your Palms...

After I had rested, we once again “undertook” to my “cocoon”.

Looking at my efforts, Vladimir said, smiling:

“Feel your head on the ground, about two feet behind your heels, — and look out from there to the ‘cocoon’. In this way it is most easy to learn to see possible blackouts in the ‘cocoon’ — for pulling off debris and cleansing the ‘cocoon’ with the hands of the consciousness.”

I tried to do all this. But Vladimir said:

“Lower below your head! More below: even under the surface of the ground!”

It was a surprise for me... I still did not fully understand, to what extent the total clairvoyance was capable! If Vladimir saw how I placed my head behind my legs, I just had only to lift my hands with the silent delight! A mixture of all my emotions reflected, apparently, very expressively on my face, because Vladimir suddenly laughed softly and kissed my cheek.

And so, putting my head behind my heels on the ground and even lower, I walked slowly back and forth, trying to keep the head there as long as possible and to see my "cocoon" and body, which were moving above and in front of me. I did this with varying success. This was something even resembling interference on television, when the image appears and disappears. But I was not able to see any blackouts in my "cocoon".

We came back to the middle of the trail. Here Vladimir found a convenient place for the "falling down through" with the consciousness.

"Let us fall down through with the consciousness, then we take in our hands the image of a mop and start with wide circular motions — using the mop handle — to cleanse inside the middle meridian," — Vladimir himself portrayed those circular motions with a mop. — "Also we need to make a hole in the top of the head with the handle of the mop, to cleanse the head inside of the whole energy waste, of all dark inclusions. The entire middle meridian and the whole body — must be filled with the light that is present in abundance at this place. And we must move the body during all this!"

I began to work. With enthusiasm, I took the image of a mop in the hands of consciousness and began to scour the meridian. Firstly — within the width of the body, and then also going outside of its borders, to be sure that I cleansed it all. After this, I punched a hole in the top of head. Then turned back to circular motions by which I was cleaning and poking inside the neck and head. I really enjoyed this exercise, I well-imaged a mop and already began to feel some kind of special lightness in the body below the shoulders. And in my head there was a sensation similar to a motion of ice conglomerations which were cracking — and then were floating to the sides, freeing up the space.

Fifteen minutes later Vladimir came up. He looked at me, smiled and said that my lower chakras have already formed the right column, but more work was needed with the head and neck.

We headed to the sea.

I was thinking that I was, here and now, — in a company with Vladimir, and he is teaching me! Still some months ago, it was almost a “crystal dream”. I thought then, that maybe... someday...

Vladimir was telling something about the Mergence with God, but this time I stayed on his previous thoughts, and I woke up only when he pronounced:

“You can merge also with me, if you are not confused by this! To merge — in my Mahadouble.”

For me, just at that moment this became realized; that it is, indeed, possible, and that such an idea had not even occurred in my mind. It did not confuse me, and I said this to him. He smiled.

We reached the end of the trail, after which only bushes were — and the sea was stretching as far as the eyes could see. Dark-blue sea, with white slabs of ice which reflected the sun’s rays — all was so majestic, calm, and alive!

Vladimir explained the following meditation:

“Take the sea on the palms, raise — and pour its transparency on our bodies, washing and purifying them!... We can wash, in this way, also our main meridians. This exercise is called ‘Washing’, we were given it, for the first time, by Eagle. It is called ‘Washing’ — because Eagle had taught us to wash, in this manner, our faces in the morning, when we lived in tents at His *place of power*.”

To take the sea on my palms — it was already much easier for me. Probably I was helped by all in my meditations. Although in these moments, I forgot about this and thought that it was I myself who can do them.

Now I was taking this soft white light, almost transparent, — and shed it in small waterfalls through the whole body.

“It is possible also to make ‘the autopsy of the middle meridian’ — like a surgery. Let us do this with, for example, the image of a special surgical knife or with the other suitable for this tools — and cleanse all inside.”

The autopsy of one’s own body... I, though a medical doctor, did not do this yet. But, however crazy this sounds, the method was quite effective.

“In particular, when we ‘dissect’ the region of head chakras, we can gently rake away all the energetic densities from the chakras with hands of the consciousness.”

While I was walking along the path, trying to imagine all the known by me and effective for this purpose surgical tools, also the course itself of the “operation”, I drew my attention to Anna, going forward. Already on the way she looked at me, I realized that she wanted to say something.

And so it happened:

“If you are trying yourself to do it all — that is good. But try to do the same — with the help of the Holy Spirit, asking Him to assist. It is possible, firstly, to merge with Him or Her — and then together, with united hands, to cleanse, to purify the body up to full transparency.”

After all, it turned out that I really focused only on my own efforts. I somehow even did not think to ask Maenuel for help. There sat in my mind only the learned sport phrases, like “by only your efforts”, “everything depends on only you!”... But now it became obvious to me: I wanted to get closer to the Holy Spirit, but did not even look at Him!

So, sheepishly and gleefully, I asked Him for help. And, indeed, there were very different effects! It was like if Maenuel Himself relieved, that at last something really significant appeared at His *place of power*!

My mood rose, exercises became more vigorous! It was so nice to feel that His hands and mine were together!

... Vladimir at this time was talking with others. He turned suddenly to me and proposed a more efficient version of the “penetration into head”. He offered to hit by the end of the stick of a mop into the foramen occipitale magnum. On hearing the familiar medical name and even remembering what it meant — I rejuvenated.

What immediately came to mind, was unpleasant and painful memories of the practices of anatomy, where we, the students, had to work with real human corpses, studying all their muscles, blood vessels, and nerves.

But this was in the past. But now I realized that I should hit into the lower foramen of my skull with a stick of a mop, which is in my hands of consciousness. “Soft tissue” could be “cleaned up”, as well as the spine, and I was already well aware of that hole — where I should hit!

Others asked Vladimir to explain to them what the term meant, because it was for the first time that they heard from him these Latin words. I moved away to perform the task. Vladimir added after that he would give me fifteen minutes to work, and then would lead me to Lada: “to the court of God”. Hearing these “terrible” words about “court of God”, I slowed down a bit. But I did not sink much into those thoughts and started the piercing of that skull foramen.

Having just started, I felt that I was already tired, but the goal was attracting me much stronger. My state was really transformed. I combined “punches” and circular motions of the mop with maximum intensity, although I had to take short breaks for rest.

Vladimir approached and looked at me. He said that I am already better, but I need to continue to work with head and neck still more.

“It is possible, for example, to take, with the hands of consciousness, a spray with white light fluid,” — Vladimir offered another version of the work, — “and sprinkle on the sushumna in vishudha region from behind: to dissolve all that was dark in this place. It is also possible to turn a stick into a surgical swab and cleanse with it the cavity of the head, as do the fans collecting skulls,” — he smiled.

I did everything as he said. For greater effect, I completely penetrated into the skull and already in it, often changing the pads, cleaned out all black and grey energies. The head was a little buzzed, but the unusual easiness started to be traced. It seemed, that at least some part of my collection of energetic rubbish was removed. I went to rest.³

Vladimir at that time went slowly by the path to other side of our bonfire. When he returned, he called all of us to him. There was a high-voltage line with wires that ran in two rows above us. Drawing attention to them, he said:

“High-voltage wires are surrounded by energy fields. These fields do not cause injury, as most people think, and, vice versa, they can create interesting *places of power*, combined with Mahadoubles of the Holy Spirits. But really bad energy fields are created around not wires, but transformers.”

He proposed to feel changes in the energy field under the wires at the interval of about 20 meters. We found 4 different states there. The most interesting for me segment was where self-awareness in the body disappeared completely. It was more pleasing to be at this point than at other places. And also it was very easy to flow by the consciousness.

³ Editor’s note: after all exercises with chakras and meridians, it is important to perform shavasana.

Vladimir commented:

“Every incarnate man gets accustomed to living, perceiving and feeling only the material world. Usually it is not necessary to perceive energy fields, so man does not develop this capability. But on the spiritual Path — this must be learned: for man to become closer to the Creator, it is the only possibility — to change him/herself by the quality of the soul. But it cannot be done with any certain gestures or by similar actions. A layer of matter in the ‘multi-layer cake’ of the multidimensional space — is very small in size — in comparison with the whole ‘pie’ of the Absolute. Therefore the process of practical searching of God implies cognizing and mastering all layers of multi-dimensional space, focusing on the most refined, most subtle layers. Remember: God — in the Aspect of the Primordial Consciousness (the Creator, God-the-Father) — is exactly the subtlest of all that exists in the universe. Therefore such trainings, like those with energy fields around the wires with currents, are very useful on the first stages of the Path.”

What Is This: Are You in a Bra Today?

The sun became warmer every day. At last, I could exist without a hat and in an unbuttoned jacket. It is true, however, that I was “told” to do this; if not, I would continue to be dressed like a “cabbage”. For me, in fact, — the hotter the better.

Vladimir, at that same time, had already taken off his jacket.

He invited me to join all the others in order “to get the great initiations” into mantras “Purr!” and “Miau!”⁴. We laughed and stood in a circle.

⁴ It is the Russian pronunciation of the English “Meow!”. One needs to use “the version of Russian cats”.

Looking at me, Vladimir immediately told me to take off my jersey... Jacket — too.

I went to my backpack to put in it the removed clothing. Then I came back. I still had on my body two shirts and two sweaters put one on top of another. He again looked at me critically.

"I hope you do not have synthetics in your clothing?" — And after a pause: — "What is this: are you in a bra today?"

Anna and Larisa, it seemed, were more surprised than I was.

"But it is not synthetic! And it does not hinder!" — I made excuses.

Anna and Larisa embarrassingly tried to apologize also: "We did not notice! We did not even think about it! What is the reason for her to have it?"

"Take it off!" — they laughed. — "God loves naked women!"

Vladimir smiled looking at me.

"Nothing should put obstacles in the way of the expansion of the spiritual heart! There should be no hindering clothing!"

"But what about 'public demand'?" — I noticed.

"It is — a completely unnecessary 'requirement'. The same — with synthetic tights and shoes with high-heels! How many women have spoiled their health because of these 'demands of society'!"

Turning away and a little embarrassed, taking off my bra, I remembered about my permanent ten-centimeter high-heel shoes, in which I ran in previous years to a disco after a long working day... What a suffering it was!...

"The spiritual heart must pour freely from the chest: nothing should stand in its way! Do you feel how you are now expanded with the consciousness, how it becomes easier to breathe?"

Yes, indeed, it became free! Involuntarily I stood up, straightened my shoulders.

... The sunlight gently flooded the meadow with its warmth.

With cheerful enthusiasm, they began to make for me "the great initiation".

"Let us concentrate with the consciousness in the top chakra sahasrara. And then go down quickly through the front meridian — to the muladhara chakra — and without stopping the motion, go immediately through the sushumna meridian up to the top chakra. Then — back along the same trajectory. During each such cycle — we pronounce aloud, but feel the sound in the meridians: 'Miau! Miau! Miau!'. Make the accent on 'a'."

Vladimir showed the exercise, helping in the advancement of the energy with the movements of his body.

"This is — a great way to cleanse quickly the front and back meridians. It prepares one for the mastering the 'microcosmic orbit'. We must, of course, repeat these 'miau!' many-many times."

I asked:

"But why the 'Miau!'?"

"Well, you may try to do the same with 'Bow-wow!'"

We laughed. Yes, with a "Bow-wow!" it would be, to say the least of it, more complicated.

Then we started the work with the mantra "Purr!"

"Let us concentrate with the consciousnesses in the muladhara and svadhisthana chakras. Then lift the energy of the consciousness through the front meridian, feeling ourselves like a blissful cat that had just warmed up to a radiator and now is stretching in bliss." — And he showed stretching with pleasure and with "purring" while stressing and prolonging the sound "r".

After verifying the correctness of my execution, Vladimir left me to continue "purring". Anna added that

it is possible to share with others this blissful joy. And — also to use this mantra for becoming free from tiredness.

This mantra really caused a sensation of sweet awakening after a good sleep, my eyes even narrowed with pleasure. So, we were walking through the meadow and were “purring”.

I sat on the grass to rest and to write down in my notebook about the mantras. When I finished recording, Vladimir came up, having decided to continue the theme of wardrobe accessories:

“Clothes, if possible, should be comfortable — to the extent that it is not felt by the body. Because of this, we can feel God better.”

“I do not like it when people stare at me!” — I barked out.

Vladimir replied very simply:

“Beauty must be presented! This is one of the possible manifestations of the love which is expected by God from people. Beauty — refines us, fills us by the refined power! Beauty, as is known, has to saturate and save — by this — the world!

“But, of course, as well as everywhere and always, this must be used with caution. Moreover, one must learn circumspection! It would be, for example, wrong to put yourself in danger, seducing primitives with your beauty.”

I did not know about my personal beauty, but what Vladimir referred to about one of my favorite writers — Dostoevsky, forced me to keep silent and to think. Then I remembered another popular expression, but from Chekhov: “Man should be beautiful in everything: with the face and clothes, soul and mind!”.

So I thought that: if God allows us to go as openly, then — let us take away the long skirts and covering sweaters!

But here, Vladimir said:

"But, I repeat: do not behave like a hooligan! And — demonstrate the beauty of a body to the representatives of the *tamas guna*!"

Then he continued:

"But, starting this conversation, I did not mean the erotic subject, although it is — also very important and good; it was already discussed by us. But I would like to emphasize that for successful improvement through meditation practices, it is very important to feel free. There should be no concern of unfinished business, alarm. There should not be feelings of 'being crushed' by someone, also remembering that 'they do not respect me', 'I am misunderstood', 'I am victimized', and so on.

"By the way, to get rid of these states, one has to master the art of psychic self-regulation.

"And it is also difficult to achieve a sense of freedom 'in the 4 walls' of city apartments and offices — as opposed to natural open spaces, where we, as you can see, have developed ourselves and help you now.

"The same — about tight clothes which are harmful for blood circulation, hindering movements, also interfering in the normal functioning of the *chakras*. Best of all, so that you will feel yourself, it is better to meditate without any clothing. Of course — taking in consideration the weather and different social factors, which were already mentioned by us.

"On the spiritual Path, a spiritual warrior must seek ways to cleanse, to wipe, to dissolve all covers around the soul — then to gradually, completely 'dissolve' it, moving to the Mergence with God. The clothes may be one of such covers — including even its symbolic consideration.

"But I stress again that we must avoid here, as in everything else, 'excesses'. You, for example, see that we all are working now in clothes."

I Cannot Love You Entirely When You Are in Such a State!

And then we went to Lada.

Her *place of power* was not far away, only about a hundred meters from our glade — in the forest, between the tall pines. There was another energy state. Vladimir directed our attention to this by proposing to detect the changes, by crossing the borders. I immediately found it. The feeling inside the glade was such that it became easier to breathe, it was possible to inhale completely and to come away from the body with almost the whole volume of consciousness.

Vladimir said later that at this point the spiritual heart itself becomes enormous.

We went a few meters further and stopped. I closely followed my own feelings. At some moment, the whole surrounding area became... more intense. Vladimir said that we had entered into Lada. He smiled silently. I understood already that this means that he is listening in.

"Lada points to your head. She is dissatisfied with your upper 'bubble of perception'. She says that She cannot love you with your such upper 'bubble' — entirely."

I felt like a little kitten, which was waiting for sour cream, but which, instead, was poured over with a bucket of cold water. She cannot love me? Everything is so horrible?!

Vladimir saw my face, laughed, and again kissed me on the cheek.

Well, I thought, probably They only scare.

But, on the other hand, would the Holy Spirit say to me anything without a reason? No matter how many fun sides could be in this, with Lada I had to take these words of Her seriously. So, it requires of me to become such, for Lada to love me entirely! And how could it be otherwise?!

Vladimir asked me if I wished now to return to the previous place — or to stay here, with Lada. Of course, I decided to stay.

I went along the path to the place where I felt Lada most intensively, and tried to catch — without the assistance of Vladimir — perhaps some thoughts or words that She would like to tell me: what should I look for, how to improve myself?

I desperately was digging in my past, trying to catch those of my sins, because of which the state of my upper “bubble of perception” looked so bad that even such intensive work on the *working site* of Maenuel brought only partial changes.

Finally, it seemed to me that some definite ideas stood out especially — and I recorded them in my notebook.

Feeling a little relief, I joined the rest of the group.

Vladimir asked nothing. He sat on a log, listening to God.

... Then the topic of discussion was a way to help me cleanse my “bubble of perception”. Vladimir offered to return tomorrow to this same location. But, as always, when making important decisions, he asked for a blessing from God.

“Lada is here. She endorses the plan.”

“Theory of Watering”

Before the station, Vladimir suddenly drew my attention to what I... water — little. All the others go into the bushes for this quite often, but I — almost never. And on this occasion he gave me the lecture, telling me to write down the title: “The Theory of Watering”:

“Waterings have to be divided into:

“Obligatory — and facultative (i.e. optional, individual) ones.

“Obligatory are accomplished before the meditative work, for example, before a long journey and before bedtime. Scrupulous execution of obligatory watering teaches people to live on the principle ‘it must be done!’, rather than on ‘I want to!’ or ‘I do not want to!’. The spiritual warrior must live only on the first principle. One, who does not master the right practice of the watering, it can be said about such a person that he or she did not already learn how to mark strategically their own path in life.

“A bladder which is not emptied completely distracts the indriyas of the mind, acting like an uncomfortable garment contracting the body. And one cannot feel free and fully love God, if declining to water, according to the presented rule!”

All this was pronounced with a light playful pathos, while maintaining a serious expression on his face. And all the others listened, extending from their anahatas, being delighted with Vladimir’s speech.

Any interaction between the members of Vladimir’s company was always on this emotional background — open, light-loving, saturated with unobtrusive care for each other, and now — the same was done for me too.

Here there was also much joking and laughing always — even in the rigorous conditions of life; in both material and political aspects.

I was told that, in the past, one of Vladimir’s themes of jokes often were, as he called it, “playing the religion” of adults — in those supposedly “spiritual” schools, where the real work which God expects from us, is replaced by the selling of specific mantras and taking new foreign names, also where special “monk” clothing or hairstyles are used.

Laughing at all such “plays of religion”, he began to call himself among friends — *Purrer*: according to the invented by him “mantra of feline bliss” “Purr!”.

Katya, laughing, once said that this name fitted him very well: he is really the Purrer! Because however difficult it is, he only “purrs” a few times to cleanse and align the energies in the body and in the “cocoon” — and dives with the consciousness into God’s Consciousness. And there — the Bliss! And he presents this Bliss to others.

God is in him, he is in God. He has realized this.

* * *

At some point I began to feel that my head started to break up slowly; even to move it became painful. I immediately began to blame myself: thinking that I worked poorly and generally contrived — in such a short period of this embodiment — to neglect myself so inexcusably!

But Vladimir approached and began to explain that after such healing practices, as were today’s, the existing health problems could get initially acute — before they vanish.

I confirmed to him my headache, and sighed with relief: it means that it is probably a positive sign.

At night I found it very difficult to fall asleep because of my headache, as well as the desire to cleanse immediately my upper “bubble of perception”. And now the best thing in my opinion, that I could do, it was... to repent. I went over in my memory again all the injuries, both to myself and those caused to others by me, all my claims and accusations, all the desires which were directed against the principle of love and, accordingly, brought only pain and disappointment. I tried again and again to go through those situations — in the right emotional state... Then I re-read books, tried to speak with the Holy Spirit, to listen to God’s answers — as long as I felt no fatigue. And only then I could fall asleep.

“Sandy Energy” and Riding on the Planet Earth

In the morning, Anna noticed that my eyes were brighter. She was truly happy, looking at my face. My head... no longer ached! I thought I had actually gotten rid of the piles of trash and garbage in it!

... We returned to Maenuel's *place of power*. It was necessary to consolidate all the mastered skills. Plus, Vladimir added that it is possible to “open” and cleanse the legs — as it was done with sushumna and the middle meridian.

We were standing near the bonfire and meditating. Sometimes, Vladimir and others tossed into the fire dry branches and different debris of human origin: pieces of polyethylene, plastic bottles, etc. Purification of such pollution in any natural areas, where we stayed and lighted bonfires, — each time it was a natural activity of our group.

I was surprised that they threw into the fire also glass bottles: since they do not burn!

“Well,” — Vladimir answered, — “it is necessary for cleaning the environment of glass as well. If we do not destroy these bottles — some drunken company will break them. And then various small animals can injure their paws on the sharp fragments of broken glass. Glass bottles can be completely melted in a good fire. But in any case nobody can throw into a fire screwed glass bottles: they explode like grenades — and splinters fly at great speed in all directions.

“But even in any other conditions, one needs to handle fires with care,” — he continued. — “It is very dangerous, for example, to make a fire in peatbogs during dry weather. Or — in the fir forest, under big fir-trees: their old needles start to smolder, like peat. This means, it is possible to start a conflagration and to kill in vain a lot of

plants. But each of them — is a living creature, in every plant body a small growing soul lives.

“By killing plants in vain, as well as animals, we hurt Evolution. And also — spoil our own destinies.

“Especially in the spring we should beware of burning dry grass. From the so-called ‘spring fires’, many plants and animals become injured, they are forced to suffer and die. A colossal mistake is to believe that burning grass — is useful. They say that ashes is a fertilizer. But the soil consists not of ashes, but of decaying organic matter! Imagine, for example, black earth. Is it of the ashes? By destroying dry grass — we just impoverish the soil! Those who do not understand this — they should be regarded as weak-minded!”

... On this day, I needed to consolidate the received material. Again asking for help from Maenuel, I set to work.

I was quickly carried away by the work with images.

Since all possible methods of such work with images were good, my fantasy played out. And instead of mop, I presented a huge drill consisting of light — a drill for drilling rocks. Of course, this drill was “magic” and “sunny”. I “bored” with it the my body. At one point, it even seemed to me that not only Maenuel, but also Juanito, Jesus, and Lorenz came to help me... Although, it could be just my imagination.

The very fact of the efficiency of such uses of images for medical purposes seemed awfully funny to me. I laughed inwardly and was inventing newer and newer forms of opening and cleaning the upper “bubble of perception”. For example, instead of the stick of a mop, I used a sharp spear and pierced by it the entrance of the skull. Then — rotated the energy of the “cocoon”, then — by the meridians, washed the whole body with “the sea of Divine Light”.

... Being tired and happy, I returned to the bonfire.

Vladimir looked at me and said that the area of vishudha already lightens. But he also noticed, that in the neck, on the left-front side, a small dark spot now became visible. Previously, it was impossible to see it, because of the overall soiling of the chakras.

... Already, on the first day after my arrival, he told me that he *sees* the shades in my pectoral part and in the neck, as if I had problems there. I was greatly surprised, as I noticed some paltry tingling there.

And I knew that my vishudha — was very polluted! And it was precisely at that point Vladimir said, the nodules had be found, even the biopsy was done, though cancer was not found. And now it turns out that this could be the beginning of a really serious illness!

Vladimir proposed to burn those darkenings with the image of fire.

I took the image of a little light on the palm and brought it to the sore spot.

But it was not very effective, as Vladimir, looking at what I was doing, offered another technique: to imagine that the back side of the body — was the vertical wall of a mount, and behind the wall — a precipice of infinite size; then I needed to flow out with the consciousness from the anahata and merge there with the Divine Light-Fire. Then — to act from this state.

But this meditation was at me even worse: to merge with God — it was not easy for me. Maybe after a few seconds, I felt a specific pleasure, but it was quickly lost.

Then Vladimir called me to a site where the path was covered with bright orange-yellow, very clean-looking sand. He said that this sand had a special power and suggested to take the light of this sand in my palms — and “pour” it on my face, neck, front meridian, at the location of the points to be treated.

“Harder to get rid of those of similar pathologies, which have occurred already on the material plane,” — he said. — “If they are for the present only on the non-material plane, it can be more easy to get rid of them at once with the hands of the consciousness. But if the disease becomes apparent already on the material plane — it must be done with much more efforts.”

I started to perform the task. But ten minutes later, I determined that this action must be intensified. Asking for help from Maenuel, I applied the image of a flame thrower. Then we (I with Maenuel) increased the number of flame-throwers and the intensity of their work...

... I did not tell anyone about these new techniques. But I already came up with the dumb question: “How am I?”. And I heard that the dark places became nearly absent, and that they were very minimal.

“Now — to rest! Then — you will continue and finish.”

Vladimir proposed the new meditation for relaxation — “riding on the planet Earth”: everyone feels own little body on a huge planet, on which... rides in outer space. Then — to stretch the hands deeply into the consciousness of the Earth, studying it, loving... Between the hands — anahata. Hands consist of the energy of anahata.

Immersing hands into the consciousness of the Earth, it is very easy then to get *there* — with one’s own spiritual heart between the palms. And, in the light-depths of that space, one may search its great silence...

To rest by this method — it was good! I saw not only the Earth in the depths of which I was trying to dissolve myself, but the stars, the space scopes...

... Later, we continued the conversation around the bonfire. Vladimir was not with us, but Anna, Katya, and Larisa took part. We were talking about emotions, which are produced by the vishudha chakra. I wanted to clarify this for myself as exactly as possible: what to work

with, what to repent of? It turned out that the emotions of resentment, frustration, sadness — are, including, the products of this chakra.

When Vladimir approached, we talked about the possibilities of healing the spine by means other manners than meditation. Vladimir waited until we finished this topic, then he approached me and began to carefully observe my vishudha with the thyroid gland. No residual disease he could find in it.

“Pedagogical Probation”

We were again at the *place of power* of Maenuel.

This time, Vladimir asked — for me to remember better what I already mastered — to pass the “pedagogical probation”. That is, I had to play the role of the teacher, and all the others — the role of the students. Only Vladimir moved away from us — for me not to be confused by his presence.

Of course, I, at first, “squirmed”. But since I already had the experience of such “performances”, I then — after some efforts — I spoke about my experience of work with the neck and head chakras. All of my “students” were diligently doing all the exercises.

All they then praised me. The only thing that was said against, was that when one appeals to the audience, it is necessary to use not “you”, but “we”. For example, *we* flow from anahata, *we* merge with the concrete Holy Spirit, etc.

Why is this? Because, Vladimir said, if one says “you”, the students have to make mental operations: the “you” — it means “I”. But if, however, one uses the pronoun “we” — such an operation is not needed, and the adoption of the information is much easier and more natural.

Moreover, if one uses in such situations the pronoun “you”, it will mean (deliberately or inadvertently)

contrasting myself — to those who are listening to me. These pronouns are separating. Thus “we” — uniting. And the love, which we must develop in ourselves, is the uniting.

In this regard, it would be helpful for all to draw attention to one of the important features of the Polish language. Poles do not say “you”. Instead, the turnover is applied, which makes us look at the situation through the eyes of the interlocutor. For example, there it would not be said: “Tatyana, you have to do this and that!”. But it would be said: “If Tatyana finds it would be interesting for her, let her do thus and thus”.

... I do not know whether my teaching was so good or not, or if I was only in need of being supported — but I went back to the bonfire with a sense of passing the examination with the “excellent”.

Vladimir was also happy for me. And I finally was able to “straighten my shoulders”.

... We were standing near the bonfire, when Vladimir suddenly pronounced:

“Mary Magdalene has come... She had not come to us before ... She says that She has reached the Perfection in the next incarnation, after the well-known one to us. Also, She also says that you will be tempted after a month. The temptation will be — to abandon the Path... Lada also told me the same in confidence,” — Vladimir added. — “Mary believes that now you can be told about this.”

“If you will be able to stand that test,” — She continued, — “by the end of summer you will open for yourself even wider growth prospects...”

“Well,” — I was thinking, — “tests are needed.” — I knew this and was not surprised. Although this form of warning about them — was scary me a bit. Immediately I began to remember what tests Vladimir passed in his life...

But — it is necessary to agree with the Will of God. And it is impossible to hide anywhere from Him!...

... Anna decided to explain to me the next exercise. It was required to learn how to cleanse the partition between the sushumna and the middle meridian.

"First, let us blow the sushumna: cleanse it with the image of wire-brushes with the soap suds — from the top down. You can add other available images. Then — fill the meridian with 'liquid light'."

Watching my actions within my sushumna, Anna occasionally corrected me. For example, she noticed that I needed to increase my efforts at the level of the pelvis or also I have to make a little more in the neck.

Then we started clearing the wall itself.

"Imagine the middle meridian like a large test-tube without a bottom. Let us enter into it simultaneously from below, and into the sushumna — from the top. Then begin to scrape down the partition with both hands simultaneously — up to full transparency over the entire height."

Anna watched, corrected, suggested.

I was able to see the dark patches in exactly those places where I used to feel uncomfortable...

* * *

I had to leave and go home soon. Vladimir asked me to repeat at home all the exercises many times — not only not to lose what I had mastered, but to consolidate the position. And he insisted that I should never forget to rely on the help and guidance of my new Friends — Divine Teachers.

Yes, now I will always be with my favorite Teachers! I am now — never alone!

I Became a Mahadouble

And soon we were again going to Lada.

Along the way, Vladimir showed me a new meditation — to create my own Mahadouble.

“When I am the Mahadouble, it is important to feel my face and hands. Mahadoubles do not have legs, except for those cases, when there is a need for obtaining them specifically for a time. From the state of a Mahadouble, now we are looking at the ground, are expanding in scope with the vast spiritual heart, are touching the sea! Gradually, the ability to act as a Mahadouble will grow. Then one can create Mahadoubles also far away from one’s body.”

It turned out — very cool! Especially — when I learned to feel my own face of the Mahadouble.

“It should be started, coming out back from anahata,” — Vladimir explained.

I felt now myself above the pine trees and looked over the sea. And — being Light and Love — flowed over the vast, embracing forests, fields, sea!... I certainly was not able to do so, as did the others, but I hoped that one day I would be able to learn this.

Vladimir saw a man walking from far towards us, and he warned me not to start doing any unusual movements of the body. Vladimir was always careful in this. Once again I felt sad a bit: we were obligated to hide from other people, as if we were doing something criminal...

“Not we are the criminals, but they... (I do not mean this concrete person, but those who fight against God). They — had always fought and will fight against people like us...” — Vladimir continued my thought. — “But to join with them in open fighting... — it is impossible to help the deed by this. Why did Jesus say about those that they do not understand what they do? They — are sim-

ply still young or already almost hopelessly corrupted souls. And it is impossible for them to be corrected by confrontation..."

... Finally, we came to a *place of power* of Lada.

I, with a hope, rushed to Her: "Well — am I now better?!"

Vladimir voiced Her response:

"Lada says that She 'intimidated' you that time in order to speed up the process of your changing... She says that you have confirmed your willingness and ability to change, that successfully clears your karma."

Vladimir continued listening to Lada:

"She says that God is thankful to us all for our work. But there will still be obstacles on your way, which are absolutely necessary for you to overcome... All will help you in every step of your way, but you retain the freedom of will. Lada says that, if you will go off the track, — She will cry, but will not protest against... And no one will punish you, because you will punish yourself. Amen..."

"Do you know what it means: 'Amen'?" — Vladimir added from himself.

"So let it be!"

He nodded.

... I went for a long time by the path, passing through Lada's *place of power*. And talked and talked with myself... Of course, I will punish only myself! I did not doubt in this! I was ready for anything, except to come back to the empty and meaningless existence, which I had before I met the books of Vladimir. It would be better then — not to live at all!

My perturbation gradually was subsiding. I wrote down in the notebook the thoughts and tips which came to me, and thanked Lada. Then I went back to waiting for me Vladimir and others.

Vladimir again was sitting on a log. He asked me, whether I *saw* what had become my spiritual heart?

I decided to be more modest and replied, that — a few meters.

“Why, are you a liar!” — Vladimir smiled.

And then he added:

“You need to develop a sense of yourself in a state of maximum expanded consciousness. This will help to accustom yourself for the life in a state of the Mahadouble.”

He asked Anna to show me how to limber up the spine on the trunk of a fallen tree, and he went to the bonfire.

Anna chose a convenient trunk, sat on it from one side, and then slowly began to slide down, moving the body slightly to the left and right. I repeated. Very cool! I was sinking in bliss...

Materialistic and Spiritual Psychiatry

We still had time before the train. And, because it was impossible to lose it, spending it in vain, Vladimir suggested walking with him again and talking about medicine.

He began to speak, but suddenly... broke off mid-sentence:

“Maenuel interrupts. He says: ‘Tatyana is already aware in this. Switch over!’”

It was so nice to know that the Holy Spirit listens and participates even in such our conversations!

How I wanted to get rid of all the barriers to the perception of the Holy Spirit — just as Vladimir was able to! Indeed, for him — They are just as real as embodied people! He lives almost constantly in Their company! And it was possible to watch him from time to time switching his attention between communicating with us — to com-

municate with Them! It was as easy as changing-over contacts with two groups of people using modern means of operational telecommunications!

... I decided to touch on psychiatry. It was always very attractive for me, but when I knew that almost no psychiatric illness can be cured through materialistic medicine: it can only damp the symptoms, — then I refused to choose that profession.

Vladimir said:

“Yes, to really help mentally ill people with materialistic psychiatry — it is almost impossible. As for concerns regarding schizophrenia, it is necessary, first of all, to make sure of the allegiance of the diagnosis. Let us remember how in so called ‘Soviet’ time, the psychiatrists in our country were obligated to declare this diagnosis for not only schizophrenics, but even for those who were religious, who wanted to learn voluntarily and independently one or another eastern language...”

I asked about child psychiatry.

“Children with mental disabilities, for example, with an inclination to pyromania, with strong aggressiveness — it is better for them to be isolated from the society, under medical supervision, of course. Because they are the criminals of the future. But phenomena such as autism, are removed easily — by means of clearing the chakras and the development of anahata.”

I complained about the difficulty of university tests, where it was necessary to keep in mind a lot of classifications and subclassifications of mental illness.

“Yes, the designation of those words or other forms of such disorders — it is simply ‘a way of talking’, as Juan Matus expressed.

“Materialist psychiatry itself — is, first of all, a way of bringing up the arrogance in psychiatrists! They learn to look down on each other, placing the ‘diagnoses’ to everyone.”

After thinking a bit, Vladimir continued:

“Once I had the opportunity to get acquainted with the statistical data on the incidence of mental illness among physicians. It turned out that just the psychiatrists were in the first place!

“There are, of course, among psychiatrists, those who turn out well enough to ‘survive’ before the temptation of this vice.

“But, still, little-useful modern psychiatric diagnostics should be replaced in the future with the Divine diagnostics. It means to estimate each person from the position of the Evolution, i.e. as well as God sees this! I mean several coexisting systems of psychotypification, taking into account, above all, the psychogenetic age of each, plus the identification of significant fundamental flaws of the souls. Only on this basis, the creative diagnostics is possible, allowing not only to ‘pin a label’, but to treat and to cure — on the basis of understanding of the mechanism of the ongoing processes.”

Vladimir paused and then spoke again:

“If to approach each person from the evolutionary standpoint, at once it will become obvious that:

- many cases of dementia are not diseases but just the early stages of development of mental abilities of evolutionarily young souls,

- that epilepsy is often caused by a demon (the primitive spirit — human or animal) which took up its residence in the body of the patient,

- that the cause of paranoia and of many psychopathic changes are, most often, the nurturing the grotesque ethical defects,

- that the gearing of schizophrenia is demon possession because of serious ethical errors on the background of intellectual weakness...

“Conclusion — to be mentally healthy, we must study the God’s Will for us and to learn to live according to it,

but not to the morality inculcated by religious pseudo-pastors and criminal 'authorities' of all sizes."

"Another question: I had a case when a teenager, who wanted to commit suicide because of unrequited love, appealed to the reception. How can we help? What may be advisable in such cases for the youth?"

"It could be advised to that boy to pay attention to how he himself could help others and due to what personal qualities he could be loved by others — for they themselves to begin to seek his love.

"One has to learn to live in the mode of giving, rather than the desire to obtain and receive from others!

"We must see that total self-centrism is peculiar to the majority of children! It is, in particular, from here — the inability to put oneself in the place of those who are robbed, who are humiliated, beaten, killed."

We heard the voices of gulls in the sky, and Vladimir immediately "switched", and suggested the meditation:

"Voices of seagulls create the feeling of spaciousness! We can look through their eyes at the world..."

Incest: Is It a Crime — or not?

When we rode on the train along a large swamp, which was almost completely cluttered with debris, over which flocks of birds were circling, Vladimir drew our attention to it:

"Why so many birds of different species gathered there? There were the nesting grounds of their parents, as well as of many previous generations.

"There is an interesting phenomenon studied by zoologists: the imprinting of one's own place of birth — for after seasonal or other migrations to return to breed in it. This phenomenon exists in birds, fish, aquatic mammals, and various invertebrates.

“Why does this occur? To have the best chances of finding partners for reproduction. This is necessary for sustaining different species of animals. And all healthy individuals, overcoming sometimes thousands of kilometers, find that same little piece of land, river, or sea, where they were born at! Birds are orientating during their transigrations, being guided by the Earth’s magnetic field, the fish — also on the subtle nuances of the chemical composition of the water.

“But those individuals who were not able to do this because of their different pathologies — they are deprived of the opportunity to find many potential sexual partners. But they do not lose the possibility of leaving offspring completely: they can find at those ‘wrong’ places — other stray individuals. By this way new areas are adapted by animal species.

“So,” — Vladimir continued, — “when suddenly, after returning from a distance, the animals find their ecosystems disrupted, their breeding sites disappeared or it is impossible to get to them — it is very traumatic for such animals. Imagine yourself in their place: coming home after a long journey — but there is no home...”

After a little pause to give us time to think, he spoke again:

“This topic can also be viewed from another angle. I remember that, as children in school biology classes, we were taught that inbreeding — unacceptable! It is dangerous! Defective offspring is born of such relations! Even in the whole animal world, this does not happen!

“But, as we see, this is a complete lie: in the whole animal world just the inbreeding dominates! And not close couplings — that is the lot of the disabled.

“I am not preaching the incest among humans (i.e. sexual intercourse with close relatives). But there is a ban on it — not only in the ‘public morals’, but in the laws of some countries! And let everybody think independently:

is it correct? Personally I — see that the medico-biological reasons for this prohibition are not,” — Vladimir concluded.

Are You Afraid of the “Terrible Christ’s Judgment”?

In parting, Vladimir, as always, smiling gently, but trying to portray as a joke-threat, said:

“If you come again to us, I will take you to the ‘terrible Christ’s judgment’! Does it scare you?”

“No: I now know on my own experience that ‘God is Love!’. You yourself have already personally introduced me to Him!”

“Okay! If so, you will have meetings here, in this, our area, with Huang Di, Apostles of Jesus Christ, Divine Sufis, and with many Others!”

“I will come! My life is now with all of you!”

“Amen!”

Meeting with Sathya Sai Baba

We had a long talk in the evening with Anna. I tried to explain everything for myself, to place necessary emphases. I asked for advices about my parents, friends... and suffered with the thought: what temptation can force me to abandon the Path? For example, what “earthly” casual, passing love can overshadow God for me? What cozy “nest” or material wealth can bring to me happiness more than the Eternal Love with the Main Beloved? That wealth, which I had already received, it is the only thing for which I would like to fight and live for!

... Anna offered me the opportunity to go to the *place of power* of Sathya Sai Baba in the morning before I left. That place was not far from her home. She added that her house has the wardship of Him, and the

houses of others of us — of Adler, Babaji, Kayr... And He — Sathya Sai Baba — is now sitting here with us and listening.

I gladly accepted!

* * *

In the spring morning sun, we walked through the city.

In the square, I felt how I “fluttered up” by a Mahadouble. We approached the tree, near which Sathya Sai Baba was felt with special intensity. I melted into bliss, passing this place up and down about fifteen times. People were only few this morning, and we tried not to attract their attention.

“One day,” — Anna said, — “I saw how Sathya Sai Baba was playing with the children. Heavy rain has passed, and worms had crawled out of the earth — onto park roads. And He touched with His Hands the anahatas of children — and the children enthusiastically saved these animals, transporting them from the roads to the grass.”

Anna suggested to me to try to fill the Mahadouble of Sathya Sai Baba: beginning with His Face, and then — to dive back out of His Anahata into the depths of multidimensionality. And then — to feel the infinite Ocean of the God’s Consciousness...

From this meditative journey I had even a little dizziness. Anna said that it was — normal, and then I will learn to “dive” deeper...

We walked around the area, went to the river. She showed where the Mahadoubles of Vladimir, of Adler are... But the departure time approached with every minute.

... We were sitting on a bench in silence during the last quarter of an hour.

So I was leaving.

How much remained to be done, how much to learn!...
And how it was wonderful to live!

My Own Search for Places of Power

At home, I already began to meditate the next day. Those were the exercises, which can be practiced not at natural *places of power*, but in apartments. Maenuel's meditations were the best in such a cases. Anna had recorded for me special music — for the attunement of the spiritual heart. I switched it on — and immediately noticed that all meditations with it became much more efficient!

... And then, just in the first weekend, I rushed to survey the nearest parks to search for *places of power*.

At first, I focused on the pleasurable sensations that were appearing and disappearing during my moving along park roads.

So, on the edge of a small cliff, which was overlooking the city center, it was pleasant to stretch the consciousness up over the pines. This *place of power* was only a few meters across. And around this place — the feeling was quite normal.

I went on, enjoying the peace and the shining of morning sun.

Examining one of the paths, I began to feel a change in energy. There was a clear feeling of the presence of Divine Someone. I walked by the path few times, forth and back — but was not able to make any definite conclusions about the possibilities of this place. But then, where the path was set off by high dense firs, my feelings near one of those trees was much more intense. This was the epicenter of the place. Here I was filled with joy from all sides. This joy was raising from the multidimensional depth. It was very easy to go here, my legs were barely felt. I began to try the exercises that were

presented by Maenuel. But at some point, the thought came to my mind, it was not exactly mine: I need not try to repeat what I already knew, but to listen and receive the information which will appear here and now.

I heeded. And then — there were balls of white flame-like Light under my feet. They began to swim slowly up through my body.

I started to perceive very well the Holy Spirit — Divine Woman helping me.

When fatigued, I did not feel anymore the wishing to continue the work. But it was simply nice to be in the state of Her blissful pampering.

... I thanked both Holy Spirits and photographed their *places the power* to send to Vladimir. (He later replied that he was not acquainted personally with the first of those Holy Spirits Who really is at the first place. And on the second place, near the fir trees, — there is the joy of the Divine Woman; he now also cannot recognize Her, but I can learn to merge with Her.)

Fire Meditations

A very interesting and meaningful event for me occurred in my apartment.

Each time, preparing for meditation, I switched on the music.

And under the gentle Indian motifs, I began to create images of rings, which consisted of the Divine Fire — to work through the body most effectively. I was helping by bodily movements to twist the fire hoop so that it could climb onto one leg. Then the other hoop — on the other. At some point the hoops merged at the level of muladhara and svadhisthana — and then the combined hoop raised along the whole body. Then I added a few fiery hoops on one hand, then — on the other... The images of hoops expanded up to some meters... I walked

them through the body in different directions... — and was completely absorbed in the Light-Fire!

This was easy for me, creating these images: as a child, I loved to be engaged in similar exercises. It was true, of course, — with only one hoop. I twisted the hoop around the waist, around the neck... And was once so absorbed by this activity that I did not notice when the hoop flew away from my neck... but I continued the rotational movement of the body, immersed in any of my thoughts. That time “I came to myself” — only when I heard that other children laughing at me. I then felt very ashamed and in future I became very vigilant in respect to such “mental flights” of mine.

... When the music became slower and quieter, there appeared images of small lights, burning on the palms. I conducted these lights through the body from one hand to another — just as the fiery “suns” at the *place of power* of Juanito. But now I let them swim also through my legs and through the whole body, gradually increasing their number and trying to hold my attention on each of them. I delayed them for a time on my palms, then — on every leg, then on the head — and kindled them more and more.

And then — the torches were in my hands, I deftly rearranged them, tossed, placed into the chest — so that the fire blazed in the neck and head.

I felt like a dancer and fakir — all into one. I entertained the public under the open night sky. My lights — are like material, and they can be seen by everyone!

The Fire gradually filled whole my body, and — it was already shining with white Flame which was very soft...

... And now the music became energetic, the call to battle, to exploits was heard in it! My Fire burned stronger, higher, I wanted to give it enormous speed... I was hyping It up around the vertical axis! I twisted It — with

such force that It was no longer the Fire, but as a huge Tornado, based in the depth and raised up, carried all the unnecessary, all the energy junk contained in me — and I disappeared in the Fire Tornado...

... Music became again calm, quiet... The Fiery Tornado disappeared. But my body is shining with white, pure Fire. I do not strain to maintain this image. The Fire shines on its own.

I wanted to raise my hands up, I raised them up — and the Light was pouring like from large white sleeves. White birds flew from them... The air was filled with Light, like drops that float up from the depths spreading all around... And then the buds of tender and sweet fragrance of blooming flowers — pale-pink, purple, white — appeared from the hands... They were spinning in space, dancing with me to the music, slowly float away... Hands themselves became wings... Flap... One more flap... Golden light began to sparkle...

... Music was changing, becoming more mysterious... My body was transparent, it was as only a faint shell... I was — in God... We were One...

... I then fell down on the floor...

The air around — as if charged, its transparency was Alive. I understood that, despite the inherent for me certain level of capacity for imagination, I could not create by myself such a sequence and potency of images. Here — Someone is! I got up, took the camera, and, feeling where the epicenter is, I asked the Holy Spirit to pose for me — so as to show then photos to Vladimir.

I Will Kiss David Copperfield!

... Our conversation, in which I expected the commentary of Vladimir about the photos, began with an unexpected note.

He suddenly announced that two hours ago, David Copperfield asked him to take care of me... And David talked about me as about His daughter! And in those photos, were David and Sarkar!

I was trying to understand and “digest” this incredible information.

I — the daughter of David Copperfield?! Come on!... That is — as it is?! In what sense?... We are really all — the children of God... But I — the daughter of David?!...

I ran around the room. Sat again. Stood up. Sat down again. Calmed down. Carefully read again what I wrote to Vladimir. Became lost in a reverie.

This was too much to think about further right now... I decided to continue thinking about that later.

Began to read in the ‘Classics’: Who is — Sarkar?

I read from His autobiography:

“In that incarnation I became a fakir. I could easily ignite with the Consciousness any flame: from physical fire — to the Divine one. I showed Divine mysteries as illusions: in this regard, David Copperfield and I are colleagues.

“I had a wonderful companion and assistant in everything — My wife. She had a remarkable ability to feel the partner! It was a joy to work with Her for the public!... And it was a bliss to teach Her!...

“She became the mother of the dynasty of fakirs Sarkars...

“At present, She (or He, to be correct) is incarnate and continues the great work of developing the art of the Divine Magic of Love...”

My thoughts were chaotically jumping and knocking to each other.

I stopped in front of the photo of smiling David. Twisting a little faint-heartedly, I took it up and... clung it to my cheek.

“And to kiss?” — I suddenly heard clearly...

At first I thought that, apparently, it was my secret thought “broke out”.

But what if suddenly — no...?

I laughed a soft laugh at my own behavior. Well, for whom to retell such?! Who would understand? And what to say? I humbly looked at his photo, turning to it from one side, then — from another...

Of course, I usually did not keep myself in such a manner. But now — such an unusual situation... Because He really saw me through!... No way to hide my emotions of Him! He saw everything from all sides...

Well! That was good that You see!

I left in myself only all the best, that was in me, only all the most beautiful and clean... and finally decided, and... — kissed!...

We laughed afterwards together for a long time!

... I just could not look at Him without smiling — even though I did not obtain the same wide and fascinating smile.

But I soon understood that all this was only a joke: actually I should kiss not a photo, but He Himself.

Vladimir promised to give me this opportunity...

The ‘Pure Love’ of Sathya Sai Baba

Somehow my school-friend came to me: she was bored on this day. She wanted to do something, for example, to watch another action-movie. But I was not pleased with this idea, moreover, nothing new was recorded. Then she invited me to see what I could find for myself. Here, too, of course, I had to give up, inventing an “excuse”. But she jokingly insisted. Then I decided that, once the person wishes so, there must be something to show. And I switched on the film about Sathya Sai Baba, which I myself never saw yet. This was the film “Pure Love”.

... I do not know how to describe in words the fullness of the Living Love that Sathya Sai Baba gave... I can only suggest to experience it — yourself! I was too afraid to move, to breathe: only desiring not to leave this state, to keep it as long as possible!...

My friend viewed silently and seriously the entire movie, though she was usually very sarcastic and enjoyed commenting on all...

Then I offered her the book of Dr. Samuel Sandweiss "Sathya Sai Baba: The Holy Man and the Psychiatrist". She willingly took it.

Bliss in the Face of Ptahhotep

I studied all the films that were created by Vladimir's group. While watching one of them, in which Vladimir lectures about Ptahhotep, I suddenly felt very strongly His Presence around my body. I even paused in delight: such waves of joy and happiness were filling me! I felt like I was... in His Face...

This was so unexpected: with me here and now — one of the Divine Atlanteans!... And we, it turns out, were already acquainted!

"Photograph for Memory"

Now I recall the final episode narrated in a shooting of the last film, created by the group of Vladimir:

Nearly all of the Holy Spirits Who participated in the filming gathered around Vladimir — as if for a collective "photograph for memory". Then Vladimir laughed:

"Juan Matus rushed in: He says that He, too, wants to get into the frame!..."

Visit 2

Everyone Chooses Their Own Path

Ah, summer! Again, I “flew” to this city to my friends, to plunge into the world of love, joy and harmony!

A shower of rain after long hot weather, and a welcome freshness filled the air. I enjoyed breathing it in deeply. A huge rainbow appeared in the sky, it was visible from both ends, not hidden somewhere behind the clouds, showing off in its entirety. I felt behind my back wings of freedom! I rushed to meet my happiness, to meet the Divine Love!

I met happily with Anna. Now, in the aspects of smiles and laughter, I was not inferior to her!

She warned me to be ready for not only very interesting and good news, but also sad news as well.

As it turned out, the one couple who stayed distant from me, were forced to leave the team. The reason for this was that the mistakes they performed were incompatible with spiritual advancement: they cultivated a sense of infallibility in their actions, and gross errors in their spiritual service — despite Vladimir’s attempts to reason with them... Instead of repenting and reparation, their pride took them away from God.

They began to lose their previous developments: God took away their ability to meditate... Old chronic diseases came back and became acute...

Joint meditations with them became impossible due to the loss by them of the collective’s emotional subtlety... Also the consciousnesses developed rudeness...

Their emotional confrontation to Vladimir then began, now they blamed Vladimir in their troubles, but not themselves...

“Ten years side-by-side with each other... We reached together almost the top — and they fell back down... And this turns out to really be, happening on the peaks of the Spiritual Path...” — the only thing that I could think of at that moment.

... I remembered our farewell, when I saw them last time. We embraced, and I was glad that the wall between us broke down... They seemed to me, in that brief moment, as warm and loving... I told them: “I will be back!”...

But their response caught me by surprise: I expected at least smiles to my playful “pathos of farewell”... But... I clearly saw in their eyes only sincere confusion... Why?! I could not understand it...

We were sitting a little longer with Anna in the light haze of sadness... and “let go” of this theme. To each — their own way... Everyone chooses it for him/herself...

Guru Nanak-2

All this time I was patiently waiting for the opportunity to read new revelations from the Divine Teachers, and, in particular, to discover information about my previous incarnations. It was already suggested for a long time that here I may expect a lot of interesting things. And I, finally, “seized”: they showed me the records of Revelations made recently!

Apostle Andrew:

“I expect you all at known for you *working sites*. I invite to Myself also Tatyana. I will take care of her!

I am also in her edges — as a Mahadouble — and am willing to help her there too.”

Sofia:

"I am really looking forward to her! Her development is very favorable! She accepted all. But only one aspect is not yet realized..."

Babaji:

"We admire Tatyana's way! All will be easy for her to be taken!"

Guru Nanak:

"It was her name too: Guru Nanak. There were several people with this name in history."

"Was she evolving in Your tradition?"

"I am not interested in it somehow. No need to assume that it was just a sequence of Teachers."

"He (she) worked in a mountain monastery in Nepal, near the modern borders of India."

"That was already after My well-known for you Incarnation."

"Yes, that was a good, fine man!"

Was David My Mother?!

Of course, I was "bursting" with curiosity: I wanted to find out more details. But Anna and Larisa repeatedly made me understand that this kind of curiosity was not encouraged by God. Exceptions were only in those cases where it had a practical value for the development of a concrete student of God. So, only what I really needed to know about, would be discussed.

And I began to wait patiently...

I decided to brag to Anna about the visit of David and Sarkar to my home, and that David called me His daughter, and I danced with Them... Then I could not find words because of the excess of emotions. I had to

calm down. So I only asked Anna: "It is interestingly, that they came to me together... Why?"

"Because David in His previous incarnation was Sarkar's wife" — she answered quietly.

There was a long pause in my mind... So what does this mean...: David really was my mom?! And then Sarkar...

So that a "short circuit" in my head would not occur, I immediately pushed these thoughts away, until I would finally find out all the answers exactly.

Just once before I had the time to be Guru Nanak in a man's body. I was thinking about this name already much more calmly, I with Anna even had looked on the Internet at Nepal. Beautiful! And my monastery was even in those mountains!

I asked about the park in my town, which was mentioned by Apostle Andrew.

"He says that you had there some kind of story with a dog."

I fell to thinking. What was a story with a dog? In any case, no negative incidents were there exactly. Maybe simply one dog came to me to say "hello"? But I did not remember such a case that happened in a park. I started to get upset, but Anna cheered me up, saying that He will necessarily bring me to the right idea in that direction.

And already later, before going to bed, still sorting out all my meetings with dogs, I — remembered! It was not an incident. I was just going to explore a meadow in the park, but saw that it was already occupied by dog-breeders. Apparently, this was a place of general practicing and preparing for the dog show. So it also was the *working site* of Apostle Andrew!

Wow! And it was in fact very close to Rada's *places of power*! Vladimir saw Her still in the previous photos, but I did not know what meditations could be done by

me there. And I only stayed in the blissful joy bestowed by Rada.

So much information... How to "digest" it all?

I was standing at the threshold of memories... — absolutely inconceivable and impossible, according to the opinion of the majority of people!

But how long and how passionately I was dreaming about this! And how many words I have heard from other people about my "faith in utopia" and that I was "not of this world" and "strange". How I suffered because I was so "separated" by them, even by my dear people, even by those who declared their love for me... But they said: you — there (like from another planet), but we — here!...

But now my dreams were coming true, and with increasing speed — even fantastic, even "utopian", even the most, it seemed, incredible!

... I am remembering now: Last summer I planned with very good, as I thought, friend — a wonderful summer vacation in nature, in a tent near a lake. I felt that our relationship was becoming more than just friendship, and I was unspeakably happy... But then, just two weeks before the holiday, he suddenly broke off! And he did this, in my opinion, so emphatically and so illogically, that I needed a very long time to recover. Why? What did I do wrong?

But — up to that moment — I had already learned to understand that, the more illogical the situation, the greater the Will of God in it. And I went through that break-up quite easily.

And what happened then? Already in the following (that is, the present) summer... I had begun my relationship with God! As if He said: "Why do you want him? Better to come to Me! And get — "in addition" to Me — both: the lake with fish and ducks, and... My Love!"

God Is not a Grandfather Sitting on a Cloud!

When I first got acquainted with the books of Vladimir, I was very strongly impressed by the fact that, for incarnate human beings, God had to be understood not as a flying good Grandfather on a cloud, but... as the Main Beloved — Beloved Who never ceases to love, never will betray, never will change, never will die... And with Him — will never be bored!

That is, how Vladimir spoke about this subject in one of his lectures:

“What is needed for a person to have a sincere desire to go ‘drown’ in the Ocean of the Creator, to disappear in Him? One needs — to be in love with Him! And here exists the complete analogy with our earthly love having a sexual nature: the desire for meetings, the thirst for convergence, embraces, connections, mergence!

“And this is correct only if the relations are — from the human side — completely unselfish! In other words — when it is done not out of our own lust, that is strong selfish desire, sometimes to the detriment for the partner. But when it is — pure love: when the mutual desire of both partners exists to present oneself to another — and to merge together in this love!

“And now — the open Arms of God are in front of us, His Desire in respect to each of us is obvious! So — it is up to us!”

Holy Spirits — Men and Women

Today, we were going to visit several Divine Teachers. We left a train and went by the road in a forest.

Here we were met by Krishna! This was already my second contact with Him, occurring in another place! But this time I did not “squeeze” from myself a modest “Hel-

lo!" But immediately embrace Him! Another Supreme Bliss of Merging with Him!

Vladimir again prompted how to do this properly and how to learn to hear what He says:

"At first, we stretch our hands of consciousness into Him. Then it becomes easily to integrate fully into Him and disappear in Him. Now — there is only Him, I — am not! Now — there are only His thoughts, thoughts of my own — are not!"

... I was already able to dissolve freely in such situations. But concerning seeing and hearing, I did it only with difficulty. More precisely, it was successful for me only when Vladimir directed it. Then I rushed my hands into Krishna — and felt myself filled to the brim with incomparable joy of Mergence with Him!

... We went ahead. At the turn of the road we were met by the Divine Master, named Igor Vysotin. It seemed to me, that I saw His Face somewhere a few meters to the right. I extend my hand of consciousness and merge with Him.

... A warm breeze gently touching the surface of the lake, the caress of the morning sun, dissolved in a light mist above the water, droplets of dew on blades of grass and flowers on the shore... Attuning with such states of nature can bring one to understanding the states of Igor Vysotin — One of Those Who reached the Creator and is now His Representative on Earth for incarnate people.

We kept to our way, and He remained with us. Vladimir passed me His words:

"You definitely should learn to be in the nature as much as possible: to live in a tent, to meet the dawn..."

Yeah... I would be happy to live in a tent! I began to think carefully about all the "escape" from the city's bustle — to life "under the open sky". But now accommodation in a forest, even for only a few days, was highly questionable. So I decided to put off thinking about

this until later, because — if the Holy Spirit speaks and advises, the realization of any plan always, in time, appears.

... The road was over, and the lake of indescribable beauty was spreading in front of us to many hundreds meters. Surrounded on the edges by woods, quiet and gentle, reflecting blue sky with a few light clouds, it was majestic in its deep rest.

We threw off our backpacks and approached the water's edge.

"This is a *place of power* of Giant" — Vladimir began. — "It is very good to learn to keep this wonderful lake on the palms of love. Here, extend your hands of consciousness deep into the lake and away — to the furthestmost edge... We feel fish in the lake, let us stroke their tummies..."

I was even a bit dizzy when I did all this. I decided that this was probably due to the fact that I was already hungry, though I already had a very nourishing breakfast recently. I remembered how I and Anna discovered with a laugh that we both "sat on a diet", because our collective meditations excessively increased our appetites...

And then we saw the guests: two nice ducks swimming up to us, diligently moving with their legs, in order to reach the shore as quickly as possible. We were glad, immediately fed them with bread, and for a long time were caressing them with our hands — hands of love.

Later Vladimir began to explain other possibilities of meditative work at this place:

"If we place our bodies a couple of meters away from the shore and stand sideways with respect to the lake, then this position would be very convenient to keep the lake on one hand. Then — the same with other hand.

It turned out, it was, really, more comfortable, the feeling became stronger. But now I became quite

“reeled”, as if I stood on the edge of the cliff, and I blew the wind. But the emotion of fear was not present in me. I, just in case, complained to Vladimir: what if I suddenly did something wrong? He confidently replied that it was shaking me so — because of the presence of Giant.

... I had to not only try to remember all the exercises, but also to write them down: in order to be able to continue practicing them at home.

Then Vladimir asked us to thank Giant — and move on.

Turning to me, he said:

“We go now to Divine Women. They are waiting for you. Let us hear what They will tell to you at this time.”

I, jokingly, said that the Divine Men were not as strict to me as the Divine Women. This added to my relationship with the Holy Spirits a special soft playful “charm”.

Yes, to go to the Divine Women — now I was not scared: I was well aware that if They even revile — it was only for the good of me.

Because in this embodiment, I was born in a female body, during the last visit I asked Lada to teach me to become like She, fostering in myself all the best feminine qualities, and more...

... Soon we came to the necessary place and began to collect firewood.

Here I immediately noticed a difference in sensation: in comparison to other Divine *places of power*, Tenderness and Love were again here other, differing by just noticeable “feminine” shades — from typical for all Divine Holy Spirits background of refinement.

I already was beginning to feel the differences in the manifestations of individuality of each of Them. Some gave Love and Tenderness — flaming, with overwhelming intensity. Others — like a quiet, deep rest, as the surface of water. And, for example, the Tenderness that I

have ever felt when dealing with Yamamoto, could be compared to the finest fragrance of blossoming flowers.

... We refreshed ourselves and headed deeper into the forest — to a small clearing among the tall pines. At the edge of the clearing, even was a handy tree stump — as if to aseptically write in my notebook more conveniently, i.e. [while] sitting on it.

“Here is Elizabeth,” — Vladimir said when we all settled down in the meadow. — “When we were here last time, there were several Divine Women, but now — only Elizabeth.”

I understood immediately that he spoke about Elizabeth Haich.

“Here we see as a wide column of Divine Light — Divine Consciousness of Elizabeth.”

I... even did not know what to say: did I *see*, or *feel* this column of semi-transparent white Light and its borders.

We went into this column.

Vladimir *listened*...

“Elizabeth says that She is very glad that you, through our joint efforts, ‘were included in the right direction’. There is now no doubt in you! No doubt also, that your current incarnation will be positive. She takes you into the group of Spiritual Leaders!

Vladimir explained:

“Leader — is not someone who only develops him/herself. But the one who leads others.”

We were silent.

I quietly rejoiced: at last — “no more doubts concerning me!”.

I still had no idea how I would lead others. But there were not any difficulties or doubts I had from my side.

So, “time will show”. More precisely — God will show!

We started to meditate.

Initially, it was necessary to align with Elizabeth, to feel Her Love.

Vladimir drew attention to the fact that Love of Divine Men and Divine Women — is a little bit different.

I experienced relief due to this information, because I really felt such a difference, but was not sure that these conclusions of mine were correct.

Attuning with Elizabeth — it turned out very easily. Her Tenderness can be compared to a light touch like a feather to a soul: it was very gentle, very “aerial”!...

... Vladimir soon again drew my attention, for me to continue to cleanse my body of energy contaminations. And he suggested that I ask for help in this — from Elizabeth.

I cleared the body with my hands of consciousness, capturing all the superfluous, the dark, which could be captured with my palms, and threw it away from the body. I even started cleaning the legs, entering them from below, through the soles.

“You can cleanse the body by your hands, coming into it from below, through the soles of the feet...”

Wow! — I thought. — What if I already am “catching” the ideas of Vladimir before his words? Or was it prompted to me by Elizabeth?...

* * *

We rested, refreshed ourselves with coffee and sandwiches with cheese — and again worked.

The day was sunny but still cool as in spring. However, Vladimir took off his jacket and worked already “lightly”. I was also at this time not so worried by cool temperatures as before. But I was persistently interfered with by hungry mosquitoes.

“Adler arrived,” — Vladimir said. — “Here,” — he pointed to the place near Elizabeth, — “a column of His Divine Light.”

I stopped in delight. I read Adler's autobiography several times in a row — almost with an open mouth! He was behind the creation of our planet, and He oversees it! And I would learn to arrive and to leave among people — like Him — at the right place and at the right time! But for this to be possible, we must become such as Adler.

As in the case when I first time came to His *place of power*, now I felt His Huge, Majestic, Immensity. It was like standing near a 100-storey building, with one's head up, and it being impossible to see the edge of the roof because of the clouds!

I carefully stretched my hands of the consciousness into His Light... It was great, unique!

Vladimir at this moment suggested us to come into Adler and stretch up inside His Mahadouble — to feel ourselves — as vast as He is.

How to Embrace Krishna, When I Have Merged with Him...?

We moved back to the train, but decided, on the way there, to visit another *place of power* of Krishna, where He was felt a little differently compared to His other *working sites*.

After reaching our destination, we took off our backpacks, ate, and rested. After basking long in the sunlight, even Katya fell asleep.

Then Vladimir proposed for us to note, each for ourselves, — the difference in how Krishna manifests Himself in His various *places of power*:

"Krishna manifests Himself in different ways. For example, He may be high above the Earth's surface, and can be felt here around the body of each of us — as the Divine Fire. Or — in other His places — He teaches the power aspect of consciousness.

Here, Krishna is felt high above the pine trees for kilometers. Vladimir, in jest, asked me to be just as big as He is. But he, looking at the hard-questioning expression on my face, just laughed.

“Let us merge with Krishna in His Mahadouble — and ask ourselves: ‘Who am I? Where am I?’...

“And let us try to understand: how can I embrace and love Krishna, if I am now Krishna?...”

... I thought that once I put this question to myself. I then asked: how do I embrace God, if He is All! Vladimir then, looking at me with clairvoyance, only smiled enjoyingly and encouragingly. I understood his thinking: wait a bit, soon all will become clear!

Alright. But what really caused frustration and impatience in me, was the inability to see and hear God. The Face of Krishna is like Jesus, Vladimir wrote... Well, but how do I actually see Him?

Vladimir showed me the center of Krishna’s Mahadouble. I carefully went to Him, walked to and fro, trying *to hear*... well, at least something!

Then the thought came: maybe to hear something, we should at least ask for something?

I began to think: what to ask. But I “dropped out” of meditation because of this.

Finally, I began to hear separate words guiding my efforts... then deeper, then up...

I rushed to Anna and Larisa. They confirmed that this was right to begin with: you hear only a few words. But I would like to have whole sentences, not only a few words! I thought that this could be similar to how children first learn how to read: first — syllables, then — words, and then — phrases. And I am learning to *hear* by these steps.

But soon I got tired and began to see strange pictures and images. I classified them as fruits of my imagi-

nation. I realized that it was time to finish and went to our backpacks.

But suddenly I became aware that something changed in me: I was... — almost flying! Fatigue — disappeared! The body — quite easy, as if the attraction of the Earth reduced! I no longer felt any pain in my muscles and joints after the long march. And I almost did not feel the body! It was — almost dissolved into space!

It was — so cool!

And I enthusiastically merged with Krishna...

* * *

I sat on a stump and started to write down the experienced sensations. But suddenly there came an unbearable desire — to lie down and sleep!... And I did just that.

... Still not understanding where I am, through the sweet slumber I suddenly heard the voice of Vladimir. I “pricked up” one ear, but was too lazy to open my eyes. Vladimir asked my opinion: when should we intend to return to the city? Or maybe I wanted to stay here with Krishna for the night?...

I opened one eye. Then I thought: “That is — how? And what must be done for this?”. I closed the eye. I was too lazy to think: it was just so good to be with Krishna!

But for once, after all, I had to “control myself”... I stood up. Even a “blissful cat” would envy me!

I turned around. Kate was sweetly sleeping... Excellent! So I can enjoy more! And I flopped back into Krishna...

I guessed at least an hour had passed, and Vladimir had already decided to raise us to be in time for the last train.

... In this state of bliss I got home.

Every one of us had the same state.

... At home I was told that tomorrow we were going to visit Babaji.

That night He was in my dreams...

Babaji: "I Want You to Recognize Me!"

I was in my dream with Babaji, Who being interviewed on television.

He talked about a certain Person Who had reached the tremendous spiritual success! That Man became a spiritual Master, but almost no one knew about this.

However, almost no one knew also about Who Babaji really was.

Very vivid was that dream! I saw it just before I was woken.

I talked about it to Anna and Larisa. But they declined to comment.

Later, Vladimir told me that Babaji during that morning was in the apartment where I spent the night.

* * *

So, we went to visit Babaji!

Babaji — amazing! He has so many children — spiritual children! He was the Teacher — for so many of Those Who had reached the Perfection! And now, He continues to assist all the worthy!

... We came to the pine forest. Sunlight, passing through the high branches, created a special coziness. It smelled of fresh pine needles.

We stopped near the pair of the fir-tree and the pine. A feature of these trees was that, if you stand between them, then... a sense of the material body disappeared.

I was offered to experience this for myself. Almost exactly this happened. Only my upper "bubble of perception" still made me feel it a bit: as I tried not to lose sight of the others, listening to their conversation.

* * *

Then we walked alone the forest road, stepping cautiously over ant paths. After a hundred meters Vladimir stopped and turned around:

"Once we worked not far from the *working site* of Sylvio Manuel. Necessary work was already done there, and I suggested us all to go to Him right now. All agreed — and we went. But... He made us suddenly stop half-way with His Hand. His arm was not material, but... fully perceptible. His Palm was in front of my chest and became for me an insurmountable obstacle."

"Vladimir then sat on a log and thought," — Larisa, smiling, portrayed surprised Vladimir.

"Yes, Sylvio's opinion was at that time the following: we did not need to go there, as His *working site* would be wonderful. And also in that episode we were very clearly shown the possibilities for managing the behavior of incarnate people by God."

We walked a few meters more, and again Vladimir turned to us:

"Soon the *place of power* of Babaji will be. We are approaching His Mahadouble. There He very strongly condenses Himself — and that makes it easy to see Him.

We walked some more, and then Vladimir turned for the third time. I only had time... to hide and then to take out my notebook... But what he said to me next, I was able to record not at once.

"Babaji tells you: 'I want you to recognize me!'"

Vladimir smiled and continued his way. Others went after him. But I stayed standing. Joy and despair mixed. So, we, nevertheless, are acquainted... But how can I remember?

Concern was growing: how can I remember?! And if I do not remember? No! While I do not remember —

I have to not leave, though I will stand here up to the morning! To the delight of mosquitoes!

... Vladimir did not explain in his books how to remember one's own previous incarnations, and one's own Teachers of that time... Only They could help with this, suggesting or demonstrating.

... When Vladimir said that Babaji here may be clearly seen — I decided for a second that I would see Him... with my material eyes. This was scary and intriguing at the same time.

... Vladimir was obligated to come back to me and withdraw me from that “stupor”. He reminded that Babaji is not here. But He is waiting for me near that fir-tree...

... We stopped at the crossroads of forest paths. After a few steps, Babaji's *place of power* was to start. We threw off our backpacks. Vladimir gave me the opportunity to go first. He explained where the *place of power* begins, and where, on that edge of the place, Babaji's condensed Mahadouble is.

I went. After a few steps anahata suddenly expanded — and flew over the forest. I am now a huge spiritual heart with hands issuing from it. Now I could stroke the tops of pines, birds singing in their crowns...

... I could not see materialized Babaji in white clothes near the fir. I had to see Him — by the eyes of the spiritual heart.

I saw the portrait of Babaji in His beloved hood a lot of times, including at my home — every day. So I tried not to spoil the true vision with fantasies of the mind.

Because of stress, anxiety and mosquitoes, I could not relax to immerse myself in His Love. But His presence could be felt very intensely.

In order to somehow concentrate and not dissipate my own attention, I covered my eyes from time to time. I asked Babaji for help to remember...

The image of a man in long white clothes, with long black hair flashed for a second in front of my eyes.

Vladimir asked: if I remembered, heard anything, or saw something? But I replied “no”: too fleeting that vision was, and I doubted.

We took a break. At this time we were joined by other Divine Teachers, as Vladimir immediately informed us:

“Rose and Lada came... They advise you to learn to wash your face with morning dew from the grass and green leaves...

“Igor Vysotin joined. He adds: and with dew on reeds on the lake, as well.

“Now you can embrace Them all” — Vladimir continued.

We hugged, dissolved in blissful embraces...

... Soon I went back to the Mahadouble of Babaji, continuing to listen to Vladimir: hoping at least for some revelation. Vladimir already wanted to start leaving for another Babaji's *place of power*, but quickly changed his mind:

“Babaji said that no thoughts can be about a departure from this place right now. You need to relax, then He will do everything...

“To see God, we must be free and refined consciousnesses.”

I sighed with relief: to go from here without remembering what Babaji asked about — it would be too sad.

I relaxed, set my thoughts free — so I went straight and back for a few minutes.

And then I saw again the same image: a man with long hair below the shoulders and a swarthy face. Strong! Beautiful! He looked kind and serious! This image appeared each time for longer — and then disappeared. He stretched his hand and touched my anahata... And — like a stream which broke out and flooded — emotions

of love, of infinite power, gentleness and loyalty began to gush!... They were growing impulsively...

It became very clear for me that I was starting to remember something, it being just feelings, rather than images from the past. But the range of those memories was so huge and daunting at this moment, that almost hysterical tears were already near my eyes.

And then He let me... Instead a joyous relief and jubilation came, and — I remembered!

I was ready to fly up and live in cloud-land like a jolly carefree bird!

Returning to the others, I informed them about my progress. Of especial interest was the fact that I saw Babaji not in His image of last but of His penultimate incarnation, that excluded the game of my mind. (His penultimate incarnation was described in Yogananda's "Autobiography").

We stood in a close circle, they were happy. And then, by their talk, I understood that they saw the same that I saw. And Anna, in addition, told in truth that in the previous day she had almost told me about the words of Babaji, when I began to ask: "If I was the guru, so who was my Teacher in my last incarnation?" But then He stopped her:

"Do not pass ahead of Me in the hearts of My children!..."

I hugged my best Babaji just "hanging around His neck" — and it was so natural as if I always did only this.

Vladimir looked at me and suddenly said:

"Feel Babaji in your body: He now came in it, Him being compacted. The impression is that He intends to get into it completely... but does not fully fit..."

We laughed. I could feel Him inside and around my body. He was almost a head taller. My state was strained and blissful at the same time. Strained — because it was necessary to align with His highest refinement. Blissful

— because He — the great Babaji — is my favorite Guru — from the past and now!

Finally we all felt that we were “released”. And it was time to move on — to the Valley of Babaji.

Stuffing my backpack, I suddenly heard clearly the name: “Lahiri Mahasai!” And then Anna gleefully said: “Yogananda and Yukteshvar are here!” I told them that I had heard Them just now. We laughed.

Now we have a lot of Divine Friends!

Are You Ready to Participate in the Great Spiritual Revolution?

In Babaji’s Valley, we built a bonfire and ate. The huge smiling Face of Babaji was near us: at this time — of His last incarnation. Vladimir suggested that, when we have finished our meal, we go into Him not only with consciousnesses but also with our bodies.

While we ate, Vladimir began again to pass the words of Babaji addressed to me:

“He says, He loves you very much, like other Divine Teachers.”

I thought that this was — so natural that God loves all. How can He not love? And I talked about this to Vladimir.

“No, not all. He can love someone less. For example, the betrayers of His work.”

Vladimir continued:

“Babaji puts a question to you: Are you ready to contribute to the Great Spiritual Revolution on the Earth — Mahakranti?”

I even shrugged my shoulders slightly:

“Of course! What is the matter?”

However, I had no idea how and to what extent this should be happening. But the fact that my answer was unequivocal, there was — no doubt! Since I embarked

on this Path, boredom and stagnation could not be considered. Although... "Spiritual Revolution" — it really sounded like something very big, "planetary"...

I even felt myself so small, vulnerable... Well, but based on such a scale, Babaji talked of, can it really be true for me?

I continued to munch on a sandwich, thinking... Well, actually, if Babaji was my Teacher, if David was... However, whoever He was... And I myself already was a guru... and probably real... — then something, apparently, can turn out... Wow!

"Yes", — I answered.

"Babaji says that it is not enough to only say 'yes'. It is necessary to re-review all components of your own existence on the Earth — in order to minimize all the influences that may hinder the implementation of Mahakranti.

"What it requires for us to keep of what we do? First of all — caring for the body: for it to be healthy and alright in all other respects. Also it is desirable to have a shelter and money.

"Almost everything else can be removed from life.

"Let it be, in the end, only what is necessary for the service for God, for one's own taking part in Mahakranti."

"But a job?"

"So this is — just a job!

"Almost all people understand under the term "job" — making money by one way or another. But, from the spiritual point of view, the job is the execution of all the actions, which actually help the Evolutionary Process.

"The same can be expressed in other words: any certain actions may be, more or less, either for oneself — or for God.

"If a person is acting solely or primarily for him/herself — he or she raises their own self-centrism. If — for God, feeling and listening to Him — in such cases

that person gradually moves from self-centrism — to God-centrism.

“If to specify exactly your situation, then, yes, you need money, nowhere on this Earth it is possible to get away from this need. Yes, you will have to in the foreseeable future continue your medical practice, but trying to do it so that the usual practice of the general practitioner does not put obstacles in the participation in Mahakranti. To change this situation dramatically — no need. Let it happen naturally.”

... Vladimir, after a pause, began, to help me, to talk about similar situations from his past:

“As for my life, at first I was an atheist, then gradually became “transship” “on the side of God”: i.e. began to awake spiritually. There was no one to help me in this: there were not around me embodied people who would have the spiritual knowledge of high level. Only God helped.

“Then — I started to live, teaching the knowledge that I was able to assemble and to form into a logical system. It was called as the system of *psychical self-regulation*. Because the work was carried out in the halls of official institutions, where hundreds of students gathered at the same time, and where it was required to pay the rent and all sorts of tax revenues — those members of the classes paid for their lessons. From the collected amounts, the administration paid me a monthly salary.

“Then, when mass teaching became impossible because of political reasons — I was getting a livelihood from the sale of my books, which were published at my own expense. Gained money gave me the possibility not only ‘to live’ but also to publish more books.

“When publishing my new books in Russia, also became impossible, soon the pensionary age arrived.

“This is one of possibilities, how the material side of life may take shape.

“However, patrons may appear: that is, businessmen who would be happy to donate money for a common social wellbeing, may be interested, and some funds...

“But at present, this is no reason to think in this direction. Now we have to focus on your personal development. In particular — to gain stability in your new states of consciousness.”

Persistence, Adherence in Service, Love for God!

Soon we came to another *working site* of Babaji. This time, I not only saw His Face, but felt the quantity and transparency of the His whole Head.

I went *inside* Him, listening to His thoughts, words... Just as with Krishna, I first heard only a few words related to each concrete meditation.

... I now had every day large-scale, of importance, events: yesterday I almost was taken into a number of Spiritual Chiefs, today — into the Spiritual Revolution participants. I am already not talking about, by whom and with Whom I was in my past life... As they say, my head was spinning! It should, perhaps, rest at last!

I sat down on a mossy hummock under a pine tree. The notebook — in the hands. Am thinking... I have to be brave, strong, confident!... But embodied in a woman's body fostered... the opposite traits of character: for ordinary “earthly” men so want to see in a woman the fragility on the verge of helplessness! (For their own self-affirmation, or what?). When I showed the firmness and steadfastness of my character, almost alone taking matters into my own hands, — it scared men off. But I... — so wanted to please them!...

That time, I could not understand: either something is wrong in me, or with others? I even once hung on the wall the photograph of Einstein and near it — his favor-

ite for me saying: "I worry about one thing in this world: whether I am mad, or other?"

... I did not want more strain, and I plunged into an atmosphere of peace and warmth. And suddenly I heard:

"Spread your wings! Fly like a free bird! Bring the good to people!"

I somehow understood: Yogananda and Yukteshvar! But then, I immediately began to doubt: I just love to express myself in this style! Especially — in what concerns freedom: it had accompanied me almost from my childhood! I always dreamed of freedom, though I did not really understand what it implies.

I went back to my reflections and emotions.

And then again:

"Fly above the pettiness, above the cares of this world!... Persistence is the main thing on the spiritual Path!... Resistance, truth, service, love for God — these qualities will help you!"

I was writing it down, quietly rejoicing.

Visiting the Divine Sufis

Leaving that *place of power*, I saw Babaji, Yukteshvar, Yogananda, and Lahiri Mahasai. They waved Their Hands to me:

"Fly, Guru Nanak!"

... We turned to another path, passing again through the pine forest. Here I saw a lot of ant-hills — almost every ten meters from each other. We had to step carefully or jump over their roads which crossed our path. Vladimir said he saw here ant-hills which were much higher than his body. And I learned from him that ants eat ticks. Therefore, in those places where there are a lot of big ants, ticks are not present.

... Pine forest was replaced by deciduous wood. We turned off the path — deep into the thicket. In a small

clearing, surrounded by birch trees, was one of the *places of power* of Grand Master of Sufism. Here, as Vladimir explained, He gives to worthy disciples the state of Samadhi — Bliss of the highest level, which occurs when the spiritual warrior feels the Holy Spirit inside his body — in anahata chakra.

We put away our backpacks. I was surprised that no one but me was interested with this prospect. It turned out, that this is because Samadhi was for them... the usual, customary state...

Katya immediately laid down on the rug and fell asleep, the rest scattered around: to see if any mushrooms were here.

I found a place under the birch tree and with pleasure leaned my back against it.

Through the birch leaves, the sun shone all around with a gentle green-gold color — grass, bushes and trees. Birds were filling all the space around with their songs. A sense of peace, which was gradually swelling, becoming more and more gleeful... It was becoming more intense, brighter... It filled the space inside and then burst out from the anahata... I disappeared into the Bliss...

In this state, I wanted to remain forever...

But Vladimir invited me to go further.

And after few meters we were already near the *place of power* of Divine Imam. Since it was quite difficult to approach, because of the wind-fallen trees, Vladimir offered us to turn our backs to His Mahadouble and to flow out at a distance into Him — backwards from our anahatas — to merge with the Master of this site.

I did it almost effortlessly.

However, I already had no strength to make efforts.

"See how easily you have already obtained the Mergence with God," — Vladimir said suddenly. — "Once! — And you are already in Him!"

I wondered myself. "Wow!..." — I thought...

"You already can almost be given the rank of Brahman. God gives this title to those who know Mergence with Him and teach this to others. You only need to find someone worthy — and then teach this to him or her.

"What of my Brahman?" — I was roused. "Brahman is All-Seeing, All-Knowing, wise Teacher... And I?..."

So I was thinking, until we came to a new *place of power*, again, among the pine trees and ant-hills. Here was Karas. Vladimir invited us to see His name, which was written in the large space above the top of the forest.

"How to find out Who is here of the Holy Spirits? Sometimes — you can *see* their Faces. Sometimes — we determine Teachers Who are already familiar to us, identifying the individual properties of Their Consciousnesses which are unique to Them. Or, for example, They write Their names in the sky. Look, it is written there: Karas. Do you see?" — Vladimir showed by his hand.

Larisa, laughing, said that Karas had settled down a little further away, among the birches, but then suddenly moved closer to Vladimir.

I do not know, whether I *saw* His name written there, which Vladimir showed. Oh well: in fact, Vladimir said that I have all the time ahead!...

We removed our backpacks and sat down to rest.

Despite the fact that I was tired, my sense of the Divine Teachers did not become less bright.

Karas plunged us in His intense Love. I almost choked in It!...

Such feelings of communion with the Holy Spirits, from contacts with Them — in usual life can be experienced only a few to no times, for the entire incarnation. But here — so many just for one day!...

And how impressive were such meetings!

... But the time had come for us to go from here. Though now — with the new Friends, to Whom I could now address always, at any minute, at any moment of my

life — and discover the answer in Their Love and Support!

... I was already a bit sleepy: affected by the impressions of today. So I went — just behind those who were ahead, not looking around. Suddenly — I felt the Hands of Babaji. I was surprised, thinking: how long He was with us! But, looking around, I found that we were again in His Mahadouble in His first *place*. I even woke up with surprise!

Vladimir stood and offered the new meditation:

“You can dress in the Consciousness of Babaji — to feel His Face, Hands — as your own. We feel ourselves now — with His Strength and Power!

Again I felt Babaji, combined with my body. Wow!

... I myself really wanted previously to become very strong and energetic! Sometimes I even happened to be in such states — just before my acquaintance with the books of Vladimir. In those situations, I felt such an elation and a force that could rush all day with different things — and not get tired. Unfortunately, these episodes were always brief and involuntary.

But now — in a complete Mergence with Babaji — it was so cool to feel this state!

I am completely dissolved in Him. Only His “I” now was, “me” — not...

* * *

When we returned home, Anna told me:

“When you come here in August, your main task — not to lose contact with Vladimir!”

... At the station Vladimir handed me a small piece of paper covered with writing by his hand.

“This is the Revelation for you,” — he said.

There was a news advertisement note:

“Courses of psychic self-regulation for teachers and students of medical and pedagogical universities.

The regulation of one's own emotions and the development of the spiritual heart.

Conducted by a medical doctor. Organizational meeting — (where and when).

(Including — you will show our movies.

Purpose — to bring up the spiritual 'children' who could be trusted to become the teachers)."

It was something I would have to do in the foreseeable future.

Leap into the Abyss

Today we were planning to visit Ptahhotep and Jesus.

Vladimir already asked me, for the second time, whether I was afraid of the "Terrible Christ's Judgment"?

But I laughed: how to be afraid of Him Whom you love so much?

However, I was hoping that He would not have anything to reproach me for.

I was incredibly happy: I was waiting for a holiday, a very pleasant meeting! I was even surprised at this sudden feeling and looked at the others: did it not occur to them also, and was it the same with them? But no, they were, as always, peacefully talking, smiling, being in a very harmonious state.

Increasing happiness flooded me "over the brim".

We were approaching the *working site* of Ptahhotep...

The meditation, which I had to learn, was called "Leap into the abyss".

In this specially designed for such work *place of power*, one needed to feel as though standing on the edge of a precipice, with the back facing it. Then — from anahata — to "fall" back and down into the Infinite Divine Light, to dissolve in It, to become this Light. And then — to

recreate with the consciousness a giant anthropomorphic form, and place the material body, as if on a tray, in front of the chest of the new giant body of consciousness.

Vladimir had explained some other nuances of the meditation, and then asked me to leap into the abyss.

I jumped...

Ocean of the Divine Fire! — That was where I found myself!

But this Fire did not burn: It was the Divine Love!

It was possible to dissolve in It... Or — to swim, moving with the help of arms of consciousness.

An immense space filled with the Consciousness, having the color of a bright flame, surrounded me.

I wanted to reach His border — but no border was of Its extensiveness!

Then I wanted to dissolve and disappear.

But Vladimir, who was watching what I was doing, did not allow it:

"Excellent! That a girl! But, until tired, do the meditation 'Tray'!"

I recreated a huge human Form behind my material body, which seemed now insignificantly small, — and placed it on the image of a large silver tray.

This has happened. But to remain in this state for a long time — it was not interesting to me. And I again plunged into the Ocean of Fire.

"Excellent!" — Vladimir said, inviting me to come back into the world of matter. — "The only suggestions for the future — it is never to close the eyes of the material body during meditations!"

"Once," — he began to explain, — "very long ago, when I had not enough experience in perceiving people according to their intellectual abilities, I tried to teach the art of meditation to a young woman, also a biologist. We went to *places of power* along a very narrow and thus loaded with transportation highway. But she

did not agree with me that we should meditate with the eyes open! And it had happened two or three times that she was beginning *to be pulled* under the trucks rushing toward us... Every time I succeeded in pulling her out. But she never learned what I asked of her.

"Then one day she recovered from the flu — and told me that... she had suffered during the disease... for all the sins of mankind!... Such strange forms of conceit, of pride...

"I had to completely remove her out from our work...

"Once again I want to say, why it is important to learn to meditate with the eyes open:

"First, if we close our eyes, we can easily 'become lost in reverie' and switch ourselves into ajna's fantasizing — instead of performing really good work.

"Secondly, we should never lose our adequateness in the world of matter. I have already illustrated this just as a mere example. But there can be very similar examples.

"By meditating, we execute certain actions in the subtlest space dimensions with the majority of the consciousnesses. But we must stay in the material body with the parts of ourselves which are necessary for a complete orientation in material situations, for, in particular, the security — both our own bodies and the bodies of our companions."

... Personally, I, when my eyes were open, found it was not difficult to control simultaneously both situations: I could stay in the Ocean of the Divine Consciousness — and, at the same time, to be aware of everything that was happening around the body, up to the hummocks and rocks underfoot.

... Vladimir offered, if I was not too tired, to go, with the meditation, to the far edge of the *place of power*, which was about a hundred meters away. I was not tired and so was happy to continue the work.

It turned out to be easy.

I saw and felt, how everyone was happy for me.

They saw what I saw!

Vladimir joyfully exclaimed:

“We, before your appearance among us, used to come here many times, to fully master this meditation! But for you — once was enough!”

That is how it is: why was it enough? — I thought. — What: this is — because we have no time? Or really all is so good? Then what is the cause of my success? I am no better than the others!

“Why do I need only once?” — almost offended, I asked.

“Because you already know it all! This is — your experience from your previous incarnation!” — Vladimir laughed.

All laughed too. I was making excuses to them, saying that I had a fear of being proud.

“Right! But one just needs to find and to know one’s own true place in the Evolutionary Process,” — Vladimir explained to me. — “Then, there never will be any base to become proud! But this recommendation of mine will be adequate only specifically for you — the person who already has a highly developed spirituality, also possessing, in particular, a sufficiently developed intellect.”

Vladimir discussed this subject from a different perspective:

“Once upon a time we had what self-identification? That was: only the body... Or even the chakra in which we were living... I mean, that we were even much smaller than our bodies...”

“And now... — we have become so big that sometimes it is hard even to find our bodies — from a dissolved state in the Ocean of the Absolute... Because they look so small — in comparison to the size of the consciousness.

“Let us estimate: by how many times larger each of us are now than our material bodies? In thousands, millions, billions?...

“And because we now live mostly outside the bodies, we cannot locate ourselves in them!...

“The body may die, but I — remain!... Now it is possible to live, with full value, without bodies!...

“I — having a material body, that is, remaining embodied — am adapting to the world of the Creator, Holy Spirits and unembodied souls — within the boundless in size Absolute...

“The bodies, however, — still are needed for us: they will be useful for further development! Indeed, the possibilities for further development are practically endless! No one should think about himself or herself, that he or she has already reached the fullness of Perfection! To think so — this would be a gross mistake, based on the lack of philosophical competence.

“The body is a ‘factory’ for producing the energy of which is formed and grows the soul, the consciousness. We get this energy from eating usual sattvic food. This food is giving the energy that can be used, among other things, for the growth of the refined consciousness. This occurs in the digestive system of the body. Again: the body — is the ‘factory’ for transmutation of the energies for the growth of consciousness, the soul!

“... For the average person, the death of the body — it is a disaster! Confusion arises: how can I be without it?! Such a person can enter his or her body, go through it... but to merge, to join with it — it is now impossible. And it is impossible also to hide in it!... Panic sets in such a soul!...

“But we now have the opportunity to coach our own future death situation, to prepare ourselves in advance for the death of our bodies.

“Even you can try to ‘cram’ yourself as a whole — into your body... But now you will see that it is impossible: your body has become too small in comparison to you as a consciousness!...

“Here it is: your Freedom, Liberation from the material world!

“Hands of the consciousness can be easily turned into wings — and fly!...

“But this is not the main thing. This is good — to fly with a sense of complete freedom from the material world! But our goal is different: to merge with the Creator! And then — to help people — from Him!

“I repeat once more: during these flights and, indeed, during almost all meditation — it is necessary to keep your eyes of the material body — open. It is necessary always for perceiving all of the mastered eons at one time, including the material plane.”

... We have reached the end of the *place of power*. Vladimir suggested another meditation. Namely, to imagine one’s body as included in the inner wall of a volcano, near the top of its cone, back facing the cavity. And — leap into the depths of the volcano from anahata.

I tried — and then complained that it was cramped for me in this volcano. Indeed, in the previous meditation I was able to expand incomparably further, but now I was limited by the walls of the volcano. Vladimir praised these feelings of mine.

The Touch of Kim’s Palms

We moved further into the forest.

“And here is Kim,” — Vladimir said. — “He welcomes us. His peculiarity is that He holds out His volumetric Hands of Divine Consciousness — towards His incarnate friends. He is very happy when He has the op-

portunity to give His love. He says that I must invite you here again and again."

I tried to see His Hands and, as was suggested by Vladimir, to feel Their touch.

"Kim says: 'I am so glad when you come here! I can meet you at any point on the Earth's surface, but it is here — you can clearly feel the emotions of the Mergence with Me! I am very happy that I can help you in the development of this emotional state!'"

I felt joy and then *saw*, or maybe simply imagined, — how His Hands were stretched out from a translucent White Light to my body. And then they gave a surprising Touch of Subtlest Joy, especially when they were in my anahata.

* * *

As we walked further along the path, Vladimir decided to pick and take home young nettles: to make delicacies of them. One needed for this to cut them, lightly boil, and then — with mayonnaise!

"Nettle is also a very valuable medicine. It especially helps against catarrh problems," — he told me, — "but it must be collected before the start of its flowering, otherwise it acquires a strong irritant property in relation to the digestive system."

... The next destination was the *place of power* of Yasin, where Vladimir coached us in the perception of the boundaries of *places of power*. "These boundaries," — he explained, — "can be either well-defined, resembling the membranes of balloons, or with a smooth transition, or as multi-staged."

In the Mahadouble of Jesus

So, we arrived at one of Jesus' *places of power* that were known to Vladimir.

Vladimir first showed us His Face, which was located high above the birch trees.

"Here," — he said, — "is most convenient to cognize, in all their Great Beauty, the emotions of Jesus' Love — and then, if we are worthy, to merge with Him in these His emotions."

Almost immediately Anna and Larisa found the first mushrooms of the season: two boletuses and many chanterelles. They said, those mushrooms had been "grown up" especially for me by Jesus, and by such gifts from Him, they were usually presented when came here to Him.

I was anxiously cutting and putting them in a backpack.

We built a bonfire, and soon Vladimir suggested each of us to retire within the Mahadouble of Jesus — to feel one-to-one with Him.

... I waited for, perhaps, a quarter an hour, but no significant sensations were noted. I thought, it was because of the molesting mosquitoes: they did not permit me to relax and hear or see Jesus.

Then I went further — on a wide trail. And there I began to hear the repeating phrase: "Feel — with anahata!".

I again tried for a long time to attune, and then rushed to Anna: what if something was going wrong? But Anna calmly explained that a contact with God does not always express itself as the feeling of bliss. God gives us different states and situations, and this depends on the tasks from Him for us at every moment — to dissolve our inner remaining problems. Maybe this time I had to learn just to see Jesus, His Face.

I calmed down and returned to the bonfire. Maybe Vladimir will pass something from Jesus? But he began to explain a new meditation. This time it was intended for the development of my lower dantian.

"This meditation was given to me by Jesus," — Vladimir said. — "I was in it once in the evening... and fell asleep of tiredness, lying on the side near the bonfire. And woke up because my quilted jacket began to smoulder, and also a plastic decoy on the grouse in my pocket caught fire. I then understood this situation as a symbolic instruction of God: I do not need 'to beckon' anyone into God!"

... So I had to lie on a side with a bare belly directed to the quiet, evenly burning fire. Larisa and Anna has splashed on my belly the repellent against mosquitoes, laid the backpack as a pillow under my head, and covered my back — so as not to freeze.

"The purpose of this meditation," — Vladimir said, — "to unite into a common bioenergetic structure the three lower chakras. The criterion of success here will be the ability to freely look from this newly formed structure, which is referred to as the *hara*.

"You can sleep, at least for a few hours," — he added later. — "You can sleep in peace, we do not hurry now anywhere."

... I was watching the fire from the belly. After several attempts I managed it.

But more and more ants began to creep on my body. And I threw them off almost with irritation. And they — stood on their hind legs and angrily waved to me with their front legs! It was as if they were saying: "Why are you here?! Why do you hinder us walking here?!"

But even with these distractions, my concentration was hardly wavering.

And suddenly... the image of a fire appeared in my belly! I strained myself, staring. Exactly! I did not see my body between the "solar plexus" and up to start of the hips! There was at that place of my body — only the fire, but, unlike the usual, it was almost white!

I began only to watch. It was so interesting, does Vladimir *see* all this too?

But it was not all. Soon the fire was gone, and only a *transparency* was seen within my belly.

Suddenly I understood: I can now clean all my body! I immediately came out into the Light. There... I felt Jesus. I realized that He was involved in all — every second! We immediately continued to clean with the hands of consciousness my body.

And then Vladimir said:

“You can now cleanse your body of all residual impurities.”

Again! Whose thoughts do I hear?

And after a while Vladimir added that I concentrated mainly in manipura. I was surprised: after all, I did not even notice! I began to look at the bonfire from the rest of the chakras. But, apparently, I was tired. Now it turned out badly.

Vladimir came to me, looked at me, and put to my attention that in the svadhisthana, closer to the right thigh, I had a black-out. And he banged on it several times with his hand, on the back. I *saw* how something “poured out” from that location — like handfuls of sand.

He also said that my body — is all wet with sweat, and meditation in such conditions cannot be effectively done!

He told me to take off my superfluous clothing and continue working.

I knew that I was starting to get nervous and irritated more and more. And now I will start to just waste power in vain. I would do better to repeat them at home. I sat down abruptly.

But Vladimir was tireless: he set a goal — to rid me completely as soon as possible of all traces of that darkening in the chakra. He offered to “knock” them out “by sound”. That is, “in the style of karate”, to make a sud-

den movement by pelvis and arm, while screaming out loud.

Looking at Vladimir, I realized that now no Bruce Lee can turn out of me. And to do something at half strength I did not want. And I flatly refused the “karate”.

Then we packed up and went to visit Yogashira.

I was very worried about those emotions of anger of mine and asked Larisa about the situation. But she replied that she did not notice anything. Could my irritation be from anahata?...

We were again at the *place of power* of Kim, and here I was telling Anna that I was so glad that Vladimir has led me once again to Him.

And Vladimir turned from a far, waited for when I came up, and jokingly said to me:

“Tell Kim: ‘why is He stretching His Hands out to me in vain?’ Ask Him to better help you to clean svadhisthana.”

“How so!” — I was roused. — “We have just got acquainted — and I already will tell Him, ‘do not stretch out Your Arms to me in vain?! I cannot... First, one ought to go on a few appointments, get to know each other better — and even then to ask for anything! And then... somehow... uncomfortable...”

Nevertheless, I very politely asked Kim to help me. And we cleaned my svadhisthana — as we could in time, while we walked along the trail.

Temple

Again, I go behind Vladimir, and then he turns around and laughs:

“Yogashira jokes. He says: ‘Bah! Who comes to us!’.”

We all laughed.

And when I came in His *working site*, I then down-right “flopped” into Him — and “vanished”.

Suddenly I remembered Yamamoto: They both obviously had something in common.

... I walked around, stood talking with Him enjoying the feeling... It was as if I came to visit my very good friend after a long tiring road... I complained to Him and simply muttered, talking about the mosquitoes, about how “they made me tired”, about ants, which were angry, waving their legs, also that I could not become like my favorite Bruce Lee, and — about all!... And He was listening — and laughed good-naturedly. In the end, after I spoke out and calmed down, I asked His permission here, at His *place of power*... to swim. He — allowed. I had swam from anahata backward, I was swimming along on my back, like on the surface of the sea...

Vladimir came up:

“Have you make friends with Yogashira? How is He to you?”

“Funny!” — I replied without thinking.

“I have not known Yogashira to be funny,” — Katya said in surprise. — “I think the opposite, He is very serious.”

Vladimir smiled.

“And now we have to learn the meditation “Temple”, — he began. — “Imagine that behind our anahatas is the dome of the Temple, enormous in size. And fill it with our own spiritual hearts.

“Then — fill the Temple itself, below the dome. It is a lot more. Or, firstly, we can swim in it with the help of the hands of consciousness... But, in the end, we have to fill it fully.

“But the Temple — is huge!” — Vladimir continued. — “To fill all its volume at once — cannot be possible. This meditation should be repeated very many times. And, thanks to such efforts, we will gradually increase the

‘mass’ of our own consciousnesses. This is one serious variation of that ‘crystallization’ of consciousness, that Gurdjieff was talking about. That is — a direct quantitative growth of consciousness.

“But it must, of course, be understandable that ‘crystallization’ can be useful only if it is performed in the subtlest eons. Otherwise, to do this in not subtlest states of consciousness, that is, not in the subtlest emotions, — it will result in only harm, a ‘grand-scale’ ruining of one’s own fate from such attempts.

“... So, when we learn to fill the entire volume of the Temple — it is possible to fall even further — into the ‘Undertemple’.

“It is possible to master all this — only with using the hands of the consciousness. The moving between different eons of the multidimensional Absolute — it needs to be learned only with hands of consciousness. This technique can be named as ‘brachiation’. In zoology, the manner of movement of some monkeys in crowns of trees in the forest — is named by this term. They do it almost exclusively with their hands.

“So, if we are doing everything right, then we find ourselves in ‘Undertemple’ in the flame-like Divine Light. This is — the initial eon of the Holy Spirit (Brahman). Now, merging there with the Divine Consciousness, we can master also Its Infinity. You must try to ensure this state to become stable.”

... I swam in white purest Light, then pausing in Bliss, then moving again, then dissolving...

Vladimir began again to say something. He was sitting nearby, leaning against a pine tree, and watching us. I lazily “pricked up” one ear to listen.

“... a song of a blackbird can be entered in a svadhisthana, and be heard there...”

A blackbird sings... I decided to start to do this then. But now — to enjoy with the meditation “Temple”. Vladi-

mir began to speak again, as if not giving me time to disconnect completely. Then I could with hard turn to him, partly remaining in meditation.

“For the proper development of the hara, the strength must be refined, but not crude.”

I thought it was all clear to me, and that I will write it down later. And again, I happily merged with Yogashira.

Then Vladimir, smiling, said to me:

“Yogashira wants you to laugh. He runs His Hands from the ‘Temple’ — into your body. He wants to teach you to feel Him — by this manner.”

I saw how He does this and how it looks from the outside — and laughed.

“Do you see, how God loves you?!” —Vladimir laughed too.

... After a while, he spoke again:

“For the future, you can remember such an prolongation of this meditation: take such ‘Temples’ on your every palm, and plunge deep with the spiritual heart into the multidimensionality among them.”

... So I was meditating, it seemed, for a very long time, until I felt that my legs became weak and could no longer hold the body. If I could now lie down on a cart, and so go home — it seemed to be the right end to the day.

But our “cart” was the train.

Become My Colleague!

Today I was going to visit Assyris, Danish Lady and Maenuel!

When we arrived at the first planned for today *place of power*, Vladimir found that Assyris and Danish Lady merged here together with Their Consciousnesses. Before they were located at some distance, and Vladimir

was going to invite me to enter into Mergence with each of Them separately. Vladimir was jokingly angry that They had spoiled all his plans!... Then They disintegrated and took "Their right positions".

Vladimir led us to the *working site* of Assyris. I at once saw a large fiery ball of His Consciousness between the high birches. I entered into Him — and disappeared in the intense Divine Love — that, it seemed, fluttered all the muscle fibers in my body!...

... After a while, Vladimir gently took my hand and, smiling, "returned me to the land":

"Come down! Do not overwork! We still have a lot to do today.

"Come on now," — he went on, — "look at that Part of Assyris, Which is represented in this *place of power*. It is similar, in shape, to a huge mushroom puff-ball. From the infinite in size 'Sun of God' in the depths of Assyris — like a mycothallus of puff-ball having grown up to this forest glade.

"You may fill this 'Mycothallus' with Its 'Foot' — and then continue to fill the main Part of this 'Mushroom'. I mean the 'Mycelium'."

While I was trying to search for the real form of the "fungus-Assyris", Vladimir suddenly stood still, and then abruptly went to the birch tree which was about twenty meters away. And... he brought from there a huge orange-cap boletus — real, material — without a single worm-hole!

Assyris was laughing much...

Vladimir, satisfied, engaged in a further search for mushrooms, while not losing sight of us.

I already got tired. In addition, I also very much wanted to hear personal instruction from Assyris... and also find "my own" similar mushroom. But I had no success.

I felt that Assyris always was smiling. But I had already no more strength for blissful Mergence. Apparently, that was already planned by Them for today.

Vladimir asked, if I had heard something said to me by Assyris? I shook my head sadly. He smiled:

“Well, do not worry! This is only the ‘small stuff’...”

... We went further — to Danish Lady.

Already going up to Her Mahadouble, I felt like I was beginning to be filled with familiar smells: morning freshness, the flavors of different herbs, damp earth, grass covered with dew... Those were the smells from my childhood, the time of carefree happiness... We often went during those times to my grandmother. Directly outside her windows rustled the forest with an enormous canopy of leaves...

... We came to the intersection of trails. Here was Her Mahadouble. She, as I explained before, gives at this *working site* the standard of Divinity of the upper “bubble of perception”.

She felt very special: delicate, elegant! I caught the association with the fairy from my childhood dreams.

It was easy to attune with Her. But I again struggled with all my might — to hear Her!... For — not to wait for someone to translate Her Words to me! But — myself! When will this be at last?!...

Vladimir came up, listened to Her, but he started talking to me... “from a distance”:

“What do we have to do to fill Her Mahadouble with ourselves? We should begin the filling — from Her Face: it is always most convenient to fill the Divine Mahadoubles starting from the Faces of each of Them.

“Next — we ‘pass through’ into Mahadouble — and feel only Him or Her, not ourselves.

“So, we are, in this case, Her.

“And then you can compare our heads: Her and ours. Because of this, it becomes easy to understand what God

wants to see with regards to our heads, including their contents.

“Our ajnas are usually the most dirty and coarse chakras. They must be cleansed, brightened and made as soft and transparent, as Hers.

“And after we have realized all this, it is easy to perceive all Her thoughts, as with the thoughts of other non-incarnate Divine Teachers.

“In particular, She expects from you a fully “adult” relationship with Her. She wants to communicate with you, not as with a child, but as a colleague. She is ready to cooperate with you, performing together the common task.

“But concerning the beginning of your service, it is necessary to wait for the formed corresponding situation. To hurry up with this — it would be wrong.”

... Then Vladimir continued this direction of thought by himself:

“Almost all the people living now on the Earth, believe that God is incognizable for them.

“In Russia, if we start now... to say that God — is cognizable, and that one can communicate with Him like with incarnate people — then this will be diagnosed as the psychopathology or as a self-serving lie!

“But, in fact, Divine Teachers — They are much more worthy Friends for the people who lived and live in accordance with the Will of God! And They are — for Their worthy disciples — just as real, as embodied other people. And even more real!

“You have come here already for the second time — and very many times had possibilities to be convinced in the reality of such direct contacts with God. But for us, it is — as usual...”

* * *

How many Divine Teachers-Assistants I already had!
I — definitely will not be lost! To be “small” — I already
got very tired of it!

I even have grown — myself, in my own eyes!

I feel myself as a horse before the start of the races:
I am impatiently and excitedly jumping up: well, when,
when will I be let out — and run faster than the wind?!

... Anna also found a large orange-cap boletus.

Now, we all together collected nettles: both now to
eat at home, and to dry for the winter.

... Suddenly Vladimir said: Maenuel has come and
asks us to move to the sea...

Maenuel's Poems and Danish Lady's Kisses

We came up to the shore.

How superb it was here — to spread freely with the
spiritual hearts over the sea!

We made a halt and ate a snack, listening to the
birds and learning to distinguish between their voices.
We were especially struck by the song of bittern: those
sounds were like sirens from a departing ship. If you
did not know, you never would have guessed that these
sounds were emitted by a bird.

... Here I had to learn to distinguish clearly between
the two “bubbles of perception”.

“Feel here our great upper ‘bubbles,’” — Vladimir
began to explain. — “Then — our great lower ‘bubbles’.

“Now search the border between them. This flat-
ness is just below our vishudhas, and it is at an incline:
the front part of it — lower, back one — higher.”

My “bubbles” were already clear, I therefore perceived them well. So I turned to the perception of the space above the sea and to Maenuel.

I really liked the open spaces! I then turned to the sea with my face, then by back, enjoying the feeling of the Liberty... — and of the joy and tenderness of Maenuel! The more I meditated, the more He was felt!

... Gradually all laid on the grass, attuning with the beauty and harmony of Maenuel's *place of power*...

I saw the blue sky, green birch crowns observed from above, heard the wind rustling in the grass. Lulled by all this, I suddenly began to think in poetry. How is this?! This never was with me! I listened — silence. Again relaxed and dissolve in the Bliss of Maenuel. And then — again verses:

In the Ocean of Eternal Love,
I hear the Voice calling me.
“I love you,” — He says. —
“Come — and pour into Me!”

I happily waited for the continuation, but... it ceased to turn out... I tried to strain and relax myself, then — to become “off” — but with the same result... I wanted to feel grieved — but... this also did not turn out!... Tenderness and Joy of Maenuel filled me completely! The feeling of these emotions were overflowing me... From overflowing with Maenuel's Joy and Tenderness, I really wanted to name Maenuel by a familiar variant of His name. But since I did not know how I can modify His name, I remembered that in the last incarnation His name was Alexander... Sashenka! I felt terribly funny, but I did not know whether this was acceptable and whether it was liked by Maenuel. And so, I forbade myself to such a manner, and only smiled “from ear to ear”.

... We went back to the train, and on our way again passed through the *place of power* of Danish Lady.

We all stopped at the intersection of trails, merging with the Love of this Holy Spirit.

She was glad to see us here again.

And then Vladimir said:

"She kisses you..."

"Loving-loving!" — Larisa added.

I tried to answer Her — also as tenderly as I could.

We Must Transform Ourselves into Love!

While we were sitting on the platform waiting for the train, Vladimir suddenly turned to me from the other end of the bench and jokingly said:

"You still have so many new things to learn... I even envy you!"

They all laughed.

He later continued this thought:

"The set of all striving for perfection can be expressed in the form of an image of a pyramid, divided into floors.

"Many people can become interested in spiritual work. But to reach the top right now, only a few persons out of millions really are able to do so.

"Someone is able only to learn to live in the anahata chakra, look at the world with the spiritual heart. And this is very much in comparison to the baseline! But even not all of those who have taken this step, want to move forward: the 'earthly' restricts them.

"But others can learn to feel and see the trees' bio-energetic 'cocoons', and then — the Forms of Consciousnesses of the Holy Spirits. Then — to communicate with Them.

“It is also possible to receive baptism from the Holy Spirit: in this case, we feel God in our own bodies, in the anahata chakra. Samadhi! The first Bliss of God feeling! It is so bright! And then it becomes a normal, a usual state...

“But if to move forward — then the direct relationships with God gradually develop! It becomes possible to see Him with our own developed consciousness, to converse with Him freely, embrace Him, to merge with Him, to learn directly from Him!

“But to master this, one needs, in particular, to be free of the fear imposed by different sects. I mean, first of all, the affirmations that it is impossible for anyone to communicate directly with God, even to love Him, also about the ‘sinfulness’ of such ‘encroachments’...

“On the contrary! We should be totally open to the perception of God, to our outpouring love for Him — and to earning His reciprocal Love!

“But for this, of course, it is necessary to understand what God is: that He is not a flying man or a punishing-people monster. But He is really Love!

“To cognize God — one must go to Him boldly, gradually transforming him/herself into Love! And then — do not be frightened, having met His Love!

“But there is also a sectarian view that the love for God — this is a foil, ‘machinations of the devil’... They say, the devil provokes us to the love for God... But why would he want this?... Absurd!

“One needs to try to save people, especially children, from such sectarian turbidity, from this and similar destructive lies!

“Now God’s ideas are — through us — to give people the true knowledge of God, the Path to Him, the meaning of our lives!

“This is especially important — in relation to the youth: i.e. to those who have not already destroyed their

intellectual abilities by drinking, drug addiction, and nourishment on the bodies of animals.

"But this should be done very cautiously because the priests of such sects 'feed' on their flocks — and, therefore, behave very aggressively with regards to the controlling them."

... Vladimir paused, obviously remembering something.

"Now," — he continued, — "an episode came to my memory... Once, many years ago, I was stopped on the street by TV reporters, who got interviews from passers-by. The question was: 'How have you celebrated yesterday's holiday?'. (And this was a significant day in the Orthodox Church). I replied that I am not a sectarian! And met their complete lack of understanding: How so? But this is just *accepted*!

"Too many people in Russia, under 'to celebrate' understand... only drinking alcohol. Drinking in our country has been adopted as a 'religious ceremony'...

"But is it that God wishes for such 'religion' in us? Are these 'celebrations of the dates' — indications of our righteousness before Him even in the slightest degree?

"Are our drunks the main Russian 'religious tradition', programming massively its followers to the hell?

"But it could... perform the Teachings of God..."

* * *

The following day I had to leave, but the morning was free.

Anna invited me to meet with the Divine Apostle of Jesus Christ — Andrew, Who had in this city at least two *working sites*.

I gladly accepted.

Apostle Andrew: "Be the Boundless Love!"

Quiet, tender and smooth surfaces of water, clear sky... I feel Andrew, His deep *silence*...

With great urgency, I suddenly realized, with my thoughts turning to all the people of the Earth, that here They are! — They — Great Divine Souls! None of these Greats have disappeared! They all are Living! They are living here and now!

I was overwhelmed with happiness and gratitude to God — for what I now know about this, standing here on the bank of the river, and got in touch with the so very real Apostle of Jesus — Andrew!

I suddenly felt... a little difficulty in breathing, and became an unusual state (of consciousness) in my body. I saw... the image of a man immersed in a deep peace... His face was framed with a light beard, and eyes — sky-blue! They were so beautiful, so vast, radiant!... I felt that already I myself see with his eyes...

Anna came up:

"Andrew is now connected with your body, He wants you to feel Him."

I, with quiet joy, reported that this is already happening...

I was trying to strengthen the Mergence... I saw myself as — Him, Who was walking along the lane.

He is dipped into the *depths* of the Divine Light. And He Himself consisted of this Light. Not by words, but by emotions, I understood what He spoke to me:

"Plunge into this Light every time when the fuss of thoughts begins to take!"

Andrew shows how this can be done:

I feel myself as a big bell, inside of which I was. My head inside sets against its top. Having filled this bell with myself, I should then fall below, into the *depth*...

Thoughts immediately stopped, inner peace enveloped — from head to toe...

Quiet and boundless inside — sky-blue Eyes of Andrew... Mergence with His boundless Spiritual Heart...

Again I begin to hear the verses. But this morning, I forget my notebook, and Anna at this time wrote something down in her own notebook. I decided, I would try to memorize these lines, but in a moment understood that it will not work. But the lines were very beautiful!... Anna raised her eyes to me. She walks with an outstretched notebook:

“I got the feeling that you need it.”

I nodded, saying that I need to write down the verses. We both laughed. Anna — in delight:

“This has not happened with me yet!”

As it turned out later, Andrew was dictating to both of us simultaneously. Here is what I heard:⁵

Tender Hands are blowing
Into Love of the King of Heaven
From illusory dreams...
Love to all — boundless!
Depths — serene!
And — the joy of flight!
Andrew — Apostle Beloved and Desired
Is called by people, deceived and tortured...

But then I, unfortunately, did not hear anymore. I wanted to return the notebook to Anna, but she said that Andrew asked me to keep it with me for the time being. And then I realized that I should write down the meditation and experienced sensations.

⁵ Here and further the translations of the poems are given in a non-rhythmical form.

Later, Anna read the words she heard from Andrew,
while turned to me:

Words — are small,
They cannot contain all my Love!
My Love — is vast and tender!
And I — present My Love to you!
I am — here, with you!
And I will be close to you — forever!

Do not be afraid of encirclement
Where anger and derision reign!
I go along this Path — for centuries
Through the darkness —
Among human souls ugly, abnormal —
Masculine, feminine...

But those who hear Me and understand —
Will be with Me!
You — will be able to teach people to love!
Let us go! I — will be with you!
You — with Me — right now!

Visit 3

*"We, Avatars, are making
the history of the Earth By our lives.
Understand that this may apply to you too!"*
David Copperfield
(from an interview)

Alone with the Master

My third visit occurred in August of the same summer. I spent this month in a society of people dear to

me, plunging ever deeper into God, and closer — to the fullness of knowledge regarding the “other side of the world of matter”.

It so happened that the first two weeks I was to be alone with Vladimir, the rest had to leave. And if such a prospect at first caused me some distress (I did not live ever with a spiritual Master), then after a couple of days I was able to completely relax. The life in love, harmony, caring about each other — this was what Vladimir taught and continued to teach everyone to whom God gave to him to take care of.

Each passing day of ours did not contain anything unnecessary, our work went with harmony and restfulness. Our Teachers were with us every day — and not only at the *places of power* during meditations, but when coming home, either simply silently smiling and endowing us with tenderness, or helping us with pieces of advice.

With each step, learning every day one or more new meditations, I began to feel more and more not only the depth and joy of Merging with the Divine Teachers, but also the burden of responsibility. Carelessness can be permitted for a child, but not for an adult! And — especially not for a spiritual warrior, who, now and always, must be perfect!

It would be naive to assume that you will have only like-minded friends and will not have enemies, when you are trying to introduce into the minds of people a new outlook, going against the established system of understanding regarding the concept of the religious life! This was very vividly illustrated in the books by Vladimir, *Spiritual Heart — the Religion of Unity* and *Classics of Spiritual Philosophy and the Present*. Now I could not be imprudent in any sense! Now I must learn to be out of reach for people of the *tamas guna*, but remain available for those who are looking for...

Divine Teachers more and more intensively and brightly led me to understand the importance of the role which had been destined for me in this incarnation, also those of large-scale changes in the evolution of the Earth, which I could contribute to, if I go by the right way.

My previous embodiment as Guru Nanak-2 was not just something interesting, curious and beautiful, but a very serious and significant step in my development as a soul. And as for my present incarnation, Adler told me that it will be the last.

I will tell you now about all this in detail.

The Image of Guru Nanak-2

The first few days, we had dedicated our attention to urban *places of power*. About a hour-long walk from the Vladimir's house, there is the *working site* of Eagle. And we were going to visit Him.

While we went in the warm stillness of the morning, Vladimir touched upon the subject of the growth of a consciousness and the adequacy of self-feeling:

"I am there, where I feel myself," — he explained. — "Little individual consciousness that lives for the present only in a body or around it — are not capable of doing something serious in cognizing God. The consciousness has to become huge — through the growth of the spiritual heart! Therefore, for each who strives to the Perfection, this is a reason to learn to extend him/herself by the spiritual heart — in that subtle eon, where one is now presenting in.

"Moving deeper into the multidimensionality — from one eon to another — may be done with using the hands of the consciousness which originate from the developed spiritual heart. These are just hands of love — and mostly palms upward — allow one to expand self-awareness, moving in space and covering it with oneself."

... While I listened to Vladimir, my feelings were becoming more and more joyful on the brink with glee! I — finally! — broke out! I am expansive! — at least for the time of meditations! And I can now — at least temporarily — devote myself to God alone!

Vladimir, as always, was vigilant, expressing at the same time only the calm:

“We have to not lose our orientation on the material plane, so that, at least, for example, we do not clash with other pedestrians or with a car! We must be adequate in the material world, but by 90% or more — to be, with the consciousness, in the needed for this moment eons.”

... It was interesting to watch movies about Sathya Sai Baba: how He flowed into His body, when necessary, from the Universal Spaces, with the Part of Himself — and began to look at the world of matter. And then — He flows back — and again became Universal.

It was very auspicious — under the leadership of Vladimir — to begin to master this flowing! That was — I looked through the body’s eyes at the trunk of a birch, intently observing the structure of its cortex. Then I — left the world of matter — and became huge, universal! It was interesting to trace the path of the consciousness flowing through the body: through what structures did it occur? If I started from the world of matter, then I was going through the eyes, ajna chakra, then down into anahata — and back. And there — my huge hands of consciousness! With their help, I was widening in space! Then — back to the world of matter. And so — many times.

“By the way,” — said Vladimir, — “What is the color of the space which we are now going into behind our bodies?”

“At this moment — white. White Living Light!”

Vladimir nodded in agreement:

“We are able to enter in this way into different eons: both before and behind the ‘Mirror’. This may be pre-

determined by these or other *places of power*. Or — we ourselves can choose one or another eon, if we already have become familiar with it. Another option — we are led in choosing the eon by our Divine Teachers.”

While I was thinking over the heard thoughts, Vladimir suddenly slowed down the pace.

“Interestingly,” — he said, looking at something with interest. — “Our Teachers show your past incarnation: the image of Guru Nanak-2. Here it is... He stands... You can yourself become acquainted with your past: the monastery in the mountains, the male body in orange clothing...”

I was roused: I can see my past incarnation! Wow! Description given by Vladimir helped me to perceive the image. Orange clothes similar to those in the films about Tibetan Buddhist monks. Interestingly, was my head also shaved, as they have? But I could not scrutinize my head and face, and I had no idea what my reaction would be if I clearly saw the face which was mine in my past life...

But Vladimir offered not to stay longer on this until later. And we moved on further.

“Third Floor”

Fifteen minutes later, we came to the highway. It was an early morning during the weekends. People and cars were almost none. We were slowly moving forward.

In one part of the road, where there was the appropriate *place of power*, Vladimir introduced me to another important meditation: getting acquainted with the entrance into the original eon of the Holy Spirit, which was just at the top, high above the Earth’s surface. There was light, seen as the amazingly refined and radiant Divine Purity, consisting, as it was felt, of the Living Bliss...

"This is as if the 'third floor'. And it is possible to walk on that floor," — Vladimir said. — "What is this — the floor we speak about? This is — perceived in this way, the border with a slightly more dense eon, which is below. We stay with our material bodies on the land, but ourselves (as consciousnesses) — walk there by this 'floor'. Those, our very big 'bodies' of consciousnesses, which have heads and hands... We ourselves are going on the 'third floor' — and from here we can look at our material bodies, which are moving below on land.

"Now we have spoken about the 'third floor'. And between it and the ground (material plane), there exists also the 'second floor'. This is the eon of paradise. It is a little denser than the 'third floor'.

"But we have also such *places of power* on the high hills, where you can be on both these 'floors' — even while together with our material bodies. *Working sites* of Ngomo are most interesting in this respect.

"While we are on one or another of these 'floors', it is possible, for example, to search the structure of what is under our feet: what could it be composed of? We can see that it may be similar to the dunes of golden sand or the light white clouds."

"For me it is the clouds," — I said. — "They are — soft, fluffy and tender, like bath foam, I bathe in it. And from the top, I am pouring myself with sparkling, warm, golden rain — like a shower. And all it is living, they consist of the purest emotions of Divine Love, joy and pleasure of meeting!

"Well! And now — feel 'at home' on the 'third floor'," — Vladimir continued. — "As Juan Matus explained to Carlos Castaneda, one has to act for a long time in the eon where he or she is at the present time. Only such activity *there* — provides consolidation in that eon. You can, for example, fly up *there* or swim like in water, with the huge arms of the consciousness. Or — do psychophysical

exercises. Or — communicate, talk with God *there*. At least — turn to Him with the words filled with emotion: 'I love You!'... Or — such meditations: 'I am the pure consciousness, which is very readily dissoluble in God!'... You can work out: 'I am dissolved in the Living Bliss of the Holy Spirit'... Then: 'I am going to gather again, like a mild-light cloud'... We may do all this many times..."

... So we walked, being douched by both: the light of the material Sun and the Light of God... The world of matter gradually lost the right to me to be called the only reality. And God's world was increasingly opening Its Gates. It was absorbing me in Itself...

Four Segments

Soon we reached the next *place of power*, where Vladimir suggested me to begin to master a new fundamental stage of the development.

"Before we were working to cleanse and improve our chakras and dantians, also the main meridians. But our bodies have yet another structural division, about which very few know. These are — vertical segments.

"Both the body and bioenergetic 'cocoon' are divided into four vertical segments: two right (front and back) and, similarly, two left. Between all them there are partitions. It is necessary to review and cleanse from all the dark inclusions each of these segments, as well as the partitions between them. Before, we did not touch this topic. And we had the illusion that we have studied all the main structures of their organisms. But it turns out that it was — only one-fourth of our abilities..."

Vladimir paused here, for me to realize all the above information.

"That is, it turns out, we acted only 'within a zone of competence' of our right (if we are right-handed) posterior segments!"

He paused again.

"But if now we learn everything, already known for you, not from one, but from four segments, — then our abilities have to increase four times!

"Moreover, some of our physical ailments can be resolved only if we treat them in all four segments.

"Each segment extends its influence not only within itself, but within the whole body, that is, including the territory of the other segments. But from the space within every one segment, it cannot be seen, what occurs within the other segments.

"The fact is that in some cases, for a bioenergetic pathology inside one segment, an entirely different segment is 'responsible'. And the treatment should begin with the last, and not in the segment where we see the pathology.

"So to get rid of some health problems, we can only in a result of viewing and purifying all segments, as well as the partitions between them."

... I slowly understood: "What is this? Everything that I already done so far, has to now be repeated three times more? And all the further meditations, must they be done 'in four'?"

Seeing the expression on my face, Vladimir laughed.

"It is good that these segments are not a hundred, but only four!" — I summed up.

But he calmly continued:

"Now, at this *working site* of Adler, the main task — to observe inside the body and the 'cocoon' all these segments, then — to cleanse them all, including the partitions. Begin to do this from behind: it is easier to see by this way. Do not forget about the head and legs."

I came back from anahata and looked at my "cocoon". Yes, indeed, here they are — these segments and partitions. Although, without the explanation of Vladi-

mir, hardly ever could I find them... and even, ultimately, understand what must be done with them.

But that was not all. I listened to the continuation of his explanation:

"Each partition is composed of two halves. They can be pulled apart. As a result, they straighten out, becoming, if you look above, as a circle. Thus we obtain at the center as if a 'new middle meridian'."

... The problem, according to the explanation, was not easily solvable. But it turned out that here the most important thing was to understand intellectually the description of the segments and how to work with them. As soon as I realized this, all at once began to be alright. Although in some places I should tune up to achieve the desired purity. It was, in some cases, as if I moved heavy rusty blocks off...

Vladimir told me where I should find shades, if I myself could not quickly notice them.

After a while, I began to get tired, my head became heavy and ache. But I wanted to complete the started work as soon as possible. For this, I invented different ways of getting rid of all the detected disharmonies. Among these ways, I preferred to use the images involving fire: the work with them was most convenient.

Vladimir surely traced my thoughts:

"You can use the image of fire — that was in the meditation 'Volcano'..."

I carefully cleaned out everything superfluous that was available to my attention, when Vladimir said quietly:

"Here — Eagle. He is watching with very attentive interest, what you do within... He came to call us to Him: to His *work site*.

I suddenly felt very funny, when I imagined how the attentive Face of Eagle may look — the Face of one of the

greatest Holy Spirits, watching my actions. From this, even the tiredness went away.

... As we walked, Vladimir drew my attention to the fact that now, such meditations as "Leap into the abyss" and "Volcano", can be learned for each of the segments.

I wiped imaginary sweat from my forehead. How much difficulties!...

But — how it was interesting!

"Craniotomy"

Fifteen minutes later we came to Eagle's *place of power*.

We stopped and Vladimir said that the giant Face of Eagle is directly in front of us — and that we can enter into Him with our bodies.

Vladimir described the distinctive features of the exterior of Eagle: hair gathered in mohawk with feathers stuck — in fact, Divine Eagle is the Representative of the Native American spiritual culture.

"Eagle offers to merge with Him, starting from His Face, and, in particular, to feel His Hands — as our own," — Vladimir said to me. — "Then He offers us to merge with Him — with all of our segments."

I was so absorbed in observing the Great American Native Divine Chief, that I did not even realize what Vladimir had said. I was obliged to ask again:

"Simultaneously, the left and right?"

"If this works out. Or enter firstly from right-back, then — from left-back, then — the same from both front segments, then — within the 'new middle meridian'.

"When we are acting from the anterior segments, it needs to be face to face in relation to our material bodies. This can be achieved only when we completely exclude the feeling of the upper 'bubbles of perception'. Merge with Eagle — and watch with His Eyes your body from

the front. By this way, we can train the look of God — at the material world which is presented in this case — by your body.

“You can also pay attention to your eyes — for improving their future functioning. Although for the eye, there is another exercise, more radical. On it, I will tell you more later... No, Eagle says to me: right now!”

I was fully ecstatic! On the one hand, from the “right now”. And, on the other, — from such an unique (for me) dialogue.

“Well,” — Vladimir agrees. — “Then you can right now become the Mahadouble — from back-right side of the body. You are now — very much higher than the body. And — begin to do for it the ‘cranial trepanation’. For this, you — with the hands of the Mahadouble — take its bioenergetic roof off. This allows you to enter into the head and remove from it all the dark energies. Cleanse, first of all, the area of the optic nerves, eye-sockets, the optical parts of the brain.

Firstly, do it in the right-posterior segment, then all the same can be repeated in the others.”

Well, it was easy!

I diligently set to work. The only unpleasant consequence was an escalating headache. My head felt like an extra part of the body. I wanted to remove it from the neck and put it on a shelf somewhere: as well as let it rest! But... I had to submit with the Will of God, Who intended the place for it...

“Well,” — Vladimir said after a while, — “Eagle claps His hands!”

What else does one need to be happy, if you are already applauded by God? I broke into a smile!

But what concerns the head — it would like, after all, to be put away separately...

“Fatigue, combined with such ‘fractures’ in the head after such an operation, is quite natural,” — Vladimir

responded to my complaints. — “The best way to completely get rid of this state — it is to eat and then sleep.

“Also we must remember that such fatigue may give bio-energy blackouts in the head. But any attempt to get rid of them with meditation techniques would only lead to further deterioration of health. Therefore, I repeat, the only correct way to remove this fatigue is sleep, before which we should eat.”

... Since the planned task for today was completed, we thanked Eagle and went home. On the road, Vladimir spoke again about the direct perception of God:

“When we in similar situations are, for a long time, alone with God, He becomes for us, as if the only open Reality, it becomes easy to enter and merge with Him. When we were at the last place and were merging with Eagle — tell me: who was more real for you: Vladimir or Eagle?”

“Eagle...” — I said, remembering how I did not just “come back to earth” from the meditation of Mergence with Eagle.

“Well done!” — Vladimir responded happily for me. — “God became more real than material things, than the material body of Vladimir. That is — your greatest achievement!”

Good to Know the Whole Way!

“It is possible to cut the way a thousand times, if you know the whole,” — Vladimir continued his thought. — “How was I leaded?... What should be done to show to someone something completely bizarre, strange, not revealed to anyone yet? For example, the segments? How can God explain this to an incarnate person, if there is not a material body, through which He could speak freely about it? Or how to explain that it is the reason to train myself to stay below my own body? Just people —

in their common crass spiritual ignorance — are afraid to be at the bottom: there is, they say, — the hell in the earth, but God is in the sky above...

“And how much did our Teachers had to think in order to bring all this — to my understanding?

“Do you remember Babaji’s *place of anahata* in the forest, where He was standing near the fir-tree? How I have learned about this place? I once rode on the train pass, at a distance of a few kilometers from there. I suddenly saw Babaji from the window of the train. He directed — with the Hand of Mahadouble — me to go there the next time! I remembered this, then fulfilled — and found that wonderful place!

“But how to transform quickly the spiritual heart of a beginner — to several hundred meters in size, if before it was... only a little bigger than the body?” — Vladimir said thoughtfully, absorbed in memories. — “So, with the knowledge about *places of power*, I was shown the principal directions of spiritual development, which were developed by us in the future. And look at the result!

“The knowledge about the *places of power* were derived from the writings of Carlos Castaneda — who himself received them from the words of Juan Matus. That was a great feat Castaneda accomplished, writing and making public all this information!

“Although only very few people began to work successfully thanks to Castaneda’s books... After all, very many — only became addicted to drugs...

“Castaneda gave both: the great temptation — and the opportunity for the greatest spiritual achievements! Without this knowledge, nothing great could have happened with me personally, and, respectively, with all of you and many others.

“I have spoken now so much, to show you, how it is hard for God — to explain to incarnate people the Path to Him, to give initiations into the highest knowledge! And

how it is fine that we now go day to day together — and work, work!... When I look at this situation by the eyes of God — I feel deep and quiet joy!...”

... I listened in silence, filled with the same enthusiasm and absorbing, like a sponge, all that was being said by my Master. The speed with which I was given the new knowledge and skills of spiritual development, yet, was above my ability to comprehend all at once, to the feel whole set of them — as well as awareness of my own role in what was happening. And, although I have ceased to be a “small”, but the final value of my own spiritual growth for all my previous incarnations far coincided with how I currently perceive myself.

Vladimir saw it all, God knew it, and I — ... only carefully looked at all this — and started back...

But even my timid wild guesses, as it later turned out, were still far from reality.

“Your state which has been achieved in the last incarnation,” — Vladimir suddenly spoke again, catching and continuing my thoughts,— “the spiritual heart is extensive, easily filled with the Divine Light-Fire. This was your normal state in the adulthood of your past life. It is very much, if seen from the beginning of the Path, from the state of those souls which live only in their bodies and feel themselves only as the bodies. But there is still very much that can be done. This Divine Light-Fire — it is just Brahmanic Manifestation. But — not the Creator yet...”

On the Ability to Communicate with God

We had many conversations with Vladimir, including at home. And one of the most beloved to me in such situations was the joining to our conversations — our Friends, the Holy Spirits. Vladimir heard and saw Them

as good as embodied people. Sometimes we even obtained the whole “conferences” when we were absorbed in medical subjects, and discussed ways to treat someone’s illnesses.

I asked:

“How can I achieve the same skills and capabilities to communicate with God?”

“It comes with experience, as a result of one’s development as the consciousness, in all the worthy for this eons of multidimensionality,” — he replied.

I just frowned thoughtfully: “When I will master it?”

Seeing my inquiring concentration, Vladimir continued:

“It is necessary to question God — to begin collaborating with Him. If you do not ask — this means that you are not interested in a relationship with Him.

We should learn to solve our problems together with God!

And helping others also should be co-creative! This could become our ‘Study on God!’”

... Yes, Vladimir, for example, had brought the methodological concept of knowledge and methods received by him from God. And up to now there was almost no country where his books were not read. And the younger generation will grow on these books!

Yes, one does not need to wait for orders from God. To carry out orders — it is the level of studies of dogs, horses... It is much more correct for us — to capture the Thoughts and Intents of the Holy Spirits. “Learn to catch every rustle of My Thoughts,” — God taught Vladimir once.

We can ask for advice, make suggestions from our part. God can agree, tinker, suggest how it would be better to do this: by one way or another. Or, if I just insist on my opinion, He would say at last “Okay”: for me to

become convinced that I was wrong. Yes, that is right: such personal experience is acquired too.

As a result, we necessarily learn gradually to think like God.

... One day, when we returned home tired and were going to rest, Vladimir suddenly said to me, that he leaves me alone with Krishna in the room, because Krishna wants to tell me something in private. I saw Vladimir off — almost wistfully: “How will I be able to hear beloved Krishna without Vladimir?! I almost cannot! But I want to hear all from Him!”

But, thinking quickly, I calmed down: after all, who, if not He, knows what and when is it appropriate to say?

I sat down comfortably, relaxed in the most expanded anahata, renouncing any “blow” of my own thoughts. But... nothing happened, except that I felt Krishna, His presence in my anahata — very intensely.

But after a while, it became confidently clear for me, that now, at this stage of my development, while I cannot hear the voice, God is now trying to talk to me through my thoughts. Also — that the ability to understand God depends on the ability to remain steadfast in Mergence with Him, and that it is necessary at this time for me “to let think” only for Him.

Only then I began to receive.

I asked questions. Sometimes His answers were mixed with my own thoughts, I selected them and drove them off. I realized that while I was just starting to learn to communicate, my mistakes were quite appropriate.

In the end, I wrote down the following:

“Your following growth should be continued by the expanse of love. But love — at My Divine level! Be — as I am! And love — as I do!

“Look for the opportunities to present your love!

“The difference between us now is the following: I love you more than you love Me!

“Rush to me always! Be My Sun — in the material world, among people!

“Distinguish between: how I love you — and how I love others...

“Let events go on as usual, do not worry about it! I — will serve, for you to be alright in everything in your life!

“Rely on God! One day we will meet without any ‘interference’! The wall between us is the wall between levels of the consciousnesses’ development. It will be destroyed, and we go together ‘in the wide world’! Realize this!”

I was overwhelmed with happiness and... sadness at the same time!

My God — He spoke to me — and I heard Him! Is this — not a great happiness?!

But the sadness came from the fact that I wanted — much more! I wanted to fully and strongly dissolve in Him! Dissolve — so... that touchings, huggings, kisses in the material world would be only small, in comparison with the new sensations and feelings... And I knew with all my being that this is — now — possible! And that is — must be done!

While in this state, I suddenly told Them that when They find me completely *there*, then I will throw myself — to kiss all Them — Each separately!

I laughed a little my own thoughts of such, expressed in this way. And then I immediately felt that All around me, too, began to laugh together. Apparently, They were All Those to Whom I promised.

Again, I was remembering all the traversed path in this life until now: how desperately I was looking for love — for a long time without understanding that all this time I was looking for God! And I really wanted to

dedicate poems to Krishna — because I was overflowing with emotions of love “to the brim”.

And, as the poem formed very quickly, I realized that we had composed it together:

“What is — a world without the Light of Thee?
Why to live in it, to meet the dawns
Beautiful, but without you? Who
To hug?... My Dear, where are You?”

“And You will cling to my lips in reply,
Envelop with Love and whisper:
‘You dare! The one who searches — will find!
Following My footsteps, come into Abode!’

With rays of the Sun You will touch my skin,
And the warm wind will braid my hair!
My God, there is none — more dear than You,
My Tao, Ishvara, Allah — my Beloved!”

Later, Vladimir gave me one of the revelations from Juan Matus, once turned to Anna. It also concerned the ability to *hear* and *see*. And it helped me to learn better this ability. Here it is:

“The power is given to you according to your self-perfecting.

“*Vision* and *hearing* come with an increase in personal power.

“The ‘human form’ is what prevents the acquisition of the personal power.

“The whole Ocean of Divine Power is near, here. But one needs to completely throw the ‘capsule of myself’: the ‘capsule’ of the residue of egocentrism.

“‘To get rid of ‘self’ — it means to become dissolved in Me, to look through My Eyes, to hear through My Ears.

“This is I — seeing and hearing!

"Let go off your 'self'! Allow Me — to be you, including — in your body! And then you will learn to fully see and hear.

"It is necessary to merge with this Power, to become It. This will mean 'to become the man of knowledge'.

"You have very little time and do not have it for trifles! No one knows how long he or she can go by the Path of Knowledge and Power. And no one will be forgiven if they have done less than they could do.

"I am Nagual. We are a lot! And We always are ready to help you! We are here! We are with you every second of your lives! Do not lose in vain these seconds!

"To look with a smile in the face of death — you have to be perfect!"

"Losing the Human Form" and the Centrism in God

When we were relaxing around the bonfire, I asked Vladimir to tell me in detail about the concept of "human form".

He paused, collecting his thoughts, then began:

"The term 'human form' was introduced into the spiritual science by Carlos Castaneda from the words of Juan Matus. It determines the characteristic of thinking and behavior of the majority of people, which is not caused by objective necessities and expediencies, but the patterns imparted by education and imitation. People who have a 'human form', think and act mainly on the principles of 'it is accepted', 'it is usual', 'everybody does so'.

"As for 'losing the human form' — this means, by the highest standards, to stop doing anything that is not necessary, and do only what is necessary within the Evolution of the Absolute.

“The latter includes — as a component not basic, but worthy of appropriate attention — also care for the livelihood and health of our own bodies. Our bodies are our temporary homes. And only while we have bodies — we can develop ourselves. Our development — this is just the cause for which the Creator created all in His Creation.

“The ‘human form’ — is a function of the manas, in contrast to the activities of the developed buddhi. In other words, the ‘human form’ ‘nests’ in the ajna chakra. And, until one has mastered the functions of the spiritual heart and not resettled into it, one does not have the possibility to radically transform oneself in this foreshortening.

“Therefore, in particular, a variety of ‘seminars’ for the ‘destruction of the human form’, arranged by adherents of the so-called ‘modern psychology’, where the methods are insults and humiliation in relation to the ‘disciples’ (more precisely — the victims) — all this cannot give any positive results. Such ‘seminars’ are merely a manifestation (as in a ‘scientific’ and therefore ‘legal grounds’) of the disgustingly vile mental qualities of themselves as ‘teachers’. I would rate their ‘work’ — as malicious hooliganism.

“The true spiritual Path... — its basis, its ‘carrier wave’ is turning oneself into harmony and refined love. Rudeness and violence are the opposite qualities!

“... So, there are directions of thought and human activities that are not only unnecessary but interfere with the positive dynamics in the development of souls. However, most people’s lives are filled with just that.

“All of our options of thought and action may be divided into three groups:

‘1. Trended to serve the Evolution of the Universal Consciousness.

‘2. Necessary for our own sustenance and good health in the world of matter.

‘3. Waste, that are not necessary.

“For everyone, it would be wise to keep personal activities within the first two points only, with predominance on the former.

“Anyone who lives and works not for oneself but for God, dedicating the whole of one’s life to spiritual development and service to God through true spiritual service for people — only such one can be considered as the real monk or nun. Belonging to any of the religious organizations for this, of course, is not necessary. No need for a true monkhood is also in obtaining new names, in wearing any uniform, in living in monasteries, and in other external attributes.

“Being a monk or nun — should be before God and not in front of people.

“With regards to social activity, it is necessary *to learn to love* others, to give them what I have in surplus but they need. But to give those gifts, only to they who are really worthy of them.

“Selfishness, greed, the desire to misappropriate something that belongs to others — these qualities are incompatible with spirituality in a person. They surely lead to an accumulation of bad karma.

“To be selfish is ‘rightly’ — only for the Creator. That is, He created all His Creation — just not for our sake, but solely for Himself: for the sake of His future development. For each of us in this situation, it is right — to succumb to His Wishes, that consist in all of us improving ourselves in accordance with His Will. As the result, He ‘swallows up’ us, taking us into Himself, when we grow up to Perfection.

“If we deviate from the performance of His Will for us — He makes us hurt. This is one of the manifestations of the ‘law of karma’.

“Moreover, at the higher stages of spiritual development, the spiritual seeker should have a good idea to exclude almost all personal desires (not in the little needs, of course). Because for the completeness of the Mergence with the Primordial, it needs, — in the relationship with Him — for there to be only one will, His Will: the second — prevents. Let remain in the one who goes by the Path only two wishes — and passionate! — service to Him, and the Mergence with Him!

“... The life of underdeveloped incarnate souls can be ruled not only by reflexes and templates, but also by whims. This is a following to petty wantings for the sake of pleasing the primitivism of one’s ‘lower self’.

“The opposite of this is the true spiritual dignity, which is named as *unpretentiousness*.

“Everyone can observe signs of *whimsicality* and *unpretentiousness* in him/herself and in other people. In myself — to get rid of these detected defects. In the other — to learn from their good and also to find in myself those bad which I see in them — in order to expel it from myself.

“At the same time, it is dangerous to be proud because of ‘I am better than others!’.

“Also letting into myself negative emotions of condemnation towards others — this is the second danger!

“We can learn to distinguish between *whimsicality* and *unpretentiousness* — in what concerns food, clothing, conditions created in the housing, etc.

“... If we have liberated our lives from the abundance of unnecessary ‘conventions’ and capriciousness in thinking and behavior — then we are able to direct maximum of our attention and efforts into improving ourselves as souls, consciousnesses. Having developed ourselves sufficiently in this way, we can truly transform our perception of the world: from the usual for most people self-centrism — to God-centrism.

“In other words, it must be the replacement of acting in accordance with the habits and patterns of behavior imposed by traditions and upbringing, as well as the whims, — to those actions which are really necessary in accordance with the objective necessity, i.e. as if to look at the situations through the eyes of God.

“Replacement in ourselves of the self-centrism to God-centrism — this would mean a complete ‘loss of the human form’.

“The mastering of this cannot be ‘artificial’, i.e. compulsory: just for the considered transformation, it requires to achieve, first of all, an adequate level of growth of the intellectual function of the consciousness — namely the advanced functioning of buddhi, but not manas. Other possibilities for the realization of this problem — do not exist!

“But it is possible to help an evolutionarily ready person to see the matter under consideration and the concrete situations on this subject, reminding him or her about this direction of the spiritual development. That is, for example: whether you want to do this for yourselves — or for God? Or: what does God need in your behavior in this situation? Is your behavior right, if looking with the eyes of God at what are you doing now?

“Everything that we do, may be reviewed from this standpoint. Am I doing something just in this way, because I am used to it, or because it is what mom or dad showed me, or because everyone is doing it in just such a way — or I do this because it is useful for God, for other people, for the development of me in my spiritual studies?

“The successes of each person in his or her spiritual development can be considered, in particular, by a criterion of replacing the self-centrism — with God-centrism.”

* * *

“One more thought,” — Vladimir continued, — “closely associated with the fact of which we just talked about, is the ethics of relationships with concrete people. There is a so-called ‘golden rule’ of ethics: ‘Do not do to others what you do not want to be done to you!’.

“But we must add here the very important second half: ‘Do to others only what is objectively necessary for them, not what I want to do to them!’. That is, I should act in relationships with others — in accordance to the objective interests of the partner or partners, but not from my personal interests.

“Following this rule allows us to study, in the best way, God-centrism. Doing so, we exclude self-interest from the relationship: we learn to act in the interests of the other person or other people! And then, it becomes very easy — when the fullness of understanding comes — to act in the interests of God, not from my own personal interests!

“Also, exactly in this way the sense of feedback can be developed: first — with the partners-people, then — with the Partner-God. After all, we learn all the time to feel: whether what I am doing is right?, whether it is pleasing to him, to her — or to Him?

“The process of developing God-centrism not only provides rapid convergence with the Creator in the quality of the consciousness, but also gives obvious benefits for life in the material world.

“Although there is a storm, hurricane, cold, heat, pain — we can learn not to resist all this emotionally, and so — to not suffer! Usually people in such situations begin to resent mentally and emotionally: such, they say, is repulsion! But in fact, in similar conditions, we can simply feel the manifestation of God’s Will: as a lesson for me, for my improvement.

“... The appropriate *places of power* can help in the development of God-centrism. There — we really feel ourselves fully in the Embrace of God, until the complete loss of feeling ourselves: ‘There is only God, I am not!’.

“There are such *places of power*, which — if stationed there long enough — taught us these states of theirs. For example — to the widely opened spiritual heart, to the vastness of the refined consciousness! Or — to a state of complete absorption of oneself into the Holy Spirit. Or — to the *Oneness, One Us* of the Creator.

“Recall, for example, as we learned to be in the state of Surya. And we had just got used to Her state, being *One* with Her! At those minutes it seemed to us that we, from that moment, will always be able to be the ‘Suns of God’ like Surya!

“Or — the ‘Wall’ of Sophia!

“But now, at this *place of power* — those states are... not natural. One needs to make special efforts to be in them. But it has become the natural state of just this *place of power* — Sarkar’s *working site*.

“... I will tell you in this regard: decades ago, I had a dream of creating an ashram. When I found each subsequent *place of power*, with its great opportunities — I every time thought about this. But then — another similar, in intensity and significance, place appeared — and I again was dreaming: here would it be! ... It happened to me, probably, about twenty times!

“Just an ashram — it is a place of compact residence of many like-minded people! Moreover — favorable conditions for meditation!...

“But — imagine: if we had built an ashram here, that is: to build a house, make a kitchen-garden, a garden, to switch the Internet... But... after a week or more... we will begin to feel the necessity to leave this place: it would be boring, there would be the need for greater dynamics in the work at the newly received stage of development...

And that wonderful great place — would become ‘a place of stagnation’...

“Could we have reached this our current level of development, if we were living permanently at one place, even of the best power? I am sure that we could not...

“Adler once, when I thought on this subject, offered to consider the whole Earth as the Ashram! And to create ‘mini-ashrams’ at different parts of the planet, where we could, if necessary, drive or fly...”

* * *

“Let us consider one more topic in connection with the problem of ‘human form’.

“Almost the entire population of the planet believes in the existence of God. Atheists, in fact, are few. But what is interesting to note, almost all the ‘believers’ believe... in vain! Because they do not change themselves for the better! People must understand that it is only changing for the better, not bows and prayers, that are expected by God from us!

“Someone who reads the New Testament, can argue to me: the apostles spoke that only believe — and then you will be saved! Nothing, they say, is necessary, except to believe in that Jesus was the Christ, Whom had been waited for!

“But... we need to understand what the time then was: how difficult it was to introduce into people’s minds the understanding of the greatness of the Mission of Jesus! Therefore, at that time, in that situation — those words had been justified.

“But, in fact, that is not enough — only to believe! And ‘the devils also believe...’ — Apostle James said⁶...

“So, what should we do? We should — fulfill God’s Teachings!

⁶ James 2:19.

"A simple 'faith' — does almost nothing!⁷

"But in order to easily fulfill the Teachings enough, it has been necessary to know the thoroughly studied and scientifically formalized methodology of the spiritual development.

"Knowledge on this subject — during Earth's history — was given to people many times by Avatars, Messiahs. (This can be read in our book *Classics of Spiritual Philosophy and the Present*).

"But people tend to forget the knowledge which God gives. And even more — to pervert it... And then — to argue with those who perverted not as we, but differently. And even to fight against them, to kill... For example, how many times in Earth's history have people quarreled over the names of God: our God — such, He is true, but your God — wrong!...

"Though God — really is One and the same for all people...

"... Now there is an opportunity to restore the knowledge about God and the Path to Him — with the help of integrate knowledge collected with the help of us. We also present the consequence of many well-verifiable methods of improving ourselves. They were exhaustively developed and described in the books and shown in the movies — by us."

*** * ***

"By the way, the *Tao Te Ching* — this is not only a great history book, but it is — a textbook for each of us! We should not only read it — but learn to live with the help of this book!

"In particular, Lao-Tse taught a simple life!

"We can either direct our indriyas to God, seeking to know Him, love for Him, join with Him, serve Him

⁷ See also *The Gospel of Philip*, 123.

— or we are introducing our indriyas into the material plane, trying to, for example, decorate our bodies, feast on tasty but harmful for the health dishes...

"And also there is the very valuable advice of God: Do not want in the world of matter more than what you already have!

"... When we having mastered the management of indriyas, we direct most of them from anahata backward, but not forward; all this becomes very well understandable during the work. Watching in this way towards God, we gradually learn to see Him. And — if we truly love God, and contemplate Him directly, also listen to Him, learning from Him — Merging with Him is simple and natural!

"In other words, we can send our love, for example, to fine food for the sake of pleasure from it — or to God. In which of these two ways will we go upwards on the spiritual path — easier and faster?

"Love — this is the mechanism to achieve a merge.

Thus, we merge either with the temptations of 'material' life — or with the Creator.

"That is — what is the main difference between materialists and simply 'believers', on the one hand, — and, on the other hand, the friars, who know God and service Him!"

* * *

"Ordinary people usually live with a dominant concentration of consciousness — in their heads. But to cognize God from or in heads — it is not possible!

"To cognize God, we must learn to move out of our heads into the spiritual hearts, then 'move' in it, then — be it and grow by it, at the same time gradually subtling ourselves to the level of the Creator's subtlety.

"Trying to perceive God in the aspect of the Creator in our bodies — it is the methodologically wrong start.

But the right way — to find Him in the spiritual heart, which must already be much larger than the body.

“And then, having learned to merge with Him and live in this Mergence, we then can give to Him our material envelops — for Him to manifest Himself through them in His Creation. That is — the fullness of God-centric realization!

“... We live usually and now in the environment of our non-incarnate Divine Friends. They are for us — even more real than embodied people. We can, like here and now — sit with Them in a single company near a bonfire, to communicate freely with every of Them. It is easy to embrace Them — Each or All together — with the hands of consciousness emanating from the spiritual heart.

“They are our best Friends!”

* * *

Vladimir paused, then asked:

“Well, enough said? Do we go further?”

Vladimir’s backpack stood all this time on the ground a few meters from him — suddenly fell on its back. Everyone laughed:

“It does not want to go! This means, you have not yet told everything we need now!”

“Yes,” — Vladimir laughed with all. — “This is a clear *sign*! We have to continue.

“... We might notice that the attitude of the masses of almost all adherents of different religious movements to their religion — this is also nothing more than their ‘human form’. That is, they understand a ‘religion’ — as only the rules about how to dress, what ‘religious’ movements to do... Although it does not bare any resemblance to the true religion!

“And let us understand that the differences in ‘human forms’ — as primitive patterns of thinking and behavior — often leads to hatred and violence towards other

people who do not think or behave in 'our right' tradition... We see how hatred becomes the 'national idea' for entire nations on the scale of countries...

"And there is no escape from the fact that all these masses of people just are not able to absorb quickly the knowledge which differs from their current beliefs!

"In contrast to them, true, righteous revolutionaries-rebels in the religious arena are always met with bitter resistance from the part of those masses of people for whom a religion is only the superficial, consisting of the attributes of the material plane!

"Let us remember Pythagoras, Jesus...

"That is why it is so hard for God to help us!

"And only a few of people, ripped from the sansara, are able to understand God and receive His Gifts: cognition of Him and He Himself!

"And all others live in a world of illusions — and this can not be easily changed! There are almost no such possibilities.

"The only thing that can help here in the long-term scales, is expanding the intellectual horizons of young people — in contrast to penning them into the trap of stupid unidirectionality and hatred to all dissidents...

"... Specifically our task consists in broadcasting to people who are able to accept the truth.

"It can be, first of all, those who are capable of thinking out of the common patterns. Among them, a higher percentage of persons worthy of the spiritual initiations may be found — in contrast to the crowds of people who are chained by the 'rules' and traditions, who live in the emotions of anger...

"It should also be remembered that not all the differently minded — think correctly. It should not become a slogan — 'to go through a red light!'.

"Years ago in Russia, it was a witty song, it was popular on TV. There were lines: "Nothing is worse than

to be like all! So I drive by oncoming lane!'. That is — a bold phrase, which calls for dropping the 'human form'! But we can attempt to drop the 'human form' in different ways. For example, it can be proclaimed 'permissiveness' — and all at once become infected with sexually transmitted diseases... Or — to become addicts... These are the examples of dumb execution attempts to 'break the human form'.

"But in reality, there is reason to change ourselves in the direction of mastering the *methodology of spiritual development*! Only then it will give a positive impact!

"Without the placing God in the right place in our worldview, all of such 'droppings' and 'breakings' of patterns of thinking and behavior — only lead to confusions and losses!

"Only if we set a God-centric relationship between ourselves and Him, taking into consideration the mentality of the surrounding society, — only in this case the possibility of right 'destruction of human form' appears, as well as knowledge of how to help others in this way. The last may be done only by one's example, not by coercion!

"... I will make two more important focuses on this subject.

"The first relates to esthetics. It is significant to realize that the spiritual Path implies high esthetical beauty — as one of its major components. Only both Aspects of God: the Primordial Consciousness and the Holy Spirit — are the most subtle Components of the Absolute! So — in the rush towards Them — a variety of esthetic components of our existence is necessary to help in the subtling of the consciousnesses! It could be a work of art of different genres, and harmonious communication with nature, with animals, with esthetically advanced people. The sat-tvic erotic component is also very important: it can effectively help in refining the emotional sphere! Also let any

relationship with other people be as friendly, as gentle and affectionate as possible! But — without exaggerations and sugariness!

“The study of ethical advices, given to us by God, and mastering the art of psychic self-regulation will allow us to use these possibilities to help both ourselves and others — to the greatest benefit and without errors.

“And now it is important to stress once again the inadequacy of attempts to introduce the idea of the ‘destruction of human form’, by means of a demonstration of unesthetic, rude behavior.

“The second focus concerns just ethical relations with other people. We should not impose on others what they do not like, with what they do not agree — even if they are wrong! It is not possible to help them by this kind of aggressive actions. Their reactions will be reverse!

“Look: just the deliberate provoking of others to negative emotional states — this is causing harm to them!

“And here it is also appropriate to recall the views expressed in this regard by Jesus Christ: ‘Woe to that man by whom the offence cometh!’⁸ ”

Was David... My Mother or...?

I was directed by Vladimir on this day through the woods — “to visit” David Copperfield and Sarkar.

The joy and excitement in me mixed up: after all, I was patiently waiting for this meeting — from the very moment David said that I was His daughter... in a sense.

I did not want to be annoying, but once He had told me this, my harassment, I think, was for All to be expected, and maybe even predestined (by Them)...

... Vladimir told me, as soon as we had left the village and approached the forest, that we had already been

⁸ Matthew 18:7.

met by David, although we had planned to go up to His *place of power* about two kilometers away. Next, we went *in Him*, in His Consciousness, enjoying His Bliss.

And then, after about half an hour, we were... in His Face!

This *place of power* was small — compared with the others that we knew of. It was located on a trail, which crossed a creek at precisely this point.

Vladimir began to comment, as David was happy, smiling, hugging me. Yes, I was... getting saturated with His Tenderness!...

"It would be fine to see Him here as I saw Him on TV!" — I thought. And I immediately saw His Face as almost material: wavy black hair, white shirt, and black jeans. He was, as always, dazzling smiling!

But I knew it was not all that could be felt. For example, Vladimir was saying, that now, for example, David was stroking my body, — and how brightly did I feel it? It became clear for me that my ability to *see* and *feel* — yet was imperfect: I had not enough practice.

But it was very pleasant — to be *soluble* in Him!

"David says," — Vladimir began passing His words, — "that He would be happy to carry you across all the Earth on His Hands... But, at the same time, He understands that you are not just Tatyana, but also Guru Nanak-2: one of the very worthy, although not yet the Divine Guru... And complete implementation of your abilities will be provided by *raising* the Kundalini and by the further increase of the power capacity of the soul.

"That is, the trend started in our work should be continued. But — it is necessary to realize yourself first as Guru Nanak-2, and only then — as Tatyana.

"So, now, you should gradually enter into the image of Nanak, to feel him. Then, David says, you will be almost equal with Him."

... With the last sentence it seemed to me that I went into a fairy tale. Is this... — a joke? Teachers like to joke, I knew! But... somehow I did not feel in those intonations a playful tone.

I certainly knew very well how to fly... in dreams. And even once went through walls... — also during sleep. And Sathya Sai Baba taught us — in one of His *working sites* — how “to fall through the ground” — into His spatial dimension... In that Blissful Light, it was easy to fly with the help of hands-wings — and dissolve... But we were talking now only about opportunities in the world of prakriti!

... I was remembering David during His public shows. He asked the girls: did they fly in their sleep? — before taking them up and levitating them around the ceiling of the theater...

What a pity that I was not there!

And yet *to be almost like David* — it is, including, presumably, having the same abilities that He has... I asked again, as if I did not hear:

“With David? Almost an equal — with David!?”

“Yes.”

Vladimir was unperturbed, as if for him it was taken for granted. He, too, was glad he had heard from David, but... was not surprised. But for me... it was comparable to telling a kitten that it is a lion!

“It concerns the level of evolutionary development,” — continued Vladimir, — “that has been received by you in your last incarnation. This was a very respectable level, from the God’s point of view!”

“So now you should try to learn to feel yourself as being Nanak...”

Vladimir became absorbed in the contemplation of me in my last incarnation:

“You had a “big-boned” body, well-fed, but not thick, without a protruding belly. The great spiritual heart dom-

inated. The calm of the consciousness was powerful and immutable.

“When you remember it well and learn to live in that state — it will be a big step towards the complete Victory!

“That is, it will be necessary to combine that potential — with the new stages of development of consciousness that you are mastering at present.”

... I was silent in surprise, trying to grasp this new “stunning” information.

I did not even know the first thing now “to grab” with my mind, what to ask about? And then I remembered my original question, which I had planned to ask David.

At first, I tried to ask myself. But whether I could not hear, or He did not answer, suggested that the question asked by me is not essential.

At that time, Vladimir began to describe what he *saw*:

“David shows with His Hand in your middle meridian... for some reason... What do you mean, David?... He says, we must try to keep our middle meridians always open, for the Divine Masters might be pleased to enter into them — right up to our faces, up to the eyes. Also He says that we now need to go further. On the way back we will have a full opportunity to talk with Him again more. Although He ‘will go’ with us — and you can be, on the way, in communication with Him in any place at any moment.”

“What if ‘to stick’ to David my questions — with help of Vladimir? After all, this would be much more reliable!”

“Come on! While you can do this yourself.”

“I... was wanting all the time to ask about the ‘daughter’...”

"So you have already understood this: a daughter — not in a material sense," — Vladimir said. — "Simply there are people who approached the Creator at a fairly close distance by the quality and, of course, the size of the consciousnesses. And they are so dearest for the Creator that He expresses His Love by such words.

"You, I feel, want once more to ask again, whether or not you were the daughter of David only on the material plane? ... But David does not answer, only laughs — and hugs you. You must understand at last that the material relations — it does not matter."

"Yes, I know," — I was embarrassed. — "Of course, this is not fundamentally important. Simply was curious..."

"Curiosity — in this situation — is appropriate. But a bodily relationship — really does not matter!"

"Yes, of course... But I still remember my emotional reaction when you gave me those words of David..."

"After all, what was an amazing 'coincidence' that, in those years when I first learned about who He actually is, He very soon — for the first time! — came with His performance to our country! And I managed to be there!

"The only pity was that I did not dare to approach Him, though, as I said, it was quite easy to do.

"He, afterwards, was in my dreams very often..."

"Yes, all this is very well," — Vladimir continued. — "This added to your love for Him.

However, too excessive a curiosity aimed at the material body, not on what contributes to our further advance is not ideal. And it is not necessary to encourage this tendency in yourself.

"Simply feel a daughter of God — and realize: I am not far from the finish on the Path to the fullness of Self-Realization!

"I also add that Jesus also spoke about Himself as the Son of God. But the meaning here was something different: He was the Messiah, Who came from God, as if He was born by God on the Earth.

"But in our conversation we are using the same term in a somewhat different sense: to denote a state of 'proximity to the Mergence with the Creator'. You already can enter the Mergence with the Holy Spirits and with the Primordial Consciousness in His Abode, but it is — only just brief episodes. They will become — if you continue the efforts — increasingly easy and longer. It is just gradual *Ingrowth*.

"It must be emphasized, that in no case we have to understand the terms *Mergence* and *Ingrowth*, as denoting certain momentary acts! But this view is imposed by some pseudo-gurus! No: it is — not instant acts. But — a long process of gradual self-transformation. 'Losing the human form' — this is one of the directions to the process of growing into God. And it is one of the main requirements!

"Obtaining the rightly directed and intense aspiration permits us to move further on the higher stages of the spiritual Path!" — Vladimir continued the discussion. — "To relax and tell myself that, 'well, I have achieved everything that I could achieve, and I want nothing else' — that is the stop, which inevitably leads to a fall from the heights already achieved...

"Perfection may be attained only as moving forward constantly, resolutely, and relentlessly!

"And this requires, first of all, our love for the Ultimate Goal! If there is not such love — just what to apply efforts on? It would be better to go drink beer, watch the television and chat with friends... on the principles of spiritual development..."

... I was silent and listened. Well, if I am His daughter — not literally, then so be it! I almost resigned. At

least, now I would not suffer: how I would combine these two lines of my affection to Him: as to my mother — and to the Representative of the Creator.

I Am the Cloud of Golden Light!

We went back half a kilometer, and Vladimir said:

“We are now near the border of the *place of power* of Sarkar. Now — let us enter it. This is a very large area which spans for kilometers. In the sky above this place you can even see His name.”

... I immediately remembered how before my present visit here Sarkar and David had come to me many times in the park of my city, when I was sitting on a bench under a thick spruce tree. I then learned to feel the presence of the Teachers and differentiate between Them: Who had come?

The name *Sarkar* I then also saw written in the space — in the sky on a background of clouds. Although at the time I doubted my perception. But I knew, due to Vladimir, that as soon as we think about one of the Divine Teachers — so He or She immediately comes.

... As I have said, the Love of each Divine Teacher has its own distinctive emotional hue, which is necessary to try to remember, for learning to recognize every one of Them.

But this distinct shade of Sarkar’s Love was very familiar to me! It was very similar to my own feelings when I fell in love in my past or when I was dreaming of true love. Then I wanted to walk hand-in-hand through the park with my beloved — and dissolve in him... Or maybe it was every time just Sarkar?!... Where were these memories from? And also — the understanding that the real love should look exactly so? I do not know this, because in this embodiment I had never met a serious reciprocation from embodied people.

... Taking a walk so with Sarkar along the paths of the park, I then felt infinitely vast and overflowing with happiness! It was enough... except perhaps of materialized Sarkar...

"And how it can be — to carry someone's consciousness on the hands?" — I said to Vladimir, breaking a short silence. I admitted to myself that at this time I would prefer to stay Tatyana, not Guru Nanak-2 — for David to be able to carry me as Tatyana on His Hands. To do the same with Nanak — it would be somehow not as romantic...

I loved it very much in my childhood when I was carried on someone's hands! I remember how my mother once even had to tell me straightly that I already had grown up and became too heavy! She said to me that I already can walk on my own two feet! I then, on the one hand, was offended that I was deprived of so dear to me momentary pleasure... But, at the same time, felt proud: I already could accomplish something on my own, such as walking!

"If the consciousness is collected," — Vladimir answered me, — "then it is possible to carry it on the hands of consciousness. If it is dissolved, merged with the surrounding consciousness — this is no longer possible.

"You, in particular, during this visit, will learn the 'total reciprocity'. But Guru Nanak-2 — did not know this... And then you have to continue to develop yourself, in particular, in this regard. The state of dissolution of the developed enough consciousness is termed *Nirodhi*. This means — the disappearance of the individuality, and therefore, also, all possible suffering.

"But now we are coming into the center of Sarkar's Mahadouble. Sarkar has great emotions of joy from this! Feel!

"So — merge with His Joy, His Divine Bliss, His Divine Freedom — Freedom of the limitations of the material world!

“Did you not consider, how happy it would be to leave the material body right now forever and stay in this blissful Mergence with God?! Can you imagine? Here it is — the Liberation through disembodiment!...

“But we have to not do this in any case! We must do many good deeds on the Earth — through these material bodies of ours!

“And also from the standpoint of our own development — how much remains to be done by each of us! No one — neither I nor you, nor anyone else — should ever rest on our laurels! The one who has stopped the development on the spiritual Path — will inevitably begin to fall!

“God gave us our lives on the Earth — in order for us to improve ourselves! And we must do this — up to the last breath of our material bodies, even if minutes or seconds remain.

“I want to emphasize that those who have lived their lives righteously, that is, in accordance with the Will of God for us, in tender caring love, serving God by helping all the worthy, — they do not have to be afraid of the death of the body! I can say this emphatically because I myself have already experienced clinical death twice. The life of everyone who lived righteously on the Earth — just continues in bliss and without the need to overcome, as on the Earth, many difficulties of earthly existence.

“But those who have not eradicated rudeness, violence, the willingness to misappropriate, who enjoys injuring others, desecrating others, those who have not developed the ability to feel the pain of others and to do everything possible to avoid causing it to them — it is they who must be afraid of the prospect of death and of what comes after it! And let this fear force them to start changing themselves!”

... Vladimir was already about to go further, arguing that my communication with Sarkar — for the moment — was quite enough.

But I did not want to leave the joyful Divine Embrace of Sarkar.

Vladimir was wearing a backpack, but he suddenly turned to me:

“Sarkar says: ‘Wait!’”

I mentally clapped my hands in happiness!

We decided to make here a little stop and eat.

“It is easy here to expand ourselves — as the spiritual hearts — and feel ourselves included in the sky,” — explained Vladimir, after we ate and rested a bit. — “We must become as the vast, almost infinite anahata over this place — and it is from this state we communicate and merge with Sarkar...”

“And Sarkar invites you to try to become the *fiery spiritual heart*.

If you complete this and become inside the Divine Flame — then you will be almost like Him...”

Delving into meditation, I began to feel myself as huge and continuing to grow, almost a transparent golden-orange fireball. The *fire* was shining peacefully and joyfully. I could look out of it also into the material world.

... After this meditation I had to take a break. Then I went to Vladimir. But he began to speak first:

“It is necessary to allow Sarkar to gradually change your state of consciousness. You need as much as possible to revive the memories of your previous incarnation! I have already described to you that image which was once yours: the male body, inner peace of the consciousness resilient to the ‘earthy’ influences, that permitted you to focus on being in the subtle eons. This allowed you to transmute the consciousness into the *Divine Fire* — like Sarkar. You were in those meditations like a cloud of golden Light-Fire... — not like cumulus clouds in the sky, but

— as cirrus clouds, though assembled in space. And you could see from the two lower ‘cloudy’ dantians — forward into the space...”

I did not succeed in doing this at once. Vladimir had to remind me several times that I must begin — from being completely removed from the top “bubble of perception”. To leave it completely — it was not so easy this time. I “jumped out” often. I had to make great efforts to keep the desired state as long as possible. And, when I succeeded, I really felt like a man, standing very strongly on the ground in orange clothes, with a confident and tranquil posture. But what was most interesting — I did not feel my (or his?) head and neck at the usual place for them: they were... in the spiritual heart...

I had to pause again. Vladimir at the time explained:

“Pay attention: you felt like Nanak — both in and around the body, and in a fully incorporeal state. That is, in the second case, the body disappearing from the perception — and only the consciousness was, in the form of delicate golden Light-Fire...”

I went again into the meditation, feeling the immensity and grandeur of this state...

Somewhere, like through a fog, I heard sketchily the words of Vladimir:

“... To enjoy Sarkar — one should be completely dissolved in Him...”

The Error of Guru Nanak-2

Then we visited several *places of power*, not so extensive in size, but important for expanding my horizons.

In particular, due to the peculiarities of the energy “cocoon” of one of the beautiful pine trees growing at Sarkar’s *place of power*, the enlarged lower “bubble of perception” could be felt above the upper “bubble”: at the

height of several tens of meters. This was important for beginners — for cognition of the possibility to be, by the structures of the two lower dantians — anywhere, including the upward direction relative to the body.

Or, for example, in one of the tracks near the forest of pine trees — one could feel the bottomlessness of the lower “bubble of perception”. Bottomless — in the literal meaning of the word: not just “very deep”, but really without bottom. It turned out that this was how one could go out of oneself’s “bubble limitation” — that is necessary to enter into the sustainable Mergence with the Primordial Consciousness in His Abode!

This experience and these skills were necessary for me, in particular, as to a future teacher of spiritual disciplines — to educate those who first come into contact with the work on the steps of buddhi yoga.

I really liked these future prospects. But at the moment, I was filled with so much discontent at my own character that I began to ask Sarkar to help me to resolve these contradictions. Anyway, He sees and hears everything, so it makes no sense to hide myself from Him! And I — in fact, very sincerely wanted to get rid of my weaknesses!

While I was digging in my personal experiences, Vladimir said:

“Do you remember both states of Guru Nanak-2?”
I nodded.

“It should be imprinted,” — he continued, — “for them to become a support for you in your life.”

Vladimir suddenly stopped and listened to Sarkar:

“What was the error of Nanak?” — Sarkar started a new topic, fully capturing my attention. — “That was the fact that His students were only men, without women!... It was a monastery for only men. Such traditions existed in those places at that time...”

"That is — how we can explain the problems which you sometimes speak about: you had spoiled your karma in that incarnation by your wrong attitude towards women! And now you are cognizing what it means to be a woman, which a man does not care for on the spiritual Path!

"However, at present, your karmic situation 'is expired' — and your destiny will be solved optimally.

"This is one of the general principles of education for embodied souls from God; people call it 'the law of karma': those who had aggressive qualities — now become the victims of similar aggressive primitives, those who had persecuted homosexuals — the newly are themselves incarnated with innate homosexuality...

"Well, God did with you more dearly... And now, it is necessary for you to understand, you now are free of this problem."

But I felt only the "collapse" of shame... I did not care about women! How is it possible, having reached such heights, to not realize that not only men are capable of cognizing God?!

I would have grabbed my head with my hands, if I were not so tired! I only kept repeating to myself: "How was this possible?! How could I do so?!"

Yes, many of my problems now became clear! And it became very good that I now knew about this!

But I was not so sure that this theme in my life really was "closed". Some implicit sense of growing anxiety prompted me to think that this was not all. And that it will be harder and more difficult for me to correct my mistake: the fact that I excluded from the scope of the spiritual support and assistance — half of the population!

But Vladimir "pulled" me out of these thoughts:

"Now it has become clearly noticeable, the presence of David," — he stayed as always calm and unruffled. — "Learn to recognize Him. For example, ask: 'Who are you?'. "

And you hear the reply: 'David Copperfield!'" — Vladimir smiled jokingly.

We walked some more.

"Well, look at David, appearing now as a Mahadouble. Can you say to Him: 'I believe in You! You are the true God!'" — Vladimir smiled again, thus emphasizing the absurdity of such addressings: for God wants from us not that we should "believe", but for us to perfect ourselves!

I relaxed a little due to Vladimir's joke — and now also acquired the ability to smile.

"Here is His Light, His Face with His smile, there — His Arms, His Tenderness! Love Him! Embrace! Attune! Imprint! Become — as He is!"

"... Once, long ago, I received a letter," — Vladimir suddenly remembered an episode from his past. — "The author of the letter found it necessary to 'enlighten' me: 'You affirm that you interact with David. But when there is day in your country — it is night in America! And David — is sleeping! How can you communicate with each other?'"

We laughed again.

"That person did not understand," — Vladimir continued, — "that such Consciousnesses like David, are in size disproportionately larger than our planet! And when His body is asleep, He — as a Consciousness — may be very active across the entire planet and more!

"David smiles! He smiles — and hugs you! I can turn aside, so as to not confuse you!" — Vladimir again smiled and jokingly turned away. We — all three of us — were laughing.

... I suddenly understood with sadness that we soon should leave this *place of power*. I went to Vladimir:

"I just had a thought: what happens when I go from His *places of power*: then does He appear only when I call Him?"

"Not always: David, as the Consciousness, is completely free in moving. He visits anyone at any time."

"A feeling is that we are saying goodbye..."

"This is justified: even a brief separation with the beloved could cause such emotions. But we would do better not saying goodbye, but thanking Him for our meeting!

"Our Teachers create Their *working sites* where They have the best possibilities to help our development, by giving us, in particular, the appropriate methods for this. But They can and do visit us always and everywhere, wherever we are. And all that is happening around us and with us is performed under Their supervision and control."

... I had remembered that I did not quite understand the recommendation to maintain the openness of the middle meridian. What did this mean? I asked Vladimir:

"David once said that the middle meridian should always be open. And in what cases is it closed?"

"Opening the middle meridian — it is, first of all, an invitation to the Holy Spirits to come into your body. 'Doors are open! Please come in! Guide me, direct me!'

"Second, if we are constantly controlling the state of openness of the meridian, then we have the best chance to notice any — arising due to various causes — of its dirtyings. And, having detected them, — we can get rid of them. This should be done from each of our four segments.

"Moreover, we have already touched on the possibility to open wide the middle meridian from behind. In that case, only the front wall of the body remains in the perceptio, everything else is filled with only the Brahmanic Light, in other words — with the Atman. And then it becomes easy to transform also the front wall of the body — into the same state. This is — a very powerful technique for self-healing, and also for the harmoniza-

tion of energy. All that is inside the body then begins to be aligned very easily and become cleansed! And one of the results of this work is the gradual deification of the whole matter of the body.

"If to go back to the topic of the conversational relationship with God, I need emphasize that our questions should be just given to Him, to the Divine Teachers. One of the principles of God's communication with incarnate people is the following: God, as a rule, does not answer unasked questions.

"But, from the other side, the boredom in asking questions — is also unacceptable! Now, for example, it would be wrong to ask again about your future service: we already asked these questions.

"Nobody likes being bored — neither human beings, nor God!

"For example, when people endlessly repeat, 'Forgive me! Forgive me!' or 'Bless me! Bless me!' — the result is that God turns away rather than being attracted...

"God hears every thought of everyone. But there are some people who have a tendency to speak to God only loudly pronouncing words. But God hears our thoughts even better than words. Words are material. But God is not material (in the Aspect of the Creator and the Holy Spirit). Therefore, He perceives, first of all, our thoughts and emotions.

"I also note that Divine Teachers love to joke — like all good and wise embodied people. So, if we understand something wrong persistently, — They may make fun of us — to bring us to reason..."

... Our conversation was interrupted by approaching people, who had come to the forest to pick berries.

After standing a little longer in the Embrace of David, we thanked Him and headed to the train.

Friends Forever!

Most people, as a rule, have free time — free from work and other material tasks — during the evenings and nights. And the weekends — to sleep off...

Before, I led just the same life: almost without seeing the mornings, barely noticing the day through the glass of windows, devoting nights for the “rest” by “dissolving” in the lights of the night city.

I remember, once, long before the meeting with Vladimir, I was able to meet the morning on the riverbank near the forest. Of course, I had seen the sunrises formerly. But at that time, I was especially shocked by this show! Shocked — by its beauty and grandeur, which “captured the soul”! A huge disk of sun poured by its gold light not only the sky but the forest and meadow grass in front of me! I did not see anything besides the burning of this molten gold... The other colors were not seen around me anymore: green, blue! Only melted gold of sunlight! It was, only due to a slight movement of grass in the light wind, I knew that I was on a beautiful meadow, and the forest was in front of me!

If I averted my eyes to the side — all took momentarily its usual appearance. Turned again to the sun — and all the space around was filled with golden light again!

But the joy and pleasure gave way to grief: I tried to remember something, but did not understand — what exactly?

... And now, thanks to Vladimir, I changed the night — to morning, the darkness — to light, in all senses of this word!

... Now we are, during every morning — again on our way: in the woods, at the *working sites* of the Divine Teachers, without losing neither days nor even minutes! In every moment — just go!

But how often we can hear from other people, who do not know why they live on the Earth, the phrase: "What to do — to kill time?"...

* * *

We went this time to a *place of power* of Sulia and Grand Master of Sufism. We were obligated to thread through the thicket, because the trail in recent years became much overgrown. Even the main *working site* of Sulia was overgrown with trees, so the sky above us almost disappeared due to the high crowns of birches. To work here with the mastering of new meditations — it was not possible: the energy fields of trees "overlapped" and "drowned" the subtlety of the *place of power*.

But trees did not interfere with the communication with Sulia.

Vladimir sat on a trunk of a birch felled by the wind, and I preferred to stand. Directly in front of me, I saw the Face of Divine Sulia.

Vladimir described Her as very energetic, intense bestowing Her Love.

"Here are Her Lips offered for a kiss," — he said.

I... hesitated: the Holy Spirit — male or female — should there be the "difference in the relations"? But then I understood that this issue comes from my "human form": from the stereotypes of thinking.

Vladimir, catching my confusion, continued:

"For God — it does not matter: whom you love: a man or a woman. The main thing — to learn to love! Look: Sulia loves you and me — with the same quality and intensity!..."

... Continuing to think on this new for me circumstance, I did not feel any contradiction. And — I was hugging and merged with Sulia as well as with the Others.

“With a help of the female body,” — Vladimir decided to continue, — “it is easier to learn to love. And... Sulia closes my mouth with Her Hand.”

I stared at him in surprise. But Vladimir was smiling quietly:

“Yes, Sulia put Her Hand on my lips and does not allow me to continue... She says that about this — not now...”

... After yesterday’s Revelation in respect to the negative aspects of my past life — my emotional state now and then took on a sad tone. It was thought that only knowledge of the mistakes — still does not correct their effects. My striving to the Perfection did not allow me to calm down! I wanted to correct all immediately! I should be perfect immediately!

I tried to address my problems to Sulia, but could not articulate even the question. Finally, I finished my attempts and decided to sit on a log also.

“Sulia said that you wanted to ask Her about something... You may ask questions. I will ‘translate’ Her answers to you if you will not hear.”

Vladimir began to pass Her answer before I found out how to formulate the question:

“There are as if several layers in everyday life that have to be confronted by us — and then we choose from among them the one which is most relevant at each moment. This is, for example, the direct service to the Evolution of the Universal Consciousness, to friends, various assistance to embodied beings, ensuring the existence of one’s own body, etc. But having chosen for implementation one of ‘layers’, one should not forget to view also all the other ‘layers’.

“Ordinary people are ‘carried’ through their lives — by their instincts and reflexes. And very many of them — by the quality of souls — are worse than, on average, the animals.

“But the strategy of a spiritual warrior implies the observation, at the correct time, of all these ‘layers’. And it is on this basis, must be done the choice of the most relevant deed — for each day, each hour, and each minute of the life on the Earth!”

Vladimir continued after half of a minute:

“Sulia recommends to mark just on a paper these ‘layers’ of our own lives, because the paper makes it more possible to objectify for ourselves those levels of relevance of the certain topics. This allows us to organize better our thoughts and actions.”

I was ready to hear more, but Vladimir remained silent. I realized: that was all.

But it was still not entirely clear for me — concerning the “layers”, and I asked again.

To my surprise, Vladimir replied that he did not remember and did not quite understand what I meant. And seeing a silent question in my eyes, he immediately explained that when the Holy Spirit speaks through him, this information is not always remembered by him, especially if it is not relevant for him. Just the question was asked not by him, and the answer, too, was not formulated by him.

“Now Sulia and Grand Master of Sufism are with us,” — Vladimir switched to another theme. — “They say that They will accompany you throughout all your lifetime and beyond. They say: ‘Accept Us as your Friends — forever!’”

That is fine! I melted into the common joy, feeling now Grand Master in a new way: more intense, compared to the last meeting at His place of Samadhi.

“Grand Master says that He could carry you on His Hands in the universe, but you yourself resisted.”

At what time have I opposed such a proposal? I am not against this! Is it not that Guru Nanak-2 then resisted?!

“Grand Master says,” — Vladimir continued, — “that tomorrow, early in the morning, when you get up, — see the new radiant day of your new life: the life of Us and in Us! Come in! And, when you come — you will live Our lives! And then — very many of the problems of the material plane will depart.

“I accept you — as a worthy member of the Family of the Holy Spirits!

“But this status — the status of Brahman — should be proven by giving in to surrendering others the spiritual potential that We are loading to you!”

... We sat a little longer in Their Embraces — dissolving and enjoying. Vladimir noticed that Grand Master usually expressed His presence not very intensely, in comparison, for example, with Sulia. I was surprised because, in my opinion, He was felt very much...

Maybe, was this an emergence of one of the shades of difference between the Holy Spirits — male and female?

I am not against it! I let Them carry me on Their Hands throughout the entire universe!

Walking by the Dome of Hip-Roof and the Journey to the Center of the Earth

Again, we embarked on our way. We had to visit a *place of power* of Ptahhotep, but different, with other properties and with new opportunities for meditation work.

We made our way through the thicket of forest. The old road had overgrown completely and we had to make our way again.

On the other hand, we came to wild blackberry bushes. They were just ripe. Vladimir joked that this was — a gift to us from Ptahhotep. And if we will not eat everything — we offend Him.

And they were so delicious!... We were full!...

The sun rose higher, warming the air, and gradually warming our bodies, and even overheating them. By the time we got to the desired location, it was really hot.

We were pleased to throw down our backpacks and took off outer-clothes.

Nearby the small river ran. It was overgrown with grass on both sides.

We settled on a faint trail extending along the bank. The floodplain meadow with tall grass stretched before us.

The next meditation, which I had to learn here, was called “Hip-roof”. This form was created by Ptahhotep.

The first task at His place consisted in filling this giant “Hip-roof” with ourselves (as consciousnesses). It being, in height and width, several hundred meters.

Then we had to climb on its roof and walk around the dome being Mahadoubles.

Moreover, the Mahadoubles would be created from all our segments.

“Another feature of the *place of power*,” — Vladimir continued, — “is the possibility to easily cognize the space inside our planet, down to its fiery core. And it is really possible to feel ourselves in the core of the planet and even to try to penetrate into it with the consciousness. It becomes real, only through approaching the core from behind — if we compare the direction with the location of the body.

“Behind the back of the body of each of us there is, invisible for the usual perception, a vertically standing plane, which continues right, left, up, and, most importantly, — down. If you follow this plane down, we see that it passes through the core of the planet, dividing it in half.

“We find the entrance into the core from the rear, that is, from behind that plane.

“We can distribute ourselves within the planet — both in front of the plane, and behind.

“And all this can be repeated from our four segments!”

... The sun was at its zenith, recalling the height of summer. The heat, it seemed, “melted” the head. The body was tired and needed resting. The legs became weak at the knees.

But I did not want to leave something “for later”. There was the desire to master all the best — right now.

Vladimir insisted that at the *places of power* it is almost always desirable to move the body: so the work becomes more effective. Overcoming fatigue, I walked by the body along the trail and turned and turned the consciousness to get a better sense of each segment...

... Suddenly Vladimir carefully and seriously looked into my body. He searched its right side.

“Elizabeth Haich is here. She points with her finger at an obscuring in your right breast... it is for you, too, the imperative to work at...”

I froze. Everything became clear! It was a growing tumor; breast cancer is the future...

This is what Vladimir told me much later, choosing a more opportune time. But I instantly knew it already at that time!

Here it was: the cause of that vague fear, which settled in me from the time when I had known the mistakes of my past life!

As a physician, I well imagined, what breast cancer is. I saw these poor sick women who had undergone surgeries and then endured radiation... Horror filled me with the thought that it could be waiting for me in the future!

I was beginning to be overflowed with despair. My strength rapidly gave way, I did not want any more meditations! There was simply a desire to fall into the grass and to sleep, to forget my troubles!...

Vladimir had already long suggested taking a break and a snack — and I finally agreed.

We spread out the tourist rugs and lunched. After that, I immediately lay down to sleep, despite the risk of being bitten by grass fleas. Such little things already did not worry me any longer.

... I was lying on the back with closed eyes. Vladimir said something a few times, maybe even something to ask me, but I did not have the strength to listen.

I just fell into the Fire of the “Divine Sun”, established here, at this *place of power*, by Ptahhotep. It was a gentle, easy in It... I dissolved in It, and all of my bad feelings disappeared...

I enjoyed in Him, leaving my material body so completely that I was unable to move even one of its muscles.

I wanted to stay in this state forever, having gone away from the dense world, having moved into the Arms of God — right from this moment!...

I did not know how much time had passed... I realized that I was returned to the body and that God gives me the opportunity to correct those mistakes of mine and thus overcome the upcoming disease...

Finally, I woke up completely.

I felt that I came back, visibly matured.

“Total Reciprocity”

At the same time, our work at Ptahhotep’s *place of power* had not yet been completed. I had to start learning the meditation “total reciprocity” — the one that I had not mastered in my previous incarnation.

We started with standing in front of each other. Vladimir asked me to go around his body and, being behind it, put my face in his chest — to look out from his anahata at my body. At the same time he was doing the same.

This meditation did not bring me even the slightest tension. Perhaps we have spent, looking thus at each other, not more than two minutes, and Vladimir have exclaimed:

“Well done! Coped perfectly!”

The next task consisted in me looking at my own body — at the same time from all sides — from the state of extended widely spiritual heart.

I was already tired and therefore badly fixed and understood the words of Vladimir incompletely. And so I was able to look at my body from only one side.

Then Vladimir invited to help me... the spirits who lived here in this flood-lands of the river...

Suddenly I felt the tension and feeling that we were surrounded. I remembered “allies” from the books of Carlos Castaneda...

But Vladimir reassured me by explaining that they are pure souls who have come to help me. He showed me by his hand how the “allies”, at his request, formed a circle around us, standing at a distance of about five meters away from our bodies.

And I had to... learn to look at my body... from all their anahatas!

I asked, how many they were, and how did they look like? Vladimir counted twelve, saying that they all had come! And they looked like... — they were similar to the columns of almost transparent light, with the size of about our bodies.

I wanted to argue that, because they are transparent, I could not see them! But I resisted.

I only had the feelings that many were around me. I had to focus on those places in the grass, which had been shown with a hand of Vladimir. And I stretched into them my hands...

... In general, as summarized by Vladimir, I did not do very well. But now the main task was to understand

the principle, then to find any free time to learn to work with this meditation.

... Achieving a complete success in this, occurred a couple of weeks later, when I was dissolved, as usual, in the Holy Spirit, not thinking completely about the principles of “total reciprocity”.

This happened at a time when David came very strongly in my life and did not leave me anymore, not even for a minute. He even was with me when I came to visit other Divine Teachers. But about this — later...

... Looking at the dark thunderstorm clouds appearing in the sky, we went home.

As for “total reciprocity”, I continued to work with it then a lot more, gradually extending the possibility to reach the larger and larger amounts of space with my “not-I”. It turned out that Vladimir had for this purpose a set of *places of power*, making it possible to move gradually, “step by step”, from simple exercises — to the more and more complex.

In the Embraces of Juanito

Vladimir planned each new stage of the work with me and every forest trip — together with God.

Today we were going to visit again the *place of power* of Juanito — the same where my first meeting with Him was.

But this meeting of ours was filled, in addition to mutual tenderness, with my sorrow... I was still worried about my possibly terrible future. I asked for forgiveness from Juanito for this state of mine.

I stood on the narrow path, surrounded by blooming wild roses. These delicate pink flowers happily smiled at me, filled with their fragrance. Behind my body grew the most beautiful pine trees. The sea stretched ahead. Voices of seagulls were heard from the sea space time to time.

Vladimir left me alone with Juanito. He requested me to ask for His help in cleaning up my breast.

The huge Face of Juanito was behind my body — over the pines. I came back from anahata and silently leaned with my back of consciousness against Him. I wrapped myself in His Embraces, plunged into His Hesychia... I did not want to talk about anything.

So I was probably twenty minutes in calming down, looking for the strength to return to a harmonious state.

But finally, it was time to take up and work.

I applied almost all known for me at this moment meditations for cleansing the energy of my body, using our (Juanito and mine) united hands.

Coming up soon, Vladimir gladly praised me, but added that in addition to purification, I must “revive” this part of my body, giving the fresh energy “to flow” through it!

I pondered over this: what method to use for this — and immediately got an answer: the flowers! Pink petals of rose flowers! I was making the images of flower buds in the mammary gland and letting them begin to bloom, filling slowly with their fragrance the sore spot, and then — my whole body. Soon I was completely filled with the tenderness of these flowers — flowers given to me by Juanito!

And the energy began to flow! I felt that the burden gradually left — and even breathing became easier!

And soon, Vladimir informed me that to continue the work we have to go to the Divine Lorenzes: They invited us. Their *place of power* was located a little further along the sea coast.

Lorenz Byron's Rejuvenating Divine Wind

This *place of power* was situated just near the water's edge.

It was low-tide. We were standing on the wet sand. The endless blue sea was spreading in front of us...

Vladimir said that Lorenz Byron was now with us. Later he added that Konrad Lorenz joined too. They had similar names, and because They, moreover, usually met us at the same place, Vladimir, for simplicity, called Them simply Lorenzes.

They asked me, firstly, to become the Mahadouble — and then to continue the cleansing of my body with the Mahadouble's hand.

I started to do this — when suddenly I heard a comment of approached Vladimir:

"This darkening — now it is in another place... It moves... It is — an imp!"

I, it seemed, was held strongly with the Hands of Lorenz Byron, otherwise I probably would fallen down on the ground — in all senses of the word!

But I was not allowed to return to yesterday's emotional state.

I remembered from the books of Vladimir, who were imps: the soul of small animals. They are alive and so it is possible to speak with them — the language of thought, and even to ask them to leave the body and move to another location.

Immediately just after these thoughts of mine, Vladimir repeated the same aloud.

Not giving myself extra time for thinking, I turned to my "up-resident" with an offer to move to the nice hammock with reeds, which I saw in the sea about fifty meters from shore. I spoke to it kindly: for God sent it to me! At the end of the monologue, I, nevertheless, warned that

I would not leave it alone and I would forever flood it with light, and it would be uncomfortable with this...

"Oh! Good for you!" — I heard suddenly. That was said by Vladimir. — "The imp had gone away!"

What a huge relief I felt! Huge burden fell down from the soul! My heart became once again filled with light and joy!

"Lorenz Byron offers you to feel Him — as a rejuvenating Divine Wind, filled with Him. Allow Him to blow through your body through, scraping!

I closed my eyes and turn to Him, flinging the arms both of the body and of soul! Another small victory!

The living Divine Wind was blowing in my face, passed through the body playing with hair, and kissed my lips!

"Lorenz Byron says that now you have become worthy of this washing with His Wind-Light!" — Vladimir translated.

Looking at me after a while, he smiled again and said that my face every day, too, is transformed, gaining more and more tenderness — as a result of such relationships with the Divine Men!

... I remembered this Wind. More than once It swept through me, filling me with the morning freshness and strength — the strength of the Freedom! Sometimes, being in the room of the house, I began to hear the whistling of the Wind in my ears...

... But now we already were waited for by Maenuel at His *place of power* — the place on which I was last spring. Now He has joined Lorenzes, recalling that it was time to move toward Him.

Talk with Divine American Natives and Maenuel

As we walked to Maenuel, Vladimir suddenly pointed me to a thick log, lying on the sand about twenty meters from us.

"Look, there sat Don Juan, Genaro and... Juanito... Apparently, They want to say to us something. It is necessary to join Them."

We sat on the same log, aligned with Them. Vladimir started to transfer Their words addressed to me:

"Now you know quite reliably, that We are living!

"To 'lose a body' — it is not a 'misfortune'!

"What is more important, is to live worthy — all that is destined to be lived over during a lifetime in this body! It should be lived in such a way, so as to not be painful at the end of the incarnation because of the wasted years...

"But now — on the other..."

Vladimir turned his attention to me:

"They want to say something to you personally, without my participation. So — listen! I leave you alone with Them!"

He rose from the log and walked away.

... I, at first, was confused a little, but then I grabbed a notebook and pen. Listening and asking to repeat, I was finally able to write something:

"In all critical situations always contact us for help!

"And remember Our commandments to you:

"Do not despair! Do not be depressed! Do not..." — one of Them said a word in the same style — and All bursted out laughing. I realized that it was Genaro: He said something funny, but I could not make out — what it was. However, I laughed, too — out of respect, or what?...

"We must always hope for a favorable outcome!" — They continued, having calmed down from laugh-

ing. — “Live for the sake of others! Love people like We love them!”

“And then — enjoy the blissful flight in Our world, with Us, in Us!

“But always, however, we must remember that a hawk sees keenly into the distance, it is attentive and purposeful!

“Let the ray of your attention be directed straight to the spiritual heart of everyone to whom We are taking to you! In the depth — there is the Ocean of My Love. You have to try to see It in every person who will come to you and will be ready to sincerely listen to your words!

“It is important at every stage of your development that your life is with Us and in Us!

“And love even more the best of people!

“You yourself — enjoy life in Us, merging with Us!

“Amen.”

... Vladimir came up, sat down and continued on his own:

“What should be done by us to become like Them? This theme is the basis for building a strategy for the life for every one of us!

“Yet this subject can be described as follows: to live the life of the spiritual warrior!

“A general conclusion from what we discussed is that the important is not death but how we live our lives!”

* * *

It was easy! I was jumping with joy!

Sun was warming, a gentle breeze was blowing and the mood was improving with every minute!

Left in a shirt and trousers rolled up, I walked cheerfully by the *place of power* of Maenuel, attuning, merging with Him in Love!

Maenuel — joyed much for me too!

But He suggested not to forget about the work. In addition to the repetition of the meditation with the plane behind the body, I had to once again open from behind the middle meridian — up to the back of the head — in order to align all the energy in the back of my head, because there were still darkening.

Vladimir at this time investigated the train schedule. He offered to go to the station after about a half an hour.

But when I walked up about half an hour later, he suddenly discovered that he looked at the wrong schedule, and for us to go to the planned train — was already too late. And to the next one — it was in one and a half hours!

Vladimir explained that Maenuel influenced him in this way: He wanted to stay longer with me.

I laughed heartily, God is the Almighty!

The Revelation from Apostle Andrew

We were sitting in a room discussing the latest developments, including the cause of my “failed” cancer.

Vladimir said:

“The cause of any cancer — is local genetic damage in the cells of an organ. In other words — a genetic damage.

“But what can cause them?

“This may be specific viruses, radiation exposure, genetic abnormalities received from parents, and other factors. But one of the most common mechanisms — an activity of “up-residents”-imps, or in other words — demons. Having a foothold in the body of the victim, such spirit begins to build a dwelling for itself, which should be familiar to it — according to its latest incarnation. That is, the imp builds its new home — adjusting “to its

taste" the genotype of the selected cells of the victim's body.

"Of course, we must never forget that all this is happening in front of God and in accordance with the karma of the individual.

"That is, we should always look for a specific karmic cause of the disease and try to understand and correct the mistakes in ourselves.

"But with regards to you, I think, the disease could be planned by God with the purpose to 'drive' you to me by any means, if you began to doubt, hesitate... But you had taken the right decision — and therefore the terrible prospect was canceled.

"And after all this you also understood very much and learned a lot."

... Vladimir paused, turned his attention to God and said that we were joined by Apostle Andrew.

Andrew began to speak, and Vladimir told me to write it down in detail:

"Guru Nanak-2 accumulated negative elements of fate due to the fact that he felt his own 'eliteness' and superiority over others. Women, children and old people — they were perceived as 'human excess weight'.

"He was a magnificent man with a big physique. And he did not take into his own consideration the gradual development of the soul — from embodiment to embodiment in different bodies.

"Now, in this earthly life, you should deal with all this, gradually delivering yourself from the negative karma, on the background of your own suffering. But Vladimir — in one go — let it all by taking your karma on himself."

... Vladimir laughed and explained that in His last words Andrew joked.

Kim: Become Nanak Again!

This time, Kayr, the Divine Teacher Who works, in particular, at the place of city residence of Vladimir, led us to His forestry *place of power*. As he warned, I had to personally receive the Revelation from Him.

There was the rain in the morning, and we were wrapped in our raincoats.

After leaving the warm coach of the train, at first it was cool, damp reminded itself through the wet gym-shoes. Well, because Vladimir had trained us to walk without socks, it was much easier to move with wet feet, almost without noticing it!

"It is much worse when the body is overheated due to excessive wear," — Vladimir smiled in answer to these thoughts of mine. — "Then the body begins to lose its energy through radiation of heat in vain to a cooler environment, and fatigue sets in quickly."

... We were eating wild raspberries along the way. Now I have become quite comfortably to feel in such rainy weather. Now... the warm rain and the smell of pine needles... wrapped me up in comfort!

We walked quietly along the trail, when Vladimir said that we were joined by Kim. Vladimir immediately invited me to record the words of Kim:

"Kim says that it will be much easier for you to go through this life, if you will feel Nanak — of course, without the negative qualities that we discussed.

"To do this, you must try to forget the feelings that were imposed by this women's embodiment. He has in mind, above all, the sense of herself of a little girl, who was then matured — and so hard won her place among the people on the Earth...

"It would be better to get rid of all these feelings right now — to feel your spiritual dignity: the dignity of the great spiritual teacher, the leader for the people!

“And now there is reason to learn to look at the unfolding situations of socio-psychological nature. From this position, when you also will acquire more knowledge and confidence — you have to begin leading people!

“Kim says that He personally signs these words written down by you, and all Divine Teachers have the same understanding.

“He says that so you could be told about this, He, together with Kayr, — have invited you here, under this rain! That is — for you to hear all this, being separate from all other people, from the deeds in the material world and the hopes to enjoy more in it...

“You should hear this real truth about yourself — to become again updated Guru Nanak!

“Kim says that, no matter where you are, He will always accompany you, and you will learn to feel His Hands of love! They are different from the Hands of other Holy Spirits. He did this — so you, in the first place, could easily feel Him!

“Kim says that your destiny...

“No, this is Kayr now speaking:

“That said by Kim — it is a part of what I planned to say too. That is, your destiny is to make yourself to become so, to be able to improve the fates of people on the Earth as well as I and all We do!

“To do this you must become the Divine Psychologist! And Vladimir is your closest friend, a helper in this work. You all must go through your lives together! And you should take of him all that he can give you!”

... In the first few minutes of getting this Revelation, I listened to as though it did not concern me. Being not ready for such a serious talk about myself, I continued to mentally dig into the details related with the further purification of my body and getting rid of the other shortcomings.

Therefore, only a few months later, re-reading my notes, I suddenly discovered that I had not fully realized what I had heard that day.

Too quickly it all happened: it was impossible to embrace so much at once!

... And at the time when the Divine Teachers just finished talking, I still liked — out of habit — to make big innocent eyes and, shrugging my shoulders, asking: what of me present — the Divine Psychologist?...

But Vladimir translated Their response:

"The time will come — and you find all out!"

Piotr's Spiritual Heart

On the way to the *working site* of Kayr, there was a *place of power* of Piotr.

Vladimir acquainted me with Him:

"That is — the Spiritual Heart of Divine Piotr. Now He has expanded His Heart — so it is impossible to see the boundaries. Previously, He — for us without you — never did so. So this is — on the occasion of your coming.

"And what else is interesting: there — do you see? — the large aspen grows. It has a powerful bioenergetic 'cocoon' of very subtle energy. But, nevertheless, it contrasts with the Divine Energy of Piotr's Heart.

"Years ago, when we were developing our skills of vision of the Divine Consciousnesses, this place was very helpful for us.

"This aspen, although it certainly is a really beautiful plant, is coarser than the Holy Spirit.

"Why do I emphasize this? To show that, for those who intend to move forward on the spiritual Path, it is advisable to go first to attune with the plants — to move away, firstly, from the energetic state of roughness inherent to most people. But then — as the consciousness

refines — plants begin to hinder. But — not because they are 'bad', but because the Creator and the Holy Spirits are more subtle than plants, however good the plants are!

"So, we merge with Piotr, entering with the consciousness into Him, then — we go through the body of His Consciousness deeper and deeper... And become in result — the 'Sun of God'!...

"Piotr hugs you... You can talk a little longer with Him. You can stay here with Him and in Him — about twenty minutes. And then we go to Kayr."

I walked along the trail, feeling Piotr and trying to learn to hear Him. I asked the short and precise questions, for making it easier for me to understand the answers.

I remembered, for example, my recent sad mood. And I decided to ask about this:

"What is the mechanism of such states?"

"Manas."

"How to win it?"

"By the relaxation of the mind.

"Please note: these are the appearances of the remnants of self-centeredness! Learn — in this successful example — the mechanism of this phenomenon: the center of egocentrism nests in the head, in ajna chakra!

"Such states — in those who are advancing on the Spiritual Path — occur when they are very tired, when there are no forces to expand the spiritual heart and to embrace with love all the souls whom they want to help! Not to mention the possibility of merging with God!

"With the further strengthening of the consciousness — such episodes will not be repeated."

... I was happy with what I heard: now all on this subject "fell into place".

Continuing cleansing my body, I — with the help of Piotr — got rid of the last blackouts in my svadhisthana chakra!

And now — in such updated body — I went to Kayr to take another step forward!

“We live in the city,” — Vladimir said to me on the road, — “just at the Mahadouble of Kayr. He has at least two Mahadoubles. While there may be more, we know only about two of them.

“Therefore, when we are at home, Kayr is usually our first Interlocutor.

“But here — is also His very important *place of power*.”

... Rain started... We hid under a huge spruce and were snacking.

But then, according to my notions, it came time to get out of the shelter. But the rain did not stop.

Vladimir began to disturb in jest:

“What is it, Kayr? Why do You meet us in this way?

“Wow! Even Sathya Sai Baba has come to comfort us!”

... I laughed... — and immediately felt a gentle and caring Hug of Him...

“He says:

“How many of My favorite children I would like to bring here to you! I do not have enough hands... — hands of decent embodied people!

“You are My true followers!...”

“Thank Him with all your might!” — Vladimir added by himself. — “These words are very important to remember! Sathya Sai Baba will continue to constantly communicate with you. And He is one of the greatest Divine Teachers in the history of our planet!”

... We looked out from under our fir-shelter. The rain had stopped.

Conversation with Kayr

We had come to the place where the black wires of a high voltage line were seen on the background of the light sky. Vladimir explained that it was here — the huge Mahadouble of Kayr.

“Let us consider the structure of this *place of power*,” — Vladimir began to explain. — “We currently have come into as a Dome of the Divine Temple of an infinite size. But now we will not go down the hall of the Temple. On the contrary, we will fill the Dome, which consists of an almost transparent white purest light of the Kayr’s Consciousness. And then let us look — from Him — on the wires.

“Black wires are seen in stark contrast — in comparison with the Divine Light.

“What is the importance of this place for us? Here, first of all, it is easy to become all this Divine Light. Also — to observe very clearly the different strata of multidimensionality.

“We are the living Divine Light in the widest space — and suddenly! — we see the wires: coarse black matter! Contrast!

“In other words, at this one place we can observe very easily the difference between so contrasting eons.

“... And now you can listen to Kayr. Today He will tell you everything He wanted... Communicate with Him without me: ‘three make a crowd’,” — Vladimir smiled. — “Kayr now stands near you, in size — like a human body. Dressed... — in a brown jacket. He put His Hand on your shoulders... And He waves in my direction — go, go, here we have to be without you!”

... We laughed... I immediately went out of my concentration. During those times the Holy Spirit manifested Himself to me more and more often “humanly”, erasing, step by step, the illusory separateness of man — and

God. And also — the false dogma of the inaccessibility of God for man.

Vladimir had asked me to write down my questions to Kayr — in a notebook: in order to get more clear-cut answers to the most appropriate questions.

“Well, here is Kayr, here are your questions, the answers to which you have to get yourself,” — Vladimir said. — “I leave you both for about half an hour.”

... I decided to write down all I heard, even if all turns out to be not immediately obvious.

This was what I got:

“The ‘human form’ is created by manas.

“The ‘human form’ is dangerous by its soothing appeal. The latter is also produced by manas.

“You can reach the Perfection — in My Body of Consciousness!

“Be careful with people not of your type!

“You should be close to Vladimir. But the responsibility for decision-making rests on you too.

“Be Me — and you will find the peace of the soul in the Abode of the Creator!

“The Light from Our Open Doors stands as the Entrance to the Creator! I say to you come in to Me, be Me, and I — will be you! So we will be in the Creator — together!

“Be always with God — inseparably! Do not disengage!

“Staying in Me, you will be able to teach people to love!

“Memories of the past — reject! For the sake of self — do not fight!”

... When I felt that Kayr had said everything that He wanted, I went to Vladimir.

He smiled and asked Kayr: has He told me everything He managed to?

“All is excellent!” — Kayr replied.

Mastering the “Trans-Mirror”

We were again working in the city. The main task now — preparing for the raising of Kundalini. To do this, we go to the respective *places of power*.

But on the way, Vladimir introduced me to two more eons — protoprakriti and protopurusha, as well as... to hell.

“Right here is a *place of power* of protoprakriti,” — Vladimir settled on an asphalt road in a quiet city street. — “Try to feel it... We are crossing the border... We should get out from the back-bottom part of the anahata backward and slightly downward... This eon is deprived of an intense luminosity. Condition in it is like the quiet southern night... Blessed rest under the stars... We are really seeing an immaterial component of the stars... Straighten your hands — and float among the stars..., and then the galaxies...”

“If there is enough strength, this can be done with leaving the body from different segments.

“This eon is useful for the ‘crystallization’ of the consciousness, that is, for its quantitative growth. Why? — Because we have there the objects which are our reference-points in the space — as opposed to just a steady light, in which, at first, it is difficult to report back to ourselves: if it only seems to me that I am really expanding?

“But if we see, for example, the stars and we can approach them, or move away from them — then we can confidently say to ourselves, that now we have the galactic size!

“Moreover, such movements in this eon may be realized by no other way than by means of the hands of consciousness coming from a developed spiritual heart.

“There is such a term in zoology: brachiation. This is the monkeys’ manner of moving with the help of only

their hands in the branches of trees. This concerns certain species of monkeys, living most of their lives in the tree crowns.

“We, too, must use this ‘monkey’ method of moving in some eons where we are adapting.”

... Bliss... I was enjoying this new for me eon! Those who are able to enjoy looking at the stars in the night sky — they can understand the delight of the soul, which is flying among them!

It was possible to trace even the channels of broad interstellar rivers, to navigate through them... And the stars themselves were large and small, they actually increased when approaching them... We could float away in this amazing space deeper and deeper... The stars twinkled... It seemed even that they were smiling, winking at me, and filling the peace and quiet...

“This is your first contact with this interesting eon,” — Vladimir said again. — “But at the same time, we must understand that it is not fit to live in it. Also spoke of this Juan Matus.”

“But here — so quiet...” — I said, only partly “leaning” from the eon, to support the dialogue.

“Yes... Don Juan spoke to Carlos Castaneda that there are worlds without marked luminosity; they are very interesting, very fascinating, but they are not fit for living in them... To become ‘stuck’ there — means one will suffer because of the unbearable loneliness... So the stage of the development in the eon of protoprakriti should be done, but do not stay in it too long.”

... I immediately jumped up from there: the loneliness did not attract me at all!

“The finish of the spiritual Path,” — Vladimir continued, — “is not in this eon, and not even in the ‘Sun of God’: the ‘Sun God’ is just the Brahmanic Manifestation. But, having cognized all this, one needs to cognize also the Abode of the Creator or of the *United Us* This

is — the final stage. But, again, — not the end of development yet.

“One needs also to learn not only to enter that eon and to live in it, but also to come out of it into the world of the Creation — but already being the Divine Consciousness, the Representative of the Primordial Consciousness!

“In the Abode of the Creator, all of its Inhabitants are identical in Their ultimate subtlety. Also there is no hierarchy, subordination. On the contrary, All constitute a Single Whole, Oneness — in a state of Mutual Dissolving. This is so because each and every Consciousness, reached the Mergence there, is the Perfect Love.

“Only this state of the Perfect Love permits such Ones to be in the connection, coalescence with the Perfect Great Souls!

“But, coming into the Creation — out of this common Abode of the Perfects, They, nevertheless, differ in Their abilities. It depends on the magnitude and, consequently, on the strength of each of these Souls. In other words — from the Input which Everyone of Them brought with the individual Consciousness, entering the Abode of the Primordial Consciousness.

“Moreover, the possibilities of growth of the individual consciousnesses are almost endless!

“... And now starts a place where we can work with the protopurusha,” — Vladimir pulled me from thinking when we came to the park. — “Do you remember a scheme for studying the structure of the Absolute, and what is the ‘Mirror’? The ‘Mirror’ — is an energy barrier between the entrances to different eons. We find them in front — or behind of our bodies. ‘Mirror’ is named so, because a usual glass mirror has a light front side (if a mirror is lighted) — and back side which is always dark. Eon of protoprakriti does not have the luminosity — as opposed to the illuminated prakriti.

“But we can follow the ‘Mirror’ from its back side — downward. And, if we slide on the back side down, then we enter the eon lighter, similar in feel to the gentle morning. The energy observed here is as if a light haze of fog — this is just the protopurusha.

“If we can ‘fail’ even more deeply along the “Mirror”, there is the eon from which you can enter the Abode of the Primordial Consciousness.

“The ‘Mirror’, by the way, ends just here, making a free passage forward.

“When we have mastered all this at the ‘right side’, then we can also repeat the same at the ‘left side’. And then it becomes possible to immerse ourselves between them.”

... Eon of protopurusha, too, was interesting. It was impossible to confuse it with another eon. But here I could not make up what to do, and therefore temporarily left it.

Getting Acquainted with Hell

“We can regard hell as what erupted outside of God — God in the Aspect of the Absolute. Hell is the ‘rubbish heap’ of the Evolution.”

... We were close to the cancer clinic. I just “tightened” without feeling enthusiasm for the closer acquaintance with it.

“When we before worked outside of our bodies,” — Vladimir continued, — “we came out of anahata backwards — and then became huge. But now we will act differently: let us leave the lower ‘bubble of perception’ upward. Being at this unpleasant negative *place of power*, we can easily find the closest layer of black brutality. But we should not enter into it in any case! If one does this, the energies of hell’s dirt will adhere to the soul, and then it will be long to ‘wash it away!’

“How are you? Do you feel there something very unpleasant?”

But I... only looked suspiciously at that side: how to do this without attracting the attention of the inhabitants of that eon?

"So what it is? Is there no hell for you, or what?" — watching me uncertain, Vladimir asked.

"I before have seen enough of the contents of this eon in my 'astral adventures,'" — I remembered well those "adventures": those, because of which I for the first time appealed to Vladimir. They were not dreams: I quite literally was sinking in those layers of brutality with terrible entities. My "blood ran cold" there. But I did not tell anyone about them.

"Cognition of hell, but without penetrating into it, is significant for the further development of you on your way," — Vladimir was saying at this time. — "That is, we should build for ourselves the 'vector of the scale of multi-dimensionality': from hell — up to the Creator's Abode. The entrance to this Abode is located on the opposite side from hell, as if on the opposite pole."

I finally dared — and silently "pulled" myself to hell.

"Do not go in there!" — Vladimir said immediately. — "It is necessary only to feel its boundary! One should not enter — in any case! We need only know what hell is and where its boundaries are, to be able to recognize it in the future for avoiding it."

... I gently touched the formation of hell, feeling its rudeness. It already did not scare me, but only caused slight discomfort. It was not compared with that mysterious horror which I experienced in my past "astral adventures"!

"Look at this interesting situation," — Vladimir continued. — "Castaneda describes a 'black plan', which, supposedly, is the only one that has the power. Indeed, Juan Matus had told him not only about hell.

"There are also other eons with no bright luminosity. And someone can also describe them as 'black'. Among several of such eons — there is the now known for you eon of protoprakriti. As a result, there was a very dangerous confusion. For example, I once met a man who spoke about himself as 'enlightened' — on the sole ground that he had cognized hell...

"But the word 'enlightenment' has a very concrete meaning, not merely symbolic. That is the transformation of the individual consciousness into Light!

"Such the incidents exist among the pseudo-spiritual boors!

"As for the differentiation between the black eon of hell — and eons without strong luminosity, then, for example, when we switch off the lights in a room at night, the hell does not appear. But only a lack of lighting occurs."

Kundalini Raising

We crossed a wooden bridge, and ended up in a very beautiful large park. Vladimir drew my attention to how strong the change in energy space is.

"Watch," — he said, — "while we move our bodies here, we can *see* the beginning of rising from the depths of a phallic-shaped protrusion... It comes from Kundalini. It is called 'sivalingam'. It gets to muladhara and gradually enters the body.

"Our task — to allow it to enter the body, to the head and above — and to gain a foothold here. Sivalingam serves to bond the entire reservoir of Kundalini — directly to the body.

"And then, in the same park, there is a *place of power* where there will be a real rise of Kundalini and its penetration into the body. We can also see its energy that fills the body."

... I *saw* it all exactly as it was described by Vladimir. I could only watch — what was happening.

"Then there will be another very interesting *working site* of Eagle which is dedicated to continuing this work," — continued Vladimir. — "All the greatest Divine Teachers have been through this once! Because it was necessary for taking the next stages of the development!

"Notice that there are spiritual practices for the development which can be combined into a group of the informative ones. They need to be done only once to be understood — and that is enough. And there are techniques that need to be repeated and repeated, because the growth of the consciousness takes place due to them.

"We will work and work with the Kundalini, because there can be found new opportunities for the growth of the consciousness.

"And when sivalingam becomes fixed above the head, then we can *see* over the head the energy construction resembling light antlers."

... I was not immediately able to see these "antlers", their shape changed according to the flight of my imagination. In order to better orient myself, I had to ask about their magnitude and extent. It turned out — about half a meter long, one symmetrical "horn" on each side. I had to be satisfied with this for the time being.

"Feel: here begins again the rise of the energy from below to the body, but it is not the Sivalingam. It is the raising Kundalini. That is — it comes into the body..."

... From the space below, a wide column of white intense Light was rising to my body. The lower part of this column was visible far into the depths, its end was not even visible. Approaching the muladhara, Kundalini's Light slowly and smoothly flowed into my body — like by the road paved by the sivalingam.

"This is the rise of Kundalini, its beginning. Kundalini now is connected with the body. Sivalingam paved the way and became a link.

"Here, look: your Kundalini can be seen overhead."

I have traced: yes, the Light passing through the head, continued to flow out the top. It felt new and unusual. I watched the happenings.

Vladimir continued:

"Kundalini is the stock of all the best that has been accumulated by each of us during the history of all our incarnations.

"But it should be understood that not all people, but only those embodied souls who had a positive past, i.e. who grew up, subtling, — only they have the Kundalini.

"Now you know — what is the real work with the Kundalini, or more precisely — its start! Everything else — is still ahead. That is, you will need to unzip all the Kundalini, but you have it very big!" — Vladimir said, tracing its length. — "And then the same should be repeated by all the four segments!"

I grabbed my head: this is the work I have to!

Vladimir, smiling, said that he yet did not raise his Kundalini from all segments and so still had not unzipped it all.

... This was quite enjoyable. At home, he asked me to lie down on the bed face up and relax all the body. And then I had to go with the arm of consciousness from inside a body through the muladhara to the reservoir of the Kundalini — and stir it up a little. From this, the Kundalini immediately came into motion and began to climb.

I lay doing this for over an hour, but no end was visible. I had to only direct the Kundalini flows on the main meridians of the body and other structures.

Vladimir from time to time came into the room, commenting on my progress. My "horns" grew very quickly,

the body was filled with the wonderful and gentle strength of the moving Light.

But what could I compare these feelings with? What words should I devise to name this new form of the Bliss, which filled me with itself?

It was like a hug and caress of a beloved man, whose tenderness was directed not only to the surface of my body, but also from the inside...

At the same time, I not only as the consciousness felt this Bliss, but my body experienced the "heavenly" delight as well!

In this state, I was deeply asleep...

Letting Our Own Mahadoubles off, Apostle Philip, Jesus, and the Karl Rossi's Fire Pyramid

We visited again the same park. Vladimir, slowly walking along the asphalt path, opened to me new aspects of the other side of the world of matter.

"While we are going, it is possible to study the differences in energy beneath our feet — in large volumes of space.

"The space inside the planet, which is close to its surface, — can be more or less as brightly lighted. But we can see also the intense Light. It is — the Holy Spirits."

... We crossed the creek by a small bridge. Vladimir, pointing to the left, toward the clearing, said that here is his own... Mahadouble. He once long ago created the Mahadouble here and left it on this site.

I listened with interest to his explanation: he spoke about the opportunities not only to create one's own Mahadoubles, but also to communicate with them very well, while being incarnate!

"It is an interesting, amazing phenomenon — to create one's own Mahadoubles! After all, they are really con-

nected with the Primordial Consciousness! They come from the Primordial Consciousness! And every such Mahadouble acts independent of their 'author' Divine Teacher, helping others who are embodied!

"Once we have specifically studied this phenomenon. And every one of us had made a few Mahadoubles, which then could be seen in the same places for several years. Possibly they exist there and now. But some Mahadoubles — without our wishes — have moved. Only the Creator leads them."

... Vladimir had turned to another subject, but my curiosity only inflamed. How is it that his own Mahadouble operates as an independent Divine Teacher?!

Then Vladimir remembered that once his Mahadouble was coming often to Vladimir's old friend living in other city, talked to him and taught him. Vladimir himself did not know about this situation.

And it was an important fact that Vladimir's old friend, who lived hundreds of kilometers away, received the information which was known only for Vladimir.

As I realized, Vladimir already lost interest in this activity long ago.

Since this topic was very interesting for me, I asked later the same questions to Anna. How to explain this phenomenon? And another thing: do the Avatars, who created Their Mahadoubles, Themselves know about who are taught by Their Mahadoubles?

Anna remembered a note on the Internet, which told about a man, with whose body Sathya Sai Baba could connect and talk through. And that man later did not remember anything about such contacts.

Or, for example, there was a case when the disciple of Sathya Sai Baba, who was taught through the Mahadouble of Baba, came and told Him about their contacts. Sathya Sai Baba then remembered it.

A funny idea came to me: If I met with embodied David — what could I say to Him, how could I explain, what we were doing with Him? To say: “Hello, David! I have worked with You through Your Mahadoubles!”? But He, perhaps, does not even know this word!

Then I began to disassemble with a strong laugh, and I felt that it was David Himself laughing with me right now in my body!

And afterwards, no matter how many times I was returning to this subject, I immediately felt how David laughed! Apparently, He knew very well, how He could respond as if He Himself was here, embodied.

... We had gone a few more meters, and Vladimir, pointing ahead, said that now we were approaching the Apostle Philip Mahadouble!

“Here — Philip! Please get acquainted! He has — black curls on His head. He smiles... Here are His Hands of Love! He extends them to our anahatas, wants to give us His Bliss... He is one more Divine Teacher, and also is a little different by the individual qualities of Consciousness — from the Others!

“And if you remember the nuances in the features of Others — so that is It — God’s Love in Its various Manifestations!

“And now — you can hug Him, penetrate your hands into His Body of Consciousness, merge with Him entirely, be Him!

“And the Bliss, which He gives, — is also unique! That is because, He loves as no one else can love!

“And now we are already getting close to the border between Philip and Jesus,” —Vladimir continued. — “Here it is easy not only to see Jesus, not only to feel ourselves in Him, but also to see how He is coming from the common Abode of all Divine Teachers.

“Another interesting detail: Jesus stands here — as on the vast podium of the Divine Light!

"And now — the Smile of Jesus!... We are in His Smile! Wow! Bliss!..."

... But Vladimir was not planning to stay here long. We slowly walked through these wonderful *places of power*, filled with the Joy and Bliss of our Teachers. But our main goal for today was different: working with the *Pyramid*.

This *Pyramid* was created by Carl Rossi. It had very effective properties of cleaning power. And I also will become acquainted with a new for me Divine Teacher!

"Now it is already Rossi..."

"It needs to tune in, before we see the *Pyramid* consisting of His Light-Fire. We need to enter it and become, too, the Divine Fire, into which Rossi transmutes the Part of Himself.

"Do you remember that Elizabeth Haich told us that She was also the *Pyramid* in one of Her past meditations?"

"Yes."

... We came to the construction, once established by the project of Rossi. Here was a *place of power* with a diameter of several tens of meters. We went a bit on it, me to learn to feel the borders.

"Here is the border of this *place of power*," — Vladimir explained. — "We are trying to feel the contrast: outside it is not the Fire, which gives the Divine Bliss."

... We filled the *Pyramid* with ourselves.

"We can lift one lower edge of the *Pyramid* with the hands of consciousness," — Vladimir explained further, — "What is happening? There is as if a powerful eruption of the Divine Fire from under the *Pyramid*!"

Yes, in response to lifting the edge of the *Pyramid* — the Fiery Stream erupted. And I could put my body in this Stream — to "burn" all that was not Divine of it.

... Then I came back to this place more than once independently. I even developed a habit to call Rossi, for

some reason, *General*. I do not know why it had come to me, but we both liked it.

It Is Impossible to Love the Creator without Love for His Creation

When we were coming back, Vladimir raised another important issue:

“There is a formula (I cannot remember Who from the Divine Teachers said it): ‘Throughout the whole universe there is no dead matter!’.

“What does this mean?

“We are talking now about God in the Aspect of the Absolute. God has revealed Himself, including, in the form of the dense matter. So it is also God! All is God!

“Hence — two consequences:

“First, we must treat with care and love all material, included.

“And, in particular, to develop love for the Creator is impossible without having to, first, learn to love His Creation!

“Second, we should have no negative feelings about someone or something within the Absolute! Humility and obedience to the manifestations of the Will of God to me — it is an important basis for successful promotion on the spiritual Path.

“I do not say now that we should not resist the destructive forces within the Absolute, but our opposition should not have an adverse impact on our own emotional state, that is, in the forms of anger, disgust, resentment, etc.

“Only by following these principles, we can actually turn ourselves into love!

“And once again I will answer the question: what is it needed for?

“This is necessary for us to approach the state of the Primordial Consciousness. And in the end of the spiritual Path we merge with the main Part of the Absolute — the Primordial Consciousness, the Creator.”

Gunas and Spiritual Growth

After we came home and had dinner, we had another interesting conversation.

“Let us discuss,” — Vladimir started, — “what is required to be mastered, for a person sufficiently developed in the intellectual and ethical aspects, in order to attain the fullness of the Perfection?

“It should become the truly great — in size — soul and capable of merging with the Creator. Furthermore — it is necessary to learn to live in such mergence. And even more — then mastering the ability to come from the Abode of the Creator — to the Creation — to help all embodied beings. It crowns the complete Self-Realization.

“The best example of the possessing of this ability is now demonstrated by Sathya Sai Baba: being incarnate, He can easily help spiritual seekers who are at a distance of thousands kilometers away from His Body! Before Him, the same capacity was recently manifested by Babaji from Haidakhan.

“To approach the attainment of this highest level of development, the person should be able to live permanently in the subtlety of the Primordial Consciousness.

“One can prepare oneself for entering the Abode of the Creator with the help of concrete Divine Teachers — the Holy Spirits. Development in this direction may provide the ability to turn into the ‘Sun of God’ and then — into two or even four ‘Suns of God’. This allows, in particular, completion of the process of Divinization of the matter of the body. But, what is more important, — this provides an opportunity to enter the Abode of the

Creator. Because it may be obtained more easily between two 'Suns of God'.

"This Path cannot be mastered due to only the desire and individual efforts of anyone. It may be done by no other way than with the help of the Holy Spirits.

"All that one has to forgo for these highest steps of the development — this is for you already quite clear. This — and the inability to be in coarse states of consciousness, and the gradual direct growth of the consciousness.

"I am extremely pleased with your success! But we also understand that my task was and will consist only, in the first place, to show you the meditative techniques for progressively realizing all this, and, secondly, to warn you of possible errors and pointing out to you your own mistakes if they are already made.

"Everything else — you make it yourself. These are both meditative training, and self-control in regard to emotional states. Our emotions — are the states of ourselves (as consciousnesses). Emotions — they are just the states of consciousness, rather than facial expressions or electrical processes in the brain, those are only external reflections or after-effects of emotions!

"Also — everyone has to master the ability to correct (that is, flawless) communication with other people based on an understanding of not only the ontogenetic, but also the psychogenetic level of development of each. And also — based on the analysis of those spiritual qualities which those people have developed in themselves: qualities both righteous — and perverse.

"Also — it is necessary to learn to live with the constant remembrance of God's participation (represented by the Holy Spirits) in every situation in which we find ourselves. All these situations are educational ones for every one of us, as well as for each of the embodied people.

"Sometimes there are adults with an already developed — within the body — spiritual heart. Usually they

are women who know a happy, harmonious marriage, including motherhood.

“Yes, it is an important preference for women compared with men: a woman’s body — with its erogenous zones and the corresponding hormones — is much more able to master the emotions of love.

“And only sometimes can be met similar men. Most of them had developed this property in past lives — perhaps in the women’s bodies. Or they were specifically trained in the respective spiritual schools or religious groups, led by psychologists.

“I am remembering an interesting episode. Once I presented — through a common friend — one of my first books to President Yeltsin. It was the book in our country where had been described chakras, their functions, and the methods of work with them. Yeltsin, judging from the consequences of this action of mine, gave my gift to the Kremlin psychologists. They accepted it. And then I had the opportunity to observe the results of the using of those techniques — from the example of Yeltsin himself and his successor. Those psychologists taught Yeltsin to use the complex of three lower chakras (hara) — and this gave him the personal strength that we have seen in his speeches, until he had ruined himself by drinking... The next president was taught to look and speak from the anahata chakra. That was what enabled him to look so cordial.

“... But it is clear that — no matter how important it is in the evolution of a soul to have the developed spiritual heart — it alone is not enough for achievement of the evolutionary perfection. For as necessary also are the components of intellectual and ethical development.

“What is the main thing in the former of them? — The ability to distinguish between true and false.

“And the latter? — The ability to truly give, and not pull for myself, the ability to easily forgive the evil com-

mitted by others against me, the dedication of one's life to the good of others, rather than to one's own good...

"Let me draw your attention," — Vladimir continued after a pause, — "to an important historical episode, which was never understood by almost all people. I am referring to the words of Jesus Christ, spoken by Him to His disciples when He was saying goodbye to them during the preparation for Calvary. He was trying to explain to them that He leaves them only 'bodily'. But by the Consciousness — He stays with them forever, He will be with them always, will always help them. And for them to feel Him, meditating even during each meal, let them fill themselves with Him (as the Divine Consciousness) — as if with food and drink.

"These words of Jesus could not be understood by those who live only in their material bodies, tightly fastened to them and identify themselves only with their bodies. For these people — God is only an invisible flying man...

"But God is the Infinite Universal Ocean of Consciousness! And He Who has found the Divinity (in this incarnation or earlier) is also great in size! And He or She is free to move anywhere in the multidimensional space — regardless of the location of their bodies!

"And such Divine Persons can 'feed' with their Own Strength a lot of aspiring people at the same time!

"This is one of the possibilities to help embodied people, from the side of Jesus and other unembodied Divine Teachers. Although it should be understood that the real benefit of such assistance may be obtained by people only if they make cooperative-efforts from themselves — on the background of significant help from God.

"What should be these efforts? In particular, the attuning ourselves (as consciousnesses) with the Representatives of the Creator's Consciousness, in gradual acustoming of ourselves to Their state of subtlety.

“You are familiar with this due to your personal contacts with Jesus and the Others — on Their *working sites*.

“Several of the personal disciples of Jesus, which are known for us from the New Testament, actually gained Divinity — with the help of Jesus, Holy Spirits, and Their own efforts. We introduced you to Them at Their *places of power*. And to read about Their relationships with Jesus during His life in the material body and after — is possible in our book: ‘Classics of the Spiritual Philosophy and the Present’.

“However, now everyone can rely on the assistance of the Divine Teachers. But everyone should make the necessary efforts to change his/herself — in accordance with the wishes of God. But these Divine wishes should be known...

“One of the paradoxes, however, is that most people rely not upon the Teachings of God, but upon the wishes (to be exact — demands) of pastors of various religious sects...

“Those people who could not understand the reality — they began to believe that it is possible to really transform the material bread and wine — into the flesh and blood of Jesus — with special prayers and incantations.

“I remember how, a long time ago, a young Orthodox priest swore to me that, well, other people say that this is only a symbol of transformation, but I, he said, — really trust that I eat the meat of the body of Jesus and drink His blood!...

“Is there the positive significance of these rituals (or sacraments) of the communion which are practiced in the Catholic and Orthodox churches? Do they really help the followers of these religious traditions?

“Personally for me — they helped. I described this in my autobiography, ‘How God Can Be Cognized: Auto-

biography of a Scientist Who Studied God'. I at that time was just only tearing away from the atheistic primitivism — and Jesus was encouraging those still small efforts of mine in the right direction — by blissful states arising from the (truly) holy communions.

“But for other people such communions can become the ‘traps’ for those who trust that only taking part in these sacraments — is completely enough, no more is needed from us, us ‘to be saved’.”

... Long time we were silent. I remembered my feelings from Embracings of Jesus, from the real Merging with Him... Then — focused on the perception of my actual size — the size of the soul, the consciousness. Yes, all that Vladimir said, was indeed confirmed with my personal experience. At first, I lived in this incarnation — as a material body, corroded from all sides by several diseases... My attention was focused on cats... In the love for cats — I was looking for an opportunity to meet the true love... Vladimir was later completely right when he once concluded that I was merged in love not with God but with cats... How I was stunned by this truth!...

Then the books of Vladimir came into my life, — the light in a ‘kingdom of darkness’. Then — and Vladimir himself... He helped me remember that I am not the body and mind. He helped me to overcome the onslaught of terrible disease... Now, even their names I do not want to remember... This is only a vision which is not yet fully recovered...

I did all in my current apprenticeship very lightly and happily! And Vladimir gave me a convincing and clear explanation of this: the experience of my previous incarnation... Vladimir gave me the opportunity just to see everything thus.

... I asked:

“How can we explain why so many people are hostile to the words of truth? What motivates them? Why do they do so?

“There are in every country among the embodied people — very young souls. They are — for the present — small. Their outlook, while they are small, is alike to children. And they cannot contain the knowledge about the Great, the Greatest — not with the consciousnesses, not with their minds. Therefore, some of these people are inclined to declare the true knowledge of God and the Path to Him — as false.

“They are not yet able to think in universal scales. They feel so little and helpless — in front of the frightening environment. And it is much more convenient for them to seek the protection of the very visible for them embodied strong people-leaders.

“But those leaders often appear as the carriers of evil qualities.

“This is the way of formation of criminal gangs, misanthropic political parties, religious sects, known as destructive, that destroy souls, causing damage to the health of their practitioners.

“And where there is a gang or a cult — there start to operate the socio-psychological laws, denoted by the term ‘the crowd effect’: ‘We are a lot, so we are right!’, ‘We are the power!’, ‘Might makes right!’ A sense of personal responsibility for their actions becomes ‘washed out’, being replaced with a sense of ‘collective responsibility’, which is already not scary for oneself, but, on the contrary, creates a sense of personal heroism...

“One of the schemes for the psychotypization of people — that is distinguishing them by mental properties — the scheme of gunas.

“There is a guna *tamas* identifying stupid and (often) spiteful primitives.

“There is *guna sattva* — the people of Paradise, who have turned into a tender love, devoid of selfishness. From this state, it is quite easy to climb on the steps of obtaining the Divine qualities — but only by the methods of *buddhi yoga*.

“Between the *gunas tamas* and *sattva* there is a transitional stage, called *rajas* *guna*.

“It is possible also to define two levels higher than *sattva*: those who are obtaining the Divinity and those who have already reached it. Total are five.

“And the person has the right and ability to move by the scale of *gunas* in both directions.

“But you asked a bit of the other: why do people have so many different qualities: positive — and negative?

“The cause must be seen as the philosophical and religious ignorance, reigning on the Earth. The Teachings of God are forgotten or distorted! Huge masses of people do not understand: what is good and what is bad. What God considers as a crime, that programs people to hell, into the ‘rubbish heap’ of the Evolution — young souls, led by false ‘shepherds’, consider as ‘holy’, ‘pious’!...

“And, as a result, only a few move in the right direction...

“What can be the conclusion? — It should be fully introduced in the mentality of people, starting from school age, the understanding of why we live on the Earth, what is God, what should be our relationship with Him, what is the evolution of individual consciousnesses (souls), why we should strive to become able to live in harmony with the Evolution of the Universal Consciousness! And also — more specifically: what qualities of the souls we have to develop in ourselves, and which — to refuse? By the way, to refuse something in me — why? — Just in order, in particular, to improve, to clear one’s own fate!

“With the list of tamasic and sattvic qualities are you familiar: we discussed this issue many times and from different angles in many of our books.

“Whom do we know of the contemporary Divine Teachers Who spoke on this subject more fully, and Whose statements became the property of Our Contemporaries? He is, of course, Sathya Sai Baba. The same is available for us in the Teachings of Jesus Christ, Krishna, Lao Tse, Gautama Buddha, Babaji from Haidakhan, and Others. Read all this — in its originality — in our ‘Classics’.

“If to seek illustrations on the subject of gunas, it is very clearly seen in the area of sexual relationships. Let us look at it in relation to both sexes.

“It may be started with the male one. We can see that every heterosexual male of the human kind has, from a certain age, a sexual interest in relationships with women which manifests in efforts to reach an orgasm combined with ejaculation.⁹

“Males of guna tamas are ready to pursue this aim at any cost, including knowingly false promises or rapes — and up to murder due to a sexual intercourse with, at least, a corpse. Of course, such males do not take care of either treating nicely the woman, or to inflicting unnecessary pain during defloration, or giving to the woman an orgasm, or that she will not have an unwanted pregnancy. After all, these males care only about themselves!

“Sex of the representatives of tamas guna is not an expression and manifestation of love! These monsters can have sexual intercourse on the background of the emotions of hatred and willful infliction of sufferings to their victims — up to sadistic murders after satisfying their own lust!

“By the way, the foul language, which is one of characteristics of guna tamas, shows a not sattvic attitude to-

⁹ See “Sexology” by Vladimir Antonov.

wards the sexual aspect of love and towards people in general — too.

“But a man who has started to grow up spiritually, he, in particular, takes into account the interests of others, including sexual relations. He is careful to not cause any harm to the woman, but, on the contrary, to give his beloved maximum enjoyment. Such a man tends to study the female sexual psychology and personal features of erogeneity of his beloved. He now knows that for a woman it is favorable to accept his long enough caresses — both before the actual intercourse, and after it. He is always sensitive to the feelings of his beloved — and is ready to immediately correct his own behavior in accordance with her expressed or not expressed vocally desires.

“In particular, a person of sattva will never insist on sexual intercourse. He will instead wait for when the readiness and willing become common.

“Some of these men cognize this wisdom of the sexual aspect of the love — earlier, others — later.

“And we must try to see how there would be less human troubles, if it was possible to talk with boys at school on this subject — in this foreshortening!

“And also — speaking with pupils and students on the basis of religious philosophy! But not on the level of stories about Adam and Eve and so on! But from the standpoint of the Evolution of the Universal Consciousness! For it is only on the basis of this fundamental knowledge, it might be logically and clearly explained why we should strive to be in accordance with the Plan of our Creator!

“... The ethical qualities of female representatives can be estimated in gunas too.

“Women of the tamas guna are selfish. Whatever is wrong from the side of a partner — and he becomes

the object of scorn, mockery and hatred which are manifested in different forms.

“Yes, there really are women who voluntarily engage in sexual contact, while hating their men!

“But ethically adequate woman forgive mistakes, and — tactfully, with love and care — help to get rid of them for the future. She, in particular, will teach her beloved a way for them both to reach mutual harmony. Just a man does not have any innate understanding of the characteristics of female sexuality! This knowledge he usually gains only from the sexual experiences of other people.

“Here — a vivid example. Buttocks of almost all men are not erogenous, in contrast to the same body parts in women.

“And if a woman suddenly starts stroking the buttocks of her beloved — it will cause surprise and protest (in one form or another) from her friend.

“At the same time, every man originally thinks that he will receive the same rejection from the same touching of the woman’s buttocks.

“Though, in reality, the truth is the opposite: light stroking of the skin in these places of women’s bodies produces vivid sensations and feelings of tenderness. (Of course, if it is done in the appropriate intimate situation).

“I will note also that jealousy is a manifestation of *tamas* in both sexes. Why? I am sure that there is no reason to explain this in detail — in isolation from the whole knowledge of the laws and principles of spiritual growth.

“... It may be interesting to put forth a question: which, of the *gunas*, dominates in our country? The answer, I think, is simple: *tamas* — with its alcoholism, other drug abuses, violence against others, the dominance of the emotions of chronic irritation, hatred, envy,

greed, and other manifestations of total self-centrism in most people.

“Children, who are born and raised in such an environment, learn the same patterns of life — from their parents. And these children, if they do not meet and accept the alternative in their lives — they all, too, rush to fill the hell with themselves...

“The tale of that, if ‘we believe in God by the right way’, so this means that ‘we shall be saved’ — it is only the ‘opium’ for people, as once rightly formulated by Vladimir Ulyanov-Lenin!

“God needs from us the quite different! His Will consists in us not only becoming ‘believers’, but also to develop ourselves — in accordance with His Teachings! Every day, every hour of our lives on the Earth, which are given to us by Him, must be used by us for our improvement! We have to dedicate our lives to this!

“Although one needs to understand that we must begin not from the monkshood, but by putting in order all in our usual working activity, family and other aspects of our social lives.”

On the Alternative Consciousness States and the Meditation

Vladimir continued our conversation:

“By the way — about opium and other drugs. Many are beginning to use them not because of ‘idleness’, ‘for the company’, or to forget the nightmare of life on Earth without understanding its meaning — but in order to experience the new — mystery! — states of consciousness.

“And drug addicts ruin their health — both physical and mental, closing for themselves the true path of spiritual development.

“But right now I want to speak not about the dangers of drugs, but on the subject of the search trends to find the opportunity to experience new states of consciousness.

“And on a background of ‘normal’ circumstances, we usually are under the influence of, in particular, music, watching movies, in temples, in close contact with different people, from the saints — to devils in the flesh. Humans modulate their states of consciousnesses also with coffee, tea, or soothing medicines, sleeping draughts. We change our states by eating, taking a warm shower or bath, bathing in the sea or other reservoirs...

“But there is one really significant opportunity to learn changing our psychological states — this is the meditative trainings.

“Mastering the art of meditation is the multi-stage efforts directed to perfecting the consciousnesses and obtaining the ability to govern its states. This work begins from the first steps of riding our bodies of bad energies — and up until the grand scale known for you in your past and this incarnations — and much more.

“But why I am talking this now about? To warn you of a very common mistake of many: to believe that the experiencing the right states of the consciousness one or more times — is enough for a successful spiritual advancement. But no! We must strive as much as possible to repeat all the new fundamentally important techniques — as long as those states would be completely natural, familiar.

“And another very important note, which, I hope, for you is not new, because you have read it many times in our books and heard in our conversations. I say now that the meditative trainings should not ‘get ahead’ — ahead of the understanding the place of each step of the Spiritual Path — on their common ‘ladder’.

“Also, the ethical self-control must never weaken. Indeed, during the psycho-energetic improvement of every disciple of God — the ethic training tests, created by God, become more and more complicated. And if one forgets about it, one may experience a failure at every next test...”

Krishna: Unity of Love and Calm — with Power

We came to the sea, “to visit” Krishna — on another of His *working sites*.

The coolness of the morning, the gentle rustle of waves, the voices of seagulls...

I breathed in deeply these spaces, as if I still had not enough air!

Everything around, it seemed, was whispering to me about freedom and flight, of infinite love!

We sat down on a log that lay near the water.

“Why did He chose this place for His *working site*?” — Vladimir spoke quietly, without disturbing the peace and harmony of the morning. — “At this beach, the people love sunbathing, come here by cars, even by buses.

“This site is intended to be easy to influence the emotional state of people and also to suggest to them the right ideas. It is convenient to do, including when they live on the border between sleep and wakefulness. After sunbathing, many often find themselves in this border state.

“Let us look now at our bodies and ‘cocoons’. We will see that they are surrounded with Krishna.

“Who is Krishna? He is one of the most famous of the Representatives of the Creator in the history of our planet! His Divine Love is evident in conjunction with

His Divine Power! He is the Divine Teacher, from Whom one should learn, but not rituals of worship to Him!

“Yes, it is possible to directly learn from Him, but preliminary one should have studied the Bhagavad Gita to understand the methodology of the Path and then — fulfill His Teachings!

“It is not enough even to memorize by the mind the Bhagavad Gita, even in Sanskrit! But we must endeavor — to fulfill the Teachings! Only this will make any sense!

“When the first stages of the Path are mastered, it becomes possible to go with the consciousness towards the Consciousness of the Divine Teacher Krishna — and directly imitate Him.

“We, now at this *place of power*, can easily feel Krishna — with the consciousnesses, which, at this time, are free from the material bodies — and pour directly into Him.

“We have the Ocean of Krishna’s Consciousness — right here! And, if we have free consciousnesses, we dive into Him — and we are coessential with Him!

“Indeed, I do not mean that we become ‘equal’ to Him. No! On the contrary: we infuse ourselves into His Oceanic Consciousness — and then only He exists, and I — no.

“This is one of the training manners of merging with God, which prepares us for the final Mergence!

“Let us say to Krishna: ‘I love You!’” — Vladimir smiled. — “If to say this sincerely, the answer will consist of His sincere Divine Love! Love merges with love — and then become clear all His thoughts with regard to each of us.

“If we are in such mergence with Him, we should not try to speak with Him — as with a Companion: it is in a situation of Mergence there are not two, but there is One — one He!

"There are not 'me and Him' who are talking to each other! But there is only He — and the understanding of all that He offers me, wants of me — comes to me. There is no dialogue, but simply an understanding of His Will directly: for I and He are the same..."

... I felt the silence... I did not mind... It was in me — overflowed over all the *place of power* consciousness — whispered and gently hit the shore the endless small waves... Tenderness — overwhelmed!... I felt Him for the first time so bright!

"And for the first time — I *saw* Him, above the waves and on the beach! In all magnitude! The image was huge and translucent: wavy hair to His shoulders, long white clothing slightly swaying as if on a light wind... And under His bodily appearance — endless Ocean of His Consciousness...

"You can dive in the Ocean of Krishna," — Vladimir continued. — "Or you can — from the anahata — enter into His Mahadouble.

"Or there is another meditation — the 'Wall'. In the state of the 'Walls' we can easily activate both lower dantians.

"If we are in the state of our own Mahadoubles, then we attune with Krishna and 'switch on' our lower power dantians — so that it is comfortable to be such 'Wall'... and go to battle! And on our arms of the Mahadoubles it is possible, smiling and loving, to keep as on a tray all those who want to fight against me!

"I am the Power of Love that is in Peace! This is not brute force! But it is the Divine Power!

"Recall by the way: Krishna in that battle on the field of Kurus did not kill! He took upon Himself only the role of charioteer."

... For me the word 'warrior' was as fascinating as the word 'Freedom'.

I remembered that as a child I had a claim to the fact that I am — a girl.

That meant that I could not indulge in long sea voyages, would not be able to cross the deserts in search of adventure, fight as an undefeated master of Shaoling wushu...

I did not know why I had decided that I could not...

But then I quickly reassured myself that I could — on the other hand! — become a ballerina...

It is funny now to remember!...

But such strange childhood thoughts stayed in my memory so far. And now I began to realize that they were echoes of the memory of my past lives...

I did not become a ballerina. But I madly loved to dance! I learned to dance, where it only was possible! But I did not attend the dance classes: we had no money for it. I just looked at the others — and learned.

In particular, I invented and mastered a way to get rid of stresses — through a dance.

Due to this experience, now I was able to learn new meditation at home with music — in the evenings after work. At the same time — with the music — I did not get fatigued.

... But to be the woman-warrior, in our circumstances... — how it was hard!...

... And now — I felt and saw my great fire arms of the consciousness. I kept on them all foreseeable land and the sea coast, as well as our bodies.

... When I got tired... I caught myself in thinking that I envy Guru Nanak-2, who owned such unshakable peace! In this life, I was like in contrast to that past: for I worried with and without any reasons...

So now — I need to master the Calm, like Krishna has, though while living in a female body!...

“Let us understand that all this can not be mastered, feeling just a body,” — Vladimir said meantime. — “All

these can be mastered only through the buddhi yoga, that is, turning oneself — by its methods — into the great consciousness. And we have the right to raise the consciousnesses only as the spiritual hearts!

“Let us estimate: to grow by the head (that is, by the upper dantian) — this will not work well.

“If to grow by the lower dantian, we, too, as well as in the case of the head, cannot enter into Mergence with God. God is Love — and He takes into Himself only those people who are also love! And the emotions of love — is a function of the middle dantian.

“The upper and lower dantians — they... can never be love. Imagine: they are not intended to Merge! They are — only auxiliary components of a consciousness!”

... I continued to work. Krishna was giving me the opportunity to experience His immutable Love, Peace and Power. The more I inspired to Him with my love, the longer I had the feeling of the state of Mergence together.

I went deeper and deeper into Krishna, leaving my little tired body on the surface of the Earth... — and then again returned to the world of matter, where I faced a difficult road.

... When we finished meditating, I asked Vladimir to touch on the theme of fate. So far, I remained obscure on the concept of “predestination”. I always knew or, to be exact, — intuitively felt that a person can and should change his or her own destiny! But how?...

“God is watching, what decisions are being made in every situation, by every person,” — Vladimir explained. — “Depending on these decisions the fate can be radically and rapidly changed.

“In particular, that is why — over time — the plans, proposed by God, may be changed by Him 180 degrees. Indeed, the success or failure of established plans often

depend on their realization by many people, due to their free will.

“There is a point of view in the literature that everything is predetermined... Fate, they say, as it is laid down, so it will run until the end of the incarnation. This is — wrong! Fate all the time varies depending on the decision-making by the owners of that fate...”

Nikifor's White Sailing Vessel

We had long been invited “to visit” Nikifor. His *working site* was located in the woods, not far from the places of David and Sarkar, where we already worked.

From the moment when I first read about Nikifor, I remember the Sailing Vessel, which arrived at the right place and at the right time for someone looking for and calling God.

Would it not be great, I have shared thoughts with Vladimir, if we had the same opportunity in our time: to sail to the right shore, to take with us each potential and worthy student! Vladimir, too, would be happy. But we knew that this opportunity now — to cross freely the seas, as did Nikifor, — is not...

We walked along a forest trail, but suddenly had to stop before an obstacle in the form of a large puddle, which had to be navigated around, a little deeper into the forest.

Vladimir, turn right, suddenly laughed, and turned to me and said:

— Nikifor apologizes for this mess!...

I joined his laughter: it was fine — God asks for forgiveness!

It was the first joke Nikifor. Then — a talk about the second.

We immediately understanding the “secret meaning” of the puddle: avoiding it, we came upon large bil-

berrie-bushes, thickly covered with large tasty berries, which we were happy to eat.

We went a little deeper into the forest and found ourselves in a very cozy meadow surrounded by tall pines and spruces. Here was a *place of power*, where can be *seen* that White Sailing Vessel... It rocked a bit on the waves, as if in a haze of mist in the soft white Divine Light of Nikifor...

"We are in Nikifor," — Vladimir said, when we sat on a fallen tree trunk. — "It is easy to feel what Don Juan had in mind, when He said that the *places of power* — are like holes from one spatial dimension into others. Here is a very clear, vivid example of just such a 'hole'.

"Getting up on the edge of this *place of power*, we can easily 'fall through' with the consciousnesses up to the eon of the Brahmanic Light.

"If we 'fall through' into this as if the well more deeper, there we find the Ocean of the Divine Light-Fire.

"Looking out from there upwards, we see the hardening of cosmic energies, which form the matter of water and land.

"Let us remember the theme of the vectors of the scale of multi-dimensionality, or of the 'scale of emanations', as Don Juan called it. We stretch such vectors between the matter of our own bodies and the material world around them — and the Divine Light-Fire. And now we can 'move down' on It — like by an oiled pole — instantly crossing all the 'scale of emanations'.

"And then — from the *depth* — we stretch out your hands of consciousness to the body: in order to transform it, and, if necessary, and heal it.

"If we just merged with the Ocean of the Divine Light-Fire, becoming so enormously huge in comparison to our tiny material bodies — they look like some dots barely visible when viewed from the *depth* of the Ocean

out of Its immensity — so why not affect with the Power of the Ocean these bodies?...”

... Yeah, I liked the sailboat! I liked to dive into the Ocean of Consciousness and become It! And this material body for a long time could not be found: it looked so little and insignificant...

I was resting, sitting on a log, when Vladimir spoke again, saying that here is more and Adler:

“He says that we can think about this idea: to create the ‘Center of Psychic Self-Regulation and the Spiritual Heart’ on the basis of the organization where you work. It should be organized so, for people from other countries also could easily come to you to learn. But it is now, He says, only a version of events.”

... Long time we were sitting in silence, enjoying being in Nikifor. Then we started to go home.

“Nikifor says that He awaits us once more at His *working site* after three days,” — announced Vladimir.

* * *

After three days, however, Vladimir took us by city streets to the *places of power* which were located in the city. It turns out, he had forgotten about the offer of Nikifor...

But I — remembered. And told him this on the way. Vladimir admitted that he blundered.

But after only a few tens of meters, he suddenly stopped and exclaimed:

“Stop! Nikifor here!”

After studying the situation, he announced that we had come at another Nikifor’s *place of power*, which Vladimir did not know before!

Nikifor — laughed along with us! It was He who rigged this joke! After all, we really were after three days at His *working site*! But only — on another!

... Here we could work very well with all segments and build from each of them our own Mahadoubles...

Love of Lady-Sufi

We were invited by Lady-Sufi and with great pleasure went to Her.

So, after leaving a train, we walked a long way by the forest trails.

Her *place of power* was located on a small sandy hill, covered with gray lichens and a small pine forest.

The sun rose and shone by its gentle morning a little orange light the tops of the trees. How nice it was! As if I arrived into a fairy tale!

Having brought us to the *working site*, Vladimir began to explain:

"This part of the hill is a *place of power* of Sufi. Let us come up to this small pine.

"Sufi offered us Her assistance — to those who need it — to purify the energies of our heads, in particular — in connection with the treatment of vision.

"Come in! A little dizzy may be," — Vladimir appealed to me, — "that is all right. When we first visited this place, we all had just such feelings from the influence of Her enormous power!"

... I was left alone with Sufi. I leaned back against a pine tree — and then, it seemed, disappeared falling into Her Arms! I had no time to make any efforts, but the hot sweet Sufi's Love has filled my anahata, and then the whole body...

I felt a bit of sadness: what a huge difference between us exists! And how much I still had to learn, for to become like She!

I felt, how She kissed and hugged me! What it was an intense and, at the same time, the subtle Love!

At that moment the thought came that if I were a man and met on my way this Divine Lady, I would have definitely reached the Perfection!

I smiled at my thoughts and decided that I surely will learn in this life to give the Love, just as the Divine Women do this!

And then Sufi said to me:

“Women’s love can do miracles, opening the spiritual hearts and leading by the way of love!

“For this we need the strength! Be strong!”

... As we were refreshing before continuing meditation, Vladimir passed to me Her other words:

“You will bring to Me a lot of people!

“You will become completely mature for this service when you are around 40.”

Ngomo the Great

Vladimir began to acquaint me with Ngomo when we were still on the hill of Sufi, on the other side of that hill.

Pointing into the distance, he began to explain:

“Look over there: there — huge, of many kilometers, Mahadouble of Ngomo. From there — He now stretches out His Hand to us. Our bodies are on His Hands.

“Let us look around from His Hand. Around on all sides — the multidimensional Infinity of the Absolute!

“Feel: God keeps me on His Palm. He is always watching me: all, I am doing, what I think about, what I say. He holds on His Hand, contemplates and determines about my future — the near and distant — according to all accepted me ethically important decisions...

“To experience and remember this — it is important: I am always visible for God, to hide from Him — impossible! There is no way to hide anything from Him! Everything I ever thought about, no matter what I was

saying, no matter what I was doing — all is taken into consideration in building my fate! At every moment Ngomo and Other Holy Spirits behold me from all sides!

“... And one more meditation, which is convenient to perform here: we can be merged with Ngomo and then go into our bodies, introduce hands of the consciousness into their middle meridians — and from there cleanse the eyes.

“... That is — Sufi has flown! Like a bird! Also wants to help you with your eyes,” — Vladimir said suddenly, and we all laughed.

... I was working, feeling Their Hands, Merging with Them. My job was hampered a little with cold. And Vladimir insistently taught me to blow my nose not into a handkerchief, but right on the ground, plugging first one nostril with a finger, and then another. He explained that a handkerchief is a source of infection. Infected snot dries on the fabric — and then, with any action with it, are sprayed from a handkerchief and infect others. Therefore, it is appropriate to use a handkerchief only where to blow ‘against the ground’ is considered obscene.

I learned this... long and hard, as I could not overcome some of my “complexes”. To blow my nose “by Vladimir” I tried to hide from all in the bushes. There I... trained. And all from a distance looked at me and laughed.

Then Vladimir had to pronounce on this subject a little lecture:

“If you feel the matter,” — he said, — “it is easy to condemn some kinds of matter: this and that are ‘bad’. But in this case we again are dealing with the ‘human form’.

“Consider this example: while my saliva is in my mouth, it is a natural part of me — and everything is fine, is not it? But if it is spit out — the same saliva may cause

disgust! I do not want to have any contact even with my own spit! But why?

"And the snot — this is like the same diluted mucus, born by my body. Saliva of a spit and snot — it is just a matter, prakriti — in its various manifestations. They can be considered philosophically — better than as patterns of 'human form', that is, not because it is 'accepted' or 'not accepted'.

"All this is the prakriti. The corpses also are the prakriti. And if we understand that all this is only options of the prakriti, the aversion to dead bodies or fear of them will be gone. As well as to the snot."

"Well, the corpses — this is for me already passed on the student stage of the development," — I laugh.

"Yes!

"Snot! That is — the current stage! Hot topic!" — Vladimir proclaimed solemnly, and we laughed together.

Then he concluded:

"Surely, we should always feel and observe the border between acceptable and unacceptable in terms of esthetics. I will not analyze the examples now. But blow your nose in the woods — in our 'pattern'! It is — right."

* * *

"And now let us go to another *working site* of Great Ngomo," — Vladimir said. Then, listening and smiling, he added:

"Ngomo jokes: 'Oh, — He says, — I was never ever called so!'"

... The morning was cool and I was a little cold. Plus — a runny nose...

But Ngomo — enveloped with the senses of smiles and joyous laughter! As a result, I was so emboldened that I even dared to pester Him with a "bold prayer": the request for the African heat. I wanted to warm up my

body — to hot temperatures! Apparently, my body was overheated by my mother in my childhood. It was from there — a love for heat and rejection of cold.

... The place where we came up, it turned out, was on the pure sand. Why here it is not a hot African desert?

... Vladimir, trying just a little to satisfy my desire for heat, organized us near a hot fire. Around it we rested, and I was a little warmed.

Then we went back to the *working site*.

"We are in Him, in Great Ngomo," — Vladimir said. — "And the first thing we can do here, is 'go down through earth' — into the 'abyss' behind the body. The 'abyss' is filled with the bright white fire-like Divine Light! This *place of power* is the more beautiful example of the 'hole', which allows us to penetrate the Divine eons by the lightest way!

"Then we can train the same also in relation to all our other segments.

"Here we can even touch the Living Light of His Divine Consciousness — between our fingers of the consciousness. From the state of being dissolved and Oneness, we recreate only the hands — and feel Ngomo with fingers, between them.

"Search Ngomo! He is here — for kilometers in all directions!

"We can move with the concentration of self-feeling inside a huge Mahadouble of Ngomo. In Him here — several *working sites* with different properties and capabilities.

"Here it is very easy to do the 'incursion' from behind on our own bodies — so that they be seen only as the front walls of them, if to see them from behind.

"For this I come to the body by the 'wall of light' — and connect with the space inside the body. I fill this space with the light-myself — up to the smallest details of the

body, such as nose, ears, eyes, fingers and toes. We use for this our hands of the consciousness.

"And the body can now be seen as a 'moving bas-relief' consubstantial with the Great Wall of the Light!

"While in this state, one can easily convert the light-myself into the Divine Fire. Let us cleanse, in particular, our faces, coming into heads from behind.

"Repeat all this for all four segments.

"Complete healing of different complex diseases can be occurred only if we have washed and cleansed the body from the four segments.

"Let us enter into meditation: 'There is only the Divine Fire'. It is advisable to make this state natural for us. It should be steady, stable!

"Moreover, we can move as the Divine Fire: to be It, including, in front of my moving body, also inside it and around it...

"This practice allows us to gradually increase the amount of Fire-ourselves, preparing us for becoming the 'Sun of God'.

"Let us try to understand the importance of this meditation: by this way we are mastering the state of the consciousness that is identical to that in which the most powerful Holy Spirits come out from the Abode of the Creator!

"And we can learn to be in this state already right now!

"The next step could be the mastering of stable being in the Abode of the Creator — in the Mergence with Him.

"... Lada, too, is now here. She is watching us. She says that Ngomo will say something to Tatyana, but She 'goes about Her affairs'."

We laughed and continued to work.

"Tatyana!" — Vladimir said, having come up to me. — "You again are standing still! Maybe I am wrong sug-

gesting you to move your body during the meditations? Maybe you have such unusual characteristic that it is better for you to meditate without 'physical' motions? You might do the personal experiment — try to compare: how it could be better?"

I replied with a little irritation that I do not feel much of a difference. Vladimir nodded and walked away.

I tried one more time — to move or stand still. And I noticed that to be in the extensive meditations, it is easier on the move. But "small" ones, where it is required, for example, to focus on eliminating minor impurities in some parts of the body, it is better obtained — for me — when the body is stationary.

... But I was not able to meditate more: fatigue swept over, I was ready to fall where I was and sleep. Barely moving my feet, I walked a little aside, and expanding tourist rug, plopped down on my back, staring into the blue sky. Scattered arms and legs, sank in bliss, I belatedly noted that I did not take off my outer-clothes, and now again, Vladimir will come and offer to remove it, because already for a long time the sun had risen, and, in general, it was hot!

But I was — so good! I was not able to move a muscle! And Ngomo saturated me with His Sun! I dissolved in Him, in His Joy, in His blessed Calm!

... Vladimir, however, did not come up. He went to collect mushrooms. The others — they even lay down to sunbathe. And I was lying and enjoying — in Ngomo's 'African' heat!

... At the end, my strength recovered. Feeling that I already am able to sit, I got up and began to slowly pull the garment off.

Ngomo asked me to listen and write down His words:

"About six thousand people will come in the future to you to learn..." — I hesitated a bit on the figure, but

then thought, 'the time will correct'. — "Let them be — like your children! Take care of them, like of yourself!

"Close your eyes to the fact that people are not looking for Me! Let there be only one from a hundred who will want to listen! Tell to this one about Me, starting from scratch!"

... Then Ngomo touched on some nuances and details on my work with students in my town. I only sighed, thinking hard, how can I accomplish this most successfully and flawlessly!

Ngomo smiling. I mingled with His gentle white Light and was ready to stay here forever!

Sun of Adler

We collected mushrooms, when Anna, smiling, said that today Adler is very active. We understood that He invites us to go to His *place of power*. It was especially nice since we were very close to it.

Here I was waited for the next surprise: the huge Adler's "Sun of God"!

Vladimir said that at this *place of power* I can perform almost all the higher meditations.

I saw the vastness of the "Sun of God" both behind my back, and directly under my feet and above, and in the boundless depths below! It surrounded from all sides, but also shone from the depths of the multidimensionality directly under the matter of my body!

After cleansing the body from each segment, the thought occurred to me to go through my body — in the state of Mergence with the "Sun of God". I tried — and accomplished it!

Working so, I began to *see* Adler, to be exact — one of His Appearances, as it later turned out. He had a light beard and long dark-brown cloak, similar to those worn by medieval scholars. But Adler quickly dismissed the

possibility of forming a stereotype in my relationship to Him through this His image. Instead, He embraced... — and dipped into His Love that was so intense that I forgot where I was! I cheered up, and even began to joke with Adler! Such an emotional atmosphere He created!

A few minutes later, Vladimir came to the point where I just communicated with Adler, but now had left to rest near the bonfire. He suddenly said that here it is especially comfortable to contact with Adler and that just here I have already created my own *place of power*!

Adler asked me to take a pen and paper and listen to Him. The first thing I heard was:

“You will have to master perfectly the effective impact on solid matter!”

Upon hearing this I, however, immediately returned to the “prosaic”: I even still have not cleansed my body!

Most problems I had with my eyes. With this question I turned to Him:

“Adler, why can not I cleanse my eyes?”

“The problem is in the inadequacy of the activity of the mind: an incomplete evaluation of the new perspectives opening before you. To cope with this problem, you need to learn to live permanently in the most advanced spiritual heart and to be it. Only then this inadequacy will disappear, and you will live in a state of ‘chronic success’!”

“Do I not live in anahata?”

“No, you live in it. But you too often cross the plane among the material world — and the world of Spirit. The world of matter attracts you — and you slow down your love for Me. Learn to live — almost all the time! — in the state of the expanded spiritual heart! By this way you, in particular, to a greater extent place yourself to the Kisses of My Love!

“Try to climb to the upper ‘bubble of perception’ only as needed! But you are acting in the opposite way: you

leave your upper 'bubble' only when you take such a decision.

"In this — there is the basis of your future success!

"And try to inform people about the miracles of healing, being accomplished thanks to life as a spiritual heart!

"But the miracles happen with those who live, not forgetting about Me!

"You yourself — be in Me! For this — continue to master the vastness and grandeur of the spiritual heart!

"Also: stop moaning: 'I can not!'

"I do — and it turns out! It will be all right!' — live in such a pressure!

... I was dizzy because of the abundance of information... I had so much to learn, so much to find out!

But in the meantime, while understanding — how to not stumble?

"Bridal Chamber" of God-the-Father

The *place of power* of Huang Di, which He suggested us to visit today, was on the beach. Here He showed the Abode of the Creator, and taught how to dive in it.

We got off the train and headed in the needed direction. Suddenly I felt the special properties of tenderness and joy that filled my anahata. It was so great that I just... "came alive", clearly realizing that this state was given to me by my new Teacher Huang Di! I went with Him in an embrace like with my beloved! I never thought that He is such! After all... — the Emperor of China, Wise Mentor!... I laughed, surprised and delighted!

"I have never seen so much Huang Di!" — Vladimir suddenly said. — "He came out on a date with you!"

... We came to the *place of power*: sandy beach, and in front, as far as the eye could see, stretched the sea, gently and softly rustling its waves.

"This is — a place where Huang Di wants to show you the new meditation," — Vladimir said, throwing off the backpack. I followed his example, and we sat on logs lying on the sand. The fireplace was located here. Vladimir quickly kindled a small bonfire.

After we rested and had eaten a bit, he began to explain.

"Let us start with a warm-up: we approach to water — and remember how to keep the sea on our hands — the hands of the Mahadouble.

"Then — the same thing, going barefoot in the water, and from the sea — in relation to the land."

... He waited until I performed these meditations, and then continued:

"Next let us continue the work with the 'bubbles of perception'. We already had 'opened' the bottoms of the below 'bubbles' — and through their bottomlessness we could be included in the subtlest eons.

"Let us do this, first, from the right-back segment, then — from the left-back, and then — from both simultaneously.

"... Now — another preparatory meditation: enter into a state of two 'Suns of God' — 'right' and 'left'...

"... And now — the main thing. But it can be done only with the participation of Huang Di. That is, as the meditation has been turned out, it needs His direct Will.

"Namely, we should try to invite Him — by His Face — in our anahatas. And, if He agrees — then it will be easy to fall into His Universal Anahata — Boundless Spiritual Heart of Huang Di, that exists in the Abode of the Creator.

"So — we are in the common for all Divine Teachers Abode. It is from here — They come to help the incarnate people, appearing before us in Their Light Appearances — including, in the forms of Mahadoubles and 'Suns of God'.

“... Entering the Abode of Their *United Us* — we straighten our arms of consciousnesses and are cognizing God in His state of Peace...

“... Huang Di, Lao Tse, Han are now nearby our bodies. Huang in not, apparently He is busy with other cares...

“What are They doing while I am talking about this?... They are looking at us, watching. We — ‘therefore’ — can be embracing Them.

“And if there are any suggestions or hints for meditation or anything else — then we need to take Their advices, instructions...

“Huang Di have come closest to our bodies. He opens — by Himself — the entrance to Their common Abode... This is His favorite kind of Divine Work: to show for the successful disciples of God this stage of their spiritual development.

“... Now try to do all this without my participation, but only with the assistance of Huang Di...

“Let me remind you that Apostle Philip called the Abode of God-the-Father as ‘Bridal Chamber’, that is, the place where as if the *United One* takes into His Embraces every newly entering Soul — and merges with It in the Divine Bliss of the Perfect Love.”

... I felt the Huang Di’s Face in my anahata — and I got it all immediately! What a bliss! I desperately wanted to penetrate there in full — up to the last drop of myself! For, as before Vladimir said, from there, from Their Abode — to be able to look at the world of matter, put my body on the hand of consciousness, like a glove. But it has not succeeded.

“Well, Huang Di says that He takes you in His Hands”, — Vladimir said, — “and shows you the ‘Bridal Chamber’ of God-the-Father from the inside...”

First Loss of Stability

After a month of the harmony of life in communion with only God and His successful disciples — I had to go back into the environment of angry, sick and tired people. As if deliberately from their sides, their gross claims to me increased, reaching down to completely absurd. And once... I fell down, having repercussions with them emotionally, entered into a state of confrontation and long lost the inner harmony...

I informed none of my friends about this. But... soon I received an e-mail from Anna, where she gently warned me that the outputs of the state of love are unacceptable, that every of us has to be responsible for the strength of emotion, which we now have...

I took these teachings in mind and tried to control myself. But I could not fully recover...

Last Appeal of Babaji

A few days later, Anna forwarded to me the words of Babaji written by her and addressed to me:

"I could tell you something else for your book when you open your heart, letting Me in, and bow your ear to My sayings.

"... Everything passes: centuries, incarnations... But your love for Me and My Love for you — let it be immutable!

"This love allows Me to be always near you, to know everything about you, to see you, wherever you were!

"This love allows you to dive into My Depths!

"Love between man and God could be mutual — and then it teaches the dissolution of the individual 'I' in the infinite Universal 'I' of God!

“Hear Me, My beloved! Remember Me! It is now — the most important!

“I brought you to the Guru, who knows how to cleanse all the layers of ego off the Atmic constituent of the soul. He does this as masterfully as I do. Do not resist the work of this Master! Only where is no more ‘you’ — God can reveal Himself in His Entirety!

“This is Our Plan for this latest incarnation of yours: such completeness of rooting into the Primordial Consciousness which will permit the Great One to realize everything He wants — through your body.”

*** * ***

I was sitting at the computer, finishing the working up the memoirs of my visits to Vladimir and his closest friends.

Suddenly — the light went out in whole the flat. The computer was shut down.

I began to investigate. It turned out, the safety device had worked.

Corrected. Turned to the computer again.

In such cases of the “improper” shut down — in a Microsoft Word program — an attempt is provided to restore a file, which closed in such a situation. The program creates an alternate version of the file, in an attempt to save the information. This new file — in a different version of the program — routinely becomes named as “Document 1”, “File restored” or by some similar word.

I looked — and I could not believe my eyes! In my computer, this new file with the text of this book was created by Microsoft Word and named: “I Was a Guest in God”! How could the computer itself create such a name?!

The apparent interference of God! Another miracle of Babaji to confirm — for me — the reality and truth of all narrated in this book!...

Visit of Vladimir in My Home

My Errors and the Bitterness of Goodbyes

Vladimir and I decided that he would come up to me to help in finding new *places of power* around my home. And now — he came.

I lived alone in a one-room flat consisting of a fairly large room with an open plan kitchen.

I had only one place to sleep — a folding divan. Therefore, for the arrival of Vladimir I made the second bed for myself, on the floor on a porolon bed mat.

But Vladimir, looking around, had chosen for himself a place on the floor:

“Why did I break your lifestyle?”

... Then he began to look at everything else in my house. He drew attention to the abundance of indoor plants in pots. They were about twenty. They occupied the whole window-sill, and a corner of the room near the window — on special welded metal racks.

“Why do you need so many of them? They seem to have taken in your life — on the importance — the same place, which formerly belonged to cats!

“As a result, there because there was no cleansing of your attention from the superfluous, not required — in accordance with the principle of monastic *aparigraha*. There was only the change of one unnecessary — to another unnecessary!

“It turns out that you... just can not live without them — attractive for your *indriyas* — objects of attention! But how much we talked about this! How much you could read about this in our books!

"It is one of the main rules of monastic life — to eliminate all of it that draws attention away from God, striving to Him, and service Him!"

... I tried to argue sluggishly:

"But they are — my friends, I take care of them..."

"Well, let us look at those friends of yours more specifically.

"This great plant — yes, it is your friend. He has — great energy, corresponding to a pure and strong human anahata!

"This little plant of the same species — it is, too, a friend, but it is too little to give a benefit.

"These all — they are bioenergetically neutral, neither friends nor enemies. They only take place and also — your time and attention. Why don't you give them to someone? Or at least put them on the window sill on the first floor on the stairs and write down a note: "Who wants — take!"

"Now look at this plant — with stiff leaves, tune in to its power. It is intensively gray! Its bioenergetic field is hostile towards you! It obviously hurts you!

"And, in general, is not it better to put in the same pots on the windowsill — something edible? Celery, lovage, parsley, and so on...

"... So, let us look at the walls.

"Here are the photos from our landscapes — beautiful! They make us to feel the subtling beauty of nature! Portraits of Jesus, Sathya Sai Baba, Babaji — they are as the windows into those Divine Souls!

"But here — what it is a daub?" — Vladimir pointed out at the real daub, hung in wooden frames, — extensive rough black-green random strokes of the paint-brushes. Apparently, this was the first attempts to draw of someone's child at the age of one or two years. I did not know their origin, they came to me with this flat.

“Take a look at this situation adequately: they are — energetically — neither helpful nor too harmful. But they — from time to time — attract your attention, distracting you from the really useful for you objects: your Divine Teachers and those people whom you have to help!

“Let me touch — one more time — the depths of the methodology of spiritual development. Do you remember? — we were talking about the vectors of the scale of multi-dimensionality? We concerned then only one type of such vectors. But, in fact, they can be more. Such vectors can illustrate, to make vivid for ourselves — a sequence of transitions between two opposite extremes. Every such vector is as a trajectory aligning a way for transmutation for every one of us.

“The first and most important vector may be built between the hell — and the ultimate refinements of the Primordial Consciousness.

“The second — between matter — and its Creator.

“Also:

— between the darkness of ignorance — and the knowledge of the most important in life,

— between the stupid egocentrism — and the wise self-sacrificial love,

— between guna tamas — and sattva, and even higher states of the Holy Spirit and the Creator,

— between emotional attunement with people-enemies — or with the endless Love of God,

— between enslavement by diseases — and total purity of body and soul, and even the attainment of its immortality.

“And yet — between concrete localized objects of the world of matter — and the infinity and eternity of the Creator!

“In our efforts to cognize the Creator, it is significant for us to train ourselves to attune with not small, but with more and more large scale objects. Remember, for exam-

ple, how you yourself grew: we, first, started to fill the 'co-
coons' of trees, then — the expanse over the sea, even fur-
ther — in the huge Consciousness of the Holy Spirits and
the eon of protoprakriti. The mechanism of 'total reci-
procity' actually allowed dissolving with the spiritual heart
in these Manifestations of the Absolute... This gradu-
ally led to the possibility of Mergence and the subsequent
Fusing with the *United Us* of the Primordial Conscious-
ness...

"But you... in your home... it turns out, are actively
opposing it, restoring and returning again to a 'mergence'
with the consciousness with the material trifles...

"... And this photo of a sleeping male cat!... Yes, he
shows a pretty unusual pose! But he now, that is, at the
time when he was photographed, sees a very bad dream!
He has been imprinted with a black head inside! And is
it not because of this you are always too with dirty energy
in your head chakras? You admire him and attune with
his state... Every time when we meet, I have to cleanse
your head! And when we are apart a long time — it is
chronically sick!"

... I was ashamed... After all, why did I not guess?!
Again, I made sure that Vladimir was always right in deal-
ing with my health problems...

"Why do you have," — Vladimir continued to smash
my 'life foundations', — "on a computer keyboard, on a
black background, — dark-red letters? Is it good for your
vision to strain it so much when you type something?"

"And why does the fluorescent lighting shine right
into your eyes from the distance of half a meter?! So that
is why we have no success in the improvement of your
vision: because you yourself maim it!"

... But, it should be noted, that Vladimir said all this
in his usual soft and calm tone... While someone else
would shout angrily...

... And then... I had done so, for that I will always be ashamed...

The fact is that I had the living stereotype which was fixed yet from childhood — to get up in the morning so as to ‘run’ to rinse under the shower, drink a cup of coffee — and rush to work.

But Vladimir did a diametrically opposite way: he got up early, had breakfast to stock up with energy and — if there was no other urgent deeds, meditating.

The time difference between our awakenings was several hours.

At last I had understood what he spoke about when he wrote that for each monk it would be good to have an individual cell...

Realized that it is impossible to alter me quickly in what concerns the usefulness of early rising, he, at first, — for hours — lay on his mat in the morning, trying not to break my sleep. In the following days he was trying to quietly get up — and meditate while sitting on a chair in the dark... While it was clear that the effectiveness of this work of his was such a sad low.

I understood that he is suffering from this situation. Before he had told, and not once, that every hour given to us by God for our lives on the Earth — it is the His gift, and it shall be filled to the maximum with the useful work!

But I did not consider it necessary to change right now: because it was so nice to have at least a little nap in the morning!

And one day I “broke down” and “fell” emotionally when I was awakened inadvertently by Vladimir. My irritation was very stormy and protracted. Although I did not speak vocally on this subject a single word...

Vladimir, as it turned out, too, although he felt that my emotional state, did not tell me during that day any-

thing about this. He was expecting the moment when I could hear him in a balanced state.

Only the next day he started talking about this:

"We need to discuss very seriously your successes and shortcomings in our work. And — to plan for the future."

He, first, listed — point by point — the successes.

But then, carefully choosing the words to me did not hurt too, — he began talking about my yesterday's state:

"But... see: yesterday you, it can be said, almost negated all your achievements..."

"What is the psychical self-regulation? Yes, this is — the ability to easily arbitrarily change one's own emotional state — the state of the consciousness. You have mastered this.

"But what is all this necessary for? For, above all, to destroy in oneself even the very ability to express any coarseness, to become strong and stable in the maximum subtlety — and become the Perfect Soul, worthy to join with the Primordial Consciousness.

"You could argue that, well, but I entered into such a state not for long, just a couple of hours..."

"Yes, such a justification would be acceptable if you were — energetically — an ordinary person. But you have the strength of Nanak! Plus what has already been accumulated in this lifetime!

"Indeed, the greater power of the consciousness — the more careful one must be in dealing with this it.

"Little soul could bring harm by its similar state — only to a few beings who are unlucky to be nearby.

"But from the negative states of large souls — the damage can be enormous!

"Large subtled souls — in fact, not only in fairy tales and legends — ennoble the space around their bodies — for miles, hundreds of miles and to even much larger amounts of space. And those of embodied people who are

willing to approach the Divinity can do that, in particular, through attunement with these souls.

"But you... — I watched you from a distance during the hours of your hellish state. You had turned into a kind of... black tumor within the Light of the Holy Spirits!

"And with that state of yours, you gave me such a kick that I am still... I feel like flying!... Only my body is delayed in your house!... I now have to take it too.

"So I am to leave you and with the body.

"In situations like this, God uses such formula in farewell to the outgoing concrete flow of the spiritual work: 'Now you have to start all over again...'.

"You now once again have complete freedom to choose your path through life. You are free to make any choice — as, indeed, ever. But — remembering about the 'law of karma'.

"If you want to go by the same way that was with us — start with a thorough understanding and application to yourself of the first two stages of Patanjali's scheme, which was described, in particular, in our book 'Ecopsychology'.

"I emphasize: even the very first of those steps are still not mastered by you..."

"Yes, I agree... Everything was so fast..."

"Yes. That was just the few years that you had to read in our books and apply to yourself for changing yourself in accordance to those many recommendations of God!" — Vladimir said with soft sarcasm, and sadly.

... After a pause he went on, bringing an optimistic emotional jet:

"But in the last few months of our work together, you have got such a great experience, and learned so much about God and about people and about yourself!

"Although, as you see yourself, some of the problems are still not resolved.

“Now you have a very favorable situation: using all the cognized, to review and to change yourself and all your life again from the very beginning.

“You might not only hear about the ‘human form’, but really revise all the components of your life — and deliver of all tamasic that yet exist in you.

“And do not worry about, what happened with you yesterday, too much: it happens with many of those who then successfully continue their spiritual growth.

“It turned out, that it is not easy — not only to accept the correctness of the principles of life offered to us by God, but also apply them precisely to myself.

“Incidentally, one of these rules is: ‘Every leaving the state of love leads to the accumulation of bad karma’. That is what I said in the book ‘How God Can Be Cognized. Autobiography of a Scientist Who Studied God’.

“I believe that you will manage your difficulties well! You have got such a rich experience, including the experience of these last days!

“I wish you every success, happiness and completeness in both: the ‘earthly’, and spiritual directions of your life!”

... Then Vladimir spoke with me a few hours, reminding me, including about what principles he and his closest companions helped me.

“Please note: the mass of ignorant people claim themselves to be ‘enlightened gurus’ — and are selling their nonsense, or even fragrant lie!

“But we were presenting to you.

“May there be a cash settlement in the relationships based on a true spiritual love?

“See: the true love — it is the gifting: gifting of mine, gifting of myself!

“When the souls, just so loving each other become connected so — then there is the harmony between them, and then — the mergence.

“People, who have learned this in love for each other, then easily merge in love with God!

“In the future, you will be able, if you accept this principle as your own, to do the same.

“... At present, you, with your virtues, stretched between the inertia of the guna tamas — and that which far exceeds the guna sattva. But to live in this state a long time — it is impossible!

“You now need to stop, relax, look around — and make a choice on: ‘What I want?’, ‘How do I wish to live further?’, ‘Who I want to become?’. You have every right to that choice.

“If you want to grow further — all our publications can help you, including the collection of poems, meditations, presented by our Teachers. Especially I would like to emphasize the importance of working with the councils-commandments of our Teachers, which are collected in our books. Personally, I — in previous years — was reading them many times, imprinting them into the soul. This is an extremely important technique of the spiritual work on the transformation ourselves — transformation, above all, ethically!

“Another book, I can recommend, it is of Baird Thomas Spalding — ‘Life and Teaching of the Masters of the Far East’. It was published in the first half of last century in the United States. It is the story of an expedition to several countries in that part of our planet. During this journey, lasting several years, the members of the expedition met and talked for a long time with many spiritual Masters of the Divine level of the development. Among Them was Jesus, recreating for such meetings His body. All conversations with Jesus and other Divine Teachers were taken down in shorthand, and then published by the author in several volumes.

“The expedition members were the direct eyewitnesses of very many wonders, such as dematerializa-

tion and materialization of bodies, the creation of any amount of material food, and more.

"I myself have met with this book recently: I have been written to about it by our readers from the U.S.A.

"What is particularly valuable to us in this book? It contains, in particular, the 'instructions' on what to do when the entering the Abode of the Primordial Consciousness is already mastered.

"You may ask: is not this book the complete manual on the methodology of spiritual development?

"Unfortunately — no. The problem here is that the book describes just the further steps of the Path only for those spiritual seekers who have turned themselves into the developed spiritual hearts and have cognized enough carefully, by their own practical experience, the realities of the structure of the multidimensional Absolute — about at our level.

"Yes, in the sermons of the Masters given in the book, always sounds the call to develop the spiritual hearts and strive to live in a state of love.

"But how many people around us now actually understand what is this — the spiritual heart? For most of people the spiritual heart — it is only empty, though a beautiful word, a symbol of life 'in the free flow of my own feelings and emotions'!

"And concerning the book we discuss, it turned out that the methodological component of it is similar to a ladder, having only its top. And how to get there — this is not explained.

"This theme is developed in detail just in our School. And we have brought you to the higher steps of this 'ladder'.

"... Let me to dispel your possible enough appropriate doubts about the adequacy of the recommended in this book meditative statement 'I am!'. This statement, by the way, is also characteristic of the occult literature

published in the late nineteenth and the beginning of the twentieth centuries.

“What does it mean ‘I am!’? In the proper sense — this is the appeal to just feeling myself being merged with the Creator, that is, in a state of Advaita — non-duality with the Creator and the whole Absolute! Then — there is only One! It is only at this stage of perfecting, and only on it, — the meditation ‘I am!’ is appropriate!

“But how many schizophrenics, paranoiacs, aggressive primitives, and various other weak-minders — also wish to apply this principle to themselves! And they will — with its help — strengthen their pathology!

“... I also focus your attention on the repeated in the book claim that ‘everything is vibrations’. We must understand that this is just an example of using of an inadequate term in the case when in the lexicon of listeners there are no other appropriate words for understanding the intellectual material which still ‘transcends’ for them, which should only be fixed in memory — to be understood later. In fact, we must speak here not about real energetic ‘vibrations’ but about the types of energies existing in the various eons, and about the possibility of transmutation of those states — into the variations inherent to other eons.

“... Well, but in general, I highly recommend for all mentally capable people to get acquainted with this book! It is one of the most valuable books in the history of mankind! Every intellectually developed person will find it valuable to him/herself! And this, yes, let it inspire them to the spiritual achievements!”

... Again I ‘recovered my sight’, hearing of Vladimir... All of what he said, I have seen before, but... did not realize. I only was swimming in the river of his love...

Tears dripped from my eyes, flowed down on my cheeks...

... Saying goodbye, I could hardly keep from weeping, but said:

“Thank you and all of you! I am sorry!...”

“And you forgive me for I was not able to help you better...” — he answered.

**Design by
Ekaterina Smirnova.**