

Book of the Warrior of the Spirit

Revelation written down by
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from Russian into English
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In this book, the advices from God are given in form of parable. These advices are about the qualities that a successful spiritual seeker should have.

In the commentary, written by a scientist-biologist Dr.Vladimir Antonov, well-known for his numerous books and films dedicated to the spiritual themes, the detailed explanations about the methodology of the spiritual development are given.

This book is for all those people who are interested not in the ritual aspect of religion, but in the practical realization of the main commandment of Jesus Christ: “Be perfect as your Heavenly Father is perfect” (Matthew 5:48).

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This book is dedicated
to Those Who have cognized the *Light*, the
Warriors of the Spirit, and to those who
are on the Path towards this *Light*.

Book of the Warrior of the Spirit

A solitary Traveler was walking down the road. He carried inside Him the Sea of Fire¹, the Depth, and the Eternity.

He was walking for a long time in a direction known only to Him and came to a big city, where noise and bustle reign, where people are restlessly looking for various pleasures and for those things that, as they believe, could bring them some happiness... Only bustle, discords, and noise were around...

The Traveler looked at all those things and *dived even deeper*, and the glow of the Sea of Fire, which was coming from His eyes, became even brighter...

He smiled and started to walk through the bustle...

Cars were tearing around Him; different people, being in a hurry, were shouting things to one

¹ In this case, we speak about the Divine *Fire*, one of the functional Manifestations of God.

another, but inside the Traveler, there was only silence...

He came to a small park and sat down on a bench.

Here there was less bustle. Flowers were blossoming, trees were embracing everything with their calm, and birds were muffling the noise of the cars with their spring trills...

"It is so good here!" the Traveler thought. He inhaled deeply and disappeared in this beauty! Thus He stayed for a long time in Unity with Everything, being filled with Great Calm and Tenderness...

Suddenly He saw a young man who was observing Him with great interest. Their eyes met, and the young man, after long hesitation and inner struggle, finally decided to come up.

"Hello... Excuse me... Can I sit here?"

The Traveler looked at the young man with a smile and infinite calm and nodded.

"Do you know that I am..." the young man hesitated and did not know what to say next, but then continued "... searching and searching... And even I myself don't know what I am searching for! I have read so many books! But all this is not what I am searching for... But you... I looked at you and fire flamed up inside me, so to say. I had a feeling that you have found what I have been searching a long time for..."

The young man fell silent and looked at the Traveler Who seemed to be "faraway"...

The silence, uncomfortable for the young man, hung in the air for a moment, but then the soft and quiet voice of the Traveler sounded.

“Well... I will tell you about the Path of the Spirit and about Those Who have found What you are searching so passionately for.”

The face of the young man lit up with joy.

“But you should write this down in order not to forget it!” the Traveler added with a smile and firmness in His voice.

* * *

The Warriors of the Spirit enjoy overcoming “themselves”! Their happiness is in their constant spiritual search!

If everything had become too good in the world of matter and there had been nothing to fight against, the Warriors of the Spirit would pine away and would turn into some sort of self-indulging creatures!

Yet the Warriors of the Spirit do not look for difficulties! They themselves find the Warriors!

And each difficulty helps them become closer to the One Whom they love.

And the One Whom they love receives the Warriors of the Spirit inside Himself with Infinite Love, for it was He Who created such obstacles for the Warriors!

The Warriors of the Spirit are calm!

They look at life as if they were looking at the flow of a river and consider everything that this river brings them as a gift from their Beloved Friend.

They use each one of these gifts to enrich themselves with the experience of existence.

The Warriors of the Spirit always remember about their death, which is waiting for them and for their mistakes on every turn of their destinies! Awareness of this fact fills the Warriors of the Spirit with a clear understanding of what they should and should not do.

Every day of the Warriors of the Spirit is full of battle, battle with oneself, with one's own imperfections.

They are not occupied with such useless activity as whining and indulging!

The Fire of the Creator burns inside them, and all that is not the Creator gets completely destroyed by this Fire.

The Warriors of the Spirit are immersed in themselves². They are not interested in the unessential events of the material world!

And only in Him³ do they find real joy!

² In themselves as multidimensional organisms or, more exactly, in the *depths* of their own spiritual hearts.

³ In the Primordial Consciousness or God-the-Father, Whom the Traveler calls His Friend, Beloved, and the Power.

Undoubtedly, the Warriors of the Spirit notice and understand all that happens in the world of matter; that is why no one could call them ignorant.

Still, beyond all this, they see the profound Essence, which is revealed to them by their Beloved!

Yes, the Warriors of the Spirit love!

And they do not have a greater love than that for their Beloved!

And they do not look for inessential communication with other people, although they do not flee from it when the river of life brings it.

They see their Beloved everywhere and wish that other people could also see Him!

Oh, He is so beautiful!

The Warriors of the Spirit would like to transmit His Beauty through words, but words belong to the material world and through them, it is only possible to make some pathetic attempts to explain the Greatness and the Beauty of the Beloved!

That is why to those who desire this passionately, the Warriors of the Spirit try to show His Beauty directly.

The Abode of the Warriors of the Spirit is now in the heavenly Light!

This Light is like an impregnable fortress because no one can capture It by force!

But in the *Wall*⁴ of this Fortress, there is a secret passage, and the Warriors of the Spirit know this passage!

The Warriors of the Spirit open with themselves⁵ the spaces of the Spirit⁶ for those who are searching as they searched in their time.

These spaces were opened to them by their Beloved. And now the Warriors of the Spirit know the secret passages that lead to the place where the *Celestial Light* shines!

The Warriors of the Spirit know themselves!⁷

They know all their strong points and all their weaknesses, with which they are not “on friendly terms”. And these weaknesses run away from the Warriors when they unite their power with the Power of the Creator, their will with His Will.

The Warriors of the Spirit know what step they should take next and they put one foot forward cautiously, thinking over where they are going to put the next one.

Nevertheless, the Warriors of the Spirit also know the flight into the unknown! It is when they

⁴ In this case, we speak about one of the meditations of Buddhi Yoga called “Wall”.

⁵ With themselves as developed consciousnesses.

⁶ The higher eons (lokas or spatial dimensions). (You can find more details in [4,10,12]).

⁷ Themselves as, including, the multidimensional organisms.

walk towards their fate without conjecturing about future events.

Without a doubt, the Warriors of the Spirit understand that their lives are in the Hands of the *Power* and therefore they do not have any fear or apprehension about their future!

The Warriors of the Spirit live *here and now!* In each specific moment, they rule their destinies in cooperation with the *Power*, and they take each step confidently because He is behind them!

The Warriors of the Spirit work tirelessly because they realize their responsibility for the destinies of those who entrusted their lives to them!

Therefore, the Warriors of the Spirit cannot be anything less than irreproachability for such people!

The Warriors of the Spirit see!

They see good and evil, “black” and “white”, light and darkness in people. They see their joys and sorrows, and they know how to guide each person to the Kingdom of Light!

Time is very precious for the Warriors of the Spirit!

They value each moment of their lives because they understand that it is impossible to return the moment that was spent on nothing! It is lost forever!

And how many useful things the Warrior of the Spirit could have done in this moment for the Beloved!

The Warriors of the Spirit do everything for the One with Whom they are in love!

Each act and each word of the Warriors is dedicated to Him and therefore is filled with His Power.

The Warriors of the Spirit do not live for themselves and they know for Whom they live!

Their Goal guides them and they rush towards It, shattering all obstacles!

The Warriors of the Spirit teach other people, first and foremost, by their personal example! And the *Power* — through the Warriors — shows to the others how one should live on the Earth: live in tenderness, in infinite care for all the living, and at the same time, in constant development, in constant progress towards one's Goal!

It is necessary to live intensively and beautifully in spite of all dangers and difficulties of the Path, but at the same time, in calm and silence!

The Warriors of the Spirit love the Earth as their own mother, which in silence and harmony brings up its children!

The Warriors of the Spirit embrace all the Earth with themselves, and the Earth “sinks” in their tenderness...

From the Ocean of the Infinity, they extend their arms of love⁸ towards all beings, caress them, and fill them with the power of life.

The Warriors of the Spirit experience everything *inside them*⁹ and can take each individual soul on their palms.

The Warriors of the Spirit live in a state of permanent happiness! They look not only at the Creator, but at His Creation as well! They contemplate this Earth and its beauty, and tears of tenderness and joy appear in their eyes...

How beautiful is the Earth!
Forests and fields are in my palms,
Rivers, mountains, seas...
How beautiful is the Earth!

Take a deep breath
And sink into this Beauty
Forgetting oneself!
How beautiful is the Earth!¹⁰

This is how the Warriors of the Spirit live! And the Earth reciprocates their feelings. It also embraces and caresses the Warriors and gives them its love.

⁸ The arms of the developed spiritual heart (you can find more details in [4,7,11-12]).

⁹ Inside them as developed consciousnesses [7,10-12].

¹⁰ Poems presented in this book are literal translations of Russian poems (translator's note).

The Warriors of the Spirit understand what distinguishes people! They speak with each one using his or her “language” and they give each one what this person is able to comprehend.

The Warriors of the Spirit do not offer something beyond one’s strength to anyone.

People often do not comprehend the Warriors of the Spirit because they look at them from their lower “I”.

But is it really possible to see the Truth from the lower “I”?

Only if people become similar to the Warriors of the Spirit, they will be able to see the Warriors as they are and comprehend them. Yet the process of the development of all creatures is long, and the Warriors of the Spirit know this fact.

The Warriors of the Spirit understand that small children prefer playing with their toys and that they do not care about adult problems at all.

The Warriors of the Spirit know this and love, as well as anything else, these “small children”¹¹ and do not try to take away their “toys”, but just wait patiently for these “children” to mature.

The Warriors of the Spirit never feel emotions of disdain for anybody. It is so because they realized that all people are His children, children of the One Whom they love so much!

¹¹ Psychogenetically young souls.

And how can emotions of disdain rise in the one who is transforming oneself into Love?

The Warriors of the Spirit hold on their hands many incarnate beings and — under their weight — submerge deeper and deeper into the One Whom they love.

The Warriors of the Spirit feel themselves smaller than all other people, but they are incomparably bigger!

They feel themselves lower than all other people, but they are incomparably higher!

They do not feel their superiority over others, but for the *Power* they are superior over all of them!

The Warriors of the Spirit do not feel themselves chosen or extraordinary, but they are really chosen by the *Power* to accomplish great feats!

The lives of the Warriors of the Spirit flow harmoniously because they are not interested in gaining money or in looking for earthly happiness. They often look wonderingly at those people who take a great interest in these things and sometimes think: “Don’t these people understand? Don’t they see? If they had cognized the Bliss of the higher worlds, they would stop pursuing meaningless things and would start to submerge themselves into Him!”

But most people cannot do this or do not want this, for they have not matured yet.

And the Warriors of the Spirit see this.

“Oh, only if they...” the Warriors of the Spirit think at times, but immediately understand that it is not possible because each fruit has its own time and does not ripen at once only because we want it to!

But how great it would be!

That is why the Warriors of the Spirit just take care of them and wait for them to mature.

The Warriors of the Spirit know how to open themselves to the Life-Giving Flow of the *Power*, and this Flow runs through them washing away all that is not *Light*...

Or they can drink from the Infinite Source of the Eternal Life.

Or they can submerge themselves into It...

This Flow is so tender and transparent! It renews each cell of their beings! It dissolves all tensions...

The Warriors of the Spirit disappear in It forgetting who they were because after *disappearing*, they themselves become the Source of the Eternal Life!

The Warriors of the Spirit live in the *Light*! The *Light* has become their Home! And wherever they go and whatever they do, the *Light* accompanies them!

This is so, among other reasons, because they themselves became *Light!*

The Warriors of the Spirit know that the more they reduce their “human form”, the more they will be able to fill themselves with the Divine and the more intensive their Bliss will be!

But the Warriors of the Spirit do not strive for the Bliss as for the end in itself, yet do not run away from it when it comes.

The Warriors of the Spirit are never alone. They never feel loneliness! This is so because the One Whom they love is always with them!

And the Friends¹² of the Warriors of the Spirit are also constantly with them!

These Friends never leave the Warriors of the Spirit and are always glad to help them and to give them Their Love!

The Warriors of the Spirit enjoy the communication with Them, with Those Who have cognized the *Light* and have become the *Light!*

The Warriors of the Spirit can *dissolve* themselves in each one of these Friends and lose the individual “I” in that Unity...

Oh, what a Bliss to *disappear* in Mergence with Them!

It cannot be expressed by words! It should be cognized by everyone personally!

¹² In this case, we speak about concrete Manifestations of God-the-Father called Holy Spirits or Divine Teachers.

If all people had cognized this, the Earth would turn into a paradisiacal garden; wars, diseases, enmity, and anger would disappear; harmony and calm would reign everywhere; people would moderate their earthly desires, and the *Light* would rise in them!

And they would start to give away those things that do not serve them, but could serve another person! They would start to share those goods that were generously given to them by their Creator!

And poverty and hunger would disappear! And all people would start to live as one whole family in harmony with one another, with the Earth, with all the living, and with God, the Creator of everything...

And the necessity of troops and of arms would vanish completely! And all the potential that is wasted on the armament would benefit all people!

And the frontiers would disappear! And people would begin to visit one another, familiarizing themselves with other cultures and languages, enriching themselves spiritually!

And because there would be no greed, everyone would give another person what this person needs!

This is how the Warriors of the Spirit dream sometimes...

The Warriors of the Spirit seek harmony, harmony in everything, harmony between words and acts, rest and work, efforts and relaxation...

Still the Warriors of the Spirit go only forward! They do not look back as do those who just have started their Path.

And they advise everyone to only look forward, at the future prospects of life in Him!

The Warriors of the Spirit look back only to revise their mistakes and achievements and to understand how much they have done already and how much more they still need to do!

They are never satisfied with their achievements and constantly make efforts to progress more and more in order to cognize even deeper the One with Whom they are in love!

When other people state that the Warriors of the Spirit have done and achieved a lot, the Warriors of the Spirit do not take such statements seriously. They do not take them seriously because they compare themselves with Those Who are the Perfection itself¹³, and thanks to this comparison, they realize how much they still need to do.

The Warriors of the Spirit will never fall again into a trap of being charmed by their own achievements. This is so because they clearly understand that everything they received belongs to the Power and it was achieved, first and foremost, thanks to the Power! So how can one speak about some kind of “personal achievements” in this case?

¹³ With Divine Teachers.

The Warriors of the Spirit are free! They chose to be free, in contrast to the rest of people.

What does their freedom consist in? It consists in the expansion of a soul, in the ability to fly with it! The Warriors of the Spirit became so big¹⁴ that they do not perceive themselves as bodies!

Moreover, they almost do not feel their bodies¹⁵ and for them, these bodies are nothing but obedient instruments in their hands! And the Warriors of the Spirit use these instruments as the Beloved needs it!

The Warriors of the Spirit are not slaves to their bodies anymore!

And through these bodies, they manifest the Will of the Almighty!

The Warriors of the Spirit are also free from attachments to their home, to their parents, to their families, to their friends, to a particular place, food or clothing...

And how can they be attached to their home if they perceive the whole universe as their Home?

And how can they be attached to their parents if they perceive the Creator as their Father and Mother?

And how can they be attached to their family if they perceive all of humanity as their family?

And the Warriors of the Spirit are always with their family and are always with their Parents!

¹⁴ Big consciousnesses or souls.

¹⁵ During meditations.

And how can they be attached to their friends if they have the Perfect Friends¹⁶, with Whom they met a long time ago and almost never separated! And the Perfect Friends also never left and will never leave the Warriors of the Spirit!

In this way, All Whom the Warriors of the Spirit love are always with them! Therefore, the Warriors of the Spirit do not know the sorrow of parting!

And it does not matter where their bodies are because the Warriors of the Spirit are always in the Omnipresent!

They do not know the fear of loss because they are not attached to anything or anyone and they understand that everything belongs to their Beloved!

How then can they feel the fear of loss if they personally have nothing?

The only fear that the Warriors of the Spirit still have is the fear of going astray and losing their Beloved! That is why they make great efforts to transform themselves in order to never lose Him in the vanity of this world! That is why they observe themselves constantly, listen carefully the recommendations of their Beloved, and act according to them.

The Warriors of the Spirit tend to trust people, but at the same time they realize that they can

¹⁶ Holy Spirits.

only completely trust Him, the Perfect One! Therefore, the Warriors of the Spirit look attentively at each person they meet and decide to what degree they can trust this person.

The Warriors of the Spirit are careful because among people deception and lies, betrayal and self-love reign! And people do not seek Him!

The Warriors of the Spirit strive to avoid everything that could bring them troubles in the future and hamper their movement towards their *Goal*. And since the Friends of the Warriors of the Spirit are omniscient, the Warriors always ask Them about how they should act!

Yet they also evaluate each particular situation themselves. After all, they are the ones who will have to make a final decision!

The Warriors of the Spirit seek to be one-to-one with the Beloved. There is nothing more important for them than to be with Him, in Him, Him! That is why inessential communication with non-spiritual people burdens them. These people indeed do not know Him and do not even seek Him!

But the Warriors of the Spirit want to be only with Him, only in Him, only Him!

The Warriors of the Spirit are also glad to communicate with other Warriors of the Spirit because they understand each other and they seek Him!

And sometimes for such communication they do not need words since they communicate with

the developed consciousnesses and experience together the Bliss that comes from the Unity with the Beloved!

“To love, to love, and to love!” this is a motto of the Warriors of the Spirit.

“To cognize, to cognize, and to cognize!” this is what they do day after day.

“To serve, to serve, and to serve!” because so many souls do not know Him yet!

And there is no greater joy than to serve the One Whom you love!

And if you do not have a sincere desire to serve the One Whom you love, do you really love Him?

The Warriors of the Spirit are flexible and malleable during the process of their apprenticeship.

They do not *believe* in what they have cognized, but they *know* it. They also realize that what was cognized yesterday could be obsolete today.

The Warriors of the Spirit never think that only they are right! To think so is a big mistake! The person who thinks this way will inevitably fail because the veil of the lower “I” clouds his or her eyes!

The Warriors of the Spirit, on the contrary, consider the opinions of other people and always strive to learn those things that might be useful for them during their Journey!

They notice and capture with their attention everything that could be helpful for them. They

observe how other people act and learn from them. And these people, even without knowing it, become teachers for the Warriors of the Spirit.

The Warriors of the Spirit are always open to learning! They love to cognize and to master new things. And no matter how much they may have cognized already, they never consider themselves as those who know everything.

“The vessel for knowledge” of each Warrior of the Spirit looks bottomless! That is why so many things can fit there!

And the Warriors of the Spirit always search for something useful in what they hear, see, or perceive.

The Warriors of the Spirit look *transparent* and *bright* and therefore they might seem to be “empty”, but in fact they are really *filled!*

They have disappeared from this world and no longer consider it as their home!

The Warriors of the Spirit are careful with assessments of events and phenomena that people who do not walk on a spiritual Path express. Such people look at everything from their lower “I”, look without taking into account the existence of God and His Will. That is why it is difficult to find mutual understanding with them.

And why do the Warriors of the Spirit need unnecessary conflicts and problems caused by mis-

understanding? Such conflicts and problems would only draw them away from their Path!

And only to those who are not only searching, but also are ready to encompass the Truth, the Warriors of the Spirit reveal It in all Its totality.

But the amount that each is able to take from this totality does not depend on the Warriors of the Spirit. They just do their part...

The Warriors of the Spirit do not pity themselves!

They do not waste their power and energy on such useless activity as feeling pity for oneself!

Therefore, their power increases day after day!

And those who pity themselves have a sad fate...

The Warriors of the Spirit are quiet and silent. They do not “rend the air” with useless words. They understand that each word said for nothing is a waste of energy.

And the efforts of the Warriors of the Spirit are directed, among other things, towards the accumulation of their energy, which they will be able to use to approach their Goal, the Goal that consists in the deeper cognition of the One with Whom they are in love, in the Mergence with Him, and in providing help to those who are worthy of achieving the same Goal.

Therefore, the Warriors of the Spirit carefully ensure that their energy does not become wasted and avoid everything that could cause its waste! In this way, they accumulate their energy!

The silence, similar to that of the depths of the ocean, lives inside the Warriors of the Spirit!

The Warriors of the Spirit are patient! The basis of their patience is their deep inner peace and the ability to wait!

They have adopted this ability from the One Whom they love and Who is waiting — in Calm — for all creatures century after century...

Thanks to this ability, the Warriors of the Spirit do not exhaust themselves with impatience; it would just be a waste of energy.

Impatience and hurry are peculiar to those who have not conquered their minds yet. It is the mind that provokes such useless and even harmful states in people!

Nevertheless, it is also necessary to follow a precept of the Sages: "Leave earlier in order to never be in a hurry and always be on time!"

The Warriors of the Spirit never give up in the battles against their own imperfections! To surrender in such battles means to succumb to the lower "I"!

But the Warriors of the Spirit cannot allow the lower "I" to prevail! Otherwise, it will gradually

become more and more powerful and make them abandon their efforts...

The Warriors of the Spirit are strong, but their strength is tender and subtle and they never use it for evil ends! They never direct their strength to the satisfaction of their selfish desires, desires of the lower "I"!

And it must be said that they do not have such desires anymore and live only as their Friend wants them to!

The spiritual hearts of the Warriors of the Spirit are always full of love and affection for all the living! And they give and pour out this love on all creatures!

It is so great — to love,
To embrace and caress all the living!
It is so great — to forget
All that evil that should be forgotten!

It is so great — to fly,
To soar as a living soul in the Heavens!
It is so great — to dive
Into the Beloved Ocean!

It is so great — to give,
To spread light and joy all around!
It is so great — to caress
With a million, milliard of arms!

from the very Depths of Existence,
Where the Primordial *Higher Self* lives!

The Warriors of the Spirit never exit the state of love! It is so because they transformed themselves into Love! They became the Ocean of Love and Bliss and for them to leave the state of love is as hard as for the ocean to get out of its shores!

The Warriors of the Spirit can merge with what they see. They see a river and can merge with it; they see a tree and can merge with this tree; they see spaciousness and can merge with it; they see a forest and can merge with this forest; they see an ocean and can merge with this ocean; they see the Holy Spirit and merge with the Holy Spirit; they see the Creator and merge with Him in Great Love!

Yet they cannot merge with coarseness, aggressiveness, violence, animosity, treachery, ambition, laziness, and idleness, even though they see them everywhere.

Why is it so? It is so because the Warriors of the Spirit as consciousnesses have become so huge and agile that they can merge with all that they want to! But, of course, they choose to merge only with the best!

The Warriors of the Spirit know how to forgive. They are all-forgiving! And it is not difficult for them to forgive!

Moreover, because they never feel themselves offended, they have nothing for which to forgive or not to forgive other people! Nothing that could make them offended, make them seek revenge, make them angry or irritated, or make them want to have disputes or contradict others is left in them...

The Warriors of the Spirit are not violent. They do not force people to do what the Warriors think is right, yet they suggest the best solution for each particular situation because their wisdom is merged with the Wisdom of the Primordial One.

The Warriors of the Spirit give right advice, but they do not insist that people should follow this advice and they allow each person to make his or her own decisions. Thus the Warriors of the Spirit give other people the opportunity to experience the consequences of the decisions that these people made. And — through this — people also enrich themselves with experience, even though sometimes negative. Thanks to this, among other ways, people can become stronger and wiser because the negative experience is also important!

Undoubtedly, the Warriors of the Spirit always warn, if possible, where a wrong decision could lead. But if a person does not heed the advice of the Warriors of the Spirit, it is not their fault. They did all that they could.

The Warriors of the Spirit realize that the *Power* granted free will to each person and that each person has a right to choose his or her own path!

And is it really possible, for example, to force someone to sincerely love or, at least, to respect others?

The Warriors of the Spirit are not tiresome! They will not stand over someone and repeat: "Do this, do this!" They do not act so since in that way they will not only exhaust themselves, but also lose the respect of the person to whom they wanted to help! It is so because no one respects or loves a person who is constantly tiresome. At best, it is only possible to barely tolerate him or her!

The Warriors of the Spirit know how to listen! They know how to listen to the silence, and inside it, to the Voice of the Beloved, Who whispers the following gentle words to them:

Let's talk in silence,
Let's talk in My Depth
About how great it is to be in Me...

Let's talk in silence, without words...
Let it only be
The Bliss of Mergence of the consciousnesses,
Which are free from corporal bonds!

Undoubtedly, the Warriors of the Spirit also know how to listen to other people, and when they listen, they grasp, if it is worth it, what other people say without interrupting or contradicting them.

Out of all things that come into the life of the Warriors of the Spirit, they leave only those ones that are best, most necessary, and may serve them or other people on a spiritual Path. They get rid of all the rest! They do not collect junk! They understand that unnecessary objects draw the eyes of a soul away from God.

The Warriors of the Spirit seek to live in simplicity and calm, far away from human vanity and curious eyes... Many people know them, but only few realize their true nature and the depth of their relationship with the Beloved.

And it is true that non-spiritual people cannot comprehend this because they look only at the external appearance without seeing the internal essence!

And to every person, the Warriors of the Spirit reveal themselves to the degree that corresponds to what this person can understand and encompass.

And for many, the Warriors of the Spirit are just "good people".

The Warriors of the Spirit never envy anyone for any reason, since they have all the most important things that other people could only dream of!

The Warriors of the Spirit are ready to defend those whom they love even at the cost of their

lives! They do not cling to the lives of their bodies and are ready to give them up for a good cause!

During higher meditations, each Warrior of the Spirit asks himself or herself, "Who am I?" And it sometimes happens that it is difficult to quickly find the answer because the former "I" of the Warrior of the Spirit has dissolved and merged with the Beloved. And only the Beloved exists!

The Warrior of the Spirit also asks, "Where am I?" And again sometimes it is difficult to find the answer because the Warrior is everywhere, like the Beloved! The Warrior is above, beneath, on the right, on the left, and even "between"...

And thanks to this, many living creatures can be on the palms of the Warriors of the Spirit...

"You have achieved everything! You do not need to develop yourself anymore!" the *Power* once said to the Warrior of the Spirit.

"Nonsense! Such statements are just traps for those who do not love You!" replied the Warrior.

And in response, the *Power* embraced the Warrior even stronger with Its Love-Tenderness and dissolved the Warrior inside Itself because the Warrior understood everything correctly!

The Warriors of the Spirit seek to be there where one can breathe freely, where spaciousness for a soul exists!

They love nature and spend a lot of time on its vastness. In such places — in purity and calm — they can better feel their Beloved, communicate with Him, be with Him one-to-one, and then be One with Him!

The Warriors of the Spirit are *burning!* Their element is *fire!*

They *flame* with the love that they feel for their Beloved and *burn completely* when merging with Him.

The *Fire* moves the Warriors of the Spirit and does not allow them to relax and give up their efforts, for it is always possible to cognize the Beloved even deeper!

And the *Purifying Flame* of the Beloved will embrace the Warriors of the Spirit with Itself!

And the Warriors of the Spirit will be purifying themselves and melting over and over inside It until they turn into It completely!

And then there will be only a gentle, soft, and dissolving *Flame...*

What could be better on the Earth than the life of the Warriors of the Spirit? Nothing could be better!

What could be better than the life in Eternal Beauty and in ceaseless efforts and sacrifice? How is it possible to wish another life?

The Warriors of the Spirit have chosen the Bliss of the Primordial One and have “forgotten”

about the mundane. The mundane does not attract them anymore!

It is so because nothing in the world could be somehow compared with the Bliss of the Primordial One!

* * *

The Traveler finished talking.

The young man was sitting being amazed by what he heard and wrote down. He could not say a word. It seemed that the Great Silence of what he heard absorbed all words and thoughts in him...

The Traveler stood up, and then the young man came to his senses.

“How can I find you? Where do you live? Teach me more!” he said imploringly.

“You got your first lesson! Remember it! And try to accomplish all that I told you! And when you are ready to continue your apprenticeship with Me, I Myself will find you...”

Appendix-commentary: Is God Cognizable?

Vladimir Antonov

Is God cognizable? Yes, but not for everyone. In order to cognize Him, it is important to have correct notions about Him.

For example, if one imagines Him as an invisible person flying on a cloud or sitting on a king's throne in heaven or on some planet, or anything like that — then God is incognizable, because there is no such God!

God has nothing to do with a three-leafed symbol, though such a fantasy exists in Catholicism!

In reality, there is God, but He is different. And in order to cognize and study Him, one needs another approach to this task: not an approach of zealots of a religious sect but a scientific approach — that is the approach of people who possess a broad scientific outlook and knowledge about the structure of the multidimensional universe, among other things.

One also needs to take into account that God cannot be cognized with the use of material tools. He is a Consciousness (Spirit), and therefore He can be cognized only by a human consciousness that has been developed to the necessary level.

For this purpose, one needs:

a) to have an adequate understanding of where we have to search for Him;

b) to acquire those personal qualities which God wants every person to have, because He only allows those people who have acquired such qualities to come to Him; this concerns, first of all, the ethical impeccability and the subtlety of the consciousness;

c) to possess the entirety of knowledge about the psycho-energetical methods of self-development and to be well-developed in this aspect.

There are sects that completely deny the possibility for a human being to cognize God. Moreover, they can even prohibit personal efforts on spiritual self-development, because they believe that this makes one become proud and that this is the most terrible sin! Such sects only allow praying, when one endlessly beseeches God to grant one salvation from earthly troubles and from the horrors of a future hell... Of course, for the members of such sects, God is also incognizable!

He is also incognizable for those who only seek personal "salvation" in paradise; such people believe that they can guarantee paradise for themselves by repeating certain mantras or prayers or by doing other things of that kind, like participation in certain rituals.

But God wants a completely different thing from us: He wants us to aspire to the Perfection, which is similar to the Perfection of the Creator! Jesus Christ commanded this as well: "Be perfect as your Heavenly Father is perfect!" (Matt 5:48).

He also taught that the Heavenly Kingdom (that is the Abode of the Creator) is achieved thanks to one's own personal efforts! (Matt 11:12)

"I and the Father are One", Jesus Christ said about Himself (John 10:30), and "Learn from Me!" (Matt 11:29).

... Someone may ask: "Why does God need this?"

We have discussed this subject many times in our books, films, and articles [2-3,5-7,10-12]. Here let us just briefly mention the main points.

* * *

In reality, God in the Aspect of the Creator does not resemble at all either the human appearance or the appearance of any animal! He is the Ocean of the Living Consciousness, Which is infinite in size and eternal in time, Which is perceived as Living Light (or Light-Fire), and Which abides in the deepest layer of the multidimensional Absolute¹⁷. He is really perfect! Nevertheless, He exists in the state of His further development.

It is for this purpose that the Creator forms material "islands" — stars and planets — from the protomatter existing in cosmic space. Then He incarnates souls into material bodies on the planets that are suitable for this purpose.

¹⁷ *The Absolute* (also known as *God in the Aspect of Absolute*) should be understood as the Creator coessential with His Creation.

Material organic bodies are created by Him so that they are capable of self-replication through sexual and asexual reproduction. Moreover, thanks to the mechanism of genetic mutations controlled by Him, the appearance of new biological species takes place.

In other words, two parallel processes of evolution occur on an inhabited planet: a) the evolution of plants, animals, and other organic forms of life, and b) the evolution of souls that are incarnated in these bodies, souls that go through a series of incarnations in more and more complex organic forms.

The acme of this process of the development of souls (or individual consciousnesses) is a human being. The task of people is to strive to develop themselves to the Divine Perfection and then to merge with the Primordial Consciousness. It is for this purpose that the entire manifested world of the Creation with everything happening in it exists. Thanks to this final stage of the evolution of individual consciousnesses that flow into Him and merge with Him, our Creator enriches Himself with new perfect Souls.

Therefore, it becomes clear that the Primordial Consciousness (Which is also called the Creator, God-the-Father, and by other names in different human languages) is the collective *We* of Everyone Who has flowed into Him¹⁸.

¹⁸ It is also called the Higher Self (or the Higher "I"), and it is the potential of every successfully evolving being.

And Those Who come out again from the Abode of the Primordial Consciousness into the Creation for the sake of providing spiritual help to incarnate beings are called Holy Spirits¹⁹. There are many of Them working on the Earth. We have published biographies of some of Them in the book [3].

If such a Representative of the Creator incarnates into a human body with the purpose of providing spiritual help to us more efficiently, then He or She is called (in different languages) Messiah, Christ, or Avatar.

* * *

The whole set of the described processes on all the planets that are suitable for this purpose in the boundless universe is the most important element of the Evolution of the Universal Consciousness, i.e. the Evolution of God in the Aspects of the Creator and of the entire Absolute.

Therefore, the task of every one of us does not consist in dedicating the life to entertainments and reproduction (at best) or in striving to go to paradise, but it consists in developing ourselves with the purpose of achieving the Perfection indicated by God.

So, what does one need to do to fulfill this task?

First, one needs to study and to apply to oneself the ethical principles that are suggested to us

¹⁹ The Holy Spirit is a widely used collective term meaning an aggregate of many Holy Spirits.

by God. The main point here is to destroy one's own egocentrism, which is the cause of numerous troubles happening to us and the foundation of our vices (imperfections, ethical defects), including selfishness, ambitiousness, envy, offensiveness, jealousy, vindictiveness, irritability, angriness, etc. We should strive to analyze such qualities of ourselves with the mind and then to struggle against them in ourselves, by using, among other means, the method of repentance²⁰.

With the help of the mind, we should also forbid negative thoughts from prevailing in us. One of the examples of such thoughts is to think badly of someone or something. When such thoughts arise, one just needs to turn the thinking process to a positive direction, for instance, to start thinking about struggling with one's own imperfections, about other efforts on the spiritual Path, about God, about helping others.

Nevertheless, it is very difficult to overcome such vices without the use of special methods of *psychical self-regulation* [2], which are based on working with the chakras. Let me note that all such vices disappear with time if, together with doing aforementioned intellectual work, one learns to live by the spiritual heart.

The development of the intellect is very important for achieving success on the spiritual Path. Without a developed intellect, one cannot over-

²⁰ We discussed the subject of repentance in detail in [2].

come vices! And the inability of masses of people to understand the falsity of numerous sectarian pseudo-spiritual concepts also results from a lack of wisdom in these people.

Love, Wisdom, Power, and the highest Subtlety of the consciousness are the main qualities of the Creator and of His Representatives. Therefore, on the Path to the Perfection, we should develop these qualities in ourselves.

We cognize the Perfection in the aspect of Love, first of all, through compassion for all beings and care for them, as well as through development of ourselves as spiritual hearts. *Help everyone in everything good, strive to never offend anyone!* — by accepting and following this principle, we can significantly accelerate our development in this direction.

One gains wisdom through accumulation of useful knowledge and through creativity. It is very important that the intellectual activity be used not only for helping oneself but also as an element of one's service to God, which is manifested as service to people, spiritual service, first of all.

As for the power aspect of the consciousness, it is directly related to the size of the consciousness. An individual consciousness can develop itself not only qualitatively, for example, by acquiring certain qualities or getting rid of them, but also quantitatively, i.e. it can grow in size (but it can also diminish). The process of the soul's growth in natural conditions correlates with the level of one's vigor, while

its quantitative degradation is caused by dominant and depressive emotions, such as a chronic feeling of offense, suppression, despair, etc.

There is a possibility to grow the consciousness in size with the use of special meditative techniques.

On the Path of spiritual self-development, only the growth of a subtle consciousness (not of a coarse one) is valuable. The subtlety of the consciousness is achieved first through emotional attunement with everything beautiful in the world of the Creation, then through attunement and Mergence with the Holy Spirits, and then with the Primordial Consciousness in Its Abode.

On the contrary, the development of coarseness of the consciousness leads one to hell — to the “rubbish heap” of the Evolutionary Process.

* * *

Is it clear now that the tendency to beg from God, which is so typical of many people, is one of the grossest mistakes? It is so because it contributes to the growth of egocentrism in people in one of its most despising forms — in the form of parasitism. “I want!”, “Give me!”, “Give, give, give!” — this is the opposite of what the Creator wants to see in us!

He wants that we learn love-giving, giving of ourselves to Him and to deserving people!

God is Love (1 John 4:8; 4:16) and *become closer to God* (James 4:8) — thus the Apostles expressed in

Their Epistles the basics of the Teachings of Jesus Christ. And one can become closer to the Creator only by beginning to transform oneself into Love — to transform the qualities of the soul. One also should understand that egocentric passions and desires, regarded by many non-spiritual people as “love”, are nothing but a travesty of the true love.

* * *

Where can we find the Creator?

He is present everywhere. One does not need to go to space or climb mountains to find Him. He is present inside our bodies too, as it was told by Jesus Christ (Luke 17:21). Yet He abides in another — the subtlest — spatial dimension. From this dimension, He sees everything taking place in the Creation, including everything happening to each of us. However, an ordinary person cannot see Him. In order to see Him, one needs to make corresponding spiritual efforts on the transformation of oneself. And then the Creator becomes available for cognition and direct communication with Him. Where? — In the depths of one’s own developed spiritual heart.

Blessed are the pure in heart, for they will see God, said Jesus Christ (Matt 5:8).

The methods that allow one to develop the spiritual heart and to submerge into its depth, to cognize the Creator and to merge with Him — all these methods given to us by Him — are described in our books and demonstrated in our films.

... The Apostle Philip wrote in His Gospel [3]:
“I say this to those who are not just interested in the words ‘the Father, the Son and the Holy Spirit’, but to those who gain Them truly for themselves... Verily, one can gain Them by the blessing of God in the realization of all the fullness of the power of the Cross, which was called by the Apostles the *Right-and-Left*. The One Who has cognized this is no longer a Christian but a Christ.” Philip speaks here about one of the highest meditations that is performed from the Abode of the Creator, from the state of Mergence with Him.

* * *

The knowledge that we discuss here cannot be called new. The same knowledge was brought to people by Messiahs embodied in Atlantis, ancient Egypt, China, India, North and South America, Arabia, European countries, and the countries of Southeast Asia [3]. Nevertheless, this information that was received from God was forgotten or lost; the texts of the holy books were understood incorrectly; their translations into modern languages perverted the essence sometimes even completely...

At present time, the growing levels of drug addiction, suicide, and crime (out of selfish motives or as a manifestation of dull aggression) in many countries considering themselves “cultural” and “civilized” clearly show that the population of these countries does not have correct purposes in

life. This, in turn, indicates the unsoundness of the philosophical concepts that predominate on our planet.

Therefore, it became necessary to integrate the knowledge that has been imparted to people by God and to spread it in the form of Teachings of God expressed in a manner that is simple and clear for everyone.

Thanks to extending the biological research on the non-incarnate forms of life, which was done by the author of this article, a scientist-biologist, and by his colleagues, a new direction of modern science was formed — *methodology of spiritual development*. The theoretical knowledge and methods of this direction²¹ allows deserving people to cognize God in the Aspect of the Creator, in the Aspect of the Holy Spirit, and in the Aspect of the Absolute. Those who have achieved success on this Path do not doubt, for example, the authenticity of the Shroud of Turin: they see non-incarnate Jesus Christ in the same appearance as on the photographs that were made from this Shroud. Their communication with living Jesus, as with other Divine Teachers (or Holy Spirits) becomes as easy and natural as with incarnate people.²² And

²¹ They include studying of the theory, ethical and bio-negetical purification, psychical self-regulation with the use of the functions of the chakras and main meridians, aesthetics, ecopsychology, and the stages of the development of the consciousness through meditative trainings.

²² This is manifested especially strong on special *working sites* created by the Holy Spirits. One can read about this in [2];

these Representatives of the Creator become personal Higher Teachers for them and guide Their disciples into Their common Abode — the Abode of the Creator.

... Everyone can accept and apply the information that is presented in this article to himself or herself — as much as he or she can comprehend. However, it will be even more useful — for the formation of the personal destiny and for contributing to the Process of the Evolution of the Universal Consciousness — to help other people in this task. A great deal can be done in this direction by those who are capable right now of influencing the worldview of masses of people, for instance, on the scale of an entire country.

I wish you success!

we have also created a CD with photographs of such places (see <http://www.lulu.com/spotlight/spiritualheart>).

Recommended literature

1. Antonov V.V. (ed.) — Spiritual Heart: Path to the Creator (Poems-Meditations and Revelations). “New Atlanteans”, 2007 (*in Russian*).
2. Antonov V.V. — How God Can Be Cognized. Autobiography of a Scientist Who Studied God. “New Atlanteans”, 2009.
3. Antonov V.V. (ed.) — How God Can Be Cognized. Book 2. Autobiographies of God’s Disciples. “New Atlanteans”, 2008 (*in Russian*).
4. Antonov V.V. (ed.) — Spiritual Work with Children. “New Atlanteans”, 2008.
5. Antonov V.V. (ed.) — Classics of Spiritual Philosophy and the Present. “New Atlanteans”, 2008.
6. Antonov V.V. — Ecopsychology. “New Atlanteans”, 2008.
7. Antonov V.V. (ed.) — Forest Lectures on the Highest Yoga. “New Atlanteans”, 2008.
8. Antonov V.V. — The Bhagavad Gita with Commentaries. “New Atlanteans”, 2008.
9. Antonov V.V. (ed.) — Tao Te Ching. “New Atlanteans”, 2008.
10. Antonov V.V. — Evolution of Consciousness. “New Atlanteans”, 2008 (*in Russian*).
11. Antonov V.V. — Blessed Are the Pure in Heart! “New Atlanteans”, 2008 (*in Russian*).
12. Antonov V.V. — What is the Truth? “New Atlanteans”, 2008 (*in Russian*).

13. Zubkova A.B. — Dobrynya. Byliny. “New Atlanteans”, 2008 (*in Russian*).
14. Zubkova A.B. — Story about Princess Nesmeyana and Ivan. “New Atlanteans”, 2007 (*in Russian*).
15. Zubkova A.B. — Divine Parables. “New Atlanteans”, Odessa, 2008 (*in Russian*).
16. Zubkova A.B. — Dialogues with Pythagoras. “New Atlanteans”, 2008 (*in Russian*).

Our video films:

1. Immersion into Harmony of Nature. The Way to Paradise. (Slideshow), 90 minutes (on CD or DVD).
2. Spiritual Heart. 70 minutes (on DVD).
3. Sattva (Harmony, Purity). 60 minutes (on DVD).
4. Sattva of Mists. 75 minutes (on DVD).
5. Sattva of Spring. 90 minutes (on DVD).
6. Art of Being Happy. 42 minutes (on DVD).
7. Keys to the Secrets of Life. Achievement of Immortality. 38 minutes (on DVD).
8. Bhakti Yoga. 47 minutes (on DVD).
9. Kriya Yoga. 40 minutes (on DVD).
10. Ecopsychology. 60 minutes (on DVD).
11. Yoga of Krishna. 80 minutes (on DVD).
12. Yoga of Buddhism. 130 minutes (on DVD).
13. Taoist Yoga. 91 minutes (on DVD).
14. Ashtanga Yoga. 60 minutes (on DVD).

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You can also download for free our video films, screensavers, printable calendars, etc. from the site:

www.spiritual-art.info

See on the site www.swami-center.org our books, photo gallery, and other materials in different languages.

Our websites:

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www.new-ecopsychology.org
www.teachings-of-jesus-christ.org
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www.beautyislam.org
www.purebuddhism.org
www.native-american-spirituality.info
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www.sathya-sai-baba.org
www.encyclopedia-of-religion.org
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www.highest-yoga.info

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