

**How God Can Be Cognized.  
Book 2.  
Autobiographies of the Disciples  
of God**

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**This book is one in the series of publications on the subject *Methodology of spiritual development* — a new branch of modern science, founded by a scientific-spiritual School of the Russian scientist-biologist Dr. Vladimir Antonov. The direction of work of this School can also be designated as a fruitful union of *spiritual ecology (ecopsychology)*, *theology*, and *modern developed Hesychasm*.**

**On the pages of this book, the authors talk about how God conducted them to Himself: to the cognition of Him, to Mergence with Him, as well as about their own efforts, mistakes, and victories over their own imperfections.**

**These experiences can be useful for you, readers. It teaches us not to repeat the mistakes of others and allows us to emulate the things that led the authors of the book to Victory on the Path of spiritual growth.**

**The book is intended for all those, searching for God and aspiring to achieve one's own Perfection.**

**“Evolution of the Consciousness on  
the Earth is moving by the Exploits of the  
Heroes of the Spirit!”**

**Huang Di (from a conversation with  
Him)**

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# **Anna Zubkova**

*“One can traverse this infinitely long Path  
during one single life  
if one concentrates one’s own will  
solely on this purpose”.*  
Elizabeth Haich [31]

## ***Instead of an Introduction***

I would like to write a book about Vladimir Antonov — the spiritual Master, who has devoted his life, the life of a scientist, — to the research and analysis of the whole world of religious and esoteric experience. He himself has overcome the whole path to the cognition of God-the-Father in his Abode and has attained Mergence with Him. He wrote dozens of books on this topic. He has developed the methodology of the *Straight Path* leading to the cognition of the Creator — giving us clear and steady steps, allowing those, who have chosen God as their only Goal, as the highest meaning of our lives, and as our only Love, — to follow this Path and to succeed.

But I don’t have the abilities and skills to write a book about him, I can only tell you how I went myself up the steps of this Path, how I fell, got up and continued. I will try to tell you about what a great pleasure it was — to cognize God, what a great happiness it is — to love God! I will try to demonstrate, by the examples of my own life, — how gently and carefully God leads those, who are giving their trust to Him.

But everything that I have understood, comprehended and done on this Path, was done under the

sensitive, tender, and sometimes almost unnoticed guidance coming from Vladimir Antonov.

Acting in the best Indian traditions, I should dedicate my work to the “lotus feet of my Guru”... But the “lotus feet” are shod in keds or rubber boots; worn windbreaker in summer and no less worn quilted jacket in winter are his monk’s garment. Behind his shoulders — a backpack. He goes and leads those, who can and want to go with him, those, for whom the Love of God became an inextinguishable need to approach Him, to merge with Him, those, for whom it became the unique purpose of this life on the Earth...

I can only tell you how it happened and how it occurred to me...

\* \* \*

My perception of Vladimir in the first months of apprenticeship consisted of a mixture of love, awe, almost fear and an infinite gratitude for the miracle of being able to perceive the living reality of God that he gave us. Even now, many years later, after the fear and the awe gave place to the surprisingly close, kinship relations, such as those that are formed between us and our non-incarnate Divine Teachers, — it still has not become usual and ordinary.

His soft, smooth flowing manner of speaking, of moving — was strikingly different from anything I’ve ever seen. It wasn’t at all a slowness or sluggishness! But that, manifesting as words and movements, was only a small part of his being, giving the opportunity for the incredible power of Peace to rise from the Depths and affect us.

He explained — not only by words. And we perceived — not only with our minds. We were studied — as consciousnesses — at once...

The long-term habit of living in the body — as a body — needed a radical change. And Vladimir

knocked patterns of behavior and thinking, inherent in us — by an inimitable manner to joke, with bright examples, taken from the life of wildlife and people, and with unexpected turns of meditations...

Vladimir always succeeded in making our life harmoniously filled: with great meditations and deep dissolving peace, with beauty and harmony of nature, with fun and jokes and new variants of service to God.

## ***The Choice***

***“The free will of a human being, as a whole, manifests itself in one’s own choices, and determines in which part of the Absolute he or she will continue his or her existence”.***

**Giant [8]**

One day, we worked and then were resting on the floodplain of a small river. It was an amazingly beautiful place! The little river, which spreads here on a huge open space during spring, was calmly flowing down the stream. Meadows surrounded us with soft waves of grass almost to the horizon.

This was a special place by the quality of its energy: a *place of power*. “River” of the Holy Spirit, called Pranava, smooth and quiet currents all over this huge open space.

Near us two shepherds were passing by with bull-calves. They went into the Stream of Living Divine Light, but didn’t see or feel it. As the majority of people, they didn’t feel anything special there...

They wished us a pleasant rest and accepted us as fishermen. They told us, that fishing at the river Vuoksa is better than fishing here... From this started a conversation...

**Vladimir:**

**“Thanks, but we don’t eat meat and fish. For God commanded people: ‘Do not kill!’”**

Surprise was the first reaction of the shepherds. Then one of them, having waved away with a hand gesture, went his way, but the second didn't agree in any way:

"How is it possible not to kill? After all, I – must eat! I work a lot and can't live without meat!"

Vladimir:

"Animals feel pain and die in anguish. What right do we have to kill — for the sake of satisfying our own gustatory whims? People may live well and work, without eating meat."

"I kill them myself, quickly and without any pain! I do not want them to be tormented: I know what pain is!" — the shepherd objected.

"Everyone makes a choice: to kill or not to kill, to eat or not to eat, to love or hate... But that determines how we live on the Earth during our lifetime in the bodies (and that is only a short duration of the souls' lives) — and also after their death."

"But do you know: what will happen after death?" — the shepherd asked having become interested.

"Yes, I know. I am a scientist and I have made such researches. I know that souls living in malice and hatred, turn out to be among those like themselves after death in hell, and, on the contrary, the souls, who live in love and goodness, — provide for themselves heavenly existence after the death of the bodies.

"We spend relatively very little time on the Earth in incarnate states. And the way we live now, defines our own destinies for the future."

"And how do you know this? Have you been there — have you been in the afterlife?"

"Yes, I have been."

"And have come back — why? Didn't you like it there?"

"I did like it."

"Then — why?"

"God returned me."

**“And are going to teach us?”**

**“Not teach, but to explain to those who want to know.”**

**... Then the shepherd started to blame the state for all his troubles: that it was guilty of all...**

**But Vladimir objected:**

**“Yes, it is guilty in many respects. But each person is responsible for him/herself before God.**

**“There are two most important ‘milestones’ in the life of each human: God and death of the body.**

**“And the way we live this life — is just our choice, ours — and no one else! No one and nothing can be an excuse for the way we live, what we choose, and what we do in this life...”**

**\* \* \***

**Once, as if by accident, Vladimir and I met too. This was the moment when my whole life “turned around”...**

**He then said almost nothing, just mentioned his books...**

**But by reading them, I realized that... beside me here was a man who knew Jesus perfectly and also cognized the Creator!... His books showed the Path of transforming oneself as a soul — up to the very end: to gaining the true Perfection!**

**... God for me, thanks to him, now ceased to be “distant”, “incognizable”, “unavailable”. He became my Real Loving Teacher!**

**But I will try to tell you about this in detail...**

**\* \* \***

**Each person makes his or her own choices all the time — how to live in general and what for, how to act in a set of concrete situations... Sometimes these**

choices — are conscious, and sometimes — purely reflex: either the results of formed patterns from our upbringing, or on the basis of imitation...

It can be similar to watching TV: someone can choose to watch either a philosophical program, or about medicine, about natural sciences — or an action film, a horror film, a sugary melodrama... And to some people — even this doesn't matter: they just need something "showing pictures and making sounds"...

So all of us constantly decide: how we will live during each of the following phases of our lives.

The person, who follows the spiritual Path, makes such choices consciously. And God then can actively direct his or her movement: that person and God begin to work in cooperation.

## ***The Beginning of This Life***

***"There is a certain transforming touch of God to the soul, after which the old life of sin and vice becomes impossible and mentally unendurable. This is called the moment of truth".***

**Mark the Evangelist [8]**

I was born in a quite "normal" for those times in our country atheistic family, however, very friendly and full of love and respect for one another.

Only my grandmother believed in the existence of God. I remember her firm conviction that the church — is one thing, and Jesus Christ and His Teachings — is quite another. She believed Jesus and did not believe priests.

However, I did not become a believer. I was an atheistic "goody-girl", quite appropriate for that environment.

... But the image of Jesus, thanks to my grandmother, remained in my memory...

And when I was studying in 9th grade, I read the prohibited Bible, which was given to me for a few days for the first time — the Gospels touched me very deeply.

But... my childlike reaction was: “What a pity it is that this is — a fairy tale! And how great it would be if all of this were the truth!... ”.

I still had a lot to read and comprehend — before coming to an understanding of the Existence of God.

... When it finally happened, I already was an adult and took baptism consciously.

By this time, I had no doubt that One God exists, and that religious beliefs of different people just reflect variants of how to honor him. But, since I lived in Russia, — this led my way to the Orthodoxy.

\* \* \*

God is constantly knocking on our hearts. We only need... to open the door of the spiritual heart for Him.

When this happened to me — God tried to give me the greatest gift in life: a living incarnate Master!

But I... was not ready to recognize him yet... I was quite satisfied with my own life: I considered myself a believer and did not see the necessity to search for something more... And moreover: I was not aware of such a possibility...

It is said that, when the student is ready, the Teacher arrives. But, if the student is not quite ready yet: does not search for the Teacher and does not want to be a disciple at all... — then things do not happen so smoothly... God then has to make a lot more efforts ...

It was as follows:

At that time I was working at a cinema studio “Lenfilm” as a costume designer. The scenario that was suggested to me at that time was a parody on the theme of the creation of the world. When it dawned on me that I have no right to participate in making a film,

which ridiculed the idea of God's Existence, and when I realized the inadmissibility of such a work for me — I could not for some time dare to declare this among the collective of atheists. But then, nevertheless, I decided — and refused to participate in such a work, and honestly said aloud the reason of my refusal:

**“I believe in God!”**

Thus, I was able to pass this little test.

And miracles started right away! The next day I was offered work on another film. And... soon Vladimir Antonov came right to the film studio's wardrobe: an assistant of actors *accidentally* met him and persuaded him to star in a movie episode.

At that time I had no idea to what extent this meeting would change my life. But each word was etched in my memory, each thought of that meeting was as if fixed in an internal film in slight slow motion.

At first, when he came in, I did not notice anything special, just a man, with clothing that was out of fashion since a long time ago, however, perfectly clean. The thoughts even came to me that: “When people come in decent places — they should dress better!” Later, I was very ashamed of this thought...

While we were walking to the sewing workshop and back, Vladimir told me, that right here, at the kiosk in the lobby of the studio, his books were sold.

And I kept thinking: “So many weird people are in this world!... And in a film studio you meet them much more often...”.

Having said goodbye until filming, I continued on my way to work and passed by that kiosk with his books... But I never had “the time” for it, and did not even take them in my hands...

... The shooting days of the film started. When from seven in the morning you dress up 500 persons in costumes of the Peter the Great epoch — the attention dissipates. But nevertheless, I noticed that this time he was dressed in a denim jacket and jeans. This for some

reason suddenly made me very pleased, as if it was done for me... As if his warmth and tenderness embraced me, I felt Love and Peace emanating from him. This made a significant impression on me...

I continued to fuss, since I had so many things to do: correct all costumes, and check them all up... And when he came and spoke to me, I continued to hurry. Unable to stand still, I wanted to run somewhere, do something... But he then took my hands and talked with me: he spoke very simply... And I still could not understand...

... Thus God introduced me to my future Master.

... Then I read his books again and again during the whole year... And when it was difficult, painful, or bad — I was warmed by thought, that right here, in this city, lives a man who has cognized God, also whom I saw, and... he held my hands...

\* \* \*

Before that meeting, I never searched specifically for religious literature. Such books were coming into my life from time to time... as if by themselves. I was reading them, analyzing and building the foundation of my own worldview — from what seemed to me similar to the truth. Those building blocks in my foundation were alternating with empty spaces filled with question marks. But I was not trying to find the answers to these questions by myself. I was just very happy when the answers came to me as if by themselves and filled the empty spaces.

When I read the books of Vladimir Antonov, I received the foundation already made — a durable, real, complete. Everything that I developed as my own worldview so far, was correlating with it, similar to a sketch on paper with all its shortcomings — with already built sustainable building that I wanted to create myself!

**I easily accepted everything that was written there! I found there everything that was lacking, and also much more than that! And also — something that I had not started yet to think about. I was reading again and again the books one by one. The most valuable truths of all religious concepts had been collected, explained, and analyzed in them very carefully! The higher knowledge about the Creator, the meaning of our human life and the ways of realizing this meaning was given in the most accessible way. I only needed to read, realize, and absorb this knowledge.**

**Everything, that I had read, was so grandiose, real, and at the same time... simple! These books were not only about how and why God has created everything in the universe, under what laws of His everything develops, — but was also about, what follows from this: what each of us, humans embodied by God on this planet Earth, should do.**

**While I was analyzing myself by the schemes of psychotypes described in Antonov's books, and despite all my desire, I could not find my place near the top of those schemes. My imperfections — in all beauty and fullness — suddenly fell on me! When I understood that I had not been serious enough for real spiritual work yet, I undertook changing everything about myself that did not match the ethical standards.**

## ***The Beginning of Work over Oneself***

***“... There is one miracle  
that is possible for man to accomplish.  
It is when, full of a sincere belief,  
man decides to root out  
from the soul all evil thoughts,  
and to attain the Goal; for this man  
forsakes the paths of iniquity!”***  
**“The Life of Saint Issa”, 11:8 [41]**

In the beginning, it was necessary for me to try to fix by the mind and suppress my own coarse emotional states: anger, irritation, envy, greed, etc.

Also it was necessary to learn to love all beings, including those, our younger brothers and sisters, whom for some reason, humanity persistently strives to “love” as a tasty food.

Switching to killing-free nutrition was the first difficulty for me. But it did not consist in refraining from the desire to eat meat or fish at all: I in absolute calm did not eat meat and fish, when I was fasting as it is understood in Orthodoxy. The thing that was hard — to break the stereotype that it is a shame to be dissimilar from all others.

So God had to educate me, in particular, through pain: to teach me not to cause any pain to others.

For example, I was going to Moscow for shooting the film and thought: “It would be somehow inconvenient to show my new way of eating in front of everyone — because all on set are fed the same way! They certainly would not cook separately for me!”

... And the next thing I knew – is that I got ill with a temperature of 40 degrees C. The next two days, I was still trying to go to work... Later, while I was lying in a hotel room, I was thinking how inconvenient it would be to die in a foreign city: how much trouble it would be

for my friends and family to deliver the corpse!... The temperature was not falling below the mark of 40 degrees and nothing could bring it down... My head was splitting from unbearable pain... I thought about my body, about that it is so close to death and that it soon will be “no place to be put”...

Finally, I realized that I had to switch unconditionally to the killing-free nutrition once and for all! And... I recovered almost immediately!

\* \* \*

I wanted to share with someone all the things that I had understood and discovered. But I was surprised to see the total lack of interest! The true reality, which I saw on every page of Antonov’s books, did not produce any impression on my acquaintances and friends! Even those who, kind of, believed in the existence of God, were satisfied with... just remembering about His existence on “holidays” or in misfortunes, while for the rest of the time it was easier to live... without Him.

But God gave me another great gift: a friend on this Path — Maria. She was not a temporary companion: we were helping and supporting each other, and moving up the steps of the Spiritual Path...

We also had met each other at the movie studio. We worked together and sometimes exchanged books or talked about our kids... Once I gave Maria Antonov’s books and received in return Carlos Castaneda’s books with the “Teachings of Juan Matus”.

... Only a few persons, reading the books of Castaneda, could see, behind an entertaining mystical story, the real work of God with His incarnate disciples...

Maria did not only see this reality. She, while reading and rereading these books, ... was waiting for the

time when the Sonora desert with the Nagual<sup>1</sup> would be here, nearby. And so — she waited until this came!

Our teamwork of working on ourselves began from this point. Maria, having understood the priority of the ethical side of spiritual growth, switched to killing-free nutrition easily: as if it was always understood.

We read a lot, discussed, looked for ways to fight against our own “complexes”, against laziness, against irritability and against all other negative emotions that we could detect in ourselves.

And it greatly helped me to feel that every morning, at the same time as me, on the other side of town at 6:00 am, Maria was doing the same psycho-physical exercises as me, that were described in the books of Vladimir Antonov...

\* \* \*

However, I modestly evaluated my successes.  
God — too...

And He had to scare me a bit...

One night I woke up with the full understanding that, if I was not ready to begin serious work over myself right away, that in a very near future I would have a cancer and a painful death...

In the morning, I wrote a letter to Vladimir Antonov.

He phoned me on the second day. Although... letters never came so fast in our city...

He invited us to visit him...

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<sup>1</sup> Nagual — a spiritual leader, who has already cognized the intangible worlds, is collectively called the *Nagual* (with a capital letter).

The same term *nagual* (with small letter) means all non-material worlds, the sum total.

These are — the terms of Indigenous American tradition described by Carlos Castaneda in his books [26-28, et al.].

When I told Maria about this invitation — her reaction was: “Is this already beginning? Oh, how scary and great!”

... We arrived in advance. There was a strong frost and wind, so we were shaking with cold and fear. We found the entrance and flat, but... we walked around the house for about half an hour: so as to arrive exactly on time, not sooner or later. Understanding that our interiors were going to appear before him without any barriers, and that all would be visible for him, as is, without any embellishments, — only thinking about it did not give us more courage.

... We rang the bell with trembling hands. The door opened... We were met by Vladimir on the threshold.

... When a stranger is accepted in embraces and kisses — then we know that we enter another world of relations: in a world where Love reigns and where we feel like we are all children of God, and that the spiritual Master should be called “thou”.

The most amazing thing that I remembered from that meeting was silence. But this silence was not awkward, it was... calm and nice.

I always felt uncomfortable because of silence in the presence of unfamiliar people. I felt a sort of tension in these situations. Here — all the tensions, all my internal “scenarios” due to the desire to look better, to behave and to speak correctly, retreated, were washed away by the soft waves of peace and quiet. There was a feeling that in the presence of this peace, we could swim, and being completely relaxed, dissolve in it.

At that time, of course, I did not possess the ability to dissolve. And so, from time to time, I emerged on the surface with some excitement — and then plunged again into the bliss of that peace.

Of course, we talked. Vladimir told me that I had “achievements” coming from a past life, that I was already living in the anahata. He said that I had developed arms of the spiritual heart and that when I was

correcting the costumes of actors, the light was flowing out of my palms — that was why he paid special attention to me...

Vladimir very softly and gently touched the topic of my Orthodox upbringing and suggested leaving the narrow limits of religious ritualism. He spoke nicely about the Orthodox church and remembered his own Orthodox past. The conversation on this subject appeared for me as clarifying everything.

## ***First Classes***

***“The Heavenly Kingdom is taken by efforts, and the person, who makes the efforts, cognize It”.*<sup>2</sup>**  
**(Matthew 11:12)**

The first attempts to change myself actively began when I was in 8th grade. I realized that girls who were “suffering from complexes”, who were shy and foolishly proud, — could not achieve anything in life. They could get success only if they change themselves in the opposite direction.

Now this work had a new — highest — meaning for me. I did not do this for myself but for God. So, it was no longer possible to indulge in my weaknesses! Every morning — gymnastics, psycho-physical exercises, etc., and I did this even if I had to go to work at seven in the morning, I did this even if I only slept 2-3 hours. And so on – month after month.

At that time I was mastering the course of Raja Yoga. I will not describe these exercises in detail: since they are described in the book “Ecopsychology” [8].

For our meetings with Vladimir, I always prepared a list of questions which I intended to ask him. But I never managed to do so! Vladimir started to speak... —

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<sup>2</sup> The literal translation from the Russian Synodal version of the New Testament.

and answered all of my questions before I had the time to ask them aloud...

A very significant event occurred to me during our second meeting.

I was still sitting on a mat on the floor after shavasana — the final relaxation exercise. Tiredness and happiness at the same time were so great, that I did not want to move or speak.

Vladimir suddenly asked:

“Which Divine Teacher is here with us?”

And our Guest answered:

“‘God of Sun’ — Assyris<sup>3</sup>. I conducted Anna in her previous incarnation and I am very glad to see her here now!”

And Assyris further said that in my previous earthly life I was embodied at the north of Novgorod Russia. There was a spiritual School, which was supervised by Assyris. The steps of studying in that School led to the cognition of the single Creator of all people.

... I can hardly remember the words that He said, because Assyris — my former Divine Teacher — entered with Consciousness into my body granting me the bliss of feeling Him entirely...

It was the first time when such a thing happened to me. The Light and Love filled and overflowed me so much that I could not move. Tears of happiness were flowing down my cheeks. I almost ceased to perceive what was around me. Everything was filled with the miraculous touch of the Living God, Who, finally, took His rightful place in my heart...

God — Living God! — came into my life so tangibly, the same as the most beloved human being comes. I had never before experienced such a strong love in this life! I waited for so long: the moment when that Main Beloved would come, whose name is — God...

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<sup>3</sup> You can read in detail about Assyris and other Divine Teachers in the books [5,8,15, et al.].

\* \* \*

This was how we received touches of God during the meetings with Vladimir — and after these meetings, we plunged again into the hustle of earthly life... But it was important that we should not dive into it for too long a time. We learned to swim out of it when necessary.

During that time it seemed to me that this marathon would now end and that there would be a breathing-space, a stop. But there was no stop: just as a certain spring began to untwist, to unclamp, — it was giving my life a growing acceleration: to make up for the lost time of my spiritual idleness, time which I previously considered as “conscious life”...

### ***Places of Power***

***“God — the Great Infinite Universal God — is  
Love.***

***And in order to get closer to Him, to cognize Him,  
to join Him — we also have to become  
very-very big love!”***

**Vladimir Antonov**

**(From the film “Sattva of Spring”)**

Then we went to the forest to Assyris’ *place of power*. The things that I did not even dare to dream about — were starting to come true...

A huge sphere of Living Divine Light, which was visible by the eyes of the consciousness developed as the spiritual heart... The Shining Sun of the Divine Love... Again — it was giving an intense Bliss of Contact...

It seemed that I was burning with happiness — and I asked and prayed:

**“Assyris, what are You? I want to see, hear, understand, feel you so much more fully — in all of Your Divine Omnipresence!”**

**Vladimir saw my troubles and approached me:**

**“Exit back from the anahata. And try to push off from the back of the body by the hands of consciousness. Then you will be able to swim into Assyris’s Light of Consciousness. Then you can try to merge with Him through filling His form.”**

**After an hour of efforts in this hard work, which were replaced only by a piercing feeling of blissful Merging for a few seconds, I was tired and exhausted like never before in my life.**

**... As we were walking to our campfire, Vladimir asked me on our way: “How did it turn out? Did you like it?”**

**I was confused as I did not know how to reply. Because I had no idea of how THIS should turn out!**

**He smiled, and then assured and encouraged me that it turned out okay... He then began explaining to me how a human consciousness gradually develops. In the beginning, most people are the consciousnesses about the size of a tennis ball and that they are often attached to some chakra. The methods of Raja Yoga allow one to learn how to move oneself-consciousness through energy structures of the body and, at the same time, clean them. When energies of the body and consciousness itself have been cleaned and made subtle in a sufficient measure — then a human can begin to learn how to get out of the body, to tune, as a consciousness, to the level of subtlety of the Divine Teacher. The next steps — growing in size, volume of the consciousness; is called “crystallization” — similar to the growth of crystals in a proper environment.**

**... Then we had lunch and rested at a fire. After that — we were given some home-work to do: to continue the work of cleansing and development of the**

chakras further. In particular, we had to sing special mantras for chakras.

To show us how this should be done, Vladimir, coughed slightly, and sang all the mantras in an amazingly high pitch. They sounded gentle, subtle, the whole snow-covered wood space was filled with the sound of his voice, which did not seem to belong to his body. Vladimir, with his soft fluffy beard framing his face, wearing a quilted jacket and rubber boots, was standing in front of us, and the sounds of the mantras were filling the whole space around. His body seemed to have nothing to do with it. All the air transparency was suddenly coming to life and it was huge, composed of a flow of his soft voice...

... Those tuning sounds for chakras allowed us to tune our bodies with their energy structures — as tools which are suitable for further work to improve consciousnesses.

\* \* \*

He left us to work independently for some time.

I was feeling and watching, being amazed and delighted at how powerfully God was coming into my life and throwing away “garbage and trash” from my everyday life.

From that moment, every morning, as soon as I woke up, I kept remembering Assyris. He immediately was coming to me — and was filling me with joy and hope.

When I “was forgetting about myself” in the hustle of the city life, sometimes like out of nowhere, through the haze of clouds over the wet snow, for a few seconds appeared in the sky the solar disk... — and I was igniting with joy when this made me remember about Assyris. Inside the consciousness, lines of poetry were beginning to be heard. I did not compose them, they began to manifest themselves — as some kind of

rhythm, gradually were filling with words... — words, which took me away and beyond the bounds of this world of illusions... [5]

\* \* \*

Every morning we were doing a set of exercises given to us and were singing mantras for the chakras, while hiding in the bathroom: in order not to wake up relatives at six in the morning. The neighbors above and below, probably, were wondering what was this suspicious hum coming from the water pipes...

And so I wanted to go — faster, further!

One time, Vladimir called us to inform us of a new class.

I informed Maria about this... But she said that unfortunately that day she was busy and could not get rid of her work...

This situation, and what happened to her next, became a life lesson for me with the meaning that we had to go to the limit of opportunities. She was despaired that God did not take her, did not let her come closer to Him... And, if not now, the opportunity could never present itself again! “The bird of freedom flies — and it never stops and does not come back!” — this is what Juan Matus taught through Castaneda’s books. Her despair was so great that I did not know what to do. I had no way to console her...

But everything was resolved very simply. God having done His test, Vladimir just postponed the time of the meeting for two hours, so Maria could come to work, and at our class.

... So, snow and rain was splashing under our feet, the sky was gray with heavy clouds...

But before us — there was a wonderful plant of power — a poplar. It differed from all the surrounding poplars by its huge cocoon of subtle and bright energy, and it was completely consonant with the energy of the

developed human spiritual heart. This was the warm tenderness and light, which could be seen by the consciousness, despite the dampness and gloom around. We could also feel the boundaries of the cocoon from outside and inside, through filling the cocoon by ourselves — ourselves as spiritual hearts. Or we could even go by the concentration of the consciousness below the Earth's surface — to the place, where the cocoon covers the powerful roots of the poplar. The surface of the Earth ceased to be perceived and we then could freely pass through the earthly firmament...

But this poplar — was not just a tree with anahata energy: it was a consciousness, which had human incarnation in the past. And through the life of this tree body, it now develops a peace that could not have been learnt when living and loving as a human...

We could speak, and emotionally communicate with this soul... The reality of communication of consciousnesses beyond the material world, through it, became obvious for us at that time. It was impossible to no longer understand that life is only a movement of material bodies... But, as we looked deeper *under* this matter we could feel its heartbeat, and so it was getting clearer to us that we are not bodies but consciousnesses, that there are an infinite number of other evolving souls around us — as alive as we are...

We were instructed to continue to work with the poplar. And we worked there every morning before we got to work and every evening. We came back to it, greeted it, hugged it with the hands of the spiritual hearts. And this big and kind soul taught us harmony, tenderness, love, and peace, and helped us to clean the energy structures of our bodies. It also helped us to get used to being as big as it.

... I recently came back to our poplar friend and asked it: what should I write about you in the book? What would you like to say to people? The poplar replied:

**“I hardly remember what books are. But I know what it means to love, love, love!...”**

**... And I no longer wanted to hear any words, I just wanted to respond with my love — to its love.**

**After all, to love — is much more, than to speak about it!**

**\* \* \***

**Then Vladimir taught us to exit from the anahata through the meridian chitrini and to merge with the Holy Spirit above the Earth’s surface...**

**During the few hours living with him we were able to master what people sometimes take more than one incarnation of hard work to do...**

**At that time, we did not realize yet by what enormous steps God was offering us to go to Him...**

**... In particular, I have got the gift of experiencing a fundamentally new state. Speaking in the terms of Juan Matus, I managed to completely “collect myself in another world”, leaving the material body to go into the Living Light of the Holy Spirit in the third level of density of its manifestation.**

**The sensation of my body completely disappeared. I was swimming by consciousness, extending the hands of the spiritual heart and aspiring to be there with all my being, where many Great Divine Souls are mutually merged into One Consciousness manifesting Itself by the Light and Love of the Creator. I stopped looking and perceiving the material world, I did not remember where my body was, also that I’m performing the meditation... Meditation — as an active job — suddenly ceased to exist for me. No more efforts were required... The world of the Infinite Living Light became the only Reality... I was met *there* by the Embrace of Love, *I was expected there, was expected for a long time...***

**This state did not last very long, but, while I was there, I was not realizing time. When I “flipped” back into my body, I could not repeat it again by myself. I only captured this state and subsequently tried to “catch up” to it. It was the advance of God: He had shown and given me once again, in one other variant, the bliss of really cognizing, feeling Him. And then all depended on my efforts — to cognize Him fully and Merge with Him in His Abode.**

## ***Divine Teachers***

**Non-embodied Divine Teachers, Who, in the aggregate, are called the Holy Spirit (Brahman) — can manifest Themselves in many forms. They are Those, Who throughout the existence of the universe, merged into the Ocean of the Primordial Consciousness. Souls, Who became consubstantial with the Creator, then can manifest Themselves as the Divine Teachers, Who are emanating from Him. They implement His Will in His Creation.**

**Some of Them are well known, and Their Teachings became the property of humanity. But there are also Those, Who were not known by many people, and because of that, the way They lived, and what They said, — did not get preserved in people’s memory.**

**Sometimes They reincarnate again into human bodies. They then are called Avatars, Messiahs, or Christs. They do this in love for us: They are able, in such a case, to help us better.**

**I would like to talk a little bit more about my own experience of communicating with Them.**

**\* \* \***

**I was living without knowing anything about the lives here on the Earth of Sathya Sai Baba or David**

Copperfield. I had never even heard of Them before my acquaintance with the books of Vladimir Antonov!

My acquaintance with Sathya Sai Baba started when reading Vladimir's book "Sathya Sai Baba — the Christ of Our Days". While I was reading this book, created with His blessing and blessed by Him afterward — in a published version — in His Indian ashram — I felt His Divine presence. It continued when I read His books and other books speaking about Him. With His immediate help the understanding of many different sentences were starting to unfold. Their real meaning came to me with His help, giving me a much deeper understanding.

In particular, He helped me through directing my thoughts in the right direction while flooding me with His Love, or by explaining the drawbacks that I should eliminate right now.

And sometimes He created small miracles, by allowing, for example, to find and buy books about Him that were not reprinted before in our country for many years. Once, He put into my hands exactly two copies, one for Maria and one for me, — which were the only ones that "accidentally" were available at the seller. Or a stranger in a bookstore suddenly gave me His portrait...

I was already confidently feeling the presence of Sathya Sai Baba in my life — and was anticipating my first meeting with Him at His *place of power*, as probably did His followers who were going to India to see Him.

... Vladimir took us to one of Sathya Sai Baba's favorite places — a place, where His Mahadouble can be easily seen and where it is especially easy to communicate with Him.

When we got there, we took off our backpacks, had a little break after a long trip, and then stationed ourselves next to His Mahadouble — Vladimir initially explained: now Baba is approaching and is extending

**His Hands to us, He is touching our anahatas. After that, He proposed to us to communicate with Him directly by ourselves.**

**I clung with all my being, with all myself to the enormous Body of Consciousness of Sathya Sai Baba and told Him, how I loved Him, how I would try to learn very, very hard... Then I ran out of words — it became surprisingly blissful... I was completely surprised to hear His voice distinctly, addressing me — me who knew nothing and who was not able to do much yet, who was standing just at the very beginning of the Path. He said to me:**

**“We have one Heart for all: the Heart of God. This is your Highest “I”, this is what you will cognize, by becoming Him.”**

**I remembered those words my entire life. I lived with them, was repeating them like a mantra, like a password that let me be allowed into the Abode of the Creator.**

**And some time afterwards, while we were taking lunch, Sathya Sai Baba, Jesus, and Krishna came to bless us. When Baba approached me, He stood behind me and cuddled me to Himself as a little girl. Something in me just “overflowed over the edge”... Then I saw clearly His big smiling to me Face.**

**Sathya Sai Baba became for us since that moment one of Those Who is and will always be with us. He responded immediately. For example, He kept telling me: “Do not fear anything, I am here, near you, always with you. Your Baba”. And those words “Your Baba” were the ones that I kept hearing from the depths of my heart. They always helped me to find strength, courage, and patience — to understand what I had to do.**

**\* \* \***

**Our studying continued. Vladimir looked at us and said:**

**“Well, what should we do now? Try this!” — and he then gave us the next task.**

**So, we got acquainted with Huang Di — one of the first Avatars of the Earth, Who embodied several times in China. The same, Who dictated through Lao Tse “Tao Te Ching”. He was “the Tenant”, Who, loving various extravagant jokes, gave secret knowledge to the group of Nagual Juan Matus.**

**\* \* \***

**A forest trail. Around us — thick high spruces. Only the singing of robins and finches were breaking the silence.**

**Vladimir introduced us to Huang Di. In particular, he told us how, once, Huang Di condensed His Body of Consciousness so that It became visible even for very beginners.**

**Vladimir then mentioned to us that it was possible for us to invite Huang Di into ourselves, into our anahatas and to start chatting with Him there.**

**... I could not see the face of Huang Di in my anahata in the beginning, so I began to imagine His Image from the descriptions that Vladimir gave us — my art education allowed me to do this without any difficulty. A mongoloid type of face with broad cheekbones... Suddenly His eyes came to life and sparkled with joy, expressing a smile filled with tenderness... His face had become alive!**

**I tried to speak with Him, but could not hear anything: due to the excitement, I was not able to be relaxed enough to perceive the response. Then I asked Huang Di to answer by winking His eyes: I asked Him that if the answer was “yes” — to wink with His left eye, and if “no” — with right one. And... — it worked!...**

**I asked Him a few questions by the same “winking system”, and then, having obtained His consent, I**

clasped His neck by the hands of consciousness and asked:

“Let’s go behind the ‘Mirror’!...”

And then I got into the state of warm, dense peace of the eon of protoprakriti<sup>4</sup>.

I continued “to ride” on Huang Di’s neck, over and over again, and asked Him “to roll” me by eons, until I could hear very clearly:

“You’re so lazy!”

But this was said so gently that I could not even grieve.

So I continued to enjoy this amazing experience of cognition of the real God — Living, Gentle, Merry — with all His Universal Might!

However, remembering about this, I felt “uncomfortable” due to my own effrontery. How could I so “bother” God? He was the One in my recent understanding, Who should only be prayed to when I stand on my knees! But what was I supposed to do?! Huang Di was here — Alive, Real! And falling on my knees before Him... — it did not make any sense: He did not need this at all! And how can I even try to find the knees of my spiritual heart, if it has only the hands of love?!

\* \* \*

Time was flying by in a strange way. On one hand, in the material world, I was living my ordinary life as usual — with my work, family, and other relatives, who, by the way, were all waiting for the moment when all this “folly” would end, how long could it last?! And on the other hand, I was living in a world, where only God existed. And Vladimir led us there very quickly, not giv-

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<sup>4</sup> About the eons (lokas) of the multidimensional space, look in [13] and other books by Vladimir Antonov.

ing us any breaks. Just a few months had passed by after the beginning of the classes!

... Vladimir took us to see the spring sunrise during the time of the black grouse lekking. We had been driving since the evening before, and were without tents.

... After leaving the bus, we quickly got immersed into the silence of the night forest. The starry sky, it seemed, was laying down on the Earth — like a cozy blanket filled with the stars. I felt like I could touch the sky with my hands or grow by consciousness to such an extent that I could just touch the thickness of the sky near me, which was filled with star lights. And through looking from the infinity, I was able to feel as if the little planet Earth was swimming in a soft universal expanse.

Huang Di came — and the whole infinity got filled with His presence. The coolness of the night suddenly disappeared, and everything around us got filled with warm Peace, saturated with His Love.

Happiness was filling me to the brim and was ready to splash out of me! But the Peace of Huang Di was stronger, and, therefore, my happiness had to burn as a tiny star in the Ocean of Universal Huang Di.

... We arrived to a place where we could spend the night. We were gathering firewood in complete darkness. When, at last, the campfire caught fire, Vladimir invited all of us to lie down comfortably and sleep for three hours before dawn, until the moment when we would go closer to the grouse.

I was not able to sleep, I was asking myself: “Who am I? Where am I? What am I doing on this Earth? Why am I here? What should I do here?”. How many times Vladimir suggested to us not to forget about these questions! But now — it was not only necessary to ask them to ourselves, we also had to answer before God — directly, with full awareness and with full responsibility: “I am the part of the Absolute, a tiny droplet of

consciousness. I am embodied in order to grow and realize my own consubstantiality with the One, to Whom we should strive.” And now, I must tell Him about my own readiness to go to Him without hesitation. For there is nothing in life more important than this Goal!

Huang Di connected to my thoughts and reminded me about an idea that I had read in one of Vladimir’s books: God never gives to humans unbearable tasks; but people must not continue to live in the *dreams of something more*<sup>5</sup>. It is necessary to not only make a choice in favor of God, we also have to get out everything in our own lives that prevents us from going to the limit of our own possibilities — daily, hourly...

... I slept a little bit while holding the hand of Huang Di.

... We got up before dawn and, after we silently collected our things, we moved to the place, where black grouse would be singing. In the predawn mist there were flying woodcocks, gently flapping their wings over our heads. Then the snipes began to sing their delightful songs, rising up and then falling down cutting the thick morning air with their splayed tail feathers; that was making the sounds like bleating.

We also listened to the black grouse...<sup>6</sup>

... The sun was rising higher and higher illuminating the fields. Birds were filling the space with their voices. Each species of birds was participating in the general chorus at a specific moment in relation to the quality of the brightness of the light. Males of all species were trying their best to attract females through their songs — so as a result of their love, children would be born, and then they would learn the songs of their own species from their fathers.

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<sup>5</sup> Words of one of the earliest songs of Boris Grebenshchikov.

<sup>6</sup> See our reels on [www.ru.spiritual-art.info](http://www.ru.spiritual-art.info), including “Blackcock’s Display”.

Vladimir told us all about this, and taught us to distinguish the voices of the birds.

And then he depicted, through compacting the consciousness into a new form, how blackcocks sing: so that we could see it more closely.

... If some of you have seen the actor Lebedev, depicting a very old horse in the play “Strider”, then you know that a person can portray a horse like no horse can.

So now try to imagine a man on a small hillock among the fields, who slowly turns into a huge singing blackcock. He was tilting his head and torso, spreading his wings, which were almost touching the ground, spreading, as a fan, his large black and blue tail feathers — and started “to warm up” by shaking his torso and uttering black grouse’s “chufykaning” sounds that later were growing into a jubilant song...

Then Vladimir straightened up, took a human form again, and laughed — and we all laughed with him.

... After this, we looked at the sunrise on a hill inside the Mahadouble of Sathya Sai Baba, Who had emanated from the depths of the boundless Ocean of the Creator.

... After that we went swimming in the icy water of the river, which had barely got rid of its ice, and then took a sunbath under the already shining summer’s sun. All the experiences, tensions and delights of the night were washed away by a new day, which we had to live for God, here and now.

## ***Birds***

***“You can cognize that all beings  
are My little children!”***

**Krishna [8]**

Vladimir always taught and is teaching us not only the art of meditation but everything! He is teaching us

to see the harmony and beauty of nature, to be careful, gentle in an interaction with each incarnate soul. Every such being — blades of grass, trees, small spiders, ants — were becoming for us those, whom we should sincerely love. It was inadmissible “to miss” an ant on a trail and accidentally step on it. Or walk past a rusty sheet of tin, which crushed down young grass, without removing it. He always noticed when a creature needed help, for example, by disposing a dry branch that hanged on a young tree, by cutting ropes that were wrapped around tree trunks by someone which hindered the growth of trees.

Vladimir is not only teaching us by words — how we should act. He always gives the example himself. By this way he lives: by practicing the laws of love towards every creature. And this is how we were learning from him; we saw an example before our eyes, as he was putting it into practice.

He also taught us to recognize birds by their voices.

It was not easy for me to do this... During the first spring of my discipleship, voices of birds were naturally joining into a united harmony of happiness expressing the first touches of God, and I was not able to remember their names or their songs. My skills in ornithology<sup>7</sup> were limited to the ability of distinguishing a crow from a cuckoo. If I saw a bird, I was able to distinguish a thrush from a woodpecker, a robin from a chaffinch... But by ear... and when they all sang together...

It was like if Vladimir asked: “Who is keking?” Sometimes we knew the answer: a woodpecker says “kek-kek” — it was written in our cheat sheets. A black woodpecker says: “I’m sitting down” when he sits down on a tree, and whistles, as a police whistle, declaring to everyone that he flew. “Pink, pink” — it means a chaffinch. Jay — gently “croaks”. And thrush-

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<sup>7</sup> Section of zoology dedicated to birds.

es, if they are just talking among themselves or fighting off other birds from their nests, — cracks.

But if the same kinds of thrushes start to sing — it is very difficult to distinguish: a blackbird, a redwing, a song thrush, or a fieldfare... You will never guess! And you cannot record their verses in cheat sheets!

And only with time it became clear to us that those who have not yet learned to contain in themselves love for all beings — His children, also cannot love God: their Creator. And that you can truly love them — only if you are willing to know them: learn their names, recognize their voices...

Vladimir did not only manage to overcome such resistance from us. He did not only give us the possibility to see, near our big city, black grouses and snipes, woodcocks and curlews, foxes, hares, beavers... We became witnesses and participants of a transforming miracle: when we had learned to live in subtle harmony with nature — animals cease to be afraid of us and approach us, fly up close. When we got in forests instead of parks, tits and jays came to eat cheese sandwiches right out of our hands. Lizards were letting us pat their backs warmed by the sunshine. Robins, with their big eyes for their little furry bodies, were looking at us: they seemed to be asking themselves... Who are those big creatures radiating love? They were flying up close and were sitting on branches very close to us — and gave us the pleasure to hear their beautiful songs.

Then, when we were filming the birds for our movies, I really got to know about their lives — and loved them even more, as Vladimir wanted! And I learned their songs, while I was offering robins and chaffinches, thrushes and warblers the possibility to sing their songs in the microphone — for the pleasure of those people, who, perhaps, will hear their voices in our films — for the very first time.

## **Monasticism**

***“... The discernment of one person does not stretch the wings onto another. And every one of you stands alone before Him.”***

**Khalil Gibran [8,30]**

***“God is cognizable only in the true monasticism!”***

**Vladimir Antonov**

**(From the film “Three Steps of Centering. Places of Power”).**

I have already mentioned that from a certain point the current of my life clearly divided into two streams. And the one that flowed in the material world, — was sharply slowing, stopping an unnecessary race for the illusory, transient values. And there was the other one, carrying me to the fullness of cognition of the Creator, — which was incredibly intense and accelerating. From a certain point the habitual course of events ceased to exist. Only the stages on the Path remained, which were determining changes in my life on the material plane.

A monk — is one who is completely devoting oneself to God only: learning to cognize Him, loving Him and serving Him, through the spiritual help to others.

I fully understood this formulation, given by Vladimir. But it is one thing — to understand the theory, but another and difficult task — to implement it in a real life situation.

So God created a situation where I had to make a definitive choice.

... I was combining the work that I loved in a movie studio — with the spiritual studies for quite a long time. But at one time, I was offered a job on a film which consisted in an expedition to Egypt (a free trip, wages in hard currency, excellent film director and actors). But, on the other hand, there were the Divine Teachers

**Ptahhotep and Elisabeth Haich Who were beginning to reveal to us the ancient time esoteric knowledge from Egypt.**

**I understood that if I was to go on the expedition — these doors could never open themselves for me again: the doors that God was opening.**

**I did not even ask Vladimir about this situation: I knew that, if I ask, he would say: “Of course, go, if it is what you want!”... I had to make this decision myself. And it then became clear for me: I decided not to go and transferred all my current affairs to a good person and then... I had left the keys inside the wardrobe, and slammed the door which had two locks... The door to the world of illusions was closed forever for me...**

**Other ways of life than a life, completely dedicated to the service for God and consisting in moving on the Path to the fullness of realization of the meaning of my existence, was already unthinkable for me. God no longer needed to ask me about this, there was already no way back!**

**\* \* \***

**True monasticism is a state of the soul one on one with God. It does not consist at all in things like removing our bodies from “the world”, or adopting new names, wearing special clothes, etc.**

**Vladimir always taught us to interact with God directly.**

**In particular, he sometimes suggested to each one of us to stay alone with God in the forests, drifted apart to some distance, — to feel that there was only *He and I*.**

**Once, each of us even got to live in a complete forest “retreat” for a whole week. At that time, we got to look for *places of power* ourselves for the first time, and learned to feel the direct guidance of God.**

**It always was an invaluable experience that allowed us to learn to have a more complete and intimate interaction with Him — the Loving Father, Strict Teacher, the Only Beloved, Infinite Ocean of Love...**

**God Himself was unfolding situations in our lives so that understanding came to us: in fact, we should rely only on Him and no one else, not even incarnate Masters, not even on the most dear and closest companions on our Path.**

**\* \* \***

**At first, God was only telling me encouraging words on the early stages of the Path, dictating verses of love and talking to me about the bliss of Mergence with Him. But then, the more profound and mature my relationship became with Him, the more strict He became.**

**The closer you approach Him, the bigger efforts He requires from His disciples.**

**I will give now some examples from my conversations with Him to illustrate this:**

**“There can be no meditation without love!**

**“Why is it that love sometimes disappears in you? It is because some part of you-soul is not yet cleansed from the vices and is not crystal clear. But only such purity can permit to merge with Me! The soul must be absolutely pure, fearless in its aspirations, gentle and transparent!**

**“This is — what you have to do for Me: you have to clean yourself from vices and rebuild yourself as a soul, filled with love, and then offer yourself to Me.**

**“The things that you do out of imitation, but not coming from your own inner convictions, — are short-lived; let them fly off like a husk.**

**“The ones, who are led to Me ‘by a leash’, cannot enter into Me!**

**“You must learn to rely only on Me — and be fearless! The heart, filled with My Love, cannot be afraid either for oneself or for others!**

**“Understand that My concerns are not in the creation of comfort and peace for you or My other students. My concerns right now are about you overcoming your self, throwing off ‘the human form’<sup>8</sup>.**

**“Study — for this sake — see My blessings in every situation. I created them for you and for all living beings. Rain, cold, a train cancellation — everything can be turned into blessings! Learn to use every situation — to become better!**

**“Do not be afraid of failures! In defeats, the will to win becomes tempered! Those, searching for an easy way, cannot reach the end!**

**“Also understand: I do not expect that you become perfect instantly. Accept calmly the fact that mistakes are inevitable for those who have the courage to act! Just remember that the wise do not repeat mistakes twice.**

**“And remember: I am — near you, I am always ready to come to your aid!**

**“I teach you COOPERATION with Me! This is the only way you learn to live and act in Mergence!**

**“Remember firmly and forever:**

**“The state of ‘nothing turns out’ — is a *challenge*! It is — a *challenge* to become better, to change — and to take the next step! Life of a spiritual warrior consists of *challenges* that he or she *accepts* as a great gift, — and comes out as the winner in the battle against one’s own imperfection!**

**“Learn to act in Unity with Me! I do not accept anymore the service of you as ‘a shudra’, when one only acts as told. I expect from you initiative and creativity! And I accept — only love as your gifts!**

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<sup>8</sup> See “The Teachings of Juan Matus” in [8].

**“But also do not defend the right of the ego to ‘self-determination’! You offer to Me your gifts, your ideas, your proposals. Then we will be able to work together — you and I — on the things that I have accepted. This joint work will teach you to unite yourself with Me!**

**“You must not be like a chip of wood floating without any propulsion on the waves of the ocean. And do not be like a ship, going against waves and wind directing its course. But be like a wave, *consubstantial with Me — the Primordial Ocean!* The waves go up and down, but they never cease to be the Ocean, and when the calm comes — there are no waves anymore, only the Ocean remains!**

**“Correct yourself! Do not force Me to teach you through pain!**

**“Understand that when I have to teach you through pain, I always suffer more than you! So, please, stop hurting Me!**

**“There are events that come into your life caused by the inertia and passivity of your life. If a person has embarked on the spiritual Path, but for a long time does not change his or her way of life, then the consequences of such mismatches — concerning the growth of the soul in opposition to the saving old shackles of the material plan — causes events that break down those old shackles and old foundations through cataclysms.**

**“It is required to always have a more intensive and deeper life in Me, with Me!**

**“Fearlessness in letting go of all obstacles is required!**

**“The torpid life-process facilitates the realization of negative karma.**

**“But you can live in such a way, that the manifestation of that bad karma can be diminished in the material plan — through the right actions and Mergence with Me in Love! This applies to everyone who has spiritual aspirations and wants to achieve more than only a ‘life**

of righteous person'. This is — for those who follow the Straight Path!

“It all depends on the size of your ‘vessel’: that is, how much you are able to contain. I am willing to offer you the whole Ocean of Me, the whole Ocean of My Love, Wisdom, and Power! I am willing to give Myself — to you, and everyone...

“But you cannot contain the Ocean. Only the Ocean can contain in Itself — you and all that exists.

“And at the moment, when your ‘vessel’ will become identical to My Depths and large enough in size for the preservation of your awareness in Me, then I will be able to remove this ‘vessel’, to break out the illusion of your separate existence. You will then obtain the experience that there is only Me, only I exist, that you are Me!

“For now, since you cannot always be in Me, try to surrender yourself to Me. And the best way to do that — is to offer selfless service to Me!

“This is the best way of living, allowing one to acquire missing qualities such as: energy, self-discipline, calm, non-attachment to earthly things, broad-mindedness, ability to think quickly, etc. And all actions should be done on the background of Bhakti: love-devotion to God. This, in return, allows to erase vices from the soul and help in the dissolution of the remaining negative karma from the past. This allows to grow properly. Those, who serve Me and forget about themselves, will be brought closer to Me. I surround them with the Love and Care of the Father and the Mother. I stay with such heroes always.

“Total Reciprocity<sup>9</sup> should become the background state. Always feel yourself dissolved in the Ocean of Me!

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<sup>9</sup> One of the meditative states that is mastered in Buddhi Yoga (details — in [13] and in our films).

**“Being able to perceive fully Me, My Will — it can be done only on the background of peace and dissolution. If you master this — you will become One with Me.**

**“Only love can be dissolved in Love!**

**“Only in mutual love can be possible Peace, Gentleness, Mergence of consciousnesses!**

**“Everything else is garbage, let it emerge to the surface and be carried away by the current!**

**“You are in the Ocean of Me: in the Ocean of Pure Love! Become this Ocean!**

**“... Contentment with *myself*, with *my successes* — it prevents the subtle and pure perception of Me.**

**“It is possible to immerse into Me up to infinity — and then come back into a comfortable ‘human form’ without feeling a discomfort or contradiction between these states.**

**“But the immobility of the ‘i’ in the absence of efforts of dissolving it in the Depths of Me — over time, becomes ‘shackles on one’s feet’.**

**“One, who stands still, — moves away from Me. This is like a pregnancy: it is fine, while the fetus grows, but, when it is ready, the delivery should be — how it could be otherwise?<sup>10</sup>**

**“You cannot sit on your achievements, when the level of your previous achievements forms a marshy lake with stable banks — instead of the mighty river flowing into the Ocean of Me!**

**“The Mergence with Me that does not bring one to go deeper and to expand in constant search of new opportunities to give love to Me and Me to others — after some time ceases to be the Mergence with Me, for I do not let you stagnate.**

**“One, who thinks that the Goal is already reached, and that it is now possible to ‘rest on laurels’, — enters on the path of degradation.**

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<sup>10</sup> This is the “birth” in the Abode of the Creator. (See the “Gospel of Philip” in [6,8]).

**“The Mergence which does not become deeper — diminishes!**

**“Love which does not increase — dims!**

**“The task is to become Me in the whole entirety! And you will not get your way through ‘pleasing’ Me with small things! The stage of ‘shudra’ has ended for you a long time ago! You have the option to take a new direction in life — or, if you do not, it is enough for your present incarnation!**

**“And I do not expect at all that you will be able to take this new direction from the very first. I never condemn those, who fall, rise and start all over again!**

**“Bless the difficulties, for we grow through them!”**

## ***Teaching***

**We were not only learning new things for ourselves, we were also learning to give received knowledge to others, in particular, to teach.**

**There were always only a few worthy students ready to receive this teaching. Sometimes we all, in turn, conducted classes with one or two chosen ones. For a very long time, many years, Vladimir did not make a massive recruitment among those who wanted to study. Since then, very few received the possibility to study at least at the initial stages.**

**One of the difficulties for me was always the ability to see the drawbacks, mistakes and vices of students. Here my “rose-colored glasses” were greatly hindering me. Drawbacks in others, if I noticed them, seemed to me to be insignificant. I talked about those excessively softly — and... people were just not taking my words seriously...**

**But this is extremely dangerous — when the process of the growth of consciousness happens... along with the soul’s vices...**

**Vladimir, of course, scolded me for this. And God scolded me too — and the further, the more strictly:**

**“Are you really ready to serve Me?**

**“Here: I give My children into your hands! You have to love them, as I do, bring them up, as Vladimir does! But you... only 'smooth' their defects!**

**“You, when bringing them up, should take responsibility for their destinies! Your concern for them cannot be limited to the subjects of eating, drinking, and giving meditations! For there is also God and ethics, philosophy, there is a life side by side with Me, in which you must be an example to be followed, imitated...**

**“Your role now — is not correct: you just want to be ‘a good mom!’... You depict *an upbringing*, instead of love, from which I both — scold and praise, and never let My hands go, on which I hold the whole situation from My Depths!**

**“My Love has no pity! I make precise strikes against vices of My students, because I know that this clears them from 'ego shells' which separate them from Me!**

**“Are you ready henceforth to take the whole burden of responsibility for the lives — of whom I entrusted you?**

**“Herewith, it must be remembered that the fullness of the responsibility for the fate of the students implies the ability to feel My Will in every moment — Will of the Creator, which is directed to the benefit of each soul!”**

**... Thus God was teaching me to understand people, to see the abilities and potentials of souls, see the longing for Him, or its absence, see vices and the ability of each student to discover them in oneself and get rid of them...**

**And it was not always those, who seemed to be more capable than others — due to their achievements of past lives — who stayed with us. For some reasons, it seemed that God, turned out to be,... was not needed to many of those, for whom everything was easy to**

**master. And only those, who were working tirelessly over themselves and burning with great love for Him, stayed with us. It were such souls, who were ready to fight for their impeccability and filled with love, — those are needed for God!**

**\* \* \***

**Sometimes it was very painful for me, as for all of us, to see and understand that certain person could not move on...**

**The causes of their withdrawal in such cases may be different, but the best thing that could happen is if they just lost interest in the work — and leave.**

**But if a person is unable to deal intellectually with one's vices and sometimes even defends one's right to possess them: "I am right, I am scolded for nothing", or they do not put efforts in their elimination — then a student must be immediately stopped.**

**God spoke to me about this in such a way:**

**"Serious meditative practice is associated with the rapid growth of the consciousness, and this requires getting rid of vices quickly.**

**"The work of remaking oneself is performed by the students themselves, God-the-Teacher — only helps and gives advices. The students must consciously accept the Path and put themselves under the strikes of God. Thus, the students ask God to strike them. In this way the students become allies of God in this work over their own imperfections and make maximum efforts to change. They must, with 'clenched teeth', endure the pain of surgery removing the vicious pieces of one's self.**

**"If the students do so — they can move on, if not — then STOP!"**

\* \* \*

I would like to say one more thing. I personally witnessed this only once, but I heard that such things happened before.

How easily it is forgotten sometimes by some former followers, that not they paved the way, that they were helped to go on, that the most powerful techniques were received by them as the gifts!

And the one who receives gifts and gives nothing in return is in reality a thief, — so God taught us.<sup>11</sup>

But somehow, some of them suddenly say: “Now I will create my own techniques, Antonov is too strict and demanding, I now know God better than he, I hear, see and can do everything myself!...”.

Then a complete “rollback” takes place, loss of past accomplishment, degradation, or at best a stand still till the end of the incarnation.

Like a branch, that grew up attached to the trunk of a tree — would suddenly announce a disagreement with the roots and trunk, which nourished and nurtured it. Such a branch would dry up and bring no more fruit, because the further development of such people is stopped by God...

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Once, Vladimir told us a parable, saying that the spiritual Path is similar to crossing to the other bank of a turbulent and broad river. And we should not take with us in the boat those, who at the middle of a river, suddenly, will be scared, or they recall that they forgot to take something with them and want to run back, start to panic and sink the boat... It is better for those, who are not ready to overcome the Path, to stay at their

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<sup>11</sup> See the Bhagavad Gita in [8,10].

bank. We should not take them with us, even if they strongly ask for it...

## ***Miracles***

All my life, I lived with the desire to see a miracle, with the belief in miracles. I believed that it was possible: to fly, to heal with the Divine Touch, to resurrect...

The real miracles came into my life together with the start of my discipleship. But my childish-egoistic desire for the materialization of something that I could touch with my hands continued to live in me. The miracle of the cognition of God did not replace my ordinary human notions completely, thinking that a miracle — is when things appear “out of thin air” or when a train wagon or a plane disappears or when it’s snowing in a hall...

I already knew how to merge with the flow of Prana, with Mahadoubles of our Divine Teachers, was entering — just a little at that time — the Abode of the Creator... But I already did not consider this experience miraculous. This became — usual... — what kind of miracle is there to be seen in this?! It was similar to the way we do not see the miracle of the blossoming buds in spring, in huge trees, which grow out of a tiny seed, in the miracle of life, in the miracle of the beauty of God’s Creation...

And so, one time, David Copperfield explained that to me with a joke — and also with the help of a miracle...

... We were in the forest, it was the end of summer, and we had been working a lot that day, walked at least fifteen kilometers, and were tired...

David came. And it became so joyful due to His presence that our fatigue passed entirely...

It occurred to me to ask David for a miracle. It would cost Him nothing to materialize a little snowflake on my palm! Nobody would even notice: the snowflake

would melt immediately... I walked for some time with the palm of my hand imperceptibly offered to Him, and then forgot about my silly request... — I was walking and admiring David, His Divine Smile...

And suddenly, after a few minutes, in a clear sky with a shining sun, — a tiny dark gray cloud started to appear. And... with a gust of wind, snow and hail began falling on us... The sun continued to shine brilliantly, as a dazzling smile of David shined: you wanted a miracle — here it is!

... I was holding melting snowflakes on my palms, breathless with excitement...

But I also had to repent: we all were soaked because of me.

... And then, again, we experienced the true miracle: our Divine Teachers Sathya Sai Baba, Jesus, Krishna, David — helped us to Merge with Him, we immersed ourselves again into the Abode of the Creator...

I will not even attempt to explain how we feel when an individual consciousness touches the Consciousness of the Creator, will not try to speak about the states of dissolution, or Mergence... This knowledge cannot be transmitted only through words. Let everyone, who embarks on the Path, cognize it by oneself!

## ***Wearing “Rose-Colored Glasses” and Meetings with Evil***

Seeing only the good in everything, not noticing evil, living as if evil does not exist at all, — was the typical way of perceiving the world for me, since childhood. On one hand, it was good — I loved everyone and everything, since when you look through rose-colored glasses — it is very easy to love... But such a “defect of vision” could not suit God: it is impossible to eradicate evil, if you do not see it, it is also impossible to help others in this...

**“We can tear out evil only if we recognize it. If we are ignorant of it, it will continue to grow its roots and grow itself in us... Ignorance of it is the mother of evil in us,” — Apostle Philip wrote down [6,8].**

**I was ready to deal and fight against vices, eradicate them from myself — it was quite easy for God to bring me up to this understanding. But to see that evil exists outside of us too, misunderstanding of this and carelessness in this — may lead to troubles — this was more difficult for me...**

**So God started to explain this to me.**

**For example, I thought that, if I loved dogs and was not afraid of them, — then no dog would bite me! So, one day I was walking, overflowed with love and joy, — when a dog pounced on me and bit me. Its angry-drunken owner was sitting on the steps of a store — and was enjoying the scene...**

**Understanding that there are people who are much worse than the most vicious dogs, who do not even need a reason to do evil, it was becoming hard in me...**

**Vladimir often showed us the reality of the present and past political situations of our country — and I tried to recognize that the lyrics: “Wide is my dear country, where man breathes so freely!” — do not reflect the real state of things. He also spoke to us about the “Christian” inquisition, about the history of the perversions in other religious movements, about those I had always thought only good, but I knew only about the superficial layer... Every time, I felt like I was scalded with boiling water and that my skin was being removed from me... How easy it is to love a sweet fiction and continue to think: “How everything around is so wonderful!”...**

**God was strongly trying to explain this to me, so that I could “get it” without having to experience a big calamity on the material plane. He showed it to me up close, but from a side. He was trying to teach me cau-**

tion — with the same tenderness as it was in my early youth...

... I remember how once, during a tourist trip, I walked alone in the mountains. Just like with dogs, I was not afraid of people at all. I enjoyed the spaciousness and beauty..., when a man, who looked more like a terrible wild animal, approached me. He took my wrist with force and commanded me to go with him. I was not very afraid and said that I did not want to go with him — and I thought that it was enough for him to let me go. But he did not let me go. He also apparently had never seen such a “wild” specimen before. He held my hand for the entire time on the way to the... tourist base... He told me to never walk alone... Only a bruise on my wrist remained after that incident...

So then and now — through pain and tears — God offers to see and realize the existence and manifestation of evil on the Earth. By the same way, He sometimes painfully squeezes my hand and shows me what I previously feared and did not want to see.

He offered to develop in me the wise *caution* of a spiritual warrior. He suggested to me to love not a fictitious “humanity” while living and serving Him in this world, but, to see the truth, to become namely a wise Love. He offered me to learn to help everyone in everything good — just as He helps!

## ***Quite a Bit about Death***

***“... When you are anxious,  
ask advice from your death.  
An immense amount of pettiness  
will drop then off you...  
Death is a wise adviser  
that we have”.<sup>12</sup>  
Juan Matus [8,27-28]***

God regularly reminded me about the death of my material body, especially when I was losing myself in the hustle of earthly affairs...

Vladimir often suggested to us to try, if possible, to have no unfinished earthly affairs and earthly debts, including non-material affairs. He suggested us to live in such a way that if death comes right now — we would not be ashamed to die in front of God. And we would not look back to what we have forgotten to do...

God was very skillfully “playing along” to help Vladimir in this.

God showed me the “face of death” even through the threat of surgery (which did not take place): suggesting me to prepare for it as if I would not come out of narcosis. Or He showed the death of other people. Or was slightly hurrying me, directly reminding me that we do not live in our bodies forever. And that we should think about the things that are really important so that we have the time to get them done...

I will now tell about one of these episodes. At that time, I only started to study with Vladimir, and was still working at the studio. One time, I was running in a hurry at the studio yard with a bunch of suits in my hands — and at a turn I ran into a car, which fortunately was not moving very fast. This was during winter, it was very slippery! I was hit by the car and slipped — and

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<sup>12</sup> Back translation of this quotation from Russian.

found myself under the car. The driver, whitened with fear because of this, got me out and helped me to stand on my feet. He was surprised to see that I seemed to be all right...

I thanked God for this lesson! He showed me — quite specifically and intelligibly! — that death can happen very suddenly, when we least expect it...

But, God sometimes reminded me of death even after that, so that I did not forget that lesson — and hurried me up: for me to understand how much is still to be done.

For example, my mother, who accompanied a female friend, ill with cancer, to the hospital, told me that the turns of cancer patients were similar there to the crowds in crowded buses during “rush hours”. And I remember how God had once showed me — in a dream — myself standing in such a “turn for death”... Another variant of a turn, shown to me in the same dream, was in a comic form — “a turn” of Those Who had reached the Perfection — in front of the entrance to the Abode of the Creator... I saw then immediately how little I had done on this Path... And I also thought about how important it is to try to do as much as possible for others — so that they would also have time to think about all this...

... The illness and death of my mother’s friend taught me a lot too.

I was deeply grateful to that woman who once, during my first steps on my religious way, taught me the Christian humility. She was a sincere and deeply religious human.

Then — I tried to give her the knowledge that I had gained up to that time, but it did not turn out good. She, being an Orthodox, did not believe the things I was saying, did not accept my views, and did not want to read “sinful” books...

But, once, Jesus, speaking through me, promised her a healing. But He was also asking her — in grati-

tude for this — to keep fasting — a meat-free diet for all of her newly granted life. If okay, He recommended to confirm that the healing really happened — through repeating the tests on cancer. He told her exactly the date when it should be done. Analyses were carried out — and a reply was received: there were no cancer cells anymore.

But she still did not believe Jesus! The opinion of the church turned out to be more important for her!...

And then the cancer returned to her body...

One of the mechanisms of the manifestation of cancer — is the entering of souls of dead animals, killed and eaten, into the human body. These spirits create there “a nest” for themselves of cancer cells.

She died exactly one year later: on the very same day, in which — the year before — she was healed by Jesus...

She continued to accept with humility her fate until the last breath and strictly performed all the rituals and regulations of the church...

Imagine her shock, and confusion, when after the death of her body... she did not find herself in paradise! All did not turn out to be as the “pastors” promised her...

After she died, she came into my room. I had very little experience of communicating with non-divine souls — and did not immediately notice her. She tried to draw my attention to her. I felt bad, stuffy because of this. I did not understand what was happening and only after a while noticed her.

I sharply felt the pain of this deceived soul... To calm her down somehow, I asked her to sit on a chair, which stood in the room. She hung in the air over it in a sitting posture...

I tried to help her as much as I could... I offered to her to recollect the most tender emotions of love, which she experienced in her life, the peace and transparent silence of the autumn after she was healed,

when she heard for the first time in her life how leaves fall to the ground in silence... And she found peace... But it is already impossible after death to obtain the state of love, which was not mastered by a soul during life of the body...

But how much more she could have done, as a sincere and deeply-religious human, if...

I strongly understood at that moment what an obstacle it is to not have access to true knowledge about God, about the meaning of our lives! And how important it is to make this knowledge available to all people!

## ***Interrupted Song... and Repentance***

The only way to purify the soul from vices is repentance.

But, how can we repent? This was explained in detail in [2,6,8-9,12-13,18,20,22-24], and I will give you some examples from my life.

Vladimir recently told us about a situation that happened once, when he had only studied the interaction with God in the Orthodox tradition. He advised his young Orthodox friend to pass through repentance in church.

That friend came back shining!

Vladimir asked him:

“So, have you repented?”

“Yes!!!”

“Of what?”

“... I do not know...”

“How did you repent then?”

“Like this: ‘I am a sinner, O Lord! I am a sinner, O Lord! I am a sinner, O Lord!’...”

... In the beginning, I also repented but maybe a little better than Vladimir’s young friend. Many times I did a recapitulation of my whole life and tried to observe the situations as if from outside. I looked at the

mistakes that I could recall, which caused pain and sufferings to other beings, and asked for their forgiveness... And, I thought, I had already repented for everything that I could remember...

But we should understand that the work of purification and transformation of oneself cannot be done only once and for all...

Sometimes, God leads us so that we recollect again and again the things that we did not understand well and the things that remained unclosed even after penitential work.

... I will give you an example: we collected flowers of bird-cherry tree to make honey. With us — Divine Lao. At a certain moment, I started to feel so bad, as if I was dying, almost getting coma... I was trying to understand: what could be the reason for this?

I asked Lao: “What is wrong?”

“Understand:” — He replied — “you are picking flowers that I taught you to keep on the palms of your Love, on the palms of the hands of your spiritual heart!

“Now you are picking them mechanically: if it was for food — then it would be okay... But this is — not quite so!

“Moreover, they give you their lives, their scent, their love — and you do not have the right to accept these gifts without gratitude to them!

“So recall in your mind all of My children embodied into plant bodies, whose lives you took away in vain...”

... I then remembered bouquets of wildflowers gathered in my childhood, garlands of dandelions... I recollected lilies — the northern relatives of Indian lotuses: which we pulled out of the water to make beads from them. We were breaking their stalks, and now the beautiful corollas were hanging lifelessly and dying...

I repented and asked for forgiveness — and learned to never forget those lessons of Lao...

... And quite recently, being familiar with the state of my energy purity and transparency in my body, I noticed a slight darkening, which I could not eliminate by any means. I tried to deal with this myself for a long time, but I could not get rid of it...

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We went to Babaji<sup>13</sup>. He was answering questions and was encouraging us to ask more.

I took my chance — and asked about that situation.

Vladimir transmitted Babaji's answer:

“Everything similar has the karmic causes.

“More repentance is required from you. It is from your ‘tourist’ past.”

... “Tourist past”... I had only nice memories about the hikes of my childhood. My dad had taught me the hiking life from my early childhood. In the summer, we were kayaking or bicycling, in the winter — skiing. Dad always was transformed in such hikes, becoming a completely different human being... Now I understand the mechanism: in contact with nature, he immersed himself into his anahata and lived by his spiritual heart, transforming our journeys into happiness through communicating with nature.

For a long time, I was not able to remember about the things that I could have done wrong then. I remembered hikes... The vast expanses of the river Vuoksa, the marvelous beauty of the environment, where only one-third of the surroundings is land, there are rising stone islands out of the lake's surface overgrown with pine trees, mosses and lichens, and everything else there is — water, transparent surface of the water...

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<sup>13</sup> Babaji embodied in His last incarnation as an Avatar in Haidakhan, India. His Teachings are described in [2,5,8,11,15].

Boats slipping through the smooth water surface, we arrived on an island... And there — in the small hollows — there were spinney of brown cap boletuses and orange-cap boletuses, blueberries and cranberries. And rising above the water, stone cliffs were calling us to climb to the top — to see the amazing beauty of the lake and land from a height... Beautiful sunrises, sunsets...

My dad was an example to follow in many ways: living trees were never cut for a campfire, broken paws of living spruces were never used to be bedding for tents, dad was never able to catch a fish himself: he was physically feeling the pain of worms, which we would have to put on a hook... Neither he nor I, nor my mother knew about the ethics of nutrition... and, of course, we ate sausage, meat and canned fish...

... I was not able to find the specific reasons mentioned by Babaji. I tried to ask Him for help once more...

And then I remembered one hike very different from all others, which turned out to be almost erased from my memory, hidden in the depths...

On this occasion everything was not as it used to be. I was about eight or ten years old. This hike was not guided by my dad but by his friend — a hunter and fisherman who had much experience in this field.

He was not an evil man. And he was the one who also once taught my dad about the hiking life on water.

... We were sailing along a river with low, swampy, and braky banks. Every night, a fishing net was put across the river — and huge fish became victims... And we then ate them...

At one time, he brought us a dead woodcock as a trophy and was very proud and happy...

Here!... Now I was sure that I had found and recollected to memory my mistakes...

I saw once again the dead body of the bird — with his large round glassy eyes, his soft brown feathers

and amazingly long beak. I realized for the first time that it was — killed! And that this little hunting trophy of vanity could not serve as a meal for nine people...

Now I cannot remember: if I ate or not its flesh at that time... But! At that time, I closed my eyes of the soul and hid them from this awareness — because of the horror... But the ability to understand was so close... This could be the first deliberate choice of the soul that I could have made... But, at that time, I chickened out — and continued to live like everyone else: with my eyes of the consciousness closed...

... I also did not know much about woodcocks then, even if the occasion to see them was there... I was always asleep when down-low over the river, they were flying over the bushes, hanging down their long “noses”, when these amazing birds were filling the evening and the morning dawns with their mysterious, inimitable songs.

Now, many years later, I have learned more about the life of the woodcocks, I have learned to hear their songs, and I even made a movie about their amazing flights...

Now I understand very well the magnitude of my mistakes! I asked forgiveness of that woodcock, which, in obedience to the divine call of spring and love, sang its song..., but a shot of a human-predator rang out and cut short its life... and its song...

... In recent years, I have often seen them up-close by taking part in the work with Vladimir... Sometimes it has happened that, a woodcock, after feeling the field of my love, hovered in the air a meter from my face for a few seconds. He was looking at me with surprise: is she really the one who radiates such love?... And I in response was only able to send to it new portions of my love, because the camera could not shoot it in the descended twilight...

Beautiful songs of the woodcocks, curlews and snipes sounded all over the land... And somewhere in

the distance the shots were ringing out... Hunters “prowess” were continuing to cut short bird’s lives...

## *Cinema*

Cinema played a very important role in my life.

My grandmother (the second, not the one, whom I have already mentioned) worked at the “Lenfilm” as an artist since the foundation of that cinema studio. And there was no question of choosing a profession for me.

Through the cinema, I learned a lot. Every new film is a new crew, new world of images, new expedition, new cities, people... And every person, whether he or she is a famous actor or a crowd-scene participant, when he or she enters a wardrobe, takes off part of his or her personal image along with clothes — then it gets better to see his or her substance.

I have worked with many “stars” of Russian and foreign cinema and had a possibility to observe them, at the height of their fame, from the side. Also, I could see that happiness or unhappiness did not depend on the fame and fortune, for the achievement of which many are willing to spend their entire lives. But everything is determined by ethical principles and spiritual qualities of man.

I worked on joint projects with the French and British, Japanese and Americans — and I knew that people in the world differ from each other, first of all, not by their language and ethnicity. And I was happy to meet in some people the desire and ability to work creatively, caring for others, and so on — and watched with sadness the arrogance and selfishness of others... And it is also not dependent on the halo of glory, wealth and nationality...

Perhaps, no other job would have allowed me to cognize so close such a huge variety of human souls and life situations.

... And also, there, in the movie studio, God gave me the chance to realize my childhood dreams... For example, I was trying on clothes in front of a luxury mirror various times and in various nations (to see how they are sewn). I traveled in a luxurious carriage (on the set), slept in palaces (in the brief intervals between shots — on a pile of clothing on the floor), sailed on the “ancient” sailing ships on the sea and so on.

It is exactly here my first meeting with Vladimir Antonov has happened, and it so drastically changed my life.

\* \* \*

... Once, during a day when Vladimir was explaining the work with Kundalini to me and Maria, he asked, inter alia: would you like to quit filming the useless rubbish for humanity — and start making spiritual films?

Of course I wanted to, Maria and I even had begun to think: where would we find the director, operator, money for the project?

We even tried to think of the scenario; Maria asked God to dictate it and took out a pen... This is what came out of it:

“One cannot know design of God  
As long as hearts are blind and deaf.  
Get all pieces of the puzzle together:  
The Truth is split to speculations.

“Do not forget, when coming to the world:  
The whole Creation — illusiveness!  
When coming here, do not uproot  
Your ties with the Infiniteness!

“With dazzling Divine white Fire  
Burn the burden of the body’s chains,

**And from the other side of “Mirror”  
You conquer both time and space!**

**“Look around in every direction:  
No limits are for “Transmirror Realm”!  
Thus there is no reason  
In looking only in the world material!**

**“Reality — is only Him,  
And no limits are for His Love!  
You see: in Him only we must exist,  
Whether we have bodies or none!”<sup>14</sup>**

We initially thought that it was — the recommendation “to quit” filming at all. And Maria and I rushed to implement this new “scenario”. But God had other plans. We then only were proposed to always keep Him, God, as the foreground in life. And the cinema — let it become one of the mechanisms of service to Him!

... When the idea to shoot *places of power* and meditations had appeared, I could not even imagine how great it would be!...

And so, video camera, tripod, microphone, cassettes were bought... And — the first shootings started...

Knowing by experiences that the work of a two-hour movie in a professional studio usually takes about a year, and after that — about a year for the film editing... And during all this time people receive a salary...

It took us half a year to film and edit three four-hour series of the movie “Places of Power”...

Maria and I were involved in this more than anyone else. We worked on it almost twenty-four hours a day: for God did not cancel those paces of life for us

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<sup>14</sup> You can get acquainted with many other verses, received from God or written by colleagues of Vladimir Antonov, in the book [5] and in some of our other books.

that He set from the beginning, and they were just accelerating. We did not have a computer yet and if Vladimir did not like just one frame at the beginning of a four-hour tape, we had to reedit the entire film again, from the very beginning, because there was no other way to make changes...

And yet — it was turning out great! The videography transfers meditative states and states of *places of power* surprisingly well. The beauty of captured pictures of nature heightened the effect even more.

And God continued to teach us to communicate with Him in the affairs of service for Him — even when we were editing films! For example, when we were trying to choose the music for the film, it was unsuccessful over and over again... But then, for example, Lao would come — and the music, which “accidentally” was turned on, suddenly was precisely laying on the image, coinciding with the duration up to the second...

Sathya Sai Baba offered the following comparison: God is like an all-powerful film Director in His earthly staging...

And we were learning to be assistants of this Great Director.

## ***A Little More on Methodology***

I already mentioned that Vladimir Antonov had founded a new branch of modern science: *Methodology of spiritual development*. It includes, in particular, the well-defined stages of the Straight Path for the development of oneself as a consciousness and cognition of the Creator and Mergence with Him.

I would like to say a little bit more about this unique situation.

... What a shock comes at every subsequent step of cognition of God! Every time you think: “Is it possible that there is something more than this?” Any of

these mastered states seemed to be the final Enlightenment!

For example, how easy it would be to say: “I have achieved everything!” — after experiencing the first Nirvanic states in the Holy Spirit. Many spiritual seekers, who once had experienced this, — declared themselves as “Enlightened”...

However, many people, who were not engaged in any spiritual practices, could experience the sublime, being filled with loving states at least once in their lives... But how does one learn to live permanently in such states?... It is exclusively under such conditions they will have lasting value!...

And how can one learn to stay on the achieved level, even if those states were not “accidents” but the real fruits of great spiritual efforts?

The fact is that, among other things, we need textbooks on the methodology in such situations!

Moreover, the developments of Vladimir Antonov are the exactly scientific knowledge, repeatedly tested by the experience of not just one person, but by so many spiritual seekers. And they are included with impeccable logic into the overall picture of the nature of Creation, Evolution of the Universal Consciousness!

... On the Spiritual Path a human being can learn to move the concentration of oneself as a consciousness in the anahata chakra — and live in the states of love, harmony and peace. This is what is available for every human! This ability can be mastered in just a few classes, or even just by the books of Vladimir Antonov!

The following steps may be cognized by means of simple and clear methods on special *places of power*. But they are already esoteric and that is what makes them secret: God teaches them only to very worthy devotees.

Between the initial stages of the Path: the adoption of the existence of God in one’s worldview, the first efforts in the ethical transformation of oneself and

mental self-control — and up to the Mergence with the Creator — there are steps that include refinement and quantitative growth of the consciousness.

Moreover, the methodological “ladder” of spiritual ascent is like a map, which includes the entire route with marked points of destination and the ultimate Goal. But everyone — goes by himself/herself. The Master just paves a road. Only in some cases, he does personally help chosen humans to go.

And these clearly labeled steps of the general scheme allow us, including cases when we fall down, hurt ourselves, lose some meditative achievements — to start all over again... and really quickly restore the temporarily lost — now firmly and stable, forever.

The exact vision of the entire structure of the Path and understanding of the laws of motion — allow one to rise quickly to each following new height, gradually learning the Divine Subtlety, Love, Wisdom and Power.

Techniques, developed by Vladimir Antonov, and the corresponding selection of *places of power* to them — provide an opportunity to master the Path with incredible speed. One day God told me about this in such a way:

“He did what even I — God — cannot do on my own! But only a human and God, in the great mutual attraction and cooperation, can pave the Straight Path — the Path that allows a man to become God!”

\* \* \*

And I would like to say a few words about one of the components of spiritual work: about planning.

“It is impossible to live without a plan!” — Vladimir repeated this many times. — “We have to create plans for ourselves continually: both strategic — for the future, and current — for here and now.”

Without a strategic plan, we move much more slowly, act much less effectively.

**If we formulate our goals and tasks for ourselves on paper, and then, over time, make a report of them to ourselves: what was completed and what remained undone — our progress is accelerating. This happens, because God is always happy to take part in such planning and reporting, and helps us to see the flaws and find the right solutions.**

**This way of acting optimizes not only our own advancement, but also helps in serving God by helping other incarnate people.**

**I remember when I sometimes was rereading my own plans and looking at the work that was done, I was conscious of and wondered to what high extent God had helped to implement these plans! For example, the idea of service, which seemed to be almost unattainable, suddenly “took on flesh” becoming the books and films made by our hands, and a lot of people on all continents, except for, perhaps, Antarctica, got acquainted with our materials through the Internet...**

**Equally important are the current plans for each day. They are also surprisingly effective and allow us to do the necessary things quickly — without holding a list of undone tasks “in the head”: “do not forget to buy this, to visit that place, to call that person and say something and so on”.**

**God spoke to me about this, in such words:**

**“The purity of the energy in the head chakras can be achieved only if all things in the tonal — are in order. In particular, plans should be recorded on paper — and then the burden of unfinished doings does not ‘irritate’ the mind. The freedom from the world of matter can only occur under this condition! Then — you are ready to immerse into Me!**

**“It is impossible to solve everything only through meditation! It is just as impossible to wash mud from dirty material hands through meditative cleansings! Here you just need to wash your hands with soap and water.**

**“So the whole of your ‘island of tonal’ — that is, the surrounding material world associated with the body — should be kept to a minimum, cleaned and washed out. Only then it will be easy to slip from this island into the Infinity of the Ocean of Me!”**

## ***Advices from God***

Once in the forest, Sathya Sai Baba, Sulia, Kayr, and Andrew-the-Apostle spoke to us:

**“... Is it enough for your happiness — only Me?**

**“When two loving people are touching tenderly the bodies of one another with fingertips, then in this touching the two disappear and only TENDERNESS remains — one for both...”**

**“When two lovers are kissing one another, there are no lips, there is only the KISS — one for both...”**

**“When two lovers are looking in the eyes of spiritual hearts of each other, they, as souls, unite in the flow of LOVE — one for both...”**

**“How can you gain Wisdom? Through calmness of the mind, immersed into your spiritual heart, filled with the Creator.**

**“In this state, every thought of His becomes clear. And every thought here is now also yours. But this thought is free from the human ‘i’.**

**“Learn — in the silence of the mind — contemplate Me by the purity of the spiritual heart! Learn to live in this contemplation!**

**“This is how I become the Basis of all your actions.**

**“This is how you can learn the state which allows to act being in Mergence with Me.**

**“I understand how difficult this task is... However, you learned to walk, to speak... — it was a human childhood. Now — it is a ‘childhood’ of the other level of being: learn to think, to walk, to speak — being Me!**

**“Do not be afraid of falling: I am infinite in the Depth under everything! If you ‘fall’ — then you ‘fall’ into My Embrace and stand up being Me!**

**“Learn to live from My CALM and My LOVE! Learn to act in the state of Mergence!**

**“You have to carry the field of Calm around your body — the field of tenderness, love, harmony.”**

**\* \* \***

**“I need campfires of My schools throughout the Earth — campfires which cannot be blown out by winds or quenched by rains!**

**“In storms and in foul weather, I want — through you — to kindle campfires, which will attract those who want it, and whom I want to help to come out of darkness, to bring closer to Me at this time!**

**“As to the rest, they have to see that these campfires are burning, burning always, that Love is the Way by which I lead people into Me.**

**“You have to warm the people’s hearts before each of them will rush to the Light and get kindled from My Fire. This is your service to Me!**

**“You are a scientific-spiritual School, and your task — is to carry the light of knowledge about God to people, the ethical laws of God! True supreme ethics, love for God, scientific knowledge about God, man, Evolution — here is what you have to bring to the masses of people, first of all! It is necessary to change the worldview on the planet, restore the lost knowledge!**

**“The ancient school of Pythagoras can serve you in this respect perfectly. The laws of life in harmony with God, love and wisdom — are the foundation. On this basis, should be held the upbringing of the spiritual leaders of different levels and trends, politicians, artists, scientists, and the education of children — to build the future of society.”**

**“What can be done for this right now?”**

**“The first and most important for you — is finally to gain the state of the Waves consubstantial to the Ocean of the Primordial Consciousness! Any earthly affair cannot replace this! Real serving on the scale of the planet may take place only from the final Unity with Me!**

**“Service of the Avatar is the work that is carried out from the Ocean of the Creator, and not only through the body. This is — the work of the whole complex that includes body, Brahmanic Mahadoubles and the impact directly from the Ocean of the Creator. This work is implemented from the constant Unity with the Primordial Plane of Being!**

**“Look at Sathya Sai Baba: He wrote books and lectures, He pierced the planet with rays of His Universal “I”, He attuned those with Himself who loved Him and were willing to listen to His Teachings, He gave the highest methods of self-perfecting to those who were ready for this...”**

## ***Memories of an Assyris' Student***

**Once I was a student in a *forest school* of the Divine Teacher Assyris. It was my past incarnation. God revealed to me only small episodes of that life: He never satisfied my vain curiosity about it. Only on rare occasions, when He considered it useful, He slightly lifted the veil over the past.**

**Below are some of these memories that seem interesting:**

**... Summer morning... I am 3 or 4 years old. Naturally, I do not see myself, but I can feel myself. I look from within my small body...**

**The field is suffused with sunlight. Far in the distance, there is a forest, which touches the boundless blue sky with the tops of trees.**

Joy suddenly overfills me, and I run towards a man who looks to me very big. He radiates calm, power, love, and I perceive Him as very dear: perhaps he is my father or teacher... The state of boundless love and trust for him are as natural and total in me as the beauty and joy around: the meadows full of flowers, the forest, the shining sun...

I, overfilled with joyful love, run over to this man, and he takes my small body in his strong hands and throws me in the air... And... I feel myself as if without body... I find myself in the space of Light, all the rest disappears... There is only a boundless sea of Light... I swim in this Light...

Then the large and strong hands catch me — and everything comes back: the meadow, the forest, the flowers, the sky... I feel an overwhelming joy, shining joy! The joy of this game-caress overfills me!...

And the hands throw me in the air again... There is only Light..., and again..., and again..., and again...

\* \* \*

Now, while I was writing this text, Assyris explained me that it was not a lesson in the *forest school*. It was our first meeting. This is how He found me.

\* \* \*

... A campfire, the starry night sky... The flame illuminates an elder in light robes, sitting in the state of deep calm and silence. I am a young boy of about 12-14 years... I sit in the “student posture”... No, it is my body that sits. And I am an anthropomorphic consciousness, free from the body. I learn to dance from the fire...

The most remarkable thing about this dance is that it lacks completely the human emotionality, artifi-

cialness. It was an attempt to reproduce the state of the fire as it is, with its inherent rhythm, the litheness of its tongues...

The feeling of time as if became slower; it seems that the elder looks at the campfire for an infinitely long time...

And I have an absolutely natural understanding that I am not the body, that I am a soul-consciousness. There may be no body, while I am.

\* \* \*

I have some memories about a celebration of spring's coming. They bring an intense feeling of joy. And several song lines...

In such a celebration all the villagers and the students of the *forest school* participate.

It begins with watching the rising sun.

... In the soft mist at dawn, men and women, the old and children stand united by anticipation of mystery. Calm and silence...

Slowly the sun rises over the horizon. People raise their hands and greet the Sun and the spring! This is also the celebration of worshipping the Messenger of the "Sun of God" — Assyris. And Assyris covers all with His Divine Light...

... And then — many campfires and circle dances. The arms of consciousnesses, growing from the spiritual hearts, connect all. In the circle dance, all merge into one consciousness. Immense joy — of merging of pure souls...

Circle dances, like spring brooks, run in united movement. And the flames of fires shine as the symbols of the Divine Flame!

Joy in the heart: the sun is rising!  
Lada! Lada! Hands are together!  
Heart to heart longs with love!

**Heart with heart longs to unite!**

**Birches and firs are in our circle dance,  
The sky whirls, the clouds rejoice!  
The heart sings together with birds!  
The joy flies over the fields!**

**The sun rises — and joy is born!  
Trees and birds whirl with us!  
The song of spring sounds with streams!  
The Sun of Svarog shines over us!**

**In the pure shining — let us merge together!  
In the United Heart burns the Divine Flame!  
Let us become Love created for God,  
Before we jump into the Infinity of Svarog!**

In the *forest schools* there are different kinds of teachers. But the main Teacher — God — always is represented by the concrete Divine Teacher — Assyris, the Son (the Messenger) of Svarog. He gives lessons of meditation by explaining, showing, submerging students into His Depth... It is communication — with the Teacher, Friend, loving Father.

**\* \* \***

... I look at a transparent Sphere of goldish Light — this appearance Assyris assumes this time. He gives His next lesson.

I touch the Divine Consciousness with my hands, and — despite the lesson being quite usual — this touching again overfills me with love and tenderness.

Then I touch Him with the lips of the spiritual heart, and — as a consciousness — I dissolve... and assemble again in the state of “non-I”. There is no me anymore, but there remains everything *around* my former “I” ...

Remembering about this at present, I recognize with surprise the method of “total reciprocity”, which I was taught in my current incarnation by Vladimir Antonov...

In this state of mine, Assyris submerges me into the Consciousness of the Earth and then — further, in the *depths* of space filled with Living Consciousness-Light. He easily changes the scales of perception. I can see everything inside and outside. Assyris says: “There is no you, there is only Me! I am in everything! You are also Me. Now there is nothing that you can consider as yourself!”

Then the consciousness expands more — and I find myself on the surface of a giant tender “Sun of God”; I look outside *from* Its surface...

I know that I have to become It all. Yet I cannot embrace It with myself... I just slightly fall deeper inside — and this gives me an intense feeling of bliss...

\* \* \*

Next episode. This time I am older than in the previous memories. The freedom I feel, allows me to forget that somewhere there is my material body: now I am a giant body of consciousness...

It is so wonderful and easy to move in this state!...

I can embrace the meadows and the forests; I can feel all beings living in them; I can caress and stroke them with my infinite arms of the spiritual heart...

And in front of me, right from beneath the surface of the Earth, *Sun-Assyris* rises. And I, as it was in that childhood, run towards Him stretching my arms... I enter into Him — Living “Sun” — as if into a gate which He has opened to me with His Spiritual Heart...

... Remembering this, I do not feel where is the boundary between that which I cognized in that lifetime and that which I have cognized in my present lifetime... For God, there are no sharp boundaries which separate

our earthly incarnations... From the stage at which I had stopped that time, the lesson continues and goes on now... — the lesson of love and cognition of the Creator.

## ***Conversation with Assyris***

**“Did You want to speak with me?”**

**“Not quite: rather it was you who wanted this and I am — always glad for this opportunity! I always need for you to want to talk with Me, interact with Me, love Me!**

**“Again and again, you come back to attempts to recall your past incarnations. The desire *to allure* people into Me by ‘a tasty bait’ of the History of Ancient Russia has not extinguished in you... But you must understand that, for those, who really want to cognize Me now, — the experience of *this* life of yours is far more valuable: the real experience of cognition of God, which is done right now in the same environment in which your contemporaries live!**

**“The important thing is that now, as in all times, there is God — God is Alive! — and He is — cognizable! This is exactly what people need to hear!**

**“... But, still, I will use this opportunity to say something more about My Schools in Ancient Russia.**

**“As the sun sends its rays, so do I always send My sons and daughters on the Earth. Ancient Russia was a fertile cornfield thanks to the preservation of God’s ethic laws — the laws of love. So, I was able to preserve the knowledge of the Highest in My Schools for a long time. The souls were incarnating in those conditions where the knowledge of the Path was known. Schools were being led by Divine or nearly Divine Souls. Each such soul is like a tree that is rising above the Earth and supporting the already existing center of spirituality.**

**“Only matured souls were selected to study the higher esoteric practices in Schools. The criterion was the ability to think critically by the developed consciousness. A developed spiritual heart — was considered as necessary, but not a sufficient condition.**

**“At that time subsistence agriculture was dominating in Russia. Spiritual Schools were almost devoid of worries about food, because they were supported by rural communities. And the people of those communities were receiving assistance from the Schools through prevention of droughts and poor harvests, healing diseases, educating children... These communities in which were schools, existed with them as a single organism, like a family.**

**“... Those who came out of Me worked primarily with the souls who were already matured and did not have to develop the intellect through filling the mind with information... The mechanism of the development of the ability of the consciousness to think was somewhat different for them. It was similar to what is told about the ancient Greek philosophers who comprehended, through meditation, the structure of the multi-dimensional universe, the spherical shape of our planet, etc. For you it is clear that there are different variants of exploration of any problem by the consciousness: starting with the information that comes from own thoughts — and ending with Revelations and the direct exploration of, for example, multi-dimensional layers by a developed consciousness. Your conversation with Me now — is also an example of such cognition. Another example is the meditation presented by Me.**

**“The ability to think fruitfully develops in the best way on the background of contemplative peace. Many children were growing up in the School. Through thinking about natural phenomena and various kinds of living organisms — a child was learning to think, adults were just directing, correcting this work. Any bug, fly-**

ing bird, live or dry branch of a tree could become a textbook for understanding life and death, the attachment of the consciousness to the material shell, or the differences and similarities of life forms...

“This was the first stage of teaching.

“After this students were easily and quickly shifting to the perception of multi-dimensional space. Very little amount of indriyas were attached to the material plane. To redirect indriyas of such a soul to the cognition of intangible planes and communication with the Divine Souls — was very easy for Me!

“Precisely, the communication of a soul with God — the non-embodied Divine Consciousness — was the basis of teaching. Due to this, I could easily give lessons to everyone. To correct and explain the basic techniques was required from incarnate instructors.

God was the Teacher! Immersion into the Depths of Me was just as smooth, unhurried, and natural as the usual life. It was the growing up of children in God’s family. By the way, nobody was setting tasks to speed up this maturation.

“Do you remember, how once I showed you such an image: in order to cross the mighty river by swimming or on a boat we have to put continued efforts; it is important to row: otherwise you will not reach the other bank and drown. That is your spiritual Path now.

In those ancient times — the worldview and structure of society allowed a sort of *wide bridge* to exist. When there is a bridge, you can walk slowly over a stream, without misgivings for the currents and rapids. Precisely the right order of society allows the Path to God to become a bridge, which makes it safe for crossing the turbulent river of samsara.”

## ***Father! How Can I Thank You for Everything?!***

I never managed to express my gratitude through words for God, for all our Divine Teachers. When I tried to do this..., the *Dissolution* and *Mergence* were always happening, the individual “I” was disappearing... — and instead of speaking of Love for Him, He Himself was speaking of His Love...

In particular, such were all the poems written down by me: they were — His words that went through me when He and I were one...

“How do I thank You, Father? How do I thank You for the opportunity to cognize, to merge, to learn to be You?”

Once, Sathya Sai Baba answered me on this question. He said:

“Try to get up close! Grow up to My ability to emanate from My Abode and give My Love! And stand close, next to Vladimir, next to Me, with all Us! And do what We do! This will be the best gratitude! This will be the Highest Service to Me!”

### ***Instead of a Conclusion (Chapter Dictated by Jesus)***

... Jesus has come...

“Did you want to write a chapter about Me?”

“Yes, I want to very much!”

“If you want, I will dictate.”

“Yes! Do not go, please! Do not go! I will take a pen and paper!...”

“I never left you! I came into your life a long time ago and will never leave! I remember very well all your words to Me and all your promises to Me.

“I have been leading you for a very long time. I have always been close. Back in those days, when you

did not know that I existed, you already were feeling My first touches. It was I, Who was standing near you, when Yeshua from the pages of 'The Master and Margarita' touched your heart..."

"Jesus, was that You?..."

"Yes, I was with you even at that time.

"Do you remember when you were reading the Gospel and thinking that you would follow Me... if it was true?... I was there with you, I was telling you: it is — the truth! Yes, I was healing by touching, yes, I was walking on waters, yes, I was raising the dead... I was telling you: everything about this was the truth! And you, still not knowing Me, were starting to believe Me..."

"And then in church, do you remember?... There was only Me and you — no matter how many people were around us... My eyes were looking straight into your spiritual eyes. I was looking into your heart, soul, wherever your body was standing..."

"I remember, Jesus..."

"And then I gave the book of Vladimir Antonov 'The Original Teachings of Jesus Christ' into your hands. You finally picked it up... I was so happy at that moment!

"I remember how you dared to start the Path to Me, I remember all your promises. I remember when you saw Me for the first time with the clarity of the eyes of the soul at My *place of power* — and I was blessing your Path to Me.

"I have not forgotten anything! I remember how you merged by the consciousness with My Mahadouble and how you were stretching out your hands with Me to all the souls whom I hold on my hands, how you were asking for permission to help them to find out, at least a bit, about the opportunity to be with Me always. About this you know now... I granted your request: I was speaking words through you which were addressed to all humans on the Earth..."

**“It is — just the beginning of the Service that you will do on the Earth from Me, for Me, in order for God to touch every human heart! People need to know that God is Love, that He — is cognizable, that I am — always next to everyone who is on this Path, that I am not leaving anyone without help, who puts all personal efforts — and with love rushes to Me! I lead him/her by the hand into the Abode of the Father!**

**“See: ‘the fairy tale’, in which you once feared even to believe, — became a reality of your life!**

**“I am here today to confirm that you have cognized Me!**

**“Live with My Heart in your chest, shine from the *Sun of God* with the Great Love of the Creator!**

**“Remember: I teach you to live as I lived! And I and the Father are *One!***

**“I bless all of you to serve the Father as I do this! Feel the Great *One!* Feel the Power of the Great Father!**

**“There is an amazing power of the love of the Father, Which is able to transform souls!**

**“God is Love!**

**“That, to which I have committed, everyone can commit to!”**

**Your Jesus,  
Whom people call Christ**

## **Maria Shtil**

### ***The Search for Freedom***

**I was always wondering: what exists out there — *on the other side* of the usual material world.**

**... There is a short, but very interesting duration of time at sunset when the Sun is about to disappear behind the horizon, leaving the last rays of light on the Earth’s surface. These rays are so powerful, that, it seems, everything would then dissolve in the gold of**

sunset, melt in it... Every time, when I was watching this scene, I was waiting for the door to another world — the world of Limitless Freedom — to be opened in this golden glow — and I would be able to slip into it...

But the Sun was disappearing behind the horizon, the world was returning to its former density, and my dreams were remaining dreams... The door to other worlds was not opening, because I searched for it not in the right place: I searched for it *outside*, but it opens... *inside* each of us.

I had always believed in a Higher Power, the Supreme Mind. I was realizing that there are no coincidences and was trying to see the logical chain of cause and effect — both, in personal life and in the fate of others. But I could not name this Great Leading our destinies Power — as God, because at that time I associated the word *God* only with Orthodoxy, which I did not accept. I was feeling that Orthodoxy did not open the door to Freedom, but, on the contrary, limited it. Orthodoxy pictures God as a terrible and severe judge, Who watches over the execution of some absurd, inexplicable and useless rules. I could not accept such an “Orthodox God”.

But, as it turns out, God does not care how we call Him. Because He has — thousands of names! He uses thousands of languages and thousands of opportunities to pave the path for Himself to the heart of any human. God is not — a terrible Judge! He is — the Loving and Wise Teacher.

And He then as if offered to me the following solution: “You cannot pronounce the word *God*? No problem! Here is a book where I am called by the names *Power, Spirit, Eagle*... Choose any of them!...”

It was Carlos Castaneda’s book “The Teachings of Don Juan” [26].

And, of course, when this book first had come into my hands — I perceived it as “a gift of fate”. It was a book I had waited for all my life: a book about Freedom

— the same one which I dreamed about, in what I believed...

For several years, during my reading and rereadings of all the books of Carlos Castaneda, I was radiating with happiness, understanding that I had finally found the meaning of my life: “I want to dedicate it to the attainment of that Freedom, which was achieved by Don Juan and the spiritual warriors of His party!”

Common sense as if said that it is — impossible. After all, I am not going to Mexico! And even if I went there — I would never find those people!

But, despite the arguments from the mind, I had formed a steadfast intention: to join the party of Nagual...

I was assuming that the path of discipleship, which Castaneda was following, — is the only possible one and expected that I would have to master it in the same way; in all its details and in the same sequence...

However, I was frightened by the fact that all, without exception, spiritual warriors have to take part in battle against “the ally” at some point of their discipleship, — a fight, the result of which a warrior could either win or die from fear... I was feeling spooked due to such thoughts because I perceived almost literally everything that was written...

But I was not going to retreat! And, despite the fact that I did not know how to fight, I “summoned up courage” and said to myself: “Okay, if I cannot avoid this — I will meet with that ally and beat it!”

Now it is amusing to me to recall this, but at that moment... everything was so serious!

Castaneda, in describing his mystical experience, said that Don Juan once said to him to catch two lizards, and then the eyes of one and the mouth of another one ought to be sewed up (the rest of the details of this nightmare I do not remember). It was the only test from which I refused in discipleship from what I expected in my future: “To die of fear by myself — it is

fair enough, but to cause suffering to lizards — no way!”

And, of course, every night, I was trying unsuccessfully to find my own hands in “a dream”, make “recapitulation” of former life, stop “the internal dialogue” while I was walking the streets like a sleepwalker...

It is not difficult to guess that this was not giving any positive results.

## *Don Juan*

I did not understand even half of the written material by Castaneda, but I saw the Great and Wonderful Power, That was behind every line of those books. I fell in love with It!

And, perhaps, Don Juan heard my despairing cry: “Take me with You! Take me into Your world!” Only now I realize that it was He Who was engaged in my upbringing at that time and began to guide me, prepare me for the meeting with the real spiritual work — because such as I was, I was not suitable for spiritual work. I was an ecstatic..., but a lazy dreamer... But only a spiritual warrior can survive on this difficult Path.

By means of various sorts of cunning ways, Don Juan began forcing me to start changing myself — step by step.

For example, I was making a list of rules that had to be strictly followed every day. I was never breaking these rules! It was something like a vow taken by me in the face of Power.

Of course, in the beginning, my relationships with Power were very similar to trade deals: “you give me — I give you”. In order for me “to sign in blood” under every new rule, Don Juan had to scare me with something or promise me something...

In general, He was raising me using the method of “a carrot and stick” — as there was no other way to

make such a lazy being as I was — to commit to initial efforts in self-perfection.

Only now I realize how great God's willingness is to lend "a helping hand" to anyone in whom there is the desire to stand on "the path of the heart", who understands the necessity to change themselves! In order to help us in this, — He uses every opportunity and any way.

Two-thirds of my "rules" were composed of various nonsense, but nevertheless, these rules have taught me discipline and implementation of my decisions, at any cost.

Terrible laziness was one of my major drawbacks. I was even proud that I was "an owl": "Well, I thought! I am — an artist-designer, I revolve around esthetes and intellectuals! And I have every right to follow a sort of lazy-bohemian way of life!"

One of "the medicines" for this "disease" which was prescribed to me by Don Juan, was that I had to jump out of bed on the first wake-up call of the alarm clock, rush to the bathroom and pour a bucket of cold water on myself. At first I was waking up each time with a cry: "How could I agree with this — to do such painful things to myself?!"

But, fortunately, I had no choice already.

Another of His rules for me was the complete exclusion of alcohol from the nutrition (even alcohol-filled chocolate sweets!). Such a strict measure seemed strange to me at that time: 2-3 glasses of wine in the company of guests could not be described as alcohol dependence.

When I had written this rule on my list, I found out with horror that the New Year would be in a week!

I was lamenting: "O God!... What have I done?... How will I meet the New Year without champagne?"

But no big deal... I have met it — with a glass of yogurt. And I swear, it was amazingly delicious!

Another important point was elimination of irritability. There were a few people in my environment who could easily “make me hopping mad”. The rule was to remain in complete peace, not to react to nonsense and bothersomeness... I had to learn self-control!

The practice bore its fruit surprisingly quick. I was shocked by the results! As soon as I had learned to control myself — attempts of harassment stopped! This became disinteresting for them!

Through this way, I succeeded also in pacifying my “sense of self-importance”.

I began to look at all events in my life as lessons that Power was presenting me with, — these were lessons in ethics, love and compassion.

... So passed a few years. Of course, I did not become a spiritual warrior during that time. I continued to be an ordinary human, a prisoner of the conventionalities and stereotypes of behavior.

Nevertheless, Don Juan “stirred me up” at that time, “pushed me apart”, taught me “to step over myself”, and because of this, when the time had come for me to throw off part of “the human form”, — I could do it.

## ***Acquaintance with Books of Vladimir Antonov***

“When a simple man is ready — the Power gives him/her a Master” [8,26-28] — a phrase that I could subscribe to. I was absolutely sure that it always happens exactly so.

Only one question was confusing me: I read that “the party of Nagual” did not accept volunteers. On the contrary, the students, who were being pointed out by the Power, were being lured into the School with the help of various kinds of tricks.

**“How should I deal with such a situation?” — I was thinking. — “I am a volunteer and know that I want only this and nothing more in life. I do not have to be dragged either by force or trickery, just give a sign of where to go — and I will fly...”**

**But I had not read the Quran up to that moment and therefore did not know that “God is the best of rogues”... And when He gave me — just into the hands — the book of my future Nagual, I was so discouraged that... I almost rejected it.**

**It was so:**

**Castaneda’s books “opened” me so much that I started to take them each time I was visiting all my friends, as if it was a panacea:**

**“Here! Look! That Freedom, to which we all aspire, — really exists!”**

**... But according to the reactions of people I understood that they... did not need this Freedom! Someone was reading the book as a fantasy novel, and many others were too lazy even to open it...**

**But I was not losing hope.**

**One day I was visiting a longstanding friend — Anna. Once we became acquainted with one another at the film studio. Even though we have worked side by side for a short time, our friendly relations had been preserved and we continued to meet each other several times per year.**

**Of course, I did not miss the opportunity to offer her the books. Anna — accepted the gift and, moreover, she said that she also had a gift for me and put a small book in front of me called “The Original Teachings of Jesus Christ”. The author was listed as Vladimir Antonov.**

**I will not hide that for a while it took me by surprise. I knew that Anna attends church, and decided that it was — some kind of Orthodox literature or fairy tales about “good God” in the style of today’s Protestant churches. But, fortunately, I was “well**

brought up”, and I knew that it was indecent to refuse reciprocal gifts. So, I picked up the book. “The more so, as it is thin. Somehow I will do it...” — with a sigh, I decided to myself.

But, moreover, Anna added: “And can you imagine?! The author of this book acted in my last film — in mob scene!”

Well! Another surprise! The author is also acting in mob scenes!... I immediately recalled what was such acting... The crowd of people came alive in the memory, who boringly wait for a few hours in the studio bus or move with cigarettes through the corridors and for a long time are waiting to be invited for three minutes of filming. Yes, one can write a book due to such boredom...

I think, Don Juan many times “was formed in half” with laughter that evening watching the progression of my thoughts... So brilliantly to present the book of a Master — it was in His style!

... I did not put the book into “the back burner”. I read it very quickly. How erroneous and biased was my first view! More than once I mentally apologized to the author...

After reading it, I realized, for the first time in my life, what is the true Christianity! Not being able to separate the truth, which lies at its core, from distortion and surface layers, which are imposed on it by almost all the modern churches, — all my life I looked at Christianity as if through a dirty glass...

Next two books of Vladimir Antonov — “How God Can Be Cognized” and “God Speaks” — I was waiting for with impatience. Besides his autobiography, I found in them the most important quotes from all the major religious teachings. It is necessary to read these books to understand how valuable the information they contain for the spiritual seeker is!

Before this, I was interested, of course, in various esoteric literature: about religion, psychoenergy, heal-

ing, magic, astrology... But I was not even trying to differentiate this information, organize it. I even had no idea that it was possible to do it at all. There were as if many pieces of an intricate mosaic in front of me. But since I did not see the whole picture in its entirety, I had no idea what to do with all these fragments of knowledge.

I accepted these books as another gift from God! The author gathered that mosaic, which I did not expect to gather by myself, — and gave it to everyone! For the first time, I saw how beautiful it was, and, at the same time, — how easy!

Books have answered all my questions! When I asked mentally any question — I found the answer to them on the next pages. I really liked that those books did not force the reader to the blind acceptance of faith, but rather provoked one's own reasoning, making one to think about many aspects of life.

## ***The Initial Stage***

It was the first, the initial stage — stage of reading books, learning of theory, acceptance of ethical concepts of the School. After the reading of book “How God Can Be Cognized” and full acceptance of all that is written in it — I immediately began to reconsider my entire “system of values”.

One of the first major steps was the transition to the killing-free nutrition. What struck me most at that moment — that I have never thought myself about it!

I remember, as a child, I was read the story of someone from the Russian classics about a sentimental young lady, in front of whom a pig was killed. She was shocked and fainted, but was eating the meat of that pig with an appetite in the evening of the same day. I despised her and was very proud of the fact that I am not such as her. What a slap in the face my ego got

when the understanding came that I was no better than she!...

For all of us give our tacit permission for the killing of animals when we buy meat or fish products...

Why when we hear about the murder of man we cry out in horror: “How can man encroach on someone’s life?! For life is — holy!” Or, if someone killed a dog or cat, we again are indignant: “Oh, he is a monster, subhuman!”

Why then do we so easily accept the killings of other animals? I could not understand: “why does it not hurt us?”

When I was trying to answer myself on this question, I saw that only thought patterns hide the horror of this problem from heart and mind. Most people perceive the world as if being blindfolded. And they are put on since the early childhood, when parents give a child the first view of the world by saying: “Oak is — a tree, grass is — green, meat and fish are — food”. And this initial information becomes an axiom requiring no proof. This information turns into a solid foundation on which a person builds his or her further relationships with the environment.

When I realized what a crime against animals I had been committing during my whole life — I was shocked to tears! I was not a heartless person! How could I allow animals to suffer because of my tastes?!

I was repenting for a very long time and my throat was being compressed from crying...

In the future, I met a total absence of understanding and the rejection of this ethical concept among people when I tried to explain to them why I refused to eat the flesh of animals. I heard a lot of absurdity! For example: “The animals eat meat! And what distinguishes animals from people? Nothing! We all are

mammals”. It turned out that not all people even understand the meaning of the word “mammals”<sup>15</sup>.

... One of my friends liked to repeat that the most important thing for her in life was love. But when I offered her to switch to a cruelty-free diet, she said:

“Ah, yes... I feel sorry for the animals. But it is so convenient — to eat a cervelat at breakfast<sup>16</sup>!”

And others just started yelling angrily:

“Why do you not eat meat? It's sectarianism!”

They were mostly perturbed by my rejection to eat meat on the basis of ethical grounds! If I had referred to doctor's orders or just due to a whim, they would not say anything against this.

It was a mystery for me why the anti-spiritual motto of “We have to love ourselves!” was met with “hurrah!” among most people, while actions, which are based on love for others, were causing a “righteous anger” or... terrible suspicions...

For a while, I was trying to maintain relationships with some of those people: for we were relatives... But I soon realized that the true relatives are not the people who have common biological ancestry or who form family clans due to other aims. Such people possess just kindred bodies. But real relatives are — soul mates: people who have the same aspirations in life and are directed by common spiritual principles!

By the way, it is a very rare case when soul mates live together under the roof of one house. I was extremely lucky: my daughter and my father accepted the basic ethical principles described in the books of Vladimir Antonov! And I perceive this as another invaluable gift of God!

... So I was learning to live a new life: I was learning to live in a state of love and trying to perform those

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<sup>15</sup> Those who nurse their children with milk.

<sup>16</sup> Cervelat was the name of the most expensive kind of sausage.

initial exercises, which were described in the book “How God Can Be Cognized”.

## *Meeting*

I was in a state of gratitude to the author of the books, but I had no idea even that I could meet him... Fortunately, Anna took the initiative.

Once I visited her home and we were sitting quietly in the kitchen, drinking tea...

And suddenly she said that Antonov called her that day and invited both of us to visit him. And the meeting was scheduled to be... on the next day!

I was choked... When I had seen how fast my dream “was turning into flesh” — I was scared! On the one hand — it was the fulfillment of my dreams, it was what I most of all wanted, and on the other hand — what I was most afraid of. Because every time, when I stood before a new, unfamiliar to me door, it was easier for me to “hang at the threshold” rather than to step forward and enter inside.

Only the absolute understanding that I will not have another chance, which could help me to cross that threshold, forced me to make a step! I knew for sure that “the Bird of Freedom” would not arrive a second time...

... So the meeting was set. Anna and I were “trembling like two aspen leaves” but had nowhere to back off.

... Most of all, I was surprised by how he met us. He hugged and kissed us very gently — as if he had known us and waited for us a long time... He immediately asked us to use informal appeals in conversation. I remember my first impression of him: blue eyes, a fluffy white beard framing a young and tanned face. Honesty, prior to this meeting, I was imagining him to be “a contemporary of the previous century”...

We were sitting in the room. Rice has been cooked already. Pickled mushrooms and mayonnaise appeared on the table... I liked the fact that there was no bustle and haste in all his actions. He was in the space of peace and love of the heart, which he created himself. All the actions were so smooth and natural that it seemed everything was happening by itself.

Vladimir told us about his first meeting with Anna. I think, she did not know what a funny way it was he appeared in her wardrobe a year ago. It turned out that some woman was strangely looking at him near the kiosk, where he was selling his books... She was circling around him and was looking straight into the face...

“I look and do not understand what she wants from me. Maybe a former student? Or — a crazy one?” — he said laughing. — “But then she finally had introduced herself as a casting assistant. She said that she was looking for a person with a face and beard exactly as I had! She was begging me to cameo in the film as a bit part actor. Well, I see that it is so necessary for her and so I could not refuse. I agreed. Together we came into the dressing room and there I saw Anna among many people... When she was arranging the costume of some actors — the light was flowing from her hands... I immediately understood why God brought me here. It is so rare to meet someone with an already developed spiritual heart!”

... We talked a lot, Vladimir was asking us some questions and we were lisping something in return. I remember that it was very difficult for me to relax that evening and I also remember the words of Vladimir in farewell:

“You should smile more!”

Vladimir advised us to read a number of books about Sathya Sai Baba and Babaji for the beginning, to perform the exercises that were described in his books. In short, we were released for the self-study for some time.

... After that meeting, I realized that I could not live in the anahata, or smile, or hug people. All this I had to learn, and I began to practice this every day. I do not know what and how I managed to do then, but, in the first place, it was a struggle against myself.

## ***We Were Released for Independent Work***

It was a very cold winter, so cold that I was freezing even in my flat and managed to warm my body for a while only under a hot shower. In spite of this cold and in spite of the darkness outside the window, Anna and I overcame ourselves every morning, got up and started the day with spiritual exercises: *Awakening, Giving Away, Cross of Buddha...* [13].

What a happiness it was when we managed to do some of the exercises well! Before this I had perceived the world around me from my head chakras as most people do, but now, when I managed to enter my anahata, I felt peace and calm both inside myself and around me! It was so new to me and so beautiful! I wanted to share this happiness with everyone...

A bus stop also became my *working site* where I practiced. That bus usually took me to my work and passed once every 40 minutes. And this was when God started showing me some small miracles: every time when I came to the bus stop and entered my anahata — the bus came in. It was one week already when it did not come late or leave the bus stop earlier or broke down!

One morning I, as always, entered my anahata and after a minute saw the bus coming slowly to the bus stop... All people, who were waiting for it, took a cheerful and confident step forward, but at this time I thought: “Well, it’s just my fantasy! There are no miracles! The bus just runs on a schedule. That’s it!” At that moment the bus dramatically accelerated and passed

by... The stunned passengers could not even swear. They just silently watched it driving off...

I definitely knew then that I would be late for work and have to freeze for another forty minutes at the bus stop... However, I was flooded with laughter and joy, for I recognized the Hand and “handwriting” of my Beloved!

... One of my regular meditations was Sathya Sai Baba’s meditation with a candle (it is described in the book of Vladimir Antonov “Sathya Sai Baba — the Christ of Our Days”). During this meditation, I felt a warm and gentle flame of a candle in my anahata, then this flame began to expand, embracing more and more space, and spread out as the waves of love and light further and further... I was recalling people I knew and I tried to fill them with this light. I felt the states of unity, love, peace, harmony...

## ***First Classes***

The scheduled classes began in spring. It was the course on the opening of the anahata. It included psycho-physical exercises, pranayamas, latihan, and different methods of cleaning and refining the anahata.

I felt changes in myself after each class: my perception of the world was changing, and I was changing too. By the second class, I learned to smile sincerely. It became possible because I mastered the ability of submerging myself into my anahata, and this was enough to be able to maintain an inner smile, which could be easily turned into an outer smile.

I remember how once, at one of the classes, someone brought seaweed in order to show it to Vladimir. This seaweed supposedly had unique healing properties and excellent energy. After looking at it, Vladimir only winced. Then he looked at me and said:

“How greatly you have changed! The first time I saw you — you were as ‘inedible’ as this seaweed!”

Oh-oh-oh! It was the most awesome compliment I had ever received! I was better than that seaweed! With the background of laughter of the entire group, he hugged and kissed me. I was in “the seventh heaven” of happiness!

It was planned that soon we would go to the forest to a *place of power*. Vladimir reminded us that synthetic clothes “screens” energy and that for this reason one cannot adequately feel the energy of the surrounding space while being dressed in such clothes.

“You should be warmly dressed! Put on sweaters, vatniks<sup>17</sup>, and rubber boots” — he said it as if these were the most ordinary things.

They were ordinary but not for me. I was listening to all this, and my jaw was dropping with each word. A vatnik... a backpack... rubber boots...? For me, the one who just yesterday was inedible seaweed, these things were “from another planet”. Even jeans could not be found in my wardrobe of “a fine lady”. But I would have to go to the forest... tomorrow!

“I don’t have a vatnik...” — I whispered while barely moving my lips.

Vladimir, without batting an eyelid, pulled an old and patched vatnik out of his closet and handed it to me with the words: “I can lend you one”. I bought rubber boots fifteen minutes before the store closed, and Anna promised to bring me a backpack and a pair of trousers.

## ***First Trip to a Place of Power***

Our first trip to a *place of power* took place on the 8th of March. I cannot say that this holiday ever meant something to me; nevertheless, it was significant. Ironically, exactly on that day the shaking of my prominent

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<sup>17</sup> It is a Russian kind of warm cotton wool-padded jacket.

*women's* “human form” happened. This event as if drew a line that separated my old life from the new one.

I was brought up in “the best traditions” of our society. Having the diploma of a fashion designer, I could not even leave my flat if the length of my coat was not in tune with my heel height, if the shade of my gloves did not match with the shade of my scarf, if my lips were without lipstick or my face without powder...

So, on Sunday at 7 a.m., I left my flat wearing a vatnik!..., tarpaulin pants! (I unsuccessfully tried to smooth them with an iron all morning)..., rubber boots!..., and a worn backpack over my shoulders! I crept under the windows of my flat trying to be unnoticed by my neighbors...

I had a feeling that I was wearing... a masquerade costume!

On my way to the bus, I had only one thought: “not to meet any of my acquaintances!” However, I should not have been so worried, because even if they had met me, they would just not have recognized me.

As soon as I came to the bus stop and joined the entire group there — everything fell into place immediately, because they all were dressed in the same way as I was... I attuned to them and “fell” into my anahata, and all my problems vanished by themselves...

... I will never forget this first trip! It was to a favorite place of the Divine Teacher Assyris.

We have never seen His Face, because He always appeared before us as a huge ball of Light, as a Divine Anahata. Assyris told us through Vladimir that He was known and revered by ancient Assyrians and had Schools on the territory of the ancient, pre-Christian Russia for a long time.

I was amazed by the fact that this *place of power* was not somewhere in the impenetrable depths of a forest but in the middle of a fairly wide forest road. Sometimes people walked along such a road, but all of them, like me before, were focused on their own

thoughts, endlessly and tensely pondering over something, recalling their past or dreaming about their future... However, God lives “here and now” and to feel Him, we just need to “float” above the surface of the Earth as the pure and free consciousnesses.

Of course, I did not gain clairvoyance or hear any Revelation that day. I just huffed and puffed and tried to do my best to somehow feel the borders of the *place of power* and feel and see Assyris at least “out of the corner of my eye”.

... After our work at that *place of power*, we had lunch near a campfire and then slowly walked along the road towards a bus stop.

I was walking and could not understand, what was happening to me. Never before I could imagine that a usual walk in a forest could bring so much happiness! I was looking around without recognizing my once familiar world! Everything was... different: the forest was completely different, the Sun was different, the Earth was different, loving, living, beautiful... Everything was new and unfamiliar, wrapped in an extraordinary attractiveness! I did not know before this — that we could just walk over the Earth without rushing or running, but rather walk, walk “along the paths of our love”.

I found out that day what is the *inner joy* — joy that has no other reason to appear than out of its own love, love for everything and everyone! My heart was overfilled with happiness because of my love for everything and everyone: for all these people who took me with them, for this snow sparkling in the rays of the Sun, for this forest sounding with the joy of spring birds...

The emotions that flooded me in the forest did not disappear at home. I had come there, talked with family members, had supper, and put my child to sleep, but all this time I felt that I — *the real* — was continuing to float in the same space of joy and love... Being so happy, I fell asleep.

## **Sattva**

**We had a great number of such trips to new *places of power*, where we mastered new meditations and had unforgettable meetings with Divine Teachers.**

**I do not want to describe all of our trips in detail. Instead, let me share with you only the brightest impressions of that time. I understood then that I had found “a lost paradise”! It was as if I had come back to my native world, where one can only be natural and sincere, where every external “husk” looks like a caricature! I felt such a sense of relief when I cast off my “iron armor” that I had been wearing for so many years! It was like a second birth...**

**... As I recall now that time of my life, I perceive myself as... a newborn baby who squints its eyes out of happiness. God as if took me on His Palms and started carrying me and showing me a new unfamiliar world that was totally different from the one against which I was used to defending myself.**

**It was the stage of awakening, of opening myself towards Love, and of accepting the beautiful and pure things that I had not been noticing before.**

**Even so, it was just the very beginning of the Path, when God, merely for the fact that we have turned our faces towards Him, noticed Him, stretched our arms to Him, — showered waterfalls of golden rain on us and flooded us with blissful delight, much like how a loving mother showered her baby with endless kisses for its first smile, for its every unsteady step, for each word that her baby tries to babble.**

**It was the time of super-sattva, which overflowed me completely! Sattva is a beautiful stage in the evolution of every person, and from this stage the Way to God begins. Only by strengthening ourselves in sattva, we can move further.**

**... Sattva! It is a marvelous and unique platform for the next steps on the Path towards direct cognition of**

the Creator. However, it can also turn into a trap. It gives extraordinary happiness but at the same time creates a dangerous complacency. You start living in it very joyfully, happily, and comfortably, especially if you are not alone but are with other people like you. It is as if a piece of paradise has fallen on the Earth covering everything with a pink and fragrant bedspread! And it seems that here is — eternal happiness and bliss!

Nevertheless, God looks to us for a much bigger achievement, and, as we grow, we need to stop being “wonderful children” and turn into the One, on Whose Palms we luxuriated.

So, God reminded me quite soon that if my intention is to traverse this Path till the end, I have no right to “get stuck” in sattva and that I should only use it as a “launch pad” for the next stage of the Path. In order to make me comprehend this, God had to cause me pain and made me pass through despair. Nevertheless, I was very grateful to Him for these lessons, probably even more grateful than for the waterfalls of bliss that fell on me in the beginning...

... Being carried by sattva, I stopped working, using all my strength. I began to feel like a child on an everlasting festive occasion: only the shining spring forest, the songs of birds, joy, happiness, laughter, and so on was all around me.

Vladimir repeated many times that if we feel *satisfaction with ourselves*, the state of *complacency*, — it means that we stopped in our development. He reminded us many times that sattva is beautiful but we should not be carried away by it! It should just be a *background* for our work! In spite of this, it seemed that I was not hearing these warnings, and even if I heard them, I did not apply them to myself...

Suddenly I started feeling a loss of strength and could barely accomplish new meditations...

I complained about this to Vladimir and his response was:

**“Yes, this is true. You need to stop for a while. What I am telling you now, is not some kind of reproach, but just the fact that you are not able to internalize any more knowledge. Your ‘pan’, figuratively speaking, is full, and until you ‘digest’ what you received, you cannot walk further. Well, you can go with us to the forest a couple of times more in order to consolidate what you have already studied, but this is all. If we give new knowledge to you right now, you can simply fall ill.”**

**He said all this in a very soft and tender manner, but for me his every word sounded like a peal of thunder, like a sentence.**

**With all my might, I was trying to stay calm. That evening dragged on endlessly, while the only thing that I most longed for then — was to stay one-to-one with my grief. It was as if some string had broken inside me. I had only one thought that gnawed at me: “That’s all... It’s all over!”**

**I also understood that the fact of being excluded from meditative work meant for me that I would stay utterly alone and that I would never see any one of the group again.**

**I managed to soberly think over my situation only the next morning, and, curiously enough, I did not start crying but decided not only to *accept my destiny* but to accept it *as a challenge*, as Don Juan taught. Then I realized that nothing really had changed, because no matter what would happen to me on the material plane, this would not change the most important thing, namely, that I found the Goal, found the meaning of my life! I chose the Path that leads to God, and whether or not I would be alone, I would walk this Path!**

**I also comprehended at this moment that God is the only support on this Path. It came to me that I should hold on to Him, not to incarnate people! I should hold on to Him with “both hands”!**

At the very same time I realized this, God manifested Himself to me. I had never felt Him before, being so Living and Real! He was so tender! He answered all my questions, smiled, and was not serious at all. Moreover, the meditations that I could hardly do yesterday were now easy and natural to do!

... After two days, we had a new trip to the forest. I felt a phenomenal burst of new strength, because I was with God, and God was with me! Throughout that day, Sathya Sai Baba often came and showed me, how it was possible to enter the Brahmanic Fire layers. That day was grey and gloomy, but I saw His Fiery White Light. David Copperfield would also come and, after allowing me to merge with Him, carried me through a “shaft”, similar to an elevator, to the worlds of protoprakriti and protopurusha... I felt that I was submerging into a tender and thick Calm and saw stars that were twinkling and softly swaying... Anytime I opened my material eyes, I saw Vladimir passing by and casting a glance at me...

At the end of the day, he said:

“I don’t know what you did with yourself, but today everything you do goes great! You and Anna should start preparing yourselves because after a couple of days we will start a new stage of work!”

Anna and I jumped with joy!

... It turned out again that Don Juan was right saying that the best in us becomes apparent when we are “driven into a corner”. It is when it seems to you that everything is lost and you do not have anything to catch hold of — but suddenly “the second breath” appears, and all of you feels the Power that appears “from nowhere”, and this Power is God.

## ***Constantly Feel God!***

God speaks with every one of us constantly. To realize this, it is not necessary to have clairvoyance or

a special ability to hear God. The Creator can easily explain something to us by using images of the material world; the only thing that is needed is our willingness to perceive...

I remember how my daughter and I were caught in a heavy summer shower. A huge storm cloud, which darkened all visible space from our view, was above our heads; peals of thunder and flashes of lightning were all around...

We were walking home under a single raincoat. My daughter, pressing to me, was mincing along with her legs being in water up to ankles and suddenly started singing happily: “I love Baba<sup>18</sup>! I love Baba!” Immediately the black cloud parted, as if some giant arms had moved it apart, and in the midst of the stormy sky and unceasing downpour of water — we saw the dazzling ball of the Sun, the rays of which shone on the Earth, piercing the wall of rain!

When someone in his or her affliction bewails saying: “O Lord, where are You? Why did You abandon me?” — we need to comprehend that it was not God Who abandoned us, but we are who abandoned Him by hiding into our shells, by becoming isolated in our ignorance.

God is present always and in everything. He can never abandon us, in the same way as the Sun cannot leave the dome of the sky during the day. Even if the Sun is shrouded by a mantle of rain, this does not mean that it is not here. It shines as brightly and dazzlingly as always above the clouds.

After this event, God showed me such an image: the Sun with countless rays and each ray is like a straight road. We only need to put ourselves on such a road, turn our faces towards the Creator of Light, and rush to His Arms with all our possible strength and passion!

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<sup>18</sup> Sathya Sai Baba.

It seems that this *road* is so easy and simple! But why do only few follow it?

To explain this, God showed me a great number of people who are standing with their backs to this Light and do not see anything in front of them, except for their own long and dark shadows... Others are so retreated into their shells of separateness, having battened down all the doors and windows of their hearts, that not even a single ray of Light can pass through. Still others are just warming themselves and delighting under the rays of the Star, and they feel so good that they do not want anything else...

## ***Test from Huang Di***

***“When you come, you should come  
being ready to die.”***

**Juan Matus [27]**

Juan Matus once explained to Carlos Castaneda that “Learning never gives what one expected... One’s purpose turns out at the other side of a battlefield. And thus one has tumbled upon the first of one’s natural enemies: fear... And if one, terrified in its presence, runs away, this enemy will put an end to one’s quest...” [6,27].

... We began working on a new stage of our development. We made constant trips to a forest — to new *places of power*. Every day we had new meditations, new feelings, and new unforgettable meetings with Divine Teachers, Whom we were learning to feel, to see, and to hear. It turned out that there were so many! And every one of Them added His or Her own inimitable tinge of Love to our existence, gave us His or Her favorite meditations...

When we started working with the “trans-mirror” layers of the Absolute, Vladimir let us meet Divine Huang Di. This Holy Spirit rose into our anahatas from

the universal depths and introduced His Face into them... Then we, as consciousnesses, jumped into His Universal Anahata, and the material world disappeared for us. Thus we plunged into the world of protoprakriti and then — deeper and deeper into the Fathomlessness of the Creator's Love...

One day we went to the forest in order to stay overnight there and be able to listen to the spring songs of black grouse at dawn in this way.

I was expecting nothing but rest and relaxation from that trip.

However, God had completely different plans...

We walked for a long time along a country road. A high night sky shone with stars, the silhouettes of trees were discernible on the sides of the road, the hum from spring songs of frogs was all around...

As I began to meditate, a wide wave of Divine Tenderness and Calm rolled onto me. It was Huang Di Who came.

I expected that He, as always, will open His Universal Arms, flood me with Love, and give me a new meditation...

But He announced that this time He came with another purpose: He came to seriously speak with me...

“I offer a new stage of work, a stage that will entail the departure from the earthly plane. If you feel that you are not ready for such a sudden turnaround of events, — run away right now while it is good!...”

... Indeed, I was not ready for such a turn... I felt this so keenly that I was not able to think about anything else but about the forthcoming death of my body. One thing is to learn not to identify yourself with the body during the meditation: “Let's imagine that the body has died... I do not have it anymore... The body was nothing but a capsule, while I am a huge spiritual heart, a consciousness free from matter, existing independently of the body... Now I can live without it easi-

ly...". I was able to do this in meditation as many times as one wants, but here it seems the reality!...

Even though Huang Di did not say anything about terms, I believed 100% that the death of my body would occur, if not this night — tomorrow for sure, and it would not be a meditative death but a real one!

Over and above, Huang Di was "adding oil to the fire" by reviving in my memory the stories of Vladimir according to which in the past it was impossible to drive along the country roads during official holidays, because fights, including knife-fights, were everywhere and drunken locals were lying in the middle of the roads... This added keenness to my feelings...

Suddenly I realized that today was the first of May! An official holiday!...

I was moving along the night road and was not expecting the dematerialization of my body anymore but a much more primitive death. With my mental sight, I was already seeing a drunk local who would jump out of the bushes and cut my throat...

I could not meditate anymore, I could not grasp even for a moment the bliss in which, seemingly, I had already learned to live constantly. Just in case, I tried to stay closer to Vladimir...

It seemed that my thoughts were tearing me apart. A heap of them fell on me! "I did not have time to do this and that!" Tears were streaming by my cheeks...

I was realizing that no matter how bad I feel, I could not run away, because I could not live my former life anymore — a life without God! However, when I pictured to myself the death of my body, I had spasms — for I still did not want to die! I need to learn so many things, I just started the Path! I have a daughter whom I want to bring up, paintings that I want to do, the dream of working again in the cinema...

I was writhing in pain until I understood that I was trying to walk two paths simultaneously: the path of an ordinary person and the path of a spiritual warrior. And

if I had been able to do this before, now I reached the “mark” behind which these roads diverge completely and forever! I would not be able to walk them at the same time anymore. I had to choose one of them once and for all!

I chose it.

... Did God disincarnate me then? Of course, no! This was just a strength test. He tested if I had enough strength of aspiration and courage so as not to turn off halfway.

It was important to test this, because He can offer the subsequent Path to the depths of Him only to the person whose devotion to Him is absolutely sure.

Afterwards, Huang Di resumed that night for me:

“You made the right choice. However, to close the door to the world of illusions — this is just the beginning of the Path. Another thing you need to do is to open the gates to the World of the Creator, and not only to open them and enter — but to settle *There*.

“Remember that your goal is not to get into the nagual<sup>19</sup>, or to become a magician, or to be free from matter. Your Goal is to attain the real Freedom — Freedom with the capital letter. Beyond the borders of the material world, one can find a great number of paths but only one Path leads to the Freedom: it is *the Path of the heart!* It is so because only love can illuminate the Path!”

... What happened next? Months and years of persistent spiritual work followed, but from this point that time stopped which was measured for me by the events of worldly life, and it began to be measured only by the new stages of spiritual ascension.

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<sup>19</sup> An aggregate of non-material layers.

## ***Love for Nature***

The beauty of the Earth... It would be wrong to say that I had not noticed it before. I noticed it and admired it! I admired a reflection of the sun in spring puddles. I delighted in the transparent blue of the sky and in a golden carpet of leaves rustling under my feet during the autumn. My eyes always noted something amazing and beautiful and tried to imprint it.

However, I was not able to *dissolve* in this beauty when I was attuning to it. I observed it from aside, from my ajna chakra only, from my head. When we look from the head, we can see beauty and we can even enjoy it by sight, but we still remain *separated* from it, while *mergence* with it is what constitutes spiritual value.

Before I started my discipleship, I thought that a good artistic taste was proper to me. I appreciated esthetics and, seemingly, knew a lot about it.

Nevertheless, I had to think more seriously on this topic after one of our trips.

... We stayed on the bank of a forest river. It was the beginning of spring, and everything was bathed in sunlight.

Suddenly I saw a beautiful red tulip floating in the river and slightly rocking in its current. Immediately my past *estheticism* rose in me, and I started involuntarily admiring this picture: a red flower is floating in a transparent river between two banks covered with dazzling snow. However, a comment of Vladimir took me out of the contemplation of this “beautiful” picture:

“Look, a beautiful corpse is floating”...

... Afterwards, I had another more serious lesson.

Whenever we were in the forest, Vladimir acquainted us with birds, specifically, the names of each different kind of bird and how each of them sings in spring. At that time, it seemed to me that this aspect of our work was undoubtedly interesting but not very im-

portant. I also was sure that I would never be able to distinguish a finch from a robin or a thrush anyway.

So, when the chatter of birds was all around us in spring, Vladimir could suddenly ask:

“Well, what bird is singing now?”

Of course, no one remembered. We just shrugged our shoulders and tried to guess.

That is why I was waiting for the next spring with a certain shudder, thinking: “Oh no, soon birds will come again and start singing all together!...”

Indeed, they came soon and started singing.

At the beginning, Vladimir laughed at our ignorance, put “bad grades in our karmas”, and exclaimed:

“What kind of God will you be if you cannot even memorize birds? God, contrary to you, knows *each one* of His creatures!”

However, I still could not understand why it was so important.

So, one day, when I again called a redwing a robin, Vladimir told me:

“I do not know whether or not I will be able to communicate with you any further... All these birds are my friends! All those years that I have walked along these forest trails, they were with me! I indeed do not know how to communicate with you if you do not love and accept *my friends!...*”

It was a new “squall” that fell on me! I cried and still could not understand what my fault was. I love all birds! What can I do if I cannot learn their voices?!

I was really worried then and promised myself that I would start having a more serious attitude towards this issue. So I began to “prick up my ears” with all my strength in the forest and listen to the tape recordings of bird songs at home...

I do not remember how much time had passed since then, but one day, while walking along a forest trail, I heard a blackbird quietly sing somewhere in the distance. Words cannot describe what joy filled me

from that song! For the first time in my life, I *myself* had heard and recognized its voice, and it did not belong to some abstract bird but to a blackbird indeed! Then I heard and recognized a finch song without hesitation. And somewhere nearby a titmouse started “titmousing” happily. The spring was blossoming, and more and more birds were all around. I then finally realized how important it is to love all my friends and to know them by their names! The bird’s twitter stopped being a mere pleasant background for our work. Birds really “revived” and became dear and kind friends when I had learned to recognize them.

In this way, step by step, I understood what real love for nature is. It can originate only from the heart. When we transform ourselves into spiritual hearts, our arms of the souls seek to embrace and caress everything living! We, in this case, turn into love pouring out on everything, seeking to wrap everything with it and to merge with the purity and subtlety of surrounding harmony! Only then you do understand that everything around is living! Each bird, each blade of grass, each flower, and a little tree are all living souls that respond to your love!

It is only by knowing and loving in this way and in no other way, we can move further.

It is impossible to flow into God, to unite our hearts with Him if we have not learned to love all His children and all His Creation!

“Only having learned to love the Creation, we can learn to love the Creator” is what Vladimir taught to us.

\* \* \*

I would also like to say few words about the *nature of love*.

What is love? In my childhood and youth, I was surrounded by many people who said that they loved me.

I noticed that the love of some of them gave joy: for example, one of my grandmothers was nothing but love and tender care for all of us.

The “love” of others, on the other hand, was oppressing, suffocating, and put forth constant demands...

I had, of course, my own opinion on this subject, but Vladimir was the one who amazed me once by how succinct and accurate his wording was about this:

“A vast majority of people understand love as their own wanting. To love — for them — means to *want* something or someone. This has even become a part of what is called “classical literature” and, consequently, it was this form of ‘love’ that has been taught to children in schools!

“But this is absurd! Love for oneself is *anti-love!*

“The vector of true love can be directed only *from* oneself out, never towards oneself!

“Love is self-giving, self-sacrificing, and not demanding something from others for yourself!

“... Nevertheless, it is with such *consumeristic anti-love* that many people try to ‘love’ not only each other but also living nature and its specific representatives...”

## ***On Meditative Work***

What is meditation? Many people believe that to *meditate* means to sit in complete silence with the crossed legs and with the eyes squinted at the nasal bridge...

Long before my meeting with Vladimir, I had tried to “meditate” in no other way but this. Thus I was sitting for a long time and thinking: “What is next? Should I just sit and wait? But how long should I wait and what should I wait for?”...

While reading Castaneda’s books, I wanted very much to repeat everything that he related, but I did not

know how to master “the second attention”<sup>20</sup> that he described. Castaneda did not explain anything about it, and everywhere in his books everything happened in the same way: Don Juan hit him on his back, and something amazing began... But what should I do? Who will hit me?

Of course, I tried many times to stop my internal dialogue, but nothing good came out of this as well. I did not succeed because I tried to stop the flow of my thoughts while staying in my head. It was so frustrating! The pinnacle of my achievements at that time consisted in the fact that the heap of thoughts turned into one endlessly repeating thought: “Do not think about anything!”, “Do not think about anything!”, “Do not think about anything!”...

It was until I started learning from Vladimir. He explained the mechanism of mastering the “mental pause”:

“One just needs to exit the upper *bubble of perception* and move to the lower one. In this case, one’s internal dialogue disappears by itself. ‘In one’s head’, one can only fantasize. Nothing happens in reality. It is only in the *lower bubble*, it is possible to achieve inner silence, the ability to move the consciousness inside the multidimensional space, and the ability to see what is really important on the Path to the Creator and the Creator Himself.”

... I remember how on one occasion, at the beginning of our discipleship, Vladimir acquainted us with a very interesting *place of power*. It was on a bridge over a small river. It was necessary just to cross the boundary of this *place of power*, and suddenly a practitioner, as a consciousness, fell through the bridge without efforts.

Vladimir explained:

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<sup>20</sup> The term that was used by Don Juan for clairvoyance [26-28].

**“Everything is very simple! You do not need to ‘tear’ yourself out of your body. You just need to perceive yourself lying on your back at the bottom of this river. The shift happens instantly, because the consciousness moves *with the speed of thought.*”**

**So I started gazing into the cool streaming water. The river was shallow, and I could see the sand on its bottom and some algae slightly swaying in the current. After that, I, as a consciousness, moved into my *lower bubble*, and then... I realized that I was lying on the bottom of the river, feeling soft sand with my back and clear spring water streaming around me and *through* me... I felt so good and peaceful, and all my problems and thoughts sped somewhere far away with the stream of the river... Suddenly I heard the voice of Vladimir that came to me as if through the thickness of the water:**

**“Be careful that your body does not fall into the river as well! You have already forgotten that it is standing on the very edge of the bridge!”**

**... I was greatly amazed then, because for the first time in my life, I was able to completely flow into the other world and immerse myself into it to such a degree that the material plane ceased to exist for me! And it turned out to be so easy to accomplish!**

**... Vladimir, undoubtedly, always rejoiced at our achievements! However, he did not teach us concrete meditations only. He gave us new tasks and every time explained not only the technique of carrying them out but also the strategy to do so. In other words, we had to understand how each exercise fits in the general outline of the Path and to be aware, including intellectually, of each stage that we have passed.**

**For example, while giving us that exercise on the bridge, he explained very understandably why it is so important to learn to move oneself as a consciousness below one’s body:**

**“At the first place, we all, in a quite natural way, have been learning before to perceive the world from our head chakras, that is, from the upper part of the body. However, in order to progress on the spiritual Path, we have to move into the middle dantian — the anahata chakra — which is located *in the middle* of the body. This is not easily, immediately mastered by everyone. That is why the correct decision in this case would be first to master the stable concentration of the consciousness as low as possible, on the other pole in relation to our heads, so to speak. Then it will be easy to master the concentration in the middle as well.**

**“Another important thing is that we must reject the stereotype of thinking, which exists in almost all religious movements, that ‘God is above, while hell is below’. Divine Teachers often manifest Themselves in the form of huge Fire Mahadoubles, and people saw Their Faces high in the sky. From this, the idea that God lives above us — has appeared (however, how can this be true if our planet is round?). In reality, everything is quite different: God is *everywhere*, but one does not need to look for the entrances to the Creator high in the sky. Instead of this, one needs to look for them in the depth of one’s own developed spiritual heart, much deeper than one’s body. It is in this way, we find the Abode of the Creator, the subtlest spatial dimension.”**

**... On another occasion, when we worked in the midst of expanses of meadows, inside the huge Mahadoubles of our Teachers, Vladimir gave us the following instructions:**

**“We, as consciousnesses, should flow out of the anahatas backward and immediately try to flood all the space with ourselves, to dissolve ourselves in the space of Light! It is not necessary at all to experience ourselves anthropomorphically, of the size of a material body. The latter is the experience of occultists in their attempts to exit from their material body, being in an astral body. However, this has no further prospects. We**

have completely different objectives, and we need to try to dissolve ourselves right away in the Light of the Divine Consciousness.”

... Later, when we ourselves were learning to be instructors, Vladimir explained to us that it was not enough just to know the techniques and methodology of spiritual advancement but also to understand the psychology of our disciples:

“While learning to be God, we have to become psychologists, because God is the best Psychologist.”

... When we were making our first steps in teaching others, it seemed to us that the most important thing was to find the boundaries of a *place of power*, to deeply feel a meditation, and then to properly explain all this to the disciples. But Vladimir laughed:

“You look like soloists in the theater: you go on stage to sing your aria. It is not right! It should be done in another way! It is important to have feedback with your disciples! You have to see whether each of them is succeeding in this or that meditation, or not! If they are not succeeding, you need to find the cause of this failure and help them remove it.”

Vladimir has always been an example for us on how to lead people. No matter how many times we went to the same *place of power*, he never repeated himself. He contrived to present a meditation to a person in those words and terms which were understandable for that person. For everyone he placed an emphasis on the most important aspect at that particular moment.

... How can one estimate progress and prospects of one or another disciple? It turned out that it should be done not only according to his or her meditative abilities. Vladimir taught us that the main criterion of assessment is the *motive* that drives this particular person. Does this person just like the company to which he or she has joined? Does this person only get pleasure from meditation states or look for the healing of the body or want to “pump up” the *personal power*?

If a person is driven by any of these motives, it means that he or she must not be led any further!

Only the person, who aspires to cognize the Creator and who is driven by the love for Him, has the right to approach Him as close as the methods that we have allow! God opens His Arms only to the person who has chosen the Mergence with the Creator as the Goal of all his or her earthly life!

... Sometimes in the past, people, who were already sufficiently “crystallized” consciousnesses, joined us. This condition helped them to easily perform complex meditations, but they did not always achieve success. If they did not have the most important thing, i.e., the love for the Creator, God put an end to their further progress very soon.

“Only love decides everything! A person must not be attracted by pleasant communication with us or with meditative experiences that he or she receives. Instead, one must clearly see the Goal and seek the Mergence with the Creator!” — Vladimir explained.

Indeed, how can one accomplish such meditations as *Cross of Buddha*, *Giving Away*, or *Awakening* — without love? It is impossible! Whether we feel ourselves as the River of the Holy Spirit (*Pranava*) or penetrate into new unknown layers of the multidimensional space, filled with the Living Light of the Divine Consciousness, with Its Tenderness, — we can stay There only being love!

One day Sathya Sai Baba told me the following on this topic:

“When you are tired, you start practicing meditation as a series of memorized actions. But this is very similar to church rituals, which you consider empty and useless. You do those memorized movements and then you wonder why the flow of love does not appear in response. Meditation is not a series of memorized actions! It is not physical education for a consciousness!

**Meditation is the manifestation of your love for Me! It is giving yourself to Me!”**

**\* \* \***

Before the beginning of my work with Vladimir, I had thought that the spiritual Path is like a series of “instant enlightenments”. I was also sure that if you completely exited your body once, submerged into meditation very deeply, or received a Revelation, — these achievements remain with you for the rest of your life.

However, very soon I had to realize that things were quite different. In the spiritual world, nothing that you mastered once — belongs to you forever. Each new boundary has to be “taken by assault” and then you have to prove every day that you are worthy of the height that you managed to achieve. Each taken stage needs to be made “habitable”, as with a new house. It needs to be transformed into the basis from which you can continue your ascension. There is no possibility of resting for a long time on this Path. There is no time or place for being satisfied with one’s own achievements. As soon as we grow up, the next stage is ready and needs to be mastered. And when this one is taken, God opens another one, whose height makes you feel light-headed again.

### ***About Naguals***

On one occasion, in spring, we were coming back to the city after a day of meditative work. Everything around us was flooded with golden sunlight.

I recalled *Journey to Ixtlan* [27] and then Genaro... Immediately His Shining Face filled all the space around us...

**“Genaro, tell us about Don Juan. Who was He for You?”**

**“Who was Juan for Me? He was My Friend on the Path and a faithful travelling Companion!**

**“Spiritual warriors do not huddle up to each other like blind kittens. Each one lays his or her own path independently, one-to-one with the Power<sup>21</sup>. However, if you know that the Friend is walking nearby, a Friend who, just like you, is paving his or her own way into the Inconceivable, this gives you additional strength and a certain reckless joy!**

**“How happy every one of you should be about the fact that he or she does not walk alone! To meet like-minded people is a great fortune, and to meet a Nagual is a Great Gift of Power!**

**“What do Naguals do for those people whose destinies They took over Themselves? A Nagual is always ahead! He or She indicates the Path and helps others to overcome obstacles — by getting to know beforehand about all reefs and shoals.**

**“A Nagual first reaches the other side of the world of illusions and pulls others out to there through the ‘Veil’.**

**“From the depth of His or Her Knowledge, a Nagual sees the souls who approached the ‘Veil’ and who did this not just because of simple curiosity.**

**“Knowing that this Path is not for the weak souls, a Nagual takes full responsibility, leading further only those who will not go mad, who will not fall to death, and who will not lose heart on this Path.**

**“A Nagual sees those who have inner potential, and if they choose to follow a Nagual, He or She will give them a unique chance to gain Freedom!”**

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<sup>21</sup> With God.

## **“Root in Me!”**

When you realize how rich and colorful life becomes with God, a very strong desire appears to give the same joy in the lives of people around you. Just as I tried to familiarize all my acquaintances with the books of Carlos Castaneda some time ago, I began to familiarize them with the books of Vladimir by giving them to those people.

Thus, I gave one of his books to one of my old friends. I expected that quite soon I would receive a phone call from her full of delight, but instead... I only heard her comment expressed in a lazy and slow manner:

“Well... you know... This is too much...”.

What exactly turned out to be “too much” for her in this case? It was the truth that the Path to the Perfection requires from us the complete remelting of ourselves, the reconsideration of all our priorities, and the colossal work on self-correction. All this truth turned out to be “too much” and too unbearable for her.

It is much easier to bake on Easter a cake and then to stand in a long line so that a priest “consecrates” it. It is much easier to play with spiritualism or astrology... This does not require any special effort but creates a pleasant illusion of one’s *involvement* in the spiritual world...

However, no rituals or esoteric games can really bring one closer to God! Only all-consuming love for Him does this!

“Root in Me!” — God told us one day a long time ago.

Nevertheless, in order to carry out these aspirations, we first have to understand what God wants us to be.

He wants us to be similar to Him!

Vladimir repeated many times that the three main qualities of God are Love, Wisdom, and Power. Hence,

if we aspire to the Mergence with Him, we have to develop these qualities in ourselves — up to the Divine level, because only when two things are similar one to another, they can merge in one!

It is possible to describe the essence of the spiritual Path in the following way: the individual “i”, which has been cleansed of vices, brought to the perfect purity and subtlety, and which has developed wisdom, grown itself to the size that is many millions times larger than the size of a human body — this one flows into the “I” of the Creator at the end of the spiritual Path and becomes His integral Part.

In other words, the lower “i” has to be substituted with the Higher “I” in the course of long and hard work on oneself.

And we should take into account that this never happens spontaneously, by itself. No, the Kingdom of Heaven is taken by effort, as Jesus taught.<sup>22</sup>

... Our work always included many different aspects, but the priority in it was always set on growing love. Love is the key to everything! It is love that opens the Gate! And then, by gaining wisdom and power, love becomes stronger and capable of achieving the most unimaginable things...

At the beginning, we master love by taking care of people who are dear to us, we learn to love all kind beings and everything created by God. Then, as we transform ourselves into love, the Creator allows us to approach Himself, because only love can merge with Love.

God once said to me:

“Learn to submerge all your indriyas of the consciousness into My Depths. This is how you root in Me!

“I am Love and I accept only love into Myself!

“As for people, learn to love them as I love them and hold them on My Palms of Love.

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<sup>22</sup> Matthew 11:12; Luke 16:16.

**“In this case, wrong reactions to external events and false attachments will disappear, and in its place true love for everyone and everything will be born!”**

**... Indeed, the practitioners, who are rooting themselves in the Creator, become unattached to material objects and concrete people; external events cease to captivate them. This does not mean that their lives become cold and empty. On the contrary, their love for everyone and everything becomes *deeper*, filling their lives with happiness of the spiritual creation and with Bliss from the communication and Mergence with the Beloved!**

**... Simultaneously with the development of love, one should develop one’s intellect.**

**From the very beginning, when we were still learning the fundamentals of the School by reading books, we already had to make a revision of all aspects of our existence.**

**In my former life, like in the lives of a vast majority of people, there were certain rules and principles that I followed. However, I never pondered whether they were true or false. I simply followed them just because they were *customary*.**

**When, on the contrary, I did the serious work on revising all my actions, I realized that only a small percentage of them had an objective importance and were ethically correct. How much freedom and energy came into my life when I threw out this pile of old and unnecessary stuff! And I should mention that it was not some sort of volitional decision. Simply, by becoming more mature, we easily and happily free ourselves from the “toys” that attracted us so much before.**

**After this, by submerging ourselves further and further into the Depths of the Absolute, — we learn to look at the events of the material plane from these Depths and evaluate those events by looking at them through the Eyes of God...**

The acquisition of wisdom is a very gradual process. It is so because it is impossible to simply cast away one's own insufficiently developed intellect and replace it with the Intellect of God! "I help you at your every step, but I am not going to make those steps instead of you," — God once said to us.

... Finally, love has to become not only wise but also strong. It is necessary, because, in order to traverse the entire Path, we need to have sufficient power of the consciousness and a passionate aspiration for the Goal.

Vladimir gave us numerous methods that contribute to the growth of the consciousness and he showed us a great number of *places of power*, working on which allowed us to have excellent possibilities of growing ourselves as consciousnesses quantitatively.

At the same time, he always emphasized that we have to cultivate "power in subtlety", because the cultivation of coarse *personal power* does not lead us to the Creator but to the opposite direction.

## ***Conclusion***

### ***Cry***

Confined in the prison of the body...  
Call for help getting stifled in my chest...  
Unable to flap my strong wings...  
"Oh, my Savior! Set me free!"

He appears and looks at me gently  
Saying: "You are already saved!  
"This is not a prison or a closed cage!  
"Look, there is neither lock nor key!"

**“You are a free bird, remember that!  
“You fly high — and sublime is your flight!  
“A flap of wings — and you are free  
“Far away from all sorrow and grief!”**

**My eyes light up with hope from these words:  
I will fly away in a flash!  
... But I am getting stuck, like before...  
Unable to move in the least...**

**“You must be laughing at me, my Teacher!  
“Help me, please: I can’t bear that pain!  
“How can I reach the Abode of Freedom?”  
“It is closer than the edge of your wing...”**

**“How can You...?!” — “You are a free bird,  
“But you hold yourself back by your tail...  
“The one who cannot fall in love with Freedom  
“Is unworthy of Freedom today!”**

**Stunned by His words of truth,  
I understood Him at last:  
Permission to get the Freedom  
Can be given me only by mine...**

**(November 1997)<sup>23</sup>**

**I wrote this “poem of despair” at the very beginning of my participation in the work of Vladimir. And recently — after some years — Vladimir suddenly reminded me about it, saying:**

**“Maria, do you remember how God once said to you that you can seek and find Freedom ‘closer than the edge of your wing’? Take note that this became true! The Abode of the Creator completely fills now your body!”**

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<sup>23</sup> This poem of mine and our other poems were published in the book [5].

... The body of each of us, humans, is like a tiny islet in the Infinite Ocean of the Universal Absolute. However, almost all of us live without noticing the Greatness of this Infinity That surrounds us from all sides. It happens because the material world is too bright and entertaining, and it completely absorbs us, and we dissolve in our jobs, families, amusements, and attachments.

We live in this way until we reach a certain maturity of the soul — and then the Truth becomes open before us. This Truth is that there is a human being and there is the Creator, the Mergence with Whom is the greatest meaning of the life of every soul.

From this moment, the spiritual Path of every one of us begins, and we gradually turn our *eyes of the soul* towards the Creator.

Then we wash away our vices and make free our “islets” from useless and unnecessary stuff.

Then we grow ourselves as consciousnesses — that have been cleansed and washed.

After this process of growth reaches a sufficient degree of completeness, we obtain the possibility to slide off the “islets” and to begin submerging into the Ocean of Divine Love and Infinite Freedom deeper and deeper!

At the beginning, it seems to us that the Path to Freedom is endless. However, when you finally merge with Freedom, you understand that It has always been with you... And the boundary that separated you from It for your entire life was “no thicker than a sheet of thin paper” [8]. This Freedom was indeed “closer than the edge of your wing”...

# **Olga Stepanets**

## ***Life Before the Beginning of Real Life***

**What do I live for? What do I waste my life on? How can I make my life full of value and use for myself and for others? Here I will try to relate, how I gradually found the exhaustive answers to these questions...**

**... I grew up in a village and spent all my time in nature. I observed everything around me, knew where and which flowers appear first, which herbs and fruits one can eat. I was very active and loved to climb everywhere and everything, including trees...**

**... My main characteristics included being responsible and orderly as far as I remember myself. I was also very stubborn and always held my ground. However, I was humble enough to recognize when I had made a mistake as well.**

**... I read avidly and eagerly. I especially liked fantasy, in which I loved to read about a *bright future*, where all people love each other and live in harmony with surrounding nature.**

**... I always wanted to care about someone.**

**... I grew in an atheistic family and did not believe in the existence of God.**

**... I graduated from university, got married, and gave birth to two children. I got to know earthly love, but... it extended to everything! I loved everything around me! At this time, I formulated for myself that the meaning of my life consisted in love!**

**... I always keenly experienced any injustice. I even became the deputy of a city council in order to protect the interests of simple people.**

**... I had a family, children, an interesting job, and a stable income. What else does an ordinary person need for happiness? However, the dissatisfaction about the life I lived grew little by little in the depth of the soul...**

## ***The Beginning***

At the age of 45, I started becoming interested in spiritual literature, including the books of Helena Blavatsky. They captivated me greatly and made me think that a human is a multidimensional being.

But what could I do next? How could I begin the cognition and transformation of myself? There was no response to these questions in those books.

I mentally started appealing to God, Whose existence was not a question of doubts for me anymore. I asked Him for help.

And help came!

One day my daughter brought from her friend a book of Vladimir Antonov "How God Can Be Cognized" [11]. This book impressed me very much! I immediately renounced my non-vegetarian diet and soon began to practice the exercises that were described in that book. My life stopped being pointless and obtained a confident meaning! It became filled with joy and love from the exploration of opening prospects.

... Shortly I found like-minded people. Oleg, the leader of our group, offered us the simplest methods at the beginning, such as attunement to the harmony of nature, psychophysical exercises, and others, which were described in books of Vladimir Antonov and which were accessible for everyone. We all received first-hand evidence that these exercises were indeed effective and gave results, if one repeats them everyday until they become habitual.

It was especially pleasant to practice them in the morning under the warm trickles of the "rain" from a shower. Thus I was able to fill myself with love as soon as I woke up and then started a new day with positive emotions!

I then clearly and definitely comprehended that it would not be possible for me to correctly develop myself as a consciousness, if I did not learn to stay in the

emotions of tender love from the very beginning of the spiritual Path.

Oleg taught us to watch ourselves, to overcome our defects, to be strong and firm, to live in the anahata, and to constantly aspire for God with our thoughts.

... Our classes took place primarily in nature, which allowed us to simultaneously memorize species of plants and birds. During my childhood, I had learned to recognize only a dozen birds by sight, but it turned out that there were many more of them in our forests!

It was also a discovery for me that having boiled some water on a campfire, one can quite easily brush one's teeth in camp conditions and wash the entire body.

At one point in time, we intended to spend two days with overnight stay in the forest with our tents; one woman of forty years became afraid of going with us. For her, camp conditions of life turned out to be an insuperable obstacle. In this way, God draws aside people who are not capable of overcoming their own habits.

... After my personal meeting with Vladimir Antonov and his co-workers — people who entirely dedicated their lives to spiritual self-perfection and to giving the knowledge about the Path to God to other people — I got an opportunity to learn by observing their living examples of spiritual selfless devotion.

... I remember quite well our first meeting with Vladimir. I was worried and afraid of doing something wrong... However, his joyous hug made me forget all my fears!

Vladimir hugged me and kissed me as if he was my own relative who knew me and loved me for a long time! In his arms, you feel as if the Infinity is hugging you, as if the tender Ocean of Love is admitting you into His soft waters, and you dissolve in this Love.

I observed him. He is always calm and placid. If he looks at you, it is Love itself that looks! He is sometimes strict when he speaks about your mistakes, but it is impossible to be offended by this, because what he says is always true. He is tender and caring and every time finds endearing words when he addresses you. He never loses anyone from his sight and remembers everything important about everyone. During winter he shakes snow off our jackets so that it cannot get to the scruff of the neck; in his flat, in narrow passages, he always moves aside and stops to allow you to pass.

He is always dressed very simply, without wearing anything unnecessary. Things serve him for a very long time, because he never throws anything away until it is completely worn-out, until, as he joked by using a medical term, a *complete tissue disintegration* of this piece of clothing happens.

To me, and probably to any one of us, it has always seemed that he has paid special attention to my person by trying to teach me to live being Love, and not simply to feel it, to manifest it to the world, to saturate my entire body with it, to smile from my anahata always and to live joyfully.

If suddenly a wave of his Love flowed over me, I immediately realized that he was watching me and supporting me.

... There were a lot of cases during my discipleship when I could laugh at myself.

On one occasion, during a spring freshet, we had to cross a flooded river. Water was higher than the edge of our boots. What could we do?

Nevertheless, Vladimir calmly said:

“Well, let’s take our boots and pants off — and go!”

We already had an experience of winter swimming, but such a solution would never come to my mind! And someone might even hesitate, be stopped by it...

Later on, we crossed flooded places many times in this way.

... On another occasion, we passed by the place where it was said in the film “Places of Power. Three Steps of Centering” that mushrooms grow even during a very early spring. It was spring at that moment; the middle of May. In some holes, here and there, one could still see snow. It is in central Russia that May is almost summer, but in its northern part, spring comes one month later. I firmly said to myself that I would in no way believe in mushrooms growing this time, if I did not see them with my own eyes! How amazed I was when I found a family of prickly cups that just came out and that grew on a big old stump covered with green moss!

God truly works miracles in order to knock down our human patterns of perception of the world!

## ***Lao***

We were walking to Lao<sup>24</sup>. The soul rejoiced at the spring freshness and purity of the forest, embracing pines and young birches that had tender recently opened foliage... The words of Lao started sounding in my heart:

### ***We Are Walking***

We are walking...  
Everything is rain-washed and shining with purity...  
A forest is rustling, greeting us,  
And it opens its arms, saying: “We are waiting for you!”  
We are walking... The smell of fresh grass  
And of tender May leaves  
Fills the space around us...

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<sup>24</sup> You can read about Lao and other Divine Teachers in [5,8] in detail.

Lao says:

“Open your hearts wide: I am your Friend!

“I will help you all

“To pour your voices into the melody of the forest,

“To dissolve in its harmony,

“To feel that the Earth is living, and to embrace it!”

We are walking...

We love and are ready

To accept and hold

All living, the entire created world,

On the palms of our selfless love!

However, what happened next on the *place of power* itself — in the ashram of Lao — was even more wonderful! Lao showed us His monastery, which existed and exists in a “non-manifested” world!

... It had a lake, and a mist was floating above its surface... From that mist, dim contours of Asian styled gazebos (the ones with curved roofs) appeared... Tiny brooks and small waterfalls were seen among stones... There were a lot of flowers with gentle fragrance and many other plants... Thickets of bamboo were here and there... Small fields of scarlet poppies irradiated warmth, and it was possible to feel it even on the physical plane... It was a marvelous human-made tropical garden in a northern land!

A song started sounding again in my heart:

### *Garden in the Ashram of Lao*

A gentle scent of flowers...,

The warmth of petals...,

A marvelous Garden — the Garden of blissful Love!

A soft and light wave of calm

Fills you —

A marvelous Garden — the Garden of blissful Love!

**Many tender arms  
Create and take care of  
A marvelous Garden — the Garden of blissful Love!**

**Light is streaming everywhere:  
In you and in me...  
A marvelous Garden — the Garden of blissful Love!**

**How can you find a way to this Garden?  
On the palms of God is  
A marvelous Garden — the Garden of blissful Love!**

**As the soul blossoms,  
Your flower will grow into  
A marvelous Garden — the Garden of blissful Love!**

**Thus, shining with Love,  
And inspiring people,  
May a marvelous Garden flourish on the Earth!**

**It was impossible to leave this place! The blissful state of the consciousness in the ashram of Lao has imprinted forever in me and helped me in my hours of need.**

**“Learn to love, to create love, and to hold on the palms of love, everything living — plants, animals, and people — like I do,” — this was what Lao explained by His Love to us.**

## ***Sathya Sai Baba***

**When we came to the *place of power* of Sathya Sai for the first time, His Mahadouble rose higher above young birches, and it seemed that warm orange reflections fell even upon the white birch bark and on the unmelted snow.**

**We clung to Him, and He folded us in His Arms! We melted, we dissolved in His Love... The forest dis-**

appeared, we disappeared, and nothing remained but His Tenderest Love...

... On His other *place of power*, His Mahadouble rose high above a valley with a small river and above nearby meadows. We stayed not far away in tents for several days, and no matter where we moved our bodies, I felt that Baba was holding my hand and led me everywhere, as if I were a little child. He was absolutely Living and Intimate! I felt His love all the time!

He said to us in verses:

“Having taken My Hand,  
“Hold it! Don’t lose!  
“I will lead you through your life  
“To My Abode!”

Baba often gave advices to me, taught me to listen to Him and to write down His words.

One day, when we again came to Him, I felt the necessity to take out a pen and a notebook from my pocket. However, my mind was resisting, saying: “There is nothing to write down, no one says anything!” In spite of this that impulse kept appearing, and finally I prepared everything necessary. Only then His words started flowing:

“You must become a pure source that spills My Knowledge for people: those people who still do not know Me and do not hear Me!

“Manifest Me through yourself!

“The purity of your perception has to be perfect, without any admixture of the self!

“My Love should flow from your eyes and from your heart in everything you say and do! My Love should flow from your entire way of life on the Earth!

“Service to Me through giving My Knowledge to people is what I can do only through sufficiently developed incarnate people, including you.

**“I am Everything! I am the One Who creates inside Myself and from Myself! The universe is developing by expanding inside Me.**

**“I am Love, Which goes to people on the Earth, which manifests Itself in the form of My Fire Mahadoubles through Which I help people on the Path to Me!**

**“Feel this Love that has neither time nor space boundaries! Dissolve in It! Become It! Hold the entire universe on the arms of Love together with Me!**

**“Love and help people in their evolution, but remember that they have freedom of choice!**

**“Carry My Word to people! Whoever has ears, let them hear!”**

## ***Ocean***

***Places of power over the sea expanse always helped me to greatly extend my arms of the consciousness and attain that purity, tenderness, and aspiration, without which it is impossible to enter the Ocean of the Primordial One.***

**The sea was so huge, tender, and caressing... Waves, by incessantly running over the shore, by splashing while colliding with sand or small pebbles, created a constant rhythm, their own melody, in which the verses of the poems of Divine Maenuel came into being as if rolling waves.**

### ***Become a River, Become the Ocean***

**Become a river...**

**Become the river that flows...**

**Become the river that carries**

**Its waters of pure and tender love to the Ocean...**

**Become a Wave...**

**Become the Waves That one after another**

**Manifest with Themselves  
The Ocean of Infinite Universal Love...**

**Thus you will become the Ocean of Me,  
The Ocean That lives creating islands inside Itself,  
So that It can love  
Rivers, steppes, forests,**

**And people... —  
Those people who grow  
And who, like rivers, carry  
The waters of pure and tender love to the Ocean...**

**The consciousness expanded freely and easily  
over the vastness of the sea!**

**Meditative states that are expressed in verses —  
quite often have a stronger effect and are imprinted  
deeper. This is what Maenuel dictated to me on His  
seaside *place of power*:**

### ***Turn into the Ocean!***

**The sea... A gentle whisper of breaking waves,  
Early morning mist...  
The sea... One wave after another  
Embraces me...  
I want to dissolve in this mist!  
I want to reach the edge of the horizon!  
I want to become Light and expand over the sea!  
I want to rise as the Sun over the land —  
And shine!  
The sea... The sea of Light!  
The sea of Love is in Heaven!...  
The Sun... *The Sun of God* will help me  
Get into the Ocean!  
The Primordial Ocean,  
The Ocean of Infinite Love!...  
By pushing myself away from the solid earth,**

**I get into It!  
By filling yourself with Love and opening arms  
Expand yourself more and more and go deeper!  
Dissolve so that nothing remains  
And turn into the Ocean!...  
The sea... The Sea of Light reigns in Heaven!...  
The Primordial Ocean  
Tenderly cradles the Earth  
In Its huge Arms...**

**Wonderful! I was at the Black Sea several times before, and what arose in the soul now, on these *places of power*, was so dear and familiar that it evoked memories from my past life... I, as a consciousness, began to recall the ability, which I developed then, to attune with the sattva of nature and to dissolve in the infinite expanses above the sea and in the sky, shining with goldish-pink light.**

**All this became even clearer to me (it was like a breach into the deep memory of the consciousness) — when I read the chapter about Danish Lady-Gott from the book [8].**

**I realized that I had known Her! I remembered Her body, which was slim and tall, much taller than mine. It seems that I was a child at that time... Her hair was gathered on the backside of Her head in a simple haircut. I knew Her character, which was strict but fair. She was and is the Lady Who loves wisely, truly!**

**Yes, I was Her disciple in my previous incarnation, and now I started to recall Her lessons...**

**... I, without being aware of this, always used the pure and clear energy of water to recover myself from unfavorable energy influences...**

**... And when I began spiritual practices, it was easy for me to attune myself with the harmony of nature, to fill my body with goldish transparent light and to wash it inside and outside with sponges consisting of light, thus calming my emotions and mind...**

... The depth of the perception of the Ocean of the Primordial Consciousness changes as the consciousness grows. Now in meditations, I can perceive the Ocean of the Creator Which surrounds me from all sides, or I can, by merging with It, flow freely through my energy cocoon and my body inside of it...

If the soul grows in the aspiration for the Creator, it transforms into the Consubstantiality with Him...

Now I aspire to never separate myself from Him...

## ***Defects***

The spiritual Path is never easy, because it is, first and foremost, a struggle against one's own imperfections which prevent one from approaching the Creator.

And it happens quite often that it is impossible to see these defects without assistance. It is helpful when there is a good friend nearby who can help you with this.

One also needs to always be open to the "blows" given by God-the-Teacher and be able to withstand these "blows".

Vladimir knows how to precisely show you your imperfections right in that moment when you are "mature" enough to comprehend it and accept it.

Here are some examples of what he said to me about my defects in the past:

"Olga, why did you come to us with such a face, the face of a housewife tired out by life?

"We should become spiritual leaders, and this means that we do not have a right to lose the states of joy and love! Otherwise, no one will follow us!

"People have enough afflictions and problems...

"We should lead them! We should not be 'sterile flowers'!

"We should live in continuously growing love for God and in permanent happiness because of this, no matter how bad the body feels.

**“*Sat-Chit-Ananda*<sup>25</sup> is not a mantra or a slogan. We should live in bliss even if the body is being cut, quartered, or burned. Let’s imagine that the body has been greatly, but not completely, burned down and feels great pain... Or let’s imagine the attacks of devils... Pain and troubles on the material plane must ‘drive’ us deeper into the Mergence with God, into the Bliss of this Mergence! This is their predestination for us!**

**“What does our activity consist in? If we are earning money, communicating with idle friends, watching television every evening, nursing a husband, serving him, etc., and apart from all this we have a hobby for weekends that consists in playing spiritual games, pleasing ourselves with this (in the same way as people, for example, go to church on Sundays to put a candle there, thinking that by doing this, they carry out their duty before God, thinking that if they light a candle for God, He will take them to paradise)... But this is a lie, a whopping lie! No paradise comes from such deeds!**

**“We should live with a permanent and strong aspiration for transforming ourselves! Only such correctly directed aspiration brings us closer to God! We do not approach Him only by the mere fact that we have rotated a tetrahedron [13] or visited a *place of power*... Not exercises themselves are significant here! But we should build our *personal relationship* with God! We should establish and develop a *personal relationship* with Him! During the years of practice, the establishment and development of such relationships result in our Mergence with Him!**

**“Thanks to the intensity of the struggle with oneself — the bliss of interaction with Him grows day after day, year after year!**

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<sup>25</sup> *Truth — Subtlety (of the consciousness) — Bliss.*

**“Also, no one should think that he or she will be brought to the Abode of the Creator on a leash, like a dog!**

**“Sathya Sai Baba says very well that there should be no intermediaries between a person and God! In other words, everyone should *personally* develop his or her relationship with Him! In Agni Yoga there are also words that *everyday perception of oneself before God* is the hardest but most indispensable condition for success on the spiritual Path.**

**“You have not developed a personal relationship with God; therefore, any serious spiritual work is still a dream for you... Right now I directly set this task before you! The problem exists, and you need to fix it!**

**“In my words, however, there is not even the slightest allusion that you are so wrong that we have to say goodbye to each other... No, on the contrary, God confidently marked you out as His promising disciple. However, there is a problem, and this problem should be solved!**

**“Look, all of you, being away from us, have gotten ‘pinched’ during the time that we have not seen each other! You all became ten years older during the last winter! What did you do all this time? You visited *places of power*, stood there with gloomy faces, believed that spiritual work was advancing, right? But you did not come closer to God during this time! This is a fact!**

**“Maybe, you have grown as consciousnesses, but I repeat that we do not approach God just because we stand on a *place of power*. The growth of love is what brings us closer to God! He is Love, and we also have to become Love! If Love disappears in us, we move away from God! We — as spiritual hearts — must grow, grow, and grow!... However, the spiritual heart is not some kind of balloon! It is the consciousness in the state of Love! And you did not develop it...**

**“What did not allow you, Olga, to live as a spiritual heart all this time?**

**“Understand that I want to change this situation positively, I want to get it off the ground. I love you! And you also should love God, all the Divine Teachers, and everything! The growth of Love has not happened in you during all this time; on the contrary, its quantity decreased! The anahata inside your body has not become joyful after all this time!**

**“There is no doubt that we will overcome these difficulties, but for this it is necessary to change something. Namely, it is necessary to change, first of all, your relationship with God! Maybe this summer you will have an opportunity to give classes. It also seems that you need to change your social environment in which you live. If you do not change it, nothing will turn out well! You need to decide by yourself if you want to change it. I do not insist on anything. However, you have to see your problem right now with my help. I should not harp on this, but I should pose the problem before you. You should understand that I am saying — with absolute goodwill — that something must be changed in your life, despite the fact that you are a very promising disciple. You yourself should solve this or, if you want, you may put your decisions before God for discussion, asking Him whether you are right thinking to act in this or that way.**

**“And right now, joy should arise in you just because of the fact that you know from this moment that you need to change! You should say yourself: ‘I will change myself!’**

**“... We can go to *places of power*, we can develop ourselves as consciousnesses with the help of some techniques... But if we do not communicate with God while doing this, if we do not seek Him, — there will not be much benefit from this. God will reject those aspirants who do not love Him!**

**“The most important thing is Love for God! Those believers who visit the church and beat their heads against the floor are closer to God than those who fo-**

cus their attention on *places of power* — instead of on Living God! Remember this forever! The love of those who are still looking for God only in temples, even though their love is imperfect, is more directed to God than it was directed in your case!

“‘I develop myself’ is a sport’s principle, but we deal with a religion. Our School is scientific and religious! But religion is, first of all, love for God!

“What sense does it make to develop the anahata if it does not function, if there is no function of Love in it? The structure and the function of this organ should be developed simultaneously! It is not with *places of power* that you should establish relationships but with God, with the Divine Teachers!

“Look, right here and now: we can embrace Jesus with the arms of our spiritual hearts! And He is stretching His Arms to us for this!

“Love Jesus, Krishna, Sathya Sai Baba, Babaji, Ptahhotep, Surya, Elisabeth Haich, and Others! Love Them all! We know so many Divine Teachers!

“Otherwise, if you ask yourself the question: ‘Whom do I love?’ how can you answer? ‘No one, because there is no one to love.’

“... One of the concrete manifestations of love is service to the One Whom we love. We do this for Him, not for ourselves!

“By the way, if one does not have concrete incarnate people to be loved, one should, probably, suffer from this! I myself suffer from this all the time, even though I have concrete people to whom I can manifest my love! However, I suffer from having so few of them! I would like to have more and more!

“... It is bad when anahatas are empty, not filled with love!

“Everything that you do — looks like sports training! There is no religiosity in this! It is a very serious methodological mistake! Spiritual work must not be

similar to sports training! Religiosity is, first of all, love-aspiration for God!

“Yes, your anahata maintained its form, but it is empty! This organ of yours was developing without functioning correctly!

“What can we do to become truly religious? We need to read, think, talk about God, interact with Him by trying to perceive Him, embrace Him with the arms of our spiritual hearts, and serve Him.

“If there are no people whom we can help in a given moment, we can direct our love to other beings, for example, to plants, to animals. We can love everyone except for the inhabitants of hell.

“And it is not possible to merge with God without being in love with Him!

“... ‘Spiritual work’ that has turned into sport trainings can be very dangerous because it can lead to the growth of an ugly self.

“The relationship with God should not be developed only during *leisure time*. Let God take the place of highest importance in the life of a monk! This is what distinguishes monks from secular people!”

\* \* \*

“You will definitely teach others.

“While working with disciples, you should always get feedback from them. In order to efficiently help a concrete person, it is necessary to know all the nuances of his or her spiritual development! It is essential to learn to take responsibility for the development of a disciple, for his or her upbringing. You must call the attention of a disciple to his or her defects! Otherwise, it is possible to create the illusion in the disciple that he or she is growing spiritually, while in fact this person degrades!

“When you do this, it is important to explain to the disciple how to become better — instead of saying how

bad he or she is. In the latter case, this person only feels worse and moves away. You need to tell them how to become better with the exception of those special situations when it seems to a person that everything is alright, while in fact everything becomes only worse. In these cases, yes, you need to upbraid them!

“... The spiritual knowledge of our level should not be given to just anyone. You need to distinguish to whom you give it. We can speak about God, about the spiritual heart with everyone, but we must not give deeper stages to ethically immature people! This would be doing nothing but causing harm to them!

“... Do not harm! People who do not take the work on themselves seriously — should not be entertained.

“We also should not *pull* anyone towards God! To try to artificially ‘pump’ the interest of a person in spiritual work is harmful to this person, because he or she will not be able to cope with it.”

\* \* \*

“*Hesychia* means inner calm. Even when your body is running, you need to maintain this calm.

“Your meditation now is the state of God. You yourself must cultivate the state of the Creator inside yourself.

“We should grow the consciousnesses in the subtlety of the Abode of the Creator. For this, we have to make unceasing efforts. It is not possible to achieve the growth of the consciousness by mere relaxation and staying in subtlety. However, we need to alternate efforts with relaxation in order to take a rest.”

\* \* \*

“What is the difference between an orthodox granny and a Divine Teacher? A Divine Teacher thinks

about all of humanity, while a typical orthodox granny concentrates only on her sins...”

## ***Silence and Beauty***

In meditations on the higher stages of the Path, the perception of the world changes in such a way that *Everything* is seen consisting of Divine Light, filling and supporting by It.

Juan Matus represented this in the following words:

### ***Only Light is Everywhere!***

Wherever you glance,  
You see the Light far and wide...  
It attracts you, It embraces you...  
There is nothing more beautiful!  
By falling in love with It,  
You melt in It...  
By dissolving in it,  
You lose your self...  
Only Light is Everywhere,  
In every place and in everything!  
It is *beneath* all things,  
Everything is held on It!  
It is Wisdom and Power!  
It is Tenderness and Love!  
By cognizing Its Depths,  
You become born again in It!  
Is it possible to cognize it  
By igniting only sometimes?  
Burn! And having burned the self,  
You will turn into It forever!

However, this is possible only inside the *inner calm* that one has cognized and mastered.

Divine Lada spoke about the same subject:

## ***Silence***

Silence in the forest... Silence...  
Snow is falling very quietly...  
It has covered the ground and the trees...  
Everything has quieted down...  
Silence around... Silence...  
I feel it... I feel how it surrounds...  
I feel it by allowing it to enter my...  
Silence... It embraces  
Rising from the *depths*...  
The self disappears in it,  
Silence dissolves...  
I hear the silence!...  
It is full of Infinite Love...  
From the *depths of silence*,  
Where the *Source* is,  
God enters into the silence  
Of the soul...

## ***Some Recommendations of the Divine Teachers***

Babaji:

**“Devote yourself to God completely!**

**“Out of all your personal desires, only one should remain: the permanent and ineradicable aspiration for Me, into Me!**

**“And one more thing for you to ponder over: what have you done yet for God? Not for your *personal development*, but for God.”**

**Lada:**

**“Learn to love nature that surrounds you!**

**“Learn to love silence, the living silence of nature!**

**“Learn to notice beauty even in small and indiscernible grass, even in a flower that is quite simple at first glance!**

**“Learn to listen to the silence around you and the silence inside you! Then you will learn to live with your *heart!***

**“I am Love! I am Beauty! Love and create Beauty together with Me, and in this joint creative work, become *One with Me!*”**

**Sathya Sai Baba:**

**“It is a requirement for the disciples of My School — to act absolutely intelligently while carrying out the Intention of the Creator for spreading our common knowledge on the planet Earth.**

**“Those who do not understand this — act only for the sake of the satisfaction of the whims of their selves! I exclude such people.”**

**Jesus Christ:**

**“You will meet My Love everywhere! I am and always will be among you!**

**“Preach about Me from the Depths of the Father, by carrying the Truth to places where people will be able to understand Me! This is the only thing to which I call you!**

**“This is the *Flow* of our common Service.**

**“And remember that from every one who has been given much, much will be demanded!**

**“You are incorporated in this *Flow* and interconnected with All of Us. You must not stop! Otherwise, this will be the non-fulfillment of your duty!**

**“Absolute devotion is required from every one who is incorporated in this *Flow!* The one who looks narrowly, at his or her feet, will fall being unable to withstand the intensity of this *Flow!*”**

## **Larisa Vavulina**

### ***Start***

**When God offers the Strait Path to Him and gives the Master, who himself traversed and therefore knows the entire Path as well as also has cognized the Goal, — it requires from a student full trust for the Master and complete devotion to this Path: otherwise this student would not be able to go by it.**

**By what words can be expressed the love of a disciple to the true Master? How to say “I love you!” to this Person who loves you so much, who gives all of himself to help you to reach the Perfection, to cognize God and connect with Him?**

**How to say “Thank you!” to Him who is constantly aware of you and caring keeps you on the palms of his vast consciousness-love, who took you as a disciple, took upon himself the responsibility before God for you-soul?**

**I do not know these words, but it is this — that lives in me!**

**... When God had already firmly entered into my life, I turned to Him with the question:**

**“How to serve You better, oh Lord?”**

**“Write about Me! I am not an abstraction! I am the Reality! I — really exist!”**

**But when later He said that the next book will be our autobiographies, I a little lost my head... How to start?**

All of my former life in this incarnation — before joining the School of Vladimir Antonov<sup>26</sup> — was very far from the life of a spiritual aspirant. It is difficult to write about that part of my life, because now, looking back, I realize that my existence before — was not real living. Because there was no God and understanding — as to why I live. Only time went on... and life went on... I was like drifting with the flow...

But God even then gave me lessons — and I acquired the life experience...

... In the family where I was born, no one educated me seriously. My father was employed as a worker in a small factory where they made — of cast iron — batteries for heating homes. He was not an educated and cultured man. After work, he played dominoes in the street and drank vodka. He took no part in my upbringing and never was interested in my life.

Only once, when I — after already graduating from school and college — was studying at the evening institute and working, he suddenly opened the door to my room and said, almost tenderly:

“Daughter, have you done your homework...?”

My mother, after finishing college, worked as a forewoman at a huge factory in the shop, where they made knives, forks, spoons. There was heavy manual labor, and almost exclusively women worked there. She was for them “Mom”, she was loved and respected for her honesty, kindness and great diligence. She also had a little free time for my upbringing.

As a child, I did not get on with my older sister: I was not tolerant of any violence to me — and fiercely resisted any of her attempts to “educate” me. Later, we have developed *the principles of peaceful coexistence*,

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<sup>26</sup> At present, we help only through the published by us materials; we do not conduct any lessons, lectures, etc. (Vladimir Antonov).

and almost did not quarrel, but were not close either: she had her own life, I had my own.

In our family, also was a grandmother, my father's mother, who lived with us. She was quiet, kind. Almost all the household chores were on her, and she almost did not go out of the house, besides two summer visits to Mordovia — to the village, where she took me.

The first time, we went there when I was seven years old. It was the strongest impressions of my childhood! From the train-station — to the village, one had to go a few hours on a cart drawn by a horse, on a country road. For the first time, I, a city resident, was in the open country space!

It was morning and the sun was shining! All around — to the horizon — were stretches of gentle hills, fields and grasslands, which were interspersed with ravines and small copses. The first time in life, I saw how wheat, rye, buckwheat, oats, millet grew on fields! In the meadows bloomed variety of flowers and grew a variety of herbs. High in the sky larks were singing. All this was like a multicolored carpet — it was huge, alive, and very beautiful! I could not tear myself away from the surrounding beauty!

That summer, I first saw whole fields of strawberries and forest strawberries: the second is three times larger than strawberries, dark maroon, sweet and flavorful!

And more, I learned to graze cattle and sheep, lay in hay!

... Because most of the time, I was on my own, I have formed my inner world. It was a world of justice and love. I dreamed of this love, which is — for all: it is — fair and never to offend anyone.

I very keenly experienced any injustice, especially in relation to other people. I was ready to stand up for each unjustly offended.

I also loved the Earth and thought that it is — alive! I liked to lie, face down on the grass, and cling to

the Earth with whole body, and hugging it by arms... Or — laying on my back, watch the bizarrely changing shape of clouds floating in the sky... In those moments, I felt such peace!...

... In our family there were no conversations about God, but also no denial of His existence. Only grandmother quietly crossed, looking at the icon of the “Mother of God”, whispered prayers and lit the icon-lamp before the icon at holidays.

My life was atheistic and was held under the slogan: “For our happy childhood — thank you, my dear country!”

... Then I went to school. I always liked to learn new things. I studied easily and was very easily fascinated by all: in the pioneers’ clubhouse learned in many circles — theater, sewing clothes, ballroom dancing, radio. Also played basketball and cross-country skiing, but most of all I loved to swim! In the water, I was — like a fish in its natural element!

After school, I graduated college of marine engineering. “On distribution”, I came to work in the Research Institute. Immediately I came to study in the evening department of the university. I studied and worked, and at the same time gave birth to two daughters.

... Then — my life consisted in “getting stuck” and “bogged down” in the world of matter...

I was working in the shop of a huge metallurgical plant as an engineer. Work and care for the family, a meaningless marriage in which there was no trace of love and harmony — all this had plunged me into a kind of “gray” layer of existence... Soon my husband and I got divorced, and I was left alone with two small children.

To feed this family, I had to do more and entered on a second job... Home business and taking care of children absorbed all the attention...

Then I met a man who seemed to me to know how to love and care for a family — and I married for the second time... But he proved to be an alcoholic, with drinking bouts... He had a daughter from his first marriage — so I obtained a third child...

... At first, I tried to fight against the “disease” of husband, went with him to the doctors, buying expensive medicine. He agreed to stop drinking, but again fell into drinking binges...

And then I finally realized that all my efforts — useless, the drunkenness is not a disease, but a consequence of weak will and indulging one’s own vices. And that no one, except for the man himself — only through one’s own efforts — can be delivered from vices.

... Ten years of life in that hell taught me a lot. And, most importantly, having pushed away from hell, I was able to turn toward God.

For the first time, I was seriously thinking about God and addressed Him. I asked: “What do I do next? How to live? After all, I can leave nowhere with the children. My husband — also will not go anywhere. So divorce will not change the situation. And there is no escape...”

And suddenly the understanding had come: there is no escape — from the *outside* for me, in material world, but it is — *inside* me! I can change myself — and to *take* the external as it is. I should stop trying to remake him! One should not *force* anyone else to be good: the result is the opposite!

Now I understand that it was my first conscious attempt to learn the love-humility.

No, he did not stop drinking. But the tension went from our relationships: I had “let go” of him in my mind — and now, when he was drunk, he spoke only about how he loves us...

And I, suddenly, felt a very other love: now I would like to love namely all people helping them!

**And God took it!  
It was a turning point in my life.  
But it happened... when I was already almost forty  
years...**

## **Search**

***“The soul, exhausted and languishing, requests  
drink, drink, drink...  
Where to get water to quench one’s thirst?  
Source is — it is called the Truth.  
But to find it,  
One will have to embark on a journey...”***  
**Philip the Apostle, from a conversation with Him.**

**I began to go to the temple of the Orthodox Church, thinking to find God there. I attended different temples, honestly stood during the services, trying to feel God, confessed and got communions. But nothing worked!**

**I also found that for the majority of the priests, the service in the church was only the usual work for money — the same as any other job. But I was looking for the Living, the Real God!**

**When I took part in church ceremonies, I had the feeling that I am taking part in theatrical performances...**

**I liked to come to a temple long before service when almost none of visitors were there yet... Only during these hours, I felt a special peace — and it was good...**

**I tried also to pray with the help of the thick book with prayers. But I could take for myself from it only two prayers: “Heavenly King”<sup>27</sup> and “Our Father”.**

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<sup>27</sup> [http://encyclopedia-of-religion.org/holy\\_spirit.html](http://encyclopedia-of-religion.org/holy_spirit.html) (the footnote of the corrector).

Then I began to search and study the books where the information could be about God, meaning of life, how the world was constructed and what to do to help myself and others. But I could not find the information that would satisfy my growing interest in new to me esoteric side of life.

One day, I visited a friend of mine and talked with her son. He was fond of different spiritual literature, and I asked him to show me his books. Among them was the book of Vladimir Antonov "How God Can Be Cognized". Taking it from his hands and having read the table of contents, I realized: it is — the book which I searched for! Here I will find the answers to all my questions! I asked him to give it to read. He refused, saying that this book already — because of his diligent reading — was dilapidated; the paperback had collapsed. But he can buy for me one more in the same store. And there, by the way, are other books of Antonov. I was very happy and asked to buy all the books by this author.

Having the long-awaited books, I read and imbibed the written — as if drinking from a living source: as a traveler in the desert quenches the thirst, crouches to the long-awaited water...

Having read all, I decided to write a letter to the author. I briefly described my life and thanked him for the books. And I was very pleased when the answer came! He wrote that with a drunkard-husband it is impossible to go to God and that necessary is the ethical work on oneself. And wished me success.

... After two months, my drunken husband departed the earthly life.

Now I had more time to study the books of Antonov.

Intellectually, I at once accepted all that I had learned from his books about God, man and evolution. But I felt the need to start work practically: remake my

life and myself, making all in line with the plan of God. But how — I did not fully understand yet.

And I wrote him the second letter, describing the recent events of my life, and asked for a meeting.

## *The Meeting*

He called and we agreed on the time and place of the meeting.

I arrived long before the time appointed: afraid of being late due to traffic. And here he came.

In front of me, was a seemingly ordinary man, but with a surprising face: a large white beard, a high forehead and eyes that were looking at me with peace and kindness.

“Are you Antonov?”

He nodded and offered to go to the located nearby park.

For almost two hours, we walked through the park and talked about God, about the meaning of life... When the conversation turned to the Teaching of Juan Matus, Vladimir pointed his hand:

“Here is Don Juan. He listens attentively to our conversation!”

I stared hard, trying to see Don Juan... But saw only a set of trees around us...

The simplicity and naturalness in communication, calm... Vladimir was — true: without a shadow of pretense, arrogance. I realized that I could fully trust this person.

At the end of the conversation, he wished me success. And I promised to write, if there will be. On this we parted.

## ***Coming to the School***

In former times, I asked God to help me find an incarnate Master.

Having been acquainted with Antonov, I asked him if he himself conducts classes. But he said, “No”.

Then I decided to engage myself with his book “Spiritual Practices”.

Every morning I got up at five o'clock and, before going to work, I was doing warm-up and psycho-physical exercises, trying to work with the anahata chakra. The first results were very soon felt: emotional state of joy and cheerfulness continued the whole day.

But what next?...

One day, in the early spring, the phone rang. The familiar voice of Vladimir sounded in the handset:

“Peace to you! How is it going?”

“That’s well, I do warm-up and other exercises. After the exercises, I’m good: joy and strength add.”

“Very good! So — God leads!

“What is with nourishment? Understood?”

“Yes, I eat cruelty-free food.”

And I was invited to the session.

After the first lesson, Vladimir said:

“With such a state of energy in the body, like yours, the people, however, are screaming in pain... Let’s assign to you “winter ice-bathing”. You can try to find an ice-hole close to your home, or you can go to Ozerki: there, on the lake, there is a club of “walrus” and the ice-hole. And take children with you!”

He explained in detail how to bathe in an ice-hole.

... Never before I had even poured over myself cold water. And now... right into the hole!...

I went home immersed in heavy thoughts... There was a feeling that in the soul, there was as if the stagnant water which suddenly began to move and a turbidity rose from the bottom...

The next day, I made a decision: am trying, to start, to pour!

I dropped into a bath — and poured on the body three buckets of cold water!

The result, however, was not happy...

I thought: so, if in the bath is so bad, it means that in the ice-hole exactly will be my end...

The whole evening was an internal struggle...

But I knew: either the ice-hole — or I stay forever in the former life...

I understood that I had nothing to lose: to live as before — it was not possible!...

The next morning I was going: I take the children, a swimsuit and a towel — and we go to the lake. After yesterday's pouring in the bath — I was feeling bad: starting cold, the state on the brink of an illness. But I am thinking: in the ice-hole one of us has to die — either I, or germs!

... On the lake — the sun is shining and a light frost.

The snow sparkles and crunches under our feet, as we walk across the ice to the ice-hole.

I changed my clothes in the little club-house on the beach and went out barefoot in the snow...

I came up to the water and, as was taught, — throw arms of consciousness, let the sunlight into anahata, embraced with arms the space over the lake! I invited Holy Spirit to enter into my body!...

I went down by wooden steps and dived into the icy water... And — a miracle! The icy water — was not felt! Plunged into it with my head, then came up and restored the breath. But I did not jump out of the water, instead submerged the head again. From under the water I heard the plaintive cry of my daughter:

“Mama! Come out!”

Okay! I went up the steps on the ice and felt like... — like the newly born! An approaching disease had

disappeared! Every cell in the body — as if it's filled with sparkling joy!<sup>28</sup>

Happy, we then returned home.

... At the next meeting, when I told it to Vladimir, he was very earnestly glad for me. And he added:

“The faster you completely rebuild your life — the more you can have time to get on the spiritual Path!”

... The circle of my former acquaintances very quickly had broken up. They just stopped inviting me, it became not interesting for them to be with me: because I no longer drink alcohol, did not smoke, did not eat meat and fish, did not discuss the endless television series because I did not watching them any longer... I was now interested only in God and all that is connected with knowledge of Him.

At work, I said that I pass a special course of treatment, and the doctor ordered “winter swimming” and a strict diet. Everyone calmed down — and did not bother me with questions.

At home, my children knew about my new life, and they accepted it.

Only the father, who lived alone, could not understand how it is possible not to drink a small glass of homemade vodka on a holiday?! And then he just stopped communicating with me.

In the meantime, I had devoted all the free time to mastering Raja Yoga and to studying spiritual literature. “Winter bathing”, daily exercises with pranayamas etc. had allowed the first stages of cleaning the body's energy. Now, I was watching my, coming from the spiritual heart, flow of love for people — friends and strangers — they smiled in response, they became well. Because of this, the happiness overwhelmed me so much that I wanted to hug the whole world with my love!

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<sup>28</sup> On the method of “winter bathing” read in [13] and see in video film “Three Steps of Centering. Places of Power”.

## ***Ecology***

**Ecology is the science of a being's interactions with its environment. We must learn — from the perspective of ethics — to interact correctly with the whole world around us: incarnate and non-incarnate beings. Simply stated, we need to learn to love them. Otherwise, it is impossible to love God and draw close to Him. And the full love is possible only having a developed spiritual heart.**

**Vladimir taught us in practical ecology. Having great experience as the scientist-biologist, and studied, in particular, the multidimensional structure of the universe and the Creator, he happily shared all his knowledge with us.**

**To love nature — you need to live alone with it in harmony: respecting its laws, attuning with it, take care of it. And through this, you can learn a lot — including, silence, peace.**

**\* \* \***

**We leave the city before dawn — to be early in the forest. Namely at the dawn, nature fills with the greatest tenderness!**

**We walk on a forest path to the *place of power*. Each carries a backpack in which — the essentials: first-aid kit, paper for kindling a camp-fire, a hacksaw, a plastic raincoat in case of rain, the foam pad so that it could be possible to relax on the damp ground, and, of course, sandwiches for breakfast with cheese, coffee, jars with rice and mushrooms for lunch.**

**... That is the dawn!**

**Ants paved their trails across the track on which we walk. We navigate so as not to step on them.**

**Around — pine forest saturated with sunlight! And every pine glows and radiates fragrance!**

**Vladimir says:**

**“It is best to feel the harmony of nature in the morning and evening sunset; the day — is not ideal.**

**“A long time ago, when I yet had no understanding on the spiritual work, I looked at this beauty — and very strongly wanted to give it to others. And — as a result of that, my desires, our spiritual School had been created.”**

**... We stopped under high fir-trees, have breakfast of sandwiches with coffee.**

**Then we start to work. First — the *trees of power*.**

**Vladimir explains:**

**“These are the unique — with regards to bio-energy — spruce and pine. They grew up together — side by side — from their childhood. And they have formed the most interesting *place of power*.**

**We should, first, fully enter — by the consciousness — in anahatas and stand by bodies between their trunks, embracing with love these trees. And let’s see what happens.”**

**... I went to anahata, stand between the trees, embraced them by arms of the soul, and... disappeared! Complete dissolution, the state of non-existence of the material world... It suddenly ceased to exist for me... Now there was only the space of peace and quiet... I did not feel my body, as if it was not... Then I did the super-effort to understand what I now am... With effort, I realized that I was just the limitless and eternal *peace and quiet!* Wow! Here, it appeared, the Nirvana... With Vladimir — it is so easy!**

**... And Vladimir smiles:**

**“It’s just the ‘gate’, clearing the mind and preparing to perceive the much more important...”**

**... When all members of our group had passed through this ‘gate’, having been in this place for about a few minutes each, — we went further.**

**We came up to the border of the next *place of power* inside a huge Mahadouble of Babaji.**

**Vladimir explained the technique of the work:**

**“You can, just having crossed the border of the *places of power*, freely and easily swim — by consciousness — from anahata — and immediately feel like a very large spiritual heart, the diameter of a few hundred meters.**

**“Pay attention to the arms of consciousness: we can embrace, caress — both the tops of trees, and birds, and clouds, and the sun, and Babaji, of course!**

**“Let us feel the Divine Love of Babaji, which He gives to us! You can easily communicate with Him, to ask for advices, instructions for yourself and for others.”**

**... I went into the *place of power*, am trying — very cautiously — to feel Babaji... And suddenly — was filled with His Love! Nothing like I had felt ever before! Here it was — the Love of God: the all-penetrating and filled with happiness and bliss of Living Light-Tenderness!**

**Vladimir reports that Jesus and Sathya Sai Baba came here as well.**

**... I walked on the place and asked — but by force of old habit — not Babaji but Jesus — to accept me, to allow me to go to Him by this Path. I turned to Jesus again and again with all my being, and, when deep peace suddenly filled the soul, I realized: my request is accepted...**

**... Each of those few days was filled with new discoveries, familiarity with other Representatives of the Creator. Vladimir worked this miracle — revealed God to us. He introduces us to the Divine Teachers, while he himself remained to the side — so that everyone could personally feel God — the Living, the Real.**

**There was a feeling that in those days I spent months of life... A new love came to me — Love of God! And I would like to fill all people with this Embracing Divine Love!**

**This was a complete opening of the spiritual heart. And, at the same time, — only the beginning of great work on the Path to the Creator...**

## ***Giving Away***

Then it was necessary for us to strengthen ourselves in the achieved states. And it was not so easy...

“The best way to understand and remember the most significant of the received is to teach others!” — Vladimir joked.

And he seriously continued:

“Learning from God, we need to accept very many skills in different areas of life — in order to effectively help others. Each needs, in particular, to receive at least the most common knowledge in medicine. To do this, all buy and learn from, for example, a ‘Handbook for practitioners in medicine’. We also should be competent in general political issues, also to become psychologists, to possess at least general knowledge on psychiatry. It is necessary not only for ourselves — but also to better understand other people, helping them.

“And it is possible to teach others only with what you yourself know.

“At the first stage of spiritual study, when non-incarnate Divine Teachers and an incarnate Master hold you in Their Arms and give Their Love, — it is very easy to go. But then your study continues through giving the received to others.

“The desire for such *giving away* certainly is one of the properties of a mature, loving soul. But for this, one must have the extensive desire to possess knowledge in everything that can be useful in the spiritual development of man.

“Moreover, it is necessary to *give away*, as our Divine Teachers do, i.e., in particular, to be completely disinterested financially: only love should lead one to those whom you are giving away.”

... And then I discovered that... I'm afraid to give meditations. Fear binds, paralyzes — and then nothing can be done.

A new struggle against myself had begun...

**God spoke to me:**

**“Giving away should be the quality of the soul, a way of life.**

**“And giving meditations — this is also an opportunity to give others love. It is also service! It is your Karma Yoga, the proof of your love to Me!**

**“Do you think that you love them? But in fact it turns out that you only *take*, while the real love — is *giving away*!**

**“Namely because of this, it feels bad for you!**

**“Also it is necessary to give away more, than you picked up!**

**“Break all barriers in yourself! For love — there should be no barriers! Let it be!**

**“You build the barriers and obstacles for yourself by your negatives: ‘I cannot!’, ‘It’s for me too early!’ ‘I’m yet little!’. But this is not so! You’re — an adult, and the demands placed on you are those of an adult! You already are adult; understand this!**

**“Know that to give your love away — this is the only opportunity for you to exist and grow! Cross quickly into the existence with emanation and giving away! Only then you will understand entirety — to give love! This is, too, the main implementation of the principle of the existence of the Absolute!**

**“If a person only gets and rejoices and lives by this — he or she is still small, a child. But, growing up, it is inevitable — for each of the worthy — the transition into *giving away* mode of living! This is — the law, failure of which leads to the real death: the death of the soul. If a person only takes and is not able or does not want to give away — he or she dies like an overfed animal from *indigestion*.**

**“Do not worry, if it will be not well enough at the beginning! How long can you be afraid for yourself?! The fear is generated by a mind and is inherent to a body. But you are not a body! Forget about yourself! So pass to people My Love!”**

... But I continued to resist...

Then God began to put pressure on me...

He withdrew from me my meditative achievements.

I was horrified to find that now I cannot even get out from the body through anahata! Although before this, it was easy for me even to be merged with Him by all the consciousness...

He wanted me to continue my own efforts on self-transformation. And at the same time, He checked: how much I longed for His Gifts?

... I had to start all over again. Once again, I grabbed the books, the Raja Yoga, for the ethical work on myself...

### ***“Test of Durability”***

***“... Ethical purity in a budding person should be absolutely unconditional...***

***Ethical purity must be consubstantial with the soul!”***

**Kim [8]**

I reread the Teachings of Jesus, Krishna, Babaji, Sathya Sai Baba, Vladimir’s books, trying to understand the very essence of the Divine Wisdom and applying it to myself.

God spoke to me:

“Without the constant work on yourself, it is impossible to achieve success on the spiritual Path. Remaking yourself according to My Will — is not a toy, it is — a serious, thorough and scrupulous everyday work. To get down to it — it needs full responsibility and awareness of its fundamental importance. There can be no place for frivolity, crudity, passivity. Only with diligence and patience, acting absolutely sincerely and honestly, — this is the only way for you to work on yourself here.

**“It is easy, even without understanding it, to destroy, to break down, the best that is already in the soul!**

**“Slowly and patiently cultivate in you all the best!”**

**... And the help of Vladimir in this work was invaluable.**

**He almost never spoke to us — on his own initiative — what defects everyone should correct in themselves. But he, with different examples of similar situations from his vast life experience, was trying to lead us to our own understanding of ethical problems. And he always did it brilliantly and never repeated himself.**

**For example, he explained, as if in the abstract, in general, not referring specifically to me:**

**“We must fully use the psychic self-regulation and always try to live in happy and bright emotional states of consciousness. It is one thing — when any dirty little ‘shrimp’ being the consciousness of the size of its cocoon generates bad emotions: the harm from it is minimal for the surrounding beings. And another thing — a great consciousness which cripples others by rough states! Never, no matter what happens, can we leave the state of love! And we are responsible for this before God!”**

**... At first, I was frightened by the nakedness of the soul before Vladimir and tried to “hide” from him my lower “i”. But then I realized that, being closed, I cannot remake myself as a soul! And it is a great benefit: to open the soul to the Master, who strikes precisely at the vice, not me... And I completely stopped “hiding”.**

**At exactly the same time, I got confirmation of the correctness of my solution: one of our more younger friends, who lived in another city, wrote to Vladimir the “request”: “You for so long do not scold me!... But it so helps to approach the Perfection!”**

**... We continued to go to the forest for meditation work. I tried to meditate, but my efforts did not meet**

God. I could not, as before, merge with Him: it was impossible.

And God “added momentum”: He began to create in me a sense of almost constant physical pain: not even pain somewhere specific in the body, but all the body at once. Very often I felt a pain in the heart. I went to the clinic, and the cardiogram was recorded. The doctor carefully examined the lines on the paper tape and said:

“But you have a completely healthy heart!”

I realized that it is useless to trouble doctors.

... But I did not get any better: God wanted from me the complete, deep changes in my entire essence due to my personal efforts.

Finally, He spoke:

“Direct your attention deep into Me, not on your body! Love for Me solves all problems!

“I want from you the constant creative cooperation with Me in all aspects of your life! You just are obliged to live in a state of giving away!

“Also — cast away all the manifestations of violence! Learn to not want anything from anyone!”

... Vladimir told me that time, and it helped me very much:

“Larisa, God will help you, but He will not do anything in this situation *in your stead!*”

... I began constantly to observe myself: monitor, analyze, control the states of consciousness in which I was. I would not want to harm incarnate and not incarnate people by allowing myself to be in my bad emotions!

Pursuing this work, I realized that the lower “i”, producing thoughts, is like a computer, which laid the various emotional and behavioral response patterns and programs. When there is one or other situation on the material plane, it issues in response to this — a ready response pattern. But it does not, however, always correspond to the norms of ethical purity. So, my

“computer” needed to reinstall the operating system: it was necessary to remove all the existing trash of incorrect stereotypes — and to lay a new program of *ethical purity*. I had found it in the Teachings of Jesus, Krishna, Babaji, Sathya Sai Baba, books of Vladimir.

I also realized that one cannot control oneself, watching oneself from the head chakras: when manas<sup>29</sup> is activated — which is precisely the creator of the lower “i” — nothing good happens. The lower “i” cannot control itself nor fight against itself! For the success, it is necessary to move the “assembling point”<sup>30</sup> into the lower “bubble of perception” [21] and to place the center of self-awareness in the spiritual heart. We must also learn to feel ourselves as free — from the body — consciousnesses. Plus we should learn to think by the consciousness; that is without the participation of the brain! Thinking by consciousness, consisting of the spiritual heart, makes possible the controlling manas and managing thoughts.

I set the tasks before myself:

1. Always send all aspirations to the Creator — the main Aim of my life.

2. Always maintain the maximum speed of applying efforts, not stopping at the received.

3. Be *always ready* — that is, trying to be always, at any time, able to control myself and looking for opportunities to become better.

... Once I turned on the television to watch the news. But instead of news, it was showing the film, where the master of martial arts, checked the *always readiness* of the student.

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<sup>29</sup> You can find the meanings of this and other similar terms in <http://encyclopedia-of-religion.org> (the footnote of the corrector).

<sup>30</sup> The region of concentration of the consciousness (the term of the School of Don Juan Matus [26-28]).

Student was lying on the ground on the back between two tall trees. Between their tops, the rope was stretched and a stone of impressive size was tied.

“Ready?” — the teacher asked.

“Ready!” — the student responded.

Stone fell exactly at the center of the student’s abdomen. He — brilliantly withstood the shock and relaxed in joy. But immediately after — the second stone dropped, which until then was not seen. And the student, not expected such a turn of events, got hit, was writhing in pain.

“Not ready!” — the teacher stated.

... I also began to recollect all that Vladimir taught on this theme. I have mobilized myself to super-efforts: ... because I’m obligated to become a true spiritual warrior!

And the pain receded.

Relying on God, redirecting the indriyas into His Depths and depending only on my own strength, I continued to go forward.

## ***Meditative Work***

It is impossible to cognize God or even effectively struggle against one’s own spiritual disabilities — without properly constructed meditative work.

Meditation is the work of consciousness. It should be carried out simultaneously on several fronts, including cleansing and subtling, transforming ourselves into Love, increasing the volume of myself-consciousness, making myself-consciousness agile, flexible, powerful, wise. Vladimir taught us to do all this.

“The Path to God — this is, in particular, learning ‘to move’ namely all parts of the consciousness,” — he joked.

... I remember how happy I was when, at the very beginning of our contacts, having heard from Vladimir that to master meditations is usually optimally not in-

doors but outdoors: in the forest, over the sea, among the meadow and fields! And even — on special, energetically significant areas — *places of power*! But enclosed premises are suitable, as a rule, only for preparatory trainings in the framework of Raja Yoga.

Vladimir then showed us hundreds of *places of power*, and taught to use them.

There it is so easy and natural to flow out by the consciousness from purified anahata — rather into the Divine Light! And the arms, emanating from the open spiritual hearts, immediately soar! Then — you can swim, fly, hugging, caressing, growing, feeling, exploring, learning, merging with God!

And, as we were taught by Vladimir, we do not have to close our eyes, sit or stand at the same place: it is much more effective to work at a leisurely walk, searching, in particular, — even within specific *places of power* — the optimum points for operation. But when the bodily eyes are closed (except for special cases), we have a tendency to “float up” by consciousness into the head chakras — and then we certainly will not swim in the multidimensional Absolute, but only in our own illusions! The serious meditative work is possible only on the basis of the anahata chakra, i.e., by the spiritual heart; other possibilities do not exist.

\* \* \*

... I remember one amusing incident. Once we came to work to the Mahadouble of Huang Di. But the place was desecrated by a “countryside session” of addicts: energy became nauseous, used syringes were littered in the grass everywhere. Therefore, Huang Di moved Himself — on the same forest path — about a hundred meters. I did not notice this — and, out of habit, tried unsuccessfully to merge with Him... where He was the last time, not now. For me, not God was a

goalpost, but trees... which I had captured in memory from the previous time.

Vladimir then, laughing, said:

“But God is alive! And Mahadouble is not a statue: was set — and stands!”

... What a great gift God presented to me by introducing me right into the true spiritual School and healthy spiritual family of like-minded with the aspiration to only one Goal — cognizing the Creator, Merger with Him, and serving Him!

What Vladimir had done is the development of the methodology for spiritual growth from the state of a *common man* to God. It is unique and great! In other circumstances, for the studies and mastering of only one step of the “ladder” of spiritual ascent, a seeker might need more than one embodiment for the difficult and painful researches...

But to take advantage of this “ladder”, can only mature souls, aspiring in their search for God and devoting themselves entirely to this Path.

... Samadhi, Nirodhi, Nirvana — when I first read about these states in books, they seemed to be something extraordinary. And in the School of Vladimir — using his techniques, special *places of power*, and, of course, his personal assistance — they can be grasped very quickly.

... But in order to keep the successes and learn to live in these states of consciousness in everyday life — our own efforts are needed.

Vladimir taught it all — with ease. He gave the most intimate knowledge of God with the invariable love — but only, I repeat, for the worthy friends.

And behind this easiness, it was a big job of the scientist-explorer who worked for decades in the field of spirituality — losing nothing, observing, researching, analyzing, and systematizing the results obtained by testing everything on his own experience. Then he selected all the best and effective, and the leftovers

were discarded. Thus the *methodology of spiritual development* was created.

*Methodology of spiritual development* — it is not only meditations. But this is the comprehensive system of methods for human development, leading to the full self-realization, to achieving Perfection, to the cognition of the Creator and Mergence with Him. Here one cannot get progress without the ethical work on oneself, and without intellectual development. All this was exhaustively developed by Vladimir and described in his books.

Of course, this happened with the help of God and under His direct leadership. What sense could there be to create a methodology for the cognition of God — apart from Him?

But how one needs to love God, relying only on Him non-incarnate, to pass and to pave the whole Path for others — from the beginning — up to the full Mergence with the Creator — in only one earthly life?!

... Before us, too, it was given the task: not only receiving the prepared knowledge — but to explore, to seek, to check everything on our own experience. Also — to learn to give this knowledge to others. Otherwise, God did not “sign the student’s record book” of our destinies...

“You can lose very quickly all the meditative achievements, if there is no aspiration, a passionate love for the Creator, the desire to merge with Him and to serve Him,” — not once Vladimir said to us.

\* \* \*

When Vladimir himself showed the meditations — all turned out easily, beautifully, in a big way. Then we were asked to repeat it by our own efforts.

I used to quickly “grasp” the meditative state and thought: well, right now... I still remember everything, once — and do!

I puffed, stiffened... But, alas, nothing happened: God turn away from such efforts!...

“You’re doing a ‘physical training,’” — finally, He explained. — “For such work there are gyms. But here, in Me, there are other rules: only the emotions of love to Me are recognized!

“Pure desire to give away yourself to Me and unceasing work in this — this opens My Embraces!

“The force that you are trying to use in meditations, without love, — is violence. This is incompatible with the life in Me!

“In the Divine eons, the Consciousnesses smoothly and gently interact with Each Other, living in Mergence, mutual Penetration, Love and Harmony.

“Meditative work is the major part of your lives. I’m — Living, Real! And to love and to cognize Me is possible — only living My Life.”

\* \* \*

“Look for Me in the forests!” — this call of God to seekers of Him was recorded by Helena Roerich.<sup>31</sup>

And Vladimir supplemented it with the words of the song of Yuri Kukin: it is necessary “to live by kilometers rather than square meters!”

And we “were living by kilometers”, sometimes walking in the forests during a given day tens of kilometers — to get to the next *place of power*.

In any season, in any weather, we went for working out the next meditations. Rain, snow, heat, cold, heavy wind — were not the obstacles. On the contrary, they only strengthened both our arms of consciousnesses and understanding that God can and should be beloved always, regardless of the weather.

“Whatever happens on the ‘surface’ of the Absolute, in the material world, even though a hurricane, —

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<sup>31</sup> On the Teachings of Agni Yoga see in [8].

in the Abode of the Creator is always Love, Peace, always Tenderness and Warmth,” — Vladimir told.

Once we meditated and picked up mushrooms and cowberries in a huge — for kilometers — Mahadouble of Babaji. Rain was coming. We took raincoats and covered our bodies with backpacks, thinking that rain will soon be over. But it was not! Soon rain poured such that it was as a solid vertical wall of water, almost nothing could be seen. Flashes of lightning ripped the sky. Thunder shook the surrounding area. Streams of water fell, wrapping the bodies, blew cloaks to the ground.

But the raging elements aroused in me a delight! My body is negligible! But I will — by consciousness — merge with Babaji!

I came out from under my cloak and went into Him... He was... absolutely dry and sunny... And I plunged into the Infinite Light of His tender Love!... Only a few movements of arms of consciousness... — and I was in the Heart of the Absolute. Rain ceased to exist for me, the body was not felt: it remained under the cloak. There was only God: Living Light, Tenderness, Infinity!

... When I began again to feel the body and perceive the material world, sun was shining, all picked up mushrooms, which suddenly appeared a lot around after that rain...

\* \* \*

Extensive struggle against manifestations of the lower “i”, constantly overcoming the “self” — all this is replaced by a deep inner peace at the higher stages of Buddhi Yoga.

*Hesychia* — means an *inner calm*. It is an amazing state of the fullness of me by God with a feeling of complete peace within myself — within a huge spiritual heart.

The ability to remain in hesychia — this is a necessary quality for the spiritual seeker. All meditative achievements cannot be more or less strong, if not to learn it.

“The gate from the world of matter to the hidden world is open when one stays in calm. The understanding of this truth comes in *non-doing* (wuwei)<sup>32</sup>,” — Lao Tse recorded in ancient Chinese manual on the basics of Taoism *Tao Te Ching* (fragment 10) [8,17].

“Here, on the Earth, birth and death are conquered by the one whose mind is appeased! Brahman is devoid of sin and exists in calm. Therefore, those, living in calm, cognize Brahman! (Bhagavad Gita 5:19). Managing indriyas, adopting as the goal the achievement of Liberation, renouncing worldly attractions, fear, anger — a person attains full Freedom” (Bhagavad Gita 5:28) — Krishna taught us [8,10].

“Stopping the internal dialogue is the only way to do this.

“This is — the key to everything. When the (spiritual) warrior learns to stop the mind — everything becomes possible. The most far-reaching plans are achievable” — on the same Juan Matus spoke through the works of Carlos Castaneda [8,28].

“Only the heart having immersed in calm can radiate pure love.

“... When the mind is motionless and silent, God’s voice can be heard. ... Anyone, who has the ability to purify the mind from anxiety, agitation, thoughts, conflicts, and is able to keep itself in a state of silent equilibrium, — can tune in to the voice of God within oneself,” — says the same our contemporary Messiah Sathya Sai Baba<sup>33</sup>.

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<sup>32</sup> Inaction of body and mind that permits the meditation.

<sup>33</sup> It’s possible to get acquainted with His Teachings in [2,8,33,36-37] and in video film “Yoga of Sathya Sai Baba” (see on [www.spiritual-art.info](http://www.spiritual-art.info)).

... But most people in our modern society are used to living by the minds, not hearts. And I was not an exception: for me, the state of rest was not a natural state of consciousness. I had just slowly — long and hard — begun to explore peace, using the whole arsenal of techniques developed by Vladimir.

At first, it was moving the concentration of the consciousness to the anahata chakra from the head and stable sense of my head there (in anahata), including face and separately eyes, lips, ears...

It was enough to get away by the consciousness from the head chakras — and then the mind, absorbed in the spiritual heart, immediately calmed down, stopped rushing.

When I opened my new eyes in anahata and looked ahead from this chakra — even the look of my physical eyes had changed: it became soft, warm, gentle, as if it was caressing all around. And when I looked out from anahata to behind — I felt that the entire multidimensional Absolute was revealed before me. And in the depths — the Creator is willing to take me in His Embraces of Love.

Later, looking back from the anahata, which now significantly exceeds the size of the body, I immediately was sinking into the depths of the Absolute. There, in those depths, it was possible to explore the Eternal Primordial Calm... This rest was not something static, it was the Calm of namely Living Love of the Creator.

... Vladimir, too, taught tranquility by his own example, always being in this state.

“On the spiritual Path, one must master the deep inner peace,” — he said. — “And external indicators of its absence are, in particular, different stereotypic movements of the body, such as twitching, tapping fingers, grazing nails, etc.

“In the bustle of a city it is difficult to learn peace and quiet. But in nature — the ability to listen and look

at the world from the spiritual heart helps to quickly master this quality.

“The best time to learn this — morning or evening — in the forest, on the shore of a lake or sea.”

... I remember how at one of the forest *places of power* Vladimir acquainted us with Surya.

We had come to the small swamp in lowland, which was almost always filled with water. Only in winter it was possible to stand there on the ice, and at other times we had to wade in it, stepping from hummock to hummock.

Spring was now. Each chooses a hummock, and Vladimir began to explain:

“Here is with us now Divine Surya. Let’s enter into anahatas — and then get out from anahatas to behind — into Her finest, gentle, like a morning sun, Divine Light. Feel Her Love — and give away our love to Her, hugging Her by arms of our spiritual hearts.

“Note that Surya here... is as without head. But Her Face can be seen in Her Anahata. She shows how we should live: always being only the spiritual hearts. Let’s imprint this state as a standard.”

... I completely forgot that my body stood on a small hummock, which is now completely submerged under water...

I merged with Surya, having filled Her form of Divine Consciousness. Now I realized myself in a new quality! How it was good: easy and quiet life — that is! Nothing prevented one to love: to give love away to all around! I consisted now of only Love!

... Then we were on one of the *places of power* of Jesus, where it was easy to communicate with Him and with His Divine Disciples: Apostles Philip and Andrew.

When I first felt Andrew — He, too, was full of steady calm Love.

“Are You always so calm, Andrew? How have You achieved this?” — I asked.

**“It is hesychia!” — He said, smiling. — “Jesus taught Us this.**

**“To find it, one needs, first and foremost, — to understand and accept the Will of the Creator. And then — everything is very simple: you need to perform that which is understood and accepted. This is how Jesus lived Himself and taught us. Only in this case it is possible to act in Union with Us all!”**

## ***Divine Teachers***

***“Hearts of the going are ignited with love.  
Hearts burning with love — they light the Path, not  
letting go astray or go to sleep.  
The seeking so — will find.  
The going so — will come.  
The only Source of true love is God!  
Blessed are Those Who have reached Him!  
For their thirst for a perfect love will be  
quenched!”***

**Philip the Apostle, from a conversation with Him**

**Divine Teachers, Holy Spirits are the Representatives of the Creator. Each of Them had His or Her own journey to the Creator. Each of Them had Their own life experience [8,15]. They have already passed the Path and now help others going over it.**

**All of Them are One in the Abode of the Creator. They are — Love, Strength, Wisdom of the Creator! But, at the same time, Each of Them is unique!**

**Each of Them, Who worked with us, gave us Their Love, including creating by Themselves the Divine Standard for the attunement of consciousnesses. They were opening for us by this the passage into the Abode of the Creator.**

**Many thanks to all of You! Infinite love to You all!**

... Over the years of our traineeship, the Divine Teachers Who guided our work, have become beloved Friends and the Dearest.

Our task now — to continue strengthening ourselves in the received: for having stood beside Them, for love and help all those going to the Creator — from the One United Heart of the Absolute.

\* \* \*

... Lao — Divine Love-Caress for all worthy beings!  
He taught us to love by the Divine Love — nature, merge with it in love and harmony, to feel oneness with all dear beings, to nourish them with His Love and Power, holding them on palms of our endless arms of love.

One day He told me this:

“Become now a little gentle warm sun, warming the Earth and all life on it!

“Get down under its surface: in its gentle pure Light — and fill the whole Earth inside with your love!

“And now feel on your hand, outstretched from the spiritual heart, this one flower — feel its gentleness, subtlety, purity, feel its flavor. It is trusting and gentle! Give it your love!”

... I touched the flower by my hand of consciousness — and felt it like a small living clear creature. Infinite tenderness filled me! I caressed it gently as a baby, and spoke through my mouth of the heart: “I love you!” Love flowed down through my arms to this little part of life...

\* \* \*

... Huang Di — it is difficult to imagine how without His help it would be possible to cognize the structure of the Absolute!

He revealed for us by Himself the pass to the eons “on the other side of mirror”. He offered Himself as this Pass and taught to cognize the universal Depths, “slipping” from His Face — into His Universal Anahata.

We were mastering the eon of protoprakriti — as a warm, gentle rest of southern summer night. We were floating in an endless starry Ocean, moving within it with the help of arms of consciousness in all directions...

Then, if one goes deeper, the “southern night” of protoprakriti gave way to light, soft, furry, gentle, like a morning mist state of protopurusha...

And under the “Veil” — the Main Essence of the Absolute, His Spiritual Heart...

\* \* \*

... Ptahhotep — in His huge, for kilometers, Mahadoubles, we learned to be the subtlest Divine Fire that comes from the Abode of the Creator, cleansed from this Fire our bodies.

Many excellent fundamental meditations were given to us by Ptahhotep!

I also often turned to Him for advice.

... Earlier, I used for this the book of Elizabeth Haich “Initiation” [31]. When I had questions, I turned to Ptahhotep, opened this book — and always immediately found in it answers.

But once Ptahhotep Himself offered to help me.

We that time worked in one of His Mahadoubles. I did not succeed in entering the state of Mergence with Him. I filled the form of the Mahadouble and tried to dissolve — but all to no avail.

Apparently, He was tired of my scuffling, and He said:

“You’re trying to feel yourself in the meditation. But you try to feel Me!

And at that moment, I had disappeared. I just changed the direction of the vectors of consciousness: from “i” to “non-i” — and then I felt all alone the subtlest Living Light of Ptahhotep’s Tender Love! There was the Bliss of Mergence!

From this moment, all my difficulties, of which I spoke, were left behind.

\* \* \*

... Divine Eagle — tuning to the alertness, the intense aspiration to the Freedom in Mergence with the *Primordial!* Tenderness of Love, connected with the Force! Jump of consciousness from bodily anahata backward... — and begins the flight into the Infinite Creator!

He taught courage and gave a sense of the true and complete Freedom. He learned to fly and live, spreading the wings of love, feeling the connectedness of these huge wings — with all the boundless Ocean of the Primordial Consciousness.

And, at the same time, He loved to joke, have fun...

... Today, we did not go to the forest: there were urgent urban affairs. Therefore, we did the meditative work on the *places of power* in the city.

I walked on the sidewalk, practicing past meditations. And suddenly... it was a very clear border — and I was falling into the infinite Divine Light — the fathomless, boundless... I felt great wings and... — the flight! I flew in the infinite Light and dissolve in the Divine Tenderness! Such a familiar, native feeling... — that was Eagle!

Then I began to doubt: no, because Eagle lives in the forest, there are His *places of power*, but here — the city.

And I hear:

“Why do you think so? I was the civilized American Indian and lived in cities,” — Eagle laughed.

I am, too, amused, but also shamed: I did not recognize Him in an unusual place for me, blundered again...

\* \* \*

... The city, the summer heat, a haze over the asphalt. We worked meditatively in Giant Mahadouble of Sacral. The subtlest Divine Light hugged us. He was like a Dome above the clouds and around us. And under the base — the Abode of the Creator — the boundless Ocean of the Primordial Consciousness.

I walked along the asphalt path, learning to be the “Ocean of Pure Love”<sup>34</sup>. Because the heat, the body, it seems, just about to melt away. I thought: “How did Sacral work in His latest incarnation: because He lived in the desert?”

And He, answering my question, began to show.

... City and heat suddenly disappeared from my perception. In front of me — spreading out to the horizon soft, yellow, swaying sand. And behind — the Great Ocean of the Endless Living Light. Wave after wave, He waved gently the small island of land, washing it by Himself. Nothing could impede the movement of the Ocean. Desert, like a docile lamb, lay before Him. Ocean carefully and gently stroked by soft waves, caressing His Creation...

Sacral invited to dive into His Depths...

I realized: I love the Ocean, He is my Home. I felt myself His Wave — and merged with Him — endless...

This was great happiness and bliss — to be the Part of the Original Ocean, to be consubstantial to Him and inseparable from Him!

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<sup>34</sup> This was the name of one of Vladimir’s books.

\* \* \*

... About Sathya Sai Baba and His Teachings, I learned from books. And then Vladimir... led me straight to Him: to His Mahadoubles, and said:

“Look: He welcomes us and wants to say to you something.”

And Vladimir was gone, leaving me alone with Him.

I tried to hear the words — but only felt His Love. I never felt such caring Love, and tears of gratitude fell from my eyes...

It was very easy to communicate with Sathya Sai Baba! If only — with love and affection in the heart to think about Him, turn to Him with the question — and He came, enveloped with His soft, gentle heat.

When I before found myself hard, He said:

“Every time when it seems that there is no way, and that everything is collapsing around you, the pain and despair are trying to possess you — remember: life is infinite!

“Your pain — this is the old dying in you, to give way to a new course of life.

“Nothing, coming from the outside, can crush the power of life, the power of love that lives within you! This is — I manifesting Myself from the depths of you, from the depths of your spiritual heart!

“Maintain the complete peace, but do not stop on the Path: move on! Life, which has become a full-flowing river of Love, let it always flow — flow into the Ocean of Me!

“Trust Me completely, neither cling to your body, nor other people, nor material things of the material world! That’s all — external. While I — inside, in the Depth under everything — sustaining and nourishing with Love everything created by Me.

“I am *independent* of the Creation, although *inseparable* from it.

**“You do not need more “home” on the Earth! Previously, your body was your “home”, where you were hiding from Me. But now — your heart abides in Me, and only a tiny part of you continues to live in the material body. It remains — to return Home — that is, into My Abode — with this little bit. For this, make this little piece of you clear, bring it to the full purity and transparency, then — combine it with Me.**

**“Don’t separate more, don’t hide! Stay always in Me!**

**“Returning after meditation to the world of matter — don’t close the door to Our Common True Home. Let this door always be widely open!**

**“Your love for people has to grow, manifesting itself in different ways.**

**“Learn the true compassion — the manifestation of the Divine Love!**

**“Learn to *take care* of all, but remember that *care* — should be, but it should not be *anxiety*.”**

**\* \* \***

**... Krishna — always spring, golden, tender — greeted us from the railway station, when we go to Him on His *places of power*.**

**On these places, it was possible to talk easily with Him, to plunge into the Abode of the Creator, also very efficiently work on cleansing the chakras and meridians, in particular, using Mahamantra, which glorifies Krishna and was presented to people by Chaitanya.**

**Vladimir also taught us it: we choose any pair of the chakras and enter (from behind) the first half of Mahamantra into the top of them, and the other half — into the bottom. And so we were working on all the chakras gradually.**

**Hare Krishna! Hare Krishna!**

**Krishna, Krishna — hare, hare!**

**Hare Rama! Hare Rama!**

**Rama, Rama — hare, hare!<sup>35</sup>**

**Chakras were filled by this method with the golden Light of Krishna-Consciousness, Who cleansed them of coarse energies, deifying them.**

**Or we gently and quickly, like the murmur of a spring stream, pronounced the whole Mahamantra, letting the golden stream of Krishna's Light flow into the top of sushumna or the middle meridian. This stream washed and filled these meridians.**

**Bliss!**

**... When we once worked with Krishna, Chaitanya came. He danced, slowly moving the Body of Consciousness and radiating by every movement His Divine Love.**

**I asked Him:**

**“How do You serve the Lord, Chaitanya?”**

**He replied:**

**“There are different ways to serve the Creator. It is possible to directly teach students passing the knowledge of God and the Path to Him, or you can write books about Him, or you can create works of art. And also you can set the example to people by yourself: it means, to be in love with the Lord so that always — in every moment — appears the love to Him, dancing an ecstasy dance of love and bliss, and giving this love to people!**

**“Dear, Darling, My Only Krishna!**

**“You are giving the Heavenly Living Light!**

**“Bliss Love opens the humans' hearts!**

**“Krishna! Lord! This Love is perpetual!”**

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<sup>35</sup> **Glory to Krishna! Glory to Omnipresent!**

\* \* \*

But They spoke not only about love and stages of the Path, but also explained the reasons and mechanisms of social processes occurring on the Earth.

Once we were meditating in a pine forest near the lake, where there was the Mahadouble of Divine Teacher — Giant. There we had a very good possibility to master the hesychia inside our spiritual hearts extended in the Infinity.

Vladimir drew our attention: in addition to Giant, also Lao is present with us. Vladimir invited us to disperse to some distance through the forest — to be alone-on-one with Them.

I found a seat next to a high pine tree and stopped, listening to Giant and Lao. But in the surrounding me on all sides silence... I suddenly thought about war.

“We are so fortunate to be pampered by You and grow in Your Love! But somewhere on the Earth now are thundering explosions, bullets flying, fires raging, people suffering from injuries and dying... Why do people make wars? Why does God allow it?”

Lao approached:

“As I’m glad to meet you!

“I will answer your question.

“Understand that any war — is a voluntary choice of the people. And if they choose war, then I usually do not create obstacles: this is their own choice, through which they receive their life experience.”

“Yes, but ask any normal person: what he or she chooses — war or peace? After all, almost no one can say that they choose war!”

“‘On the surface’, it looks, yes, namely so. But, in fact, war is because those, who are involved in the war, have lost the meaning of their existence, have lost God.

“War matures within the society of the country. And when ‘firewood for the fire of war’ has already

**'been gathered' — absolutely no matter, who and how puts a match. What was the specific reason for the outbreak of war — then it does not matter.**

**"Objectively, it is necessary to fight only when needed to protect the world from such evil as fascism and other forms of fanatical terrorism.**

**"In general, wars... accelerate the process of evolution — in the sense that they create extreme conditions in which people make their choices. Some of them exhibit the best qualities: protect others, sacrificing themselves or, helping the weak, etc. Others show dormant in them during peacetime propensity for violence: they kill, rob, taunt; for them — a straight road to hell.**

**"Pain and suffering are the extreme measures of My upbringing. Criminal leaders, guiding the masses and pushing them into the chaos of war, of course, will bear the entire burden of responsibility for their actions. But everyone — he or she — also is responsible for what they choose: to love — or to hate.**

**"That is why it is important to convey to each of the people knowledge of the true meaning of life — not to be cheated, but to make a choice consciously: a choice based on understanding the laws of universal Evolution.**

**"I am Love! I do not get tired of repeating it again and again! Live in love — and then peace and happiness will always be with you!"**

**\* \* \***

**... It is — only very small fragments of what and how the Divine Teachers taught us.**

**"Learn from Us! We are ready to help everyone!" — all Them say so. — "And who wants to learn — let him or her learn, but *not only* by thinking and talking about this!"**

## ***Monasticism***

True monasticism is a state of the soul, not body. The life in the state of a monk is not monotonous, boring and dull. No! It is filled with the joy of cognizing God and serving Him!

Monasticism is happiness! The monk loves and is beloved! The life of a monk is the unceasing aspiration to merge with the Beloved. And, having merged, he or she lives in tender peace.

A monk is not removed from the outside world. But he or she, if already has traversed a significant part of the Path, brings by himself or herself the Creator's Love for people, connecting — by the spiritual heart — His Abode with the material world.

A monk helps people not as “religious” duties and not because of the status of a monk — but by the great love for the Creator and His children.

... At the very beginning of my acquaintance with Vladimir, he asked me:

“Did you read the chapter on monastic life from the book ‘How God Can Be Cognized’?”

“Of course, I read!” — I replied.

“How do you feel about that?”

I stopped, thought, and answered:

“I wanted exactly this — for a long time!”

... And it is now fulfilled. But I also understand how much remains to be done...

## **Mikhail Nikolenko**

### ***Childhood and Youth***

My memories of my childhood in this lifetime begin from the age of about three years. I remember

that I very seriously and clearly perceived the world around me — not less clear than it is now. It was a process of accumulating experience, familiarity with the material world, in which I was to live. And what seems to be for an adult small and ordinary, can fully capture, draw the attention of a child — because he or she is faced with this for the first time during the life in these bodies.

I also remember the care and affection of my mother, her hands full of love.

Another person who embraced, enveloped me with her love was my grandmother. She was a selfless woman who lived only for the sake of others. I never saw in her emotions of irritation, hatred towards anyone. She also never defended her own interests.

My father, too, was a wonderful man. Before I was born, he worked in a design bureau of a plant, which produced TVs. It was an interesting job, and he was a promising professional. The parents were a young couple, and they still did not have their own apartment. When my father found out that he would have a child, he decided to leave his work and future careers — and move to another city, where his wife's parents lived and where there were optimal conditions for the growth of the newborn.

It is thanks to his parents and grandmother, I knew — since childhood — love, affection, and was able to grow with the feeling that *I feel good* in this world. They gave me a wonderful childhood!

I remember our walks on skis in the winter forest among the stately snow-covered firs. In sunny weather, the forest was particularly impressive by its extraordinary, fairy-tale beauty. The whole body seemed to be imbued with a healthy freshness and purity of frosty air.

In summer, during the school years, I was always expecting a vacation in the village with my other

grandmother, where I could swim in the river, sunbathe.

We also went as a family on trips with overnight camping on the riverbank. There, we were often faced with forest beings, in particular, with snakes, hedgehogs. We caught some of them for a better look and even took hedgehogs to our home for a short time: I and my sister really liked to see such a small mammal living in our apartment. Now I recall about this with regret, because we did not take into consideration the right of these creatures to run their lives, and we troubled them only for our own fun.

The desire and inner need to be respectful to the residents of the forest and not to disturb them unnecessarily — came to me years later.

... God clearly built my childhood in accordance with His Plan. For this, He gave me to cognize not only the warmth of human love, but also the difficulties that there are in life.

One of them was the disease, because of which I was admitted to the hospital for two years. For a child of preschool age, it was a terrible shock: to be cut off from family and accept the fact that now I will live in totally alien, unfamiliar conditions. But, in terms of future growth, it was good, because it gave me useful experience.

... I also clearly see now, how for me — in this incarnation — was predestined a path of development in the scientific environment.

One of my grandmothers was a school teacher. She taught me to read and write even at preschool age. And in the hospital, I was pleased, avidly “devoured” books. Because of this I even had received from other children the nickname “Professor”.

Most of all, I was fascinated by the book that told about the structure of space and the solar system. I “accidentally” bumped onto it in a box with the hospital rubbish, where it miraculously appeared. This book

first aroused my interest in the scientific knowledge of the world.

The school, where I had to study, turned out to be great: the teachers of mathematics and physics were in love with their job. Largely thanks to them, I began to love these disciplines and studied them with pleasure.

And when, after graduation, I entered the Physics-Technical Institute, where there was a very big competition, there was another “accidental” coincidence. At the verbal examination on physics, the tasks posed to me by the examiner, were of those that I have just analyzed the eve with the textbook. As a result, I passed the competition and was accepted to study at the institute.

Later, more than once, I was convinced from my own experience that, when a person takes actions that are consistent with God’s Plan, this person moves as if on rails: all events are perfectly lined up one behind the other, the circumstances are favorable, the right people are met. It is like a trip by railway, where the arrivals and departures of trains are coordinated with each other, and the traveler moves smoothly from one segment of the way to another.

Such “successful transplants” occurred in my early life and later: while studying at the university I was invited to an internship at the Institute of Nuclear Research. There I found a job at the end of study.

Soon I received an invitation to participate in an international experiment at the European Organization for Nuclear Research in Geneva. Work in an international scientific team has given me a very valuable experience.

So I reached that, which I dreamed in school years: graduated from one of the most prestigious universities of the country, became a member of the famous center of science, participated in a major international experiment, carried out at the very forefront of modern elementary particle physics. And I even re-

ceived, as a result, the Ph.D. degree in physics and mathematics.

But all this, however, did not limit my desires. By that time, I opened a much larger perspective, which, when I was a child, I could not even imagine.

## ***Spiritual Awakening***

Only in my institute years, God gradually began to awaken my interest in the “hidden” side of the world, the search for spiritual fulfillment. In childhood and adolescence, I was not yet capable of fully conscious responsible actions: the main task of man on this stage of life — only grow, gaining knowledge and strength. It is only later in life of some people, gradually comes the desire to change oneself intentionally.

One day, I thought: “If I had a guardian angel, who helps his ward, including suggesting how to act, — I would ask this angel: what do I need to do next?”

And suddenly, I immediately got a mental answer: “Take care of introspection!”

... Before, I lived, like almost all people, completely “mechanically”, that is, like a working technical device. I even had no idea that our thoughts and emotions can be seen and heard. And — that they can and must be controlled. I began to think: my thoughts and emotions — they are the most intimate parts of me. However, suddenly it turned out... that usually something outside controls and changes them!

After this insight, I first started trying to look at my inner world as if from outside. And I wanted to change much. In particular, I noticed how the mind is tied to situations in which I experienced offense or was in an awkward situation, or as I love to paint mental pictures, where I appear in front of others in a positive light.

I saw how ridiculous all these mental fantasies are, including the desires to rise in front of others! And how they tie me, because I so often immerse in them,

when the mind was not occupied with something else! I began to make fun of these habits of mine: because they really looked very “childish” and funny! And it helped me greatly to get rid of them.

... At this time, I was strongly attracted to what exists beyond the materialistic worldview. In the upbringing and education, I was a materialist — the more so, that I chose for myself the region of “exact sciences”. But I so long wished to find something more in the world than the picture which was offered by the “official” science!

So, in particular, manifested the natural tendency of the sufficiently developed in psychogenesis soul to strive for *freedom*, and my unwillingness to accept the limitations imposed by the materialistic view on the world.

I dreamed to become, at least once, a witness of some super-materialistic phenomena, to make sure myself that something like that actually exists! It would mean to me that life is not limited to those ideas, which I was taught from childhood, and there is much more to growth and learning!

Seeing on television the films about Nina Kulagina and other extrasensory individuals, who possessed telekinetic abilities, i.e., a remote influence on material objects, I decided to try to reproduce this phenomenon. I built a special pendulum-flowing device and for a long time did attempts to set it in motion by my intent. Fortunately, the result was nothing!

I say so, because the discovery in oneself of paranormal abilities at an immature age — would become merely a pretext to become proud: because others do not have such capabilities, so I — especially I — am better than others! And enthusiasm for occult phenomena could only take me from the Path that I had to go.

This Path, as I know now, is that which is based on Love. It was Love which reveals to man the most in-

credible (from the standpoint of materialists) prospects!

One of my first steps here, became the acquaintance with the principles taught by followers of Porfiry Ivanov. Most of all, I was attracted to his ideas about “Mother-Nature” — as a living intelligent Being who loves Its children and to which everyone can mentally address.

The system of ideas of Ivanov included regular bathing in natural bodies of water throughout all the year. And before you plunge into the water, it was necessary to turn to “Mother-Nature”, asking her to clean my body, fill it with health, and give health to all other beings.

In particular, in winter — at the time of submersion into ice water — I wanted to fully expose myself to the water’s cleansing power: so that there would not be the slightest corner in me, where I hid, conceal something “for myself”.

And it really had a transformative effect! In my life, as if, appeared more space, more light: thus the spiritual heart was revealed. And I gradually learned more and more joy of love.

\* \* \*

An even more full disclosure of the spiritual heart was when I came to youthful infatuation.

While still a child, I was attracted to some girls, and every time I thought I was in love. But this time, my falling in love was so strong and deep that I completely “with the head”, plunged into it. Status of love was dominant. My thoughts were, most of the time, directed to her (we lived in different cities and communicated mostly through letters). It was enough just to remember that she is there — and my heart filled with gentle joy. So I lived for several years.

When she told me that... she was getting married — love in me, however, did not change to negative emotions toward her or to her chosen one. I realized then that it would be wrong to claim anything from the one you love, and that in this situation I had to just sincerely wish her happiness in later life.

Surprisingly, though our communication had stopped, my love did not disappear or weaken, it continued to live in me.

Studying this phenomenon in myself, I realized that love is self-existent and independent of external conditions. It is not derived from anything external, but exists by itself in the spiritual heart of the loving person. And it does not require anything from others, because it... does not need anything *from* them! It seeks only *to give* itself to others.

\* \* \*

I read — in typewritten excerpts from the book of Ram Dass — the description of meditation, in which we need to spread the light-love from the center of the chest wider and wider — so as to cover the whole world and touch by this love every being.

I understood that I could not cover the whole world, but I really wanted to share love with others. I began to do this meditation in a simpler form: sending out love-rays from the chest once to every direction — as if to all beings in the universe, mentally addressing them: “I love you!”

I hoped that these rays of love would spread in space like the rays of light — and affect other creatures in our earth and other worlds. And perhaps one of those beings might feel this sending...

Due to this meditation of *giving away*, love in me became more and more intense, and the spiritual heart functioned more and more actively.

... From the books, I had also learned that negative emotions have an extremely adverse effect on the human state, and therefore spiritual seekers should try to get rid of them completely. I thought: I will try, at least for a week, to trace myself and not allow any emotions of irritation, even when at work are conflict situations. I'll watch: what will happen?

I found the effect already quite soon: as if a load fell off my shoulders! It was a load which I dragged my whole life, not knowing about it. It turned out that, if the emotions of irritation, anger, etc. are removed — then the private life becomes a lot easier and more fun!

Another simple and effective tool, which I then learned from books, too, was to begin to smile. Greeting at meetings with friends, colleagues at work, I began to smile at them. And I tried not to smile by my face only, but also reproduce the inner smile in my eyes, as if to pour through the eyes a smile as an internal state.

The result again was stronger than I could ever imagine. Previously, colleagues at work greeted me only in order to “pay the debt of courtesy”, but now on their faces, quite frankly, was the flash of a smile in response. I saw that people, from now, were pleased to see me and to smile in response — just as I was pleased to smile to them!

How amazing, incredible was the change that had happened to me in those few months! Before that, I lived in a state of insecurity, in the hopes of illusory happiness sometime in the future — but it was now the joy, happiness which filled my life!

This new state gradually and steadily grew, just as well as gradually and inevitably spring comes — with a breath of spring wind, snow melting, dripping from the roofs — and at some point you realize that everything around is already flooded by it!

I remember how amazing it was for me then to realize these changes! When I walked down the street, I was surprised to feel how joy had come into my life,

like flooded all around — just as the sunlight fills space! And this joy was not caused by some event or good luck in something: it was constant, unchanging. It was coming from somewhere inside — the joy of life!

... What is required to ensure for each also to be happy, to fill one's own life with joy?

The joy comes with love! Therefore, a person can be happy — only if he or she loves!

But this should not be that pseudo-love which requires something *for myself*, which turns into offense, when the interests of other people divorce from my own.

True love never let anyone enslave someone, but, on the contrary, makes others more free. It does not lead to jealousy and resentments: because it does not seek to get anything for myself!

The joy of love comes if one gives away oneself to others!

During those years, I also realized two important principles, which must be adhered to by a person to be happy:

1) Never assume that someone in the world is obliged to do something for me. Always look only at what you yourself can do for others!

2) Do not think that the outside world shall give me joy and love. Be in this world yourself — as a source of joy and love!

\* \* \*

But while love filled my life with inexhaustible joy, I still did not know, why I live, what is the meaning of my existence.

Aims of life, taken in the society where I grew up, came down, basically, to success in the professional activity, in financial security, family well-being.

But these goals were transient and could not realize something higher. In addition, they were a part of

the materialistic view of the world, where and for humanity as a whole — it was impossible to find the meaning of existence.

... Why is there the human species that arose by chance on the Earth — which is as a tiny grain of sand in the vast expanses of the universe? The lives of individuals are only sparks that flare up for a moment in a flow of eternity and disappear forever. And if one of them maintains behind some kind of legacy for future generations — all the same, all that is doomed to disappear. After a few billion years, the Sun will dim and darken, having exhausted its supply of hydrogen fuel. The same will be for all other currently existing stars in the universe... All matter will relentlessly strive to come to a complete homogeneity — according to the law of increasing entropy; so that in the end there will be no stars, no planets, or even smaller material bodies...

... I was well acquainted with the views on this subject of “official” science, but the area associated with the spiritual side of life remained completely unexplored and unknown for me.

Fortunately, after the “perestroika” in the country, there was a lot of spiritual literature, which was previously banned. And I began to study it.

In particular, it was then that I first met with the idea that man is a consciousness, which is able to exist independent of the body, without the body.

It was such a simple idea — for those who have already got used to it...

But how fundamental it is for the novice seeker!

Unfortunately, most of the books that filled the shelves of esoteric bookstores were devoted to astrology and magic... not the meaning of life. And they did not answer the most important question of why there is life in the whole universe.

How I have read in some books, it is necessary, they say, to try to stop the flow of thoughts — and then the meditation happens by itself..., or how to “go to the

astral plane”..., or how to defend against “energy attacks” or how “to hit them back”, etc. Darkness!...

Then I began to find more serious literature: about the unusual abilities developed with the help of Yoga, and that they greatly expand the limits of perception of the environment...

I dreamed that one day it will become available to me: I myself will be able to meet with the other side of material reality. However, I dreamed about it as about something unrealizable...

But, nevertheless, it came to pass.

\* \* \*

Why was I given the opportunity to gain this knowledge? Apparently, due to the sincere desire to change myself for the better, and due to research interest in cognizing the world.

... I have heard that in our city exist classes of Raja Yoga, based on the methodology developed by the Russian scientist Vladimir Antonov — and enrolled there. The beginning of the program in those classes was learning the methods of refinement of the consciousness, cleansing and development of chakras and meridians.

This brought me excitement and joy. At last, I was able to learn the real developmental techniques with the spiritual side of myself!

Everyone who came to learn was informed about the need to abandon meat and fish nourishment. There I again heard that it is wrong to live in negative emotions and that — for the sake of spiritual transformation — one is required to get rid of them.

In the first classes, there were many people — about 30. But over time, most of them dropped out.

Those, who came there in search of some kind of “astral travels”, had to be disappointed, because there was nothing similar.

Others simply wanted to improve their health, and if they adopted the killing-free diet, have mastered the simplest pranayamas and initial methods of emotional self-regulation — and were already certainly satisfied.

And only for the units of those, who were students, the lessons have become the “open door” to a new life, as it happened to me.

Through classes, I, in particular, got acquainted with the books of Vladimir Antonov.

When I had read only two of his articles: “Laws of Yoga” and “About Love” — I could see the completely new way of spiritual development! It was there that I found the statements which sounded to me as Revelation: “Yoga — is, above all, love!”, “Yoga is a movement towards God!”, and “It is love that unites man with man and man with God!” It was from those articles, I learned that the spiritual Path — it is not striving for the achievement of supernormal abilities for one to rise above others, but the development of love — so that through it one approaches and then merges with God. And — that God loves us and expects from us just the same!

... The concept of God that I received in childhood was associated mainly with the Orthodox Church. God wants, it turns out to be, for some reason..., for people to go to church and... pray there... “at icons”... And if God intervenes in people’s lives, it is basically in order to punish us... In general, I from childhood imagined God somehow unreachable, otherworldly being — a menacing ruler, with whom a person will face only after death, in his “Last Judgment”...

It is clear that such a god can only be felt as an obstacle in my life, as a kind of unpleasant threatening factor, which would be better... stay away...

... However, in those years, sometimes began to appear lighter spiritual information. So, one day I heard a radio program about people who have experienced clinical death, and they kept the memories of what

happened to them, “on the other side of death”. Some of these people had conversations with some Higher Beings Who — like Friends and Mentors — were discussing with them about their deeds on the Earth and even made fun of some situations. This did not agree with the image of that gloomy Monster...

Is it possible that God is capable of humor, can make jokes? Then, perhaps... it would be very interesting to even meet with Him and talk about the “other world”...

Then soon there was another case. I heard how an eccentric man lectured before a group of listeners that God loves everyone, without exception, so no one will be doomed to eternal torment, and that even the devil will have mercy...

So I first heard about God, Who loves but does not punish, Who is capable of love even stronger than people — since He loves all, even enemies.

Though that information was sounding too unusual... to seriously accept it.

But now, thanks to the books of Vladimir Antonov, I was able to see the full picture of the world — quite logical and devoid of contradictions — where the essence of man’s relationships with other creatures and God must be love.

I remember the joyful bliss that engulfed me at this opening. I had a feeling as if I’m back at home after a long journey, met finally with something native and familiar.

And my perception of the world had also changed.

... How many books I read before! How many different topics were covered by authors: egregores, energy fields, descriptions of the various non-material planes, “thin” human bodies, instructions on the proper way of life... But none of them wrote about God’s Love for us and our love for God, about God — as the Friend! And, in general, — whether they knew at least something of God?

The majority of those authors, in fact, believed only that man lives in a hostile world, and one needs only to save oneself from something and someone...

... I really wanted to share this discovery with my friends, with colleagues. But I had found a situation where for most of the people around me this information seemed to be completely uninteresting or hopelessly incomprehensible...

This was especially true when my friends read the books, which, I thought, had to open the new perspectives in life. But somehow, in these books, they noticed only the most superficial layer, without perceiving what was of actual value.

Also, when I once asked one of my friends who had read the first volume of Castaneda's books: what this book is about — he answered that it is about sorcerers, who are at war each against the other. Later, I met an opinion that Castaneda's books are devoted to describing the use of hallucinogenic plants. Others believed that Castaneda presented... the basics of witchcraft.

For some reason, a lot of readers did not notice that in those books very clearly was shown the spiritual heights that can be reached by people!

When I read the admonitions of Don Juan to Castaneda, my heart was singing! I felt a state of freedom, strength of spirit, which He described! I applied those principles to my life — and saw what I needed to change. His admonitions had given me the strength to break away from the usual stereotypes of life and to look at myself, at my way of living.

... At that time, I felt strongly that I am devoid of privacy for working on myself. All the day on the job, I was constantly in the company of other employees, after work — back to the hostel, where I did not live alone in the room. I dreamed at that time: "How nice it would be to live alone!... I could be in a relaxing atmosphere to meditate, read books!..."

**And God realized this wish: soon I was offered to go on a scientific trip abroad, where I really began to live alone and got the conditions which I dreamed.**

**... There, where I had come, was a beautiful landscape, favoring the expanding consciousness: the high terrain, from which I could see the space around, the ridges of mountains, behind which the evening sun was setting, the sky dome covering the valley. When the blue sky from horizon to horizon was scattered all over by cirri clouds, — it was a great help in swinging the consciousness to its full width.**

**But such meditations became available to me not at once, only later, when I came to master Buddhi Yoga.**

**But then, in the beginning, I had to learn moving the concentration of consciousness within yet only my own body, cleansing and developing the chakras and main meridians.**

**... Being in a new environment, I gladly took the job. In the morning — meditations, in the evening after work — reading books. I have compiled a list of what I want to change, in particular, in my relation to other people — and worked on it.**

**God helped me to identify flaws that I had not noticed. For example, suddenly an answer came to a newly appeared thought — so that not to notice the Voice of God was simply impossible! And I was embraced with joy: “God really pays attention to me, communicates thus with me!”**

**So, gradually, I realized that God exists not somewhere far away as an indifferent observer-judge for everything that is happening on the Earth. No! He really is present and is involved in my life — as the best Friend!**

**\* \* \***

**... But He did not immediately become the Meaning and Purpose of my life.**

A turning point in this regard was for me one Christmas night.

Since my childhood, I used to think that the New Year should be met with family or friends, with a banquet and watching TV. But this time, I decided not to look for company, but try to spend the night in a different way: one-on-one with Him. In part, I was pushed to this decision by a belief that had been reformulated by me like this: “With what intentions you enter into the coming year, so you will live the year”. I really strongly wished — my life would be filled with higher meaning. And I decided to stay that night alone with God, to celebrate the New Year with thoughts of how I wanted to live the coming year.

Alone in the room, I looked again at the books, re-read in them the thought that caused the greatest resonance in my heart, applied formulated in them principles to my life, thinking about how I wanted to live further.

And that night proved to me filled with a sense of the nearness of God!

I realized then that the interaction with Him — is the most important thing in life, it is — much more important than making a career or a desire for financial prosperity! I then affirmed very clear that I wanted to go on this way!

\* \* \*

After this, a course of events in my life accelerated.

With the help of encountered ailments, God drew my attention to the need to improve the health of my body: because I led a too sedentary life, constantly working at the computer.

In one of the books of Vladimir Antonov [13] I got to know the methodology of meditative running — and began making regular jogs, combined with meditation.

Also, several times a day, I did short gymnastics. After reading on the principles of “separate nutrition” [13], I began to seek an avoiding of undesired combinations of foods during meals.

All this gave a wonderful effect: the state of the body’s flaccidity was replaced with cheerfulness, as if a flow of new force entered it! And this new power helped to successfully move in spiritually.

Then I was convinced many times, how it is important for the successful development in meditations — to have a healthy, full of strength body. But not to “trudge through life” with a limp, weak body, which now and then tends to fall ill.

... In nature, there was spring, bringing an awakening, blooming all around. The city street trees blossomed, then roses blossomed in the gardens. Admiring the beauty of this — I, too, was filled with a state of spring.

Spring is the best time for attunement with the beauty and subtlety of delicate blossoming nature! Especially good is in the mornings to go out into a garden or a park and meet there the sunrise, doing workout, meditations, become filled with morning sunshine! Just half an hour, spent so at sunrise, can miraculously change one’s state for the whole day!

And in the forests, with the arrival of spring, there were ‘carpets’ of flowers, on bare branches of trees and shrubs were appearing green leaves from buds. At this time, they are especially beautiful and gentle!...

Let’s try, for once, to listen, how birds greet the rising sun! To do this, we should come to the forest just after dark, it is desirable — when the morning only is going to be clear. We hear how gradually increases the birds’ chorus, and it reaches a jubilation when the sun appears about the horizon! Each of the singers, in their own way, sings the song of joy to the coming day! And when the sun had risen — the birds will soon fall silent, turning to their daily concerns.

**But not only bird voices can be heard in the spring forest. During snowmelt, there appear songs of murmuring brooks. Listen to their voices — and discover that among them there is no equal. At each new shoal, creek is rushing in a different way, and sometimes you can find surprisingly soft and delicate sounds. You can fill yourself with this tenderness and subtlety, if you listen to it by the spiritual heart.**

**\* \* \***

**I lived among all this spring harmony, enjoying it. Yet it did not occupy me the most. My life changed gradually. Just as my body was filled with renewed vigor after recovery — so in the life of the soul, there was the feeling that in front of me is opened a new, yet unexplored space.**

**This was due to the fact that I paid more attention to God — and He became closer to me. Books helped me especially.**

**In the morning, I read at least one paragraph from the book “Spiritual Conversations”<sup>36</sup>, capturing the advices of God — as the motto for the current day. For example:**

**“Learn to love Me as I love you, like I love everyone!”**

**“Be perfect, as God is Perfect!”**

**“Joy shall live in your heart! And let nothing ever overshadow this joy! And let it always shine — the light from your eyes, the joy of the soul!”**

**“I want you to think of Me all the time — with love, joy, and light in the soul!”**

**These and other principles, commandments, I tried to feel, to live for the day. And in the evening, be-**

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<sup>36</sup> The most significant citations from it may be read in [11].

fore going to bed, I read the Teachings of Sathya Sai Baba, also applying them to my life.

... How much inspiration, help on the Path a spiritual seeker can get from reading good spiritual books! But sometimes such reading may give a particularly strong effect.

It happened to me when reading the “Autobiography” by Yogananda [42]. His book was filled with emotions of love for God. These same emotions overwhelmed me when I read it.

Then, I did not know that Yogananda had attained the Divinity, becoming a Part of God-the-Father, and now, after the death of the body, He continues to work with people — helping them from His non-incarnate state. Such Divine Teachers often touch by the Consciousnesses those people who currently read the books written by Them in the past or books about Them.

And Yogananda filled my anahata these days. Because of this, I was able to even better feel the presence of God in my life.

Just as someone, having fallen in love, discovers with each new day a totally new wonderful life together, filled with the joy of meeting and communicating with the beloved one, cognizing the new, unseen before feeling of two completely open hearts toward each other — I opened for myself a life with feeling the constant presence of God, feeling that He loves all around and is in the immediate vicinity of my heart, as well as inside it.

It was enough to turn to Him in my anahata — and He immediately filled in response by the wave of His Love!

In every unexpected incident, I wanted to see His participation. And I began to look at all future events not as something with which I have to deal alone, but as to the fact that we live *together*: me and He.

I no longer believed that I live one-on-one with the matter world, and that there something is *happening* to me, such as disasters, which can “for no reason at all fall on my head”. I began to perceive all events as life together with God — a life where in every moment He is with me.

The reading of Sathya Sai Baba books and books about Him gave me a wonderful experience. From them, I learned that He is the Avatar and now lives in the south of India.

Krishna, Jesus, Babaji, other Great Divine Teachers had embodied in the past, and I learned about Them as about historical Figures, envying those people who could communicate with Them. But it turned out that such a Divine Messiah lives in our days!

At first, I took this information with caution: it is not so rare that mentally ill people or explicit criminals claim to be “reincarnations” of Jesus Christ and other Greatest Ones. But the more I read about Him, the more convinced that He — really Divine. And not just because He did the most incredible miracles, which were testified about by all the authors of the books about Him. But He demonstrated His Divine Perfection by His whole life and by the knowledge that He imparted to people.

How much closer, dearer He became with reading by me His every book! Sitting in a room and reading these books, I often felt that my body and the space around are filled with Love. Only then I realized that in these moments He Himself was completely, really present in my room, but, of course, not with the body, but by the Consciousness.

And, in particular, thanks to Him, I met personally with Vladimir Antonov.

## ***First Stage of Buddhi Yoga***

Before that, I was familiar with Vladimir absentia, reading his “Autobiography” and other books. In fact, thanks to his publications I, for the first time, understood why we live in this world and what can and should be the relationships between man and God.

But his level of being initially seemed to me completely unattainable: meditations of merging by consciousness with the Creator, direct spoken communication with the Divine Teachers... Unless I can this? Of course, no! I’m — just an ordinary person... “Probably”, — I thought — “a level of development, which is described by Vladimir, is reached by only exceptional, gifted people — the units around the globe...”.

In general, I even did not thought that I could learn this!

But I really wanted to thank this person for the assistance, which he provided to me through his books.

I wrote him a letter of thanks. Vladimir replied and even invited me to come: to join some time to his friends to travel to the forest on the *places of power*.

But I thought, it was for me overly. How can I work in a group of associates of Vladimir, who certainly achieved a great level already? And I did not react...

But after a while, God, yet, “lured” me. It happened so:

... One of my strongest desires was to see Sathya Sai Baba. To read about the Messiah — is one thing, but to see Him with my own eyes, to be a bit in His presence — it is quite different.

One day, I received a letter from the wife of my friend. She wrote me that she and her husband are invited to engage to Antonov, and that on these classes all could get acquainted with Sathya Sai Baba.

I knew that neither she nor her husband did not practice Raja Yoga. And if Vladimir invited these people, I, it seems, could also be able to deal with it.

In addition, I can there to get acquainted with Sathya Sai Baba! I read in one of the books of Vladimir that even at one of the *places of power* near St.Petersburg it's possible easily transported by the consciousness to His Indian ashram and meet right there with Him.

I got in touch with Vladimir: I wrote that I ask to participate in the sessions and really want to meet Sathya Sai Baba. Vladimir again invited me to come.

... While going on a trip, I thought I must tell to my friends about this wonderful chance. Because some of them may also want to use this possibility! I thought that when I stand before Baba, He ask me: "Michael, why did you come to Me alone? Why did you take this chance alone, and did not help to come to Me none of your friends?"

But starting gently questioning them, I realized that no one does express a desire to join me on the trip. Only one guy, who was more interested in books of Antonov, wanted to go. But he refused, because right now he had a rift with his wife, and this trip could only more strongly to angry her...

As a result, I went alone.

... And then, in the early autumn morning, I got out of the train arrived in St.Petersburg, and, after a short time, was standing at the door of the Vladimir's flat.

Bell, the door opened, and Vladimir warmly embrace me. Although he first saw me, and because I was unfamiliar to him man, he gave me a warm welcome and immediately surrounded with care. He offered to take a shower, fed a delicious breakfast, which was followed by our first conversation, and then he offered me to sleep — just in case I did not sleep well at night in the train.

So at the very beginning of our conversation, Vladimir, by his example, showed me the example of relationship of the Master to his disciples: neither arrogance, nor condescending, nor commanding tone, nor

the expectation of deference to him — but the simplicity and love-care with respect to even the most novice.

\* \* \*

From the first day of participation in the work with Vladimir, I was able to communicate with the Divine Teachers, and this was for me the most amazing discovery in my life!

Previously, They seemed to me completely out of reach! If even the earthly rulers are so far away and inaccessible to ordinary people, then how is unaffordable and inaccessible should be Heavenly Lords!

Going on a trip to Vladimir, I thought about the possibility to see Sathya Sai Baba — as something quite extraordinary. And it was an accomplishment to talk with Him!

And it came to pass! And I even got a chance not to see His physical body, but much more than that: to see He Himself as the Divine Consciousness! And even — to merge with Him by consciousness!

... When it happened, I felt His state, His emotion of Love — and I realized that... He is completely open to each of us!

That is people can be “closed” from the others. But He — was completely open and as if invited: “Look and learn — what I am! Merge with Me and learn what does it mean — to be Divine!”.

... Two lovers can come into contact with each other with naked bodies. But their bodies cannot merge into *one* completely and forever! But in the compound of the consciousnesses there is no such a limit. Falling in love with each other allows the consciousnesses to merge into *one*, feel *oneness*.

What more can wish a loving heart, than to merge into *unite* with the beloved, to feel this *oneness*?!

... I found that I could merge with Baba! And between me and Him... there were no barriers that could

separate us! Great, Divine, and, as I thought before, unattainable Baba — was suddenly closer to me than anyone of humans!

... And then, when Vladimir asked me, if I still was going to visit that *place of power*, where it was possible to travel to the Indian ashram of Baba and to see there His body, I replied: that my desire has lost all meaning, because I had already received a lot more!

... Another fundamental discovery for me was the fact that Vladimir invited me to interact immediately directly with God and learn from Him, not with Vladimir...

Prior to this, of course, I also meditated — and developed through it. But my meditations then had never been directly focused on God, they were dedicated to cleansing and development of the energy structures of the organism, studying of the different *places of power*, with which I encountered. But my love for God, at the same time, always remained as if on the sidelines: because God, as I thought, was unreachable, incognizable!

And only now, I have seen how it is possible to navigate directly to God, to cognizing Him — with His help! And only in this case, the love for God takes its natural central place in this work!

... This was, too, told us by God Himself. In one of those days Baba said, referring to the group:

“Your task is to cognize My in the scale of the entire universe!

“I am the Goal! The meaning of your lives — it is the Mergence with Me!

“Difficult are the ways of those who do not understand this!”

\* \* \*

... In many earthly religious trends, the main motive is to obtain by adherents something for themselves. It is from this purpose, but not from altruistic

love, students are invited to build their lives, to form relationships with the material world and with God. Such students are never taught to love!

But is it possible, for example, to create a happy family, if between the spouses is not love? What a family appears in this case?

And just as soon, it is impossible to build a harmonious relationship with the surrounding world and God without sincere love!

\* \* \*

I spent time with Vladimir about ten days which were filled with trips to the forest *places of power*, the mastering of new options for coordinated actions with God.

But it was time to return to my previous scientific work in the field of physics. I took with me new knowledge about the methods of self-development and the future prospects of the cognition of God.

Now, I already knew that — no matter where I was — I can rely on the direct assistance and guidance of Divine Teachers.

And that was Babaji Who took me under His care. He came to me — and from that moment I felt His presence almost constantly.

He directed my meditative work, told how and what to do, simply gave His Divine Presence. With Him, it was a pleasure to be together — just as pleased to be in a communication with close and beloved one.

His concern extended to help me in meditation trainings and even in everyday details. So, one evening, He told me that it is necessary to shut the window at night. But I usually kept the window slightly open to keep the fresh air. I closed it. And in the morning, I discovered that in night suddenly hit the cold, and I could — with the open window — to catch cold.

Waking up early in the morning, every day I happily realized: “Babaji is with me!”. He always was waiting for me at the moment of my awakening. I embraced Him with hands of consciousness, feeling His response embraces, full of Divine Love.

My mornings before leaving for work in the Research Center, were filled with meditations, which I carried out under His leadership. And in the evenings every day, I also had time for meditative work and conversations with Him.

He was with me also in the daytime, when I worked in the study of the physics of elementary particles.

I lived with a sense of constant presence and assistance of Babaji, and it was so unusual for me! Great Babaji almost all the time — with me! He helps me! If I could believe in this until recently?!

So God has become for me close, beloved Friend!

\* \* \*

I began to regularly come to St.Petersburg to Vladimir. In each such visit, I got new knowledge, mastering the techniques of further development of consciousness, that Vladimir and his group have developed and accumulated in the course of their own continuous apprenticeship from God.

In particular, I began to be taught the planned development in Buddhi Yoga, that is, development, growth of consciousness beyond the material body.

It was interesting to notice how my perception of space changes with the growth of consciousness. Before, I felt like a little — compared to the vast fields, mountains and sky dome. But — as far as the development in Buddhi Yoga — I began to notice that I could easily be in any remote objects.

For example, a mountain wall, located within walking distance from the science Center, looked for me before as staggeringly huge! The mountains were per-

ceived gigantic! — in comparison with the usual for me in past scale of feeling as the material body. But, when I grew substantially by the consciousness, then I began to feel that these mountains... are not larger than me anymore. I could now easily cover them with myself, took them on my hands of consciousness.

Then, thanks to further meditative training, I could already feel myself so big spiritual heart that could cover the mountains and the valley in front of them, and fills all foreseeable sky... It became amazing to feel *inside me* the sound of a flying airplane...

But, of course, it became not immediately, but only after several years of study.

However, it turned out fines — compared with that was disclosed further.

And then — we mastered the galactic and universal spaces, feeling them within ourselves and were merging in the initial eon with the Creator...

... After some time, I realized that the work of a physicist, to which I devoted so many years, no longer needed neither me nor God. Therefore, after defending a dissertation, I have left the Center — and now was able to engage in the work of the group of Vladimir a hundred percents.

## ***Life of Monks-Scientists***

Lifestyle of a group of monks-scientists had no resemblance to that of the usual working collective. Our life was not divided into the “work-time” and “leisure-time”, also into “working days” and “days off”. Living and working were one whole: it was the work the only essence of life for us. And we simply do not have a “leisure-time”.

We just consciously participate in the Process of Universal Evolution, which also involves — though usually without realizing it — all people and all other beings.

Now I do focus not on the evolution of species on the planet Earth, but on the Evolution of the Universal Consciousness.

The awareness of our own involvement in this Process and the understanding of our perspectives in it — can fill the life of each by the supreme sense and therefore do the life, in particular, truly happy!

But, unfortunately, only a very small number of people are familiar with what is the Evolution of Consciousness. And the dominant principle of human interaction with the environment — is *consumerism*: the use of material world *for ourselves*, for *our* best existence *just now* or — in the case of belonging to a certain religious doctrines — after the deaths of the bodies.

Only after learning about the Evolution of the Absolute, one can understand that his or her purpose — it is not a short life on the Earth and then disappearance from here, and also not eternal and unchanging existence in the paradise or hell!

God offers people the Mergence with Him, being Him — and not anything less!

But how to implement this? Where to find God, how to merge with Him?

It is in this direction, our group works. We learn God and — under His guidance — develop methods of development of human consciousnesses to the Divine level.

We do this for all people of the Earth. Our current knowledge about the laws of the Evolution, of the development of methods for self-improvement — anyone can take it and use. This knowledge could form the basis for further development of the entire human civilization.

In this case, mankind would be understood by people not as the set of the populations of countries, competing among each other for short-term benefits, but as a community of people, united by a common, unified spiritual task!

**We would like — as much as possible — to disseminate this knowledge throughout whole the Earth, and this is the task for us set by God.**

**He, in particular, says:**

**“Spread the knowledge of Me — all over the planet! We should make sure that people of all the Earth may know and start talking about it! The Truth about God and about why people and all beings on the Earth have appeared — should be available for each person!**

**“The situation in the Earth must be radically changed! From you, with your participation, should begin to develop a new culture on the Earth! The principle of the Spiritual Heart should be the basis for all!**

**“Come out to the government’s level, to scientific and religious circles! Among scientists — introduce a new paradigm of scientific knowledge about the nature of existence! Through the Internet, inform teachers of different countries, also representatives of various art forms!**

**“Disseminate this knowledge by all channels! Enable TV, reprint books in different languages! Keep the widest informing throughout the Earth!”**

**\* \* \***

**God led our group, suggesting us other new milestones in transforming ourselves, showing us our future opportunities.**

**In particular, on this Path, man must go out from the familiar to him or her since childhood feeling of self-limitation, from the usual terrestrial scale — to the feeling of the boundless Ocean of the Creator, to feeling this Ocean.**

**This is what God told us on this stage:**

**“Make habitable the new your state — the state of infinity of yourself! Whatever events may occur in the material plane — compare them with the Endless Life in**

**Me! By this, in particular, you will become free from the influence of the apparent adverse “earthly” factors.**

**“Proceed from the Ocean, being It! This should be the most familiar, the natural state of all.**

**“In the state of the Ocean — you have to walk on the Earth!”**

**\* \* \***

**The Creator — as the Loving Heart — would like to give each of us the Highest Gift — Himself.**

**But to be able to accept this Gift, the person must love Him with the same force like He loves. And — too, to give oneself wholly to Him.**

**Let this desire will be in each of you, dear readers! It will be the key to your future Victories!**

## **Vladimir Antonov**

### ***Continuation of the Biography***

***“Blessed are those who hunger and thirst for  
righteousness,  
for they will be filled.  
Blessed are the merciful,  
for they will be shown mercy.  
Blessed are the pure in heart,  
for they will see God.  
Blessed are the peacemakers,  
for they will be called children of God.  
Blessed are those who are persecuted because of  
righteousness,  
for theirs is the Kingdom of Heaven.  
Blessed are you when people insult you,  
persecute you, and falsely say all kinds of evil***

*against you because of Me.  
Rejoice and be glad, because great is your reward in  
Heaven...!"*  
(Matthew 5:6-11)

I am in my 70s, although my face and entire body look as if they were 40 years old or even less. I do not feel old but rather young and mature. The body, saturated with the energy of the Creator, works perfectly. I wish that everyone were as I am!

But what prevents people from living in the same way? Probably, they just do not know how. You can read about this in our books, in which we explain the ways of eating adequately and living in ethical purity and harmony with the surrounding multidimensional world, including all the diverse forms of life in the Creation and the Creator Himself! After this, you can start following this Path! All our books and films will be of great help to you. Your life then will become filled with health and happiness, and paradise will be inside your body while it is alive, and after its death you will also live in paradise, close to the Creator.

And for some of you, perhaps, even the Abode of the Creator will become your eternal Home.

... I have cognized Him and I can freely enter into the Mergence with Him, although I am completely aware of the fact that I have not yet exhausted all the possibilities of my spiritual growth.

God tells me that I will live in this body on the Earth for 20 more years. I will dedicate these years to my further self-development and to providing spiritual help to you, as I always did during my entire adult life in this incarnation.

My autobiography can be found in the book [11], but since the time that I wrote it, many new things have happened, and many new prospects have appeared. That is why I will only briefly retell here what I had written before.

I was born in “communist” Russia and raised as an atheist. After receiving a university education as a biologist-ecologist, I defended my dissertation on the experimental study of the regularities of formation of adult behavior under the influence of factors that affected one at early age. I taught physiology at a medical university and then worked in medicine for about 30 years, being engaged in neurophysiology, maternal-fetal medicine, sexology, obstetrics, etc.

Then I met people who followed the path of seeking spiritual truths, became a sincere follower of the Orthodox Church for many years, and, as a scientist, took a great interest in experimentations in the spiritual field. These experiments frequently gave positive results. I began to share this new knowledge with other people and... was discharged from the research institute due to this and deprived of the opportunity to work in an official field of science. After this, I “got by” by doing various jobs such as being an assistant at a laboratory or as being a laborer. During this time, I became a real *disciple of God* and formed a methodological system for teaching the art of *psychical self-regulation*. Then, after personally receiving the blessing of Jesus Christ, I began to teach this system in houses of culture and youth clubs.

This gave excellent outcomes: people were healed from serious diseases, which medicine<sup>37</sup> was not able to cure, and rose again to start living in joy, harmony, and love. However, the most important thing was that they were able to perceive themselves as souls during those classes, they stopped identifying themselves with their material bodies, and they felt clear touches of the Holy Spirit. This, in reality and on their personal experience, proved to them the Existence of God.

Afterwards, my missionary activity extended beyond the limits of Saint Petersburg: I gave lectures and

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<sup>37</sup> This data was presented in detail in the book [11].

conducted mass healing sessions and classes in different cities of Russia, Ukraine, Lithuania, Czech Republic, Poland, and others. On the initiative of the doctor A.S.Romen, a well-known popularizer of the very basic levels of psychical self-regulation, I began to publish my first books.

I constantly listened to the guiding instructions of God and learned to hear quite easily and then to see Jesus Christ and other Divine Teachers, the Representatives of the Creator, Who are called the Holy Spirit in aggregate. The studies of spiritual literature of different schools, which were realized under Their guidance, and personal acquaintance with the religious life of the followers of diverse religious movements have allowed me to easily go beyond the sectarian narrow-mindedness, which was predominant in Russia at that time and in which hatred towards participants of other religions was cultivated, replacing love, in which God, in the outlook of a huge number of the believers, became displaced by the figures of a devil, demons, witches, vampires, and other evil spirits...

Along almost all those years that had passed from the time of my dismissal due to my popularization of religion, I had been under an intensive shadowing of the KGB. They even tried to start my criminal prosecution and for many months searched for compromising materials but were not able to find anything. The prosecutor — an upright man — found courage to close this case and gave me advice to quit my job as quickly as possible, because otherwise it would be even worse...

It is interesting that during the years of the Soviet rule, the KGB was aimed at the persecution of those who were contributing to the popularization of Orthodoxy. Nevertheless, after the Perestroika, which was headed by M.S.Gorbachov, the same KGB was suddenly redirected... to defend Orthodoxy, and they began to persecute non-Orthodox believers... So, if in the previous years I had been persecuted for the agitation in fa-

vor of the Orthodox Church, after Perestroika I had been persecuted — with the same zeal — for the fact that I had “outgrown” Orthodoxy, ceased to “fit” in its scope, and begun to teach the ethical purity suggested by God and the *cognition of Him*, Who is considered... incognizable by the Orthodox Church...

The KGB was so zealous in its attempts to shadow me that when I finally managed to get out of my terrible communal flat into a separate one, some people visited my new home in my absence in order to inspect it... Nothing disappeared from there then, but irrefragable proofs of the presence of strangers were there. This had repeated for about 10 times.

On my own experience, I got to know that which is called “external observation”, which lasted for months.

There were many other very tough occurrences... But I wrote about only some of them in the first edition of this book (1995), and I do not want to remind our readers once again about the deeds of devils in a book about God.

\* \* \*

Having established myself in the status of a *disciple of God*, being guided by Him both in my personal development and in my service, and having accepted the principles of a monastic life for myself, I realized very clearly that the true service to Him is incompatible with any egocentric motives, whether it is a desire for material enrichment or a desire to put oneself on a “pedestal of glory”.

Specifically, I never sought to earn money through teaching. When my educational activity was realized on the base of state organizations, participants deposited certain amounts of money to accounts of those organizations, and from the latter I received a tiny salary. However, when people gathered around me in an unofficial manner, I never asked for any money, because

they were my best friends and I loved them! I even did not have such a thought — to sell my love for money!

On the contrary, when I myself had money, I sometimes gave it to those who were in difficult financial situations and called this “scholarships”. There was nothing more important for me than their success on the spiritual Path! Serving the Evolution of the Universal Consciousness, I did not distinguish between the successes of my friends and mine: we all were involved in the United Evolutionary Flow, which was perceived by me as *one whole*.

The same thing happened in regard to a “pedestal of glory”, namely, I felt that I was just a part of the Evolutionary Flow directed towards the Creator, into Him. I never had the desire to *create* from myself a *center* of attraction for other people. No, I rather stood aside and just helped others to move to Him, by giving them different hints on how to advance on this Path. “There is no me, there is only God and those who are going to Him!” — this was the principle of life that He explained to me, and I accepted it very easily and interacted with my companions on the basis of it.

Nevertheless, I was horrified when sometimes I observed what some of my followers, who started giving classes on the basis of the techniques developed by me, turned these teachings into... The use of even perfect methods of spiritual work, while the ethical component is ignored, resulted in severe damage to people who had entrusted their destinies to the teachers that acted on my behalf. I described some of such cases in [11,19-24], but in fact there were many more of them. I drastically broke off my relationship with such “teachers” and took off my blessing for teaching from them.

\* \* \*

The true mechanisms of spiritual evolution can be understood only on the basis of the integral picture of the structure of the Absolute and of evolutionary processes that take place in Him — rather than on the basis of beliefs of these or those groups of people.

We acquaint you with such an integral picture of scientific-religious philosophical knowledge through our books and films.

It is necessary to spread this knowledge among people of all countries so that every person can attain on the Earth a harmonious and happy existence lacking sorrows and diseases, so that everyone can live an abundant life after the death of the body, so that we can prevent such phenomena as crimes, wars, drug addictions, suicides, madness, etc.

And this is not only our personal desire but such is the Will of the Creator.

We understand that it is not easy to introduce serious philosophical knowledge in the consciousnesses of the masses of people: those people who have already turned away from religious doctrines after seeing their inconsistency and even absurdity, as well as those who are accustomed to relying on ritualism instead of studying and fulfilling the Teachings of God.

Such transformations can not be done quickly, at once, and another reason for this is the resistance of those for whom religion became... a convenient “feeder”.

Another obstacle that is always encountered in such situations is the inertia of thinking of the masses of psychogenetically young souls...

In spite of everything, we need to try to spread this knowledge for the benefit of namely every worthy person and for the benefit of God!

How it's possible to do this? The best way is by introducing it into the systems of school and university

education, through special programs on television and radio, through work of journalists, etc.

## ***Science of the Development of Souls***

There is a science that studies the regularities of behavior formation. It is called *ethology* or *behaviorism*. The authors of this and our other books are in their number.

... Have you, reader, even asked yourself questions: Why are people so different by their characters and qualities of the souls? Why do some of them have malicious, mean, violent, lying, dull, lazy, hyper- or hypo- or homosexual characters, while others are altruistic, sincere, honest, kind, and forgiving? Why does someone have a very low developed intellect and is satisfied with primitive entertainments only, while others are highly reasonable, striving to disinterestedly help others, and searching for the highest knowledge and spiritual development? What does it depend on? What determines such drastic differences?

Genetic-endocrine factors may play a certain role here. For example, the increased production of adrenaline and noradrenaline hormones in the corresponding glands of internal secretion contributes to the formation of energy (or even excitable and aggressive) character. Chronically low levels of these hormones lead to inertia, lethargy, and inactivity...

Some damaging factors that affect a mother during her pregnancy can cause abnormalities in the development of certain brain structures of the fetus. This may result in such remote consequences as a disorder of sexual orientation of a person after he or she reaches sexual maturity [4,11].

An adequate contact of a child with the mother (or with those who substitute her) play a very important role in the socialization (i.e., in the formation of a “kindred” attitude towards the representatives of the same

species). If a child does not receive adequate maternity during the first years of life, he or she can develop streaks of hostility towards other people in his or her character.

In later childhood, a child needs a diversity of social interactions with his or her peers. If this does not happen, certain streaks of asociality and some sexual deviations may appear [4,11].

A child's experience of communication with the adults that are very close to him or her also has great influence on the formation of their behavior. In this case, the mechanism of so-called "identification" takes place, and entire patterns of emotional and behavioral reactions are uncritically imprinted by a child.

Apart from this, in the program of formation of a human personality, there are "critical" stages of reevaluation of everything that a person has learned. The first stage is called *adolescence* and it coincides with the years of puberty.<sup>38</sup> The second one may take place after the age of 20.

However, the experience of previous incarnations with which this person has come into his or her material body is much more important than everything else that has been mentioned. This is the main factor, while all other factors can have *only some impact* on the further development of this incarnate soul.

Additionally, when we analyze a concrete embodied soul, we need to discern two groups of its qualities: a) those which are determined by its psychogenetic age, which is characterized by the number of preceding incarnations in human bodies, and b) the totality of qualities (good and bad) that were accumulated in those incarnations.

Thus, we need to take into account that psychogenetically young souls are more susceptible to the factors that influence them in a given incarnation. Such

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<sup>38</sup> We mentioned this in the books [4,11].

people also have less willpower, their “scope of the mind” is less wide, and their decisions are less firm.

While analyzing specific situations, in which a person manifests himself or herself, we should take into account all five factors that influence his or her decisions and the result of this situation. These factors are mentioned by Krishna in Bhagavad Gita (18:14-16) [8,10]. One of them is Divine Will.

We should also always remember that God takes care of everyone, by always trying to help him or her in a different way, for example, by creating favorable situations for the development of this person, by suggesting right thoughts, etc. Nevertheless, people — due to their own foolishness or because they are fooled by false religious doctrines — ignore this Care of the Creator for them or implore Him in their prayers for completely wrong things, for example, for worldly blessings for themselves, while He offers them Heavenly blessings...

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... In the context of this book, it is also essential to talk about the education of the masses of adults<sup>39</sup> on a national scale and on a scale of the entire population of our planet.

Here we should take into account that the majority of people in almost any modern country is composed of people who can be called psychogenetically young. Who are they? Well, as an example, I can mention one of their features: they become followers of a particular religious doctrine built on... a national basis. For instance, they think: “I am Orthodox, because the religion of Russians is Orthodoxy” or “I am Buddhist, be-

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<sup>39</sup> We discussed the principles of spiritual education of children in the book [7] in detail.

cause the religion of Buryats is Buddhism”.<sup>40</sup> The true spiritual search is not for them: it is not important for them, but rather belonging to the crowd...

Such people are the ones who easily believe that prayers are what allow us to achieve success in a spiritual life, not our efforts dedicated to self-transformation of ourselves as souls...

This kind of people tends to look for strong leaders who are ready to lead them. Where?... This is not very important for the masses of young embodied souls; other things are important for them: for example, their leader has to promise them a “bright future”. If he or she does this, they easily fall in love with such a leader and think: “If I love this person, and if we all love him (or her) so much, — this means that we are moving towards the right goal!...”.

Another thing that is very important for such people is called “crowd effect”: by uniting with the crowd, every one of this kind of people obtains a feeling of power, while a feeling of personal responsibility for his or her own actions disappears...

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<sup>40</sup> This is analogous to the formation of groups of “fans” that support different teams of such aggressive sports as soccer, hockey, and similar ones. Take cognizance of how easily these “fans” become aggressive and what a great harm such spectacles cause to the spiritual development of people!

The exact opposite is represented by esthetic kinds of sports, such as artistic and rhythmic gymnastics, figure skating, and similar ones.

If we examine different kinds of sport from this perspective, i.e., from the perspective of their influence on the spiritual evolution of people (both athletes themselves and the audience), we can divide them into two main groups:

a) those that positively develop esthetic, intellectual, volitional, and physical qualities, and

b) those that are destructive, i.e. those that foster coarseness and aggression.

\* \* \*

Only strong in terms of psychoenergy individuals can become leaders of the masses of people. These individuals are not young souls. However, in terms of their qualities, they can be righteous and, conversely, diabolical.

By looking back at the lessons of history, we can see that even the nations that are very decent and cultural at present were found under the power of incarnate devils in the past and began to commit large-scale crimes, being incited to this by their leaders.

Recently the studies of the control over crowds of young souls became a section of applied psychology. Advertising and “political technology” of election campaigns are part of this too...

However, it would be great if this “art of crowd control” does not become the prerogative of evil individuals only! It would be great if the true spiritual knowledge — real knowledge, and not fantasies about God and about the spiritual Path — is actively implemented in the mentality of the human masses by political leaders!

How great it would be if everyone could receive, from childhood, the true information about the meaning of our lives on the Earth!

Then everyone would have much more chances of personally approaching our common Creator, and the sickness rate, the crime rate, and other calamities of humanity would decrease due to this too!

And God would start creating more favorable living conditions for those nations that have accepted His ideals of existence and development for them.

He is the One Who has sent us to grow and to evolve on the Earth! Therefore, He is the One Who is interested the most that everything in human societies go according to His plan, according to the laws and

rules that He prescribed, so that humanity could bring fruits, expected by Him: fruits of positive evolution.

## ***Oeness***

There is such a philosophical term as *Oeness*, which can be most successfully interpreted as the “Wholeness of Everything”. What does this mean?

There is One Primordial Universal Consciousness That resides in the depths of the multidimensional space. It is the Creator of everything “manifested”, which is called the Creation.

Both the Creator and His Creation are eternal and infinite, although sometimes individual “islands” of the Creation in the universal space are annihilated by Him, whereas others are created...

The process of His Evolution takes place in the whole infinite Absolute and consists in the further development of the Primordial Consciousness. Its mechanism is the growth of individual souls created by this Consciousness on the material substratum of the Creation, that is, on planets. These souls, having evolved through many incarnations in the bodies of plants, animals, and humans, after reaching the Perfection, should flow into the Creator and enrich Him with themselves.

Therefore, all people and all other beings, including even plants, have to be considered by every one of us as brothers and sisters of different ages, as our companions on this great Path of the Evolution of Consciousness<sup>41</sup>. Moreover, we all are constituent parts,

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<sup>41</sup> By the way, if we all are one family of children of One Universal Parent, can selfish motives be appropriate in our relationship? Even the members of ordinary families fulfill their duties and other work without counting on a special remuneration from other family members.

That is why one of the signs of spirituality in people is

kind of mobile “cells” (like white blood cells) of One Total Organism — the Universal Absolute.

And we, as His constituent mobile components, have the possibility to choose that part of the Absolute which we want to inhabit.

The correct decision in this case is to strive for the Mergence with the Creator in His Abode — the deepest and subtlest part of the multidimensional space. This is what constitutes His Will. If we do not fulfill this, He will “hurry” us through pain, diseases, and other troubles.

For those who resist His Will most persistently and cultivate emotional coarseness in themselves and other associated vices, there is hell, the “rubbish heap” of the Evolution. Some of these souls are subjected to the total destruction — disintegration into their constituent elements, which will be used then for the creation of new souls. Other infernal souls will incarnate again in human bodies having the most adverse destinies. During these incarnations, the people of hell will get their last chance to get out of it — through the active self-transformation in accordance with the Will of the Creator.

He controls all the circumstances of our lives. Nothing happens without His participation and His Will for that.

He directs our discipleship, but we are the ones who determine our destinies! The quality of our lives *depends only* on how successful we are as His students!

He is Love. He is Tenderness. He is Care. He is Peace, Calm. He is Wisdom. He is Power.

His Abode is the common Abode of All the Perfect Ones Who have obtained all these qualities and reside now in the eternal Highest Bliss.

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their selflessness or disinterestedness.

**The more we approach Him by the quality of the soul, the more our existence in the material bodies becomes filled with happiness, joy, and bliss!**

**It is best to start this Path with mastering the art of psychical self-regulation that is, first of all, with the acquisition of the ability to regulate our own emotions. The base for this work is the opening and development of the spiritual heart. Without this, it is impossible to completely defeat “worldly passions” and all coarse negative emotions.**

**\* \* \***

**Probably, all of us have heard that the spiritual life has to be as if “the life by the heart”. However, almost no one understands the meaning of these words!**

**“To live by the heart”, most often, means in literature “to let the personal behavior be governed by emotions and ‘worldly passions’”...**

**Among the instructions of some Hatha Yoga “gurus”, useless recommendations can be found about mastering the concentration in the material hearts. These recommendations have nothing with the truth...**

**Other incompetent “spiritual teachers” fantasize that since the material heart is located on the left side, so the spiritual heart has to be located in the right side of the chest...**

**Some people have heard that the Creator, Atman, the Higher “I” (wrong designation — “the Higher Self”), or Paramatman should be sought in the depth of their own spiritual hearts. For sure, many of them have tried to accomplish this, but immediately experienced a complete failure and were disappointed in this recommendation. The reason for such failures is that there is no chance to accomplish this in one’s own spiritual heart while it still has the size of an anahata chakra or only slightly bigger than it. Nevertheless, this becomes**

quite feasible when the size of the spiritual heart becomes millions of times bigger.

How to learn to perceive one's own spiritual heart, how to develop it, and how to find the multidimensional depths, including the Abode of the Creator, inside this developed spiritual heart — all this was described — for the first time and in exhaustive detail — in the books and films of our scientific-spiritual School.

\* \* \*

The steady progress on the Path to the Creator cannot be unconscious. Therefore, one should actively unlearn to hate, to become irritated, to want *for oneself* to the detriment of others, to wish anything bad to anyone, and, on the contrary, to learn to help everyone in everything good, to love and to give, to attune with that which is harmonious and beautiful, to look for the manifestation of the Will of the Creator in everything, etc.

I will repeat it once again, and let us remember this forever: hatred, hostility, aggressiveness, and similar emotional states lead us to hell, to the “rubbish heap” of the Evolution. On the contrary, love, calm, peace, tenderness, forgiveness, and care lead us to paradise and further — to the Embrace of the Creator in His Abode!

Let us all follow these Teachings of the Creator!  
I wish success to all of you!

## **Conclusion**

(by Vladimir Antonov)

John Lennon once said to us:

“When we were unknown boys and were creating our music, we lived as if tomorrow we would conquer the entire world!

**“You do not have such boldness of thought, even though you have indeed much more rights to have it than we had!**

**“We lived with a bright feeling that the whole world would be at our feet tomorrow and would praise us! It was an impulse filled with power and confidence! We lived as winners, and we became such! The world had to yield to the four daring and brave guys who wanted to flood people’s hearts with a new wave of music of freedom and love! The world began to live with our ideas, our songs, and our music! The liberty of our ideas seized people’s minds, and our music began to sound on all continents!**

**“We lived as winners, as the forerunners of freedom! Even though none of us knew the True Freedom at that time, this state of us as souls anticipated and shaped our future!**

**“Perceive yourselves as those who were sent into this world in order to change it! And this should happen not some other day in the future but right now, today! Every day of your lives should transform the world and bring a new Divine Wave to it!**

**“You should do this right now instead of waiting for some day when researchers of ruins of antiquity find your works under the computer junk of the 21st century and exclaim with surprise: ‘Oh! This was already discovered once!’**

**“At this very moment, you need to give people this vivifying wave of the ideas of Freedom, Love, and the Path of the Spiritual Heart!**

**“Feel the Power of God that goes through you and let Him realize, with the help of your spiritual group, what He has planned! Be filled with daring confidence that you can accomplish this!”**

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Even though we always sought communication with Divine Teachers only, we had a great number of meetings with very interesting non-incarnate people as well during the years of our discipleship with God: Pushkin, Gorky, Talkov, Vysotsky, Lennon, different physicians, travelers, writers, poets, musicians, etc.

The writer Akinfiev asked us to mention his great book on the ethics of nutrition [1].

The academician Kruzenshtern wanted modern people to know that he and Vasco da Gama are the same soul in different incarnations.

On another occasion, when we worked in the forest on the place where we usually met Divine Lutherans, we had an unexpected opportunity to speak with Martin Luther, the founder of the Lutheran Church.

The last happened in the following way.

A non-incarnate soul, with whom we had not been previously familiar, suddenly appeared in front of us.

“Who are you?” — we asked.

“Martin Luther the First,” — he joked, trying to emphasize that there was another Martin Luther — the fighter for the rights of African Americans, Martin Luther King.

“Have you been incarnated again after your well-known incarnation?”

“No.”

“Have you attained Divinity?”

“I live in the glory in which I immersed myself by becoming the high priest of the Lutheran Church.”

“Are you going to be incarnated again?”

“Let’s forget about this! Right now I am not here to teach you about how to distribute the consciousnesses in the Absolute but rather to support you in your struggle for the religious freedom!

**“This is my field of activity as well! Specifically, I participated in the creation of the Universal Declaration of Human Rights.**

**“Long before this, I became the founder of the existing Lutheran Church and laid its main fundamental idea of personal responsibility of everyone before God, ‘personal’ means without intermediaries in this case! Every Christian and every truly religious person should think in this way.**

**“You did well! You are walking in the right direction!**

**“I personally directed you, Vladimir, in your student years, to the path of respect for freedom. Do you remember? You had helped me in my struggle in your previous incarnation, and I helped you in this one.”**

**“Yes! A thousand times — thank you!**

**“Will we accomplish our mission that consists in getting all people of the Earth to know about the knowledge that we received from God?”**

**“Look how difficult it was for me! I managed to turn only a small part of Christians to the right path, and this was achieved at the cost of a military campaign.**

**“It is unlikely to happen in your country in a time of peace.**

**“But remember that I and all reasonable non-incarnate people are with you!”**

**“What do you do now?”**

**Martin shows that he holds the “reins” in his hands — the “reins” of all and each in the Lutheran church:**

**“I supervise the Church created by me.**

**“I am its ‘high priest’. I remain in this state, and the attention of the leaders of many parishes is aimed at me. I understand this and behave, in my relationship with them, as if I were Jesus Christ. In other words, I give them commandment after commandment, as I understand this and as it is shown to me by the Supreme**

**Hierarch Himself at our regular personal meetings. When I say 'the Supreme Hierarch', I mean Jesus Christ."**

**"Can you learn from Jesus now and, through this, approach Him even more?"**

**Martin did not understand the question:**

**"I am already 'the right hand' of Jesus Christ! I see myself as an intermediary between Him and people and I consider this as the summit of my personal achievements!"**

**... On another occasion in the forest, Alexander Pushkin and a large group of his friends, "Decembrists", attracted our attention. Nicholas Bestuzhev and Peter Chaadaev talked on behalf of all of them:**

**"We are embracing you! We are watching you constantly..."**

**"Those who have cognized God are especially dear to us, the Decembrists! We could not achieve this due to the reason that is obvious to you: due to the absence of the correct religiosity in our country..."**

**"Indeed, extraordinary heroism is required in order to break false stereotypes of thinking!"**

**"Unfortunately, there are no positive changes in the life of the country... The efforts of all previous heroes were in vain!... And your efforts will be wasted here too..."**

**"We all bless you! You are to realize a long service! But this does not concern Russia..."**

**"In Russia nothing came out of those things that we fought for..."**

**"Where do you work now?"**

**"In Central Europe, in the northern parts: in Denmark, Netherlands, Germany, and Sweden."**

**"After 20 years, you will not recognize the Earth! People will begin to perceive streams of new fresh knowledge!"**

**"Is anyone from your group incarnated right now?"**

**“We do other work: we help people from our non-incarnate state. We all formed a favorable destiny for ourselves, and the Lord has sent us to do this job.”**

**“Have any of you reached Divinity?”**

**“No, nothing of that kind! Right now we are fully engaged in the process of service. None of us have been incarnated since that time. We do great righteous deeds under the guidance of the Creator and we try to do them the best we can!”**

**“How many of you are working together?”**

**“Approximately 200-250.”**

**“Who from your group is the head of your activity?”**

**“You should look from another perspective! You should see that the Creator guides us without any intermediary! Every one of us perceives Him directly!”**

**“What will your destiny be? Will you be able to flow into the Creator without being incarnated again into material bodies?”**

**“No, it’s not possible. A new layer of the destiny of every one of us has to be formed. Many years will pass, at least two decades, so that we can see more and know more. And then a certain layer will be “washed out” so that a new one can be unfolded: a new program of our further development. Some of us have yet to serve 20 years in such a way, others — 50.**

**“We wish you success! We are with you!”**

**... At some other time, when we were in the forest at a favorite place of Pushkin, one of us asked him:**

**“Whom do you help now among incarnate people?”**

**“I help all those who listen to me! There are very few such people in Russia and even less abroad.”**

**“How about those who make trips to your grave?”**

**“No. I don’t accept such people. Trips should be made to other places.”**

**He shows the image of the estate where he lived being embodied. It has a peaceful backwater.**

**“This is my estate, which I often visit and recall the dear years of my youth. Being near this backwater, I recall my young beloveds of those days, the images of whom I keep in my memory at present as well...**

**“... But right now I want to tell incarnate people about something different: about those ‘backwaters’ in which water becomes foul and in which midges appear during the summer and bite everyone...**

**“... There are tender spring brooks that run among the roots of trees and stones. A soul that is young and still fragile blossoms in love just like this...**

**“However, the law of the universal nature is severe: everyone has to develop himself or herself! And if formerly babbling water gets into a foul swamp of the loss of love, of stagnation, and of coarse emotions, it then also turns into stinking mud...**

**“On the other hand, if one merges with a large river, which quietly and smoothly flows into the Ocean of the Highest Universal ‘I’ years after years and centuries after centuries, the destiny of such a soul then is to become this Ocean as you already became, my dearest friends on this Earth!**

**“And may other souls merge their currents and flow together, along the channel opened by you, into the Ocean of the Primordial Reality! Amen.”**

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**The existence of God is neither a fairy tale, nor fantasies of undeveloped and uneducated people.**

**God indeed exists and He is cognizable for those who are sufficiently developed in their personal evolution and who have dedicated their lives to the cognition of Him.**

**Who is He and where is He? He — in the Aspect of the Creator — abides in the deepest and subtlest layer of the multidimensional space. He is One but is composed of the infinite number of all Those Who — over a**

time of eternity — have attained the completeness of the Divine Perfection, entered this layer, and merged there with Him — with the One Who is called the Primordial Consciousness, the Creator, God-the-Father, Jehovah (Yahweh), Ishvara, Allah, Tao, Svarog, Odin, etc. in different human languages.

Communication with God is usually realized through non-incarnate Divine Teachers Who come out from the Abode of the Creator with some Part of Themselves and Who, in the aggregate sense, are called the Holy Spirit in the Christian tradition. It is less frequent that people can communicate with incarnate Representatives of the Creator, Who are called — in different languages — Messiahs, Avatars, or Christs. They come to incarnate people, having diverse Appearances, that is, in male or female bodies, and They realize diverse forms of Service. Some of them express the Truth through prose, while Others — through poems, songs, or other kinds of art.

In one of our recent conversations, Alexander Pushkin compared Divine Writers with quills, which are used by the Creator to write the Holy Scriptures for people and which are even “dipped” by Him into the “ink” sometimes. Igor Talkov<sup>42</sup> then immediately added that the Creator incarnates Divine Singers into the world of matter in order to use Them as His micro-phones...

It should be mentioned that They do not necessarily start at once talking to people about the most important things; sometimes They just wisely and smoothly try to correct the direction in which the society thinks...

Divine Incarnations are a rare phenomenon, but there are many non-incarnate Divine Teachers Who work on helping incarnate people in different areas. Focusing on any of Them and diligently learning from

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<sup>42</sup> We wrote about Igor Talkov’s creativity in the book [9].

Him or Her will necessarily bring you to the Victory or closer to It. We were fortunate to directly learn from tens of Holy Spirits, and each of Them gave us some of His or Her personal favorite techniques of self-development in addition to the common elements of the curriculum for all disciples of God. Direct communication with a great number of Them allowed us to obtain a much more vivid and complete notion about the most important things for all incarnate people, and we share them in our books and films.

... We have cognized Him and impart our knowledge about Him to you.

What was required of us in order to cognize God?

First of all, it was ethical purity, which includes our relationship not only with people, plants and animals, but also — and this is the most important point — with the Creator.

Besides ethical purity, it was the monastic dedication<sup>43</sup> of our lives to the only Goal — the cognition of God and service to Him.

\* \* \*

All people differ from each other, primarily, by their psychogenetic age (the age of the soul) and by how successfully they have evolved in their distant and recent past. Everyone, therefore, requires a different amount of time and effort to get closer — by the state of oneself as a soul — to God so as to be able to see, hear, and really embrace Him with the arms of consciousness consisting of Love only.

However, it is also important to note that the speed of personal spiritual development depends, to a great extent, on the correct understanding of the Goal and of the methods of such work on oneself. That is

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<sup>43</sup> <http://encyclopedia-of-religion.org/monasticism.html>  
(the footnote of the corrector).

**why we made so much effort to describe and illustrate as detailed as possible the methodology of spiritual self-development and the methodology of the cognition of God, created by us.**

**We ask you to contribute — as far as possible — to the preservation of this knowledge for the entire humanity and to its extensive implementation, especially in the educational system.**

**\* \* \***

**One of the peculiarities of human development is that an individual consciousness (or a soul) can grow quantitatively.**

**However, only the souls that are qualitatively developed to a due degree have the right to such growth. In other words, they have to be intellectually and ethically mature and sufficiently refined by their energy status.<sup>44</sup>**

**The souls which have developed themselves in the mentioned qualitative parameters and then have grown themselves to a sufficiently big size — if they have transformed themselves into Love and are in love with the Creator — reach His Abode and enter the eternal Mergence with Him.**

**Thus the individual development of successfully evolving people ends and the Divine stage of Their existence begins. This is the existence as the Divine Teachers (Holy Spirits) Who are the integral Parts of the Creator.**

**We also need to remember the following:**

**a) the quantitative growth of a consciousness is possible only during its incarnate state, because the body with its digestive system is the “factory” that**

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<sup>44</sup> **If this rule is broken, the threat of diabolization of such souls arises.**

**transforms (sublimates) the energy of food into the energy of the consciousness;**

**b) the material body has to be perfectly cleansed of all coarse energies — in order to achieve success in serious spiritual advancement, because it is impossible to enter the Divine Purity and Subtlety from an unpurified body.**

**You can find a detailed description of how to progress on this Path most successfully — in our books and films.**

**Do not miss this opportunity, our dear readers!**

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**In the flame of the heart,  
A human soul uncovers itself!  
In the purity of love, it appears  
Before the Beloved One!  
And nothing else exists for the soul  
But the Beloved!  
It — is always before His Sight.  
The arms of the soul caress the Dear One,  
And it never takes its eyes off Him.  
And it has no other light  
But the Light of His Love!  
His Light is reflecting in the radiance of its eyes,  
His words of love fill its lips!  
The hearts merge  
And there is nothing but Him!...  
He fills Those Who become One in Him  
With His unspeakable Bliss!**

***Sulia***  
***(written down by Anna Zubkova***  
***in March 2005)***

**The one who has touched the Ocean of Love  
Will rush towards It again and again!  
By submerging into Its transparency,**

**Such one will attain the Mergence with It!  
By rejecting self, by forgetting self,  
Such person will dissolve in It!  
The heart that contains the *Ocean*  
Becomes the *Ocean!*  
The soul that has become the *Ocean*  
Lives the life of the *Ocean!***

***Nikifor***  
***(written down by Olga Stepanets***  
***in March 2005)***

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### ***Video Films***

- Antonov V.V. — Spiritual Heart. 70 min.
- Antonov V.V. — Sattva. 60 min.
- Antonov V.V. — Sattva of Mists. 75 min.
- Antonov V.V. — Sattva of Spring. 90 min.
- Antonov V.V. — Art to Be Happy. 42 min. (HD-video).
- Antonov V.V. — Practical Ecopsychology. 60 min. (HD-video).
- Antonov V.V. — Keys to Mysteries of Existence. Obtaining the Immortality. 38 min. (HD-video).
- Antonov V.V. — Bhakti Yoga. 47 min. (HD-video).
- Antonov V.V. — Kriya Yoga. 40 min. (HD-video).
- Antonov V.V. — Yoga of Krishna. 80 min. (HD-video).
- Antonov V.V. — Yoga of Buddhism. 135 min., two parts (HD-video).
- Antonov V.V. — Yoga of Taoists. 90 min., two parts (HD-video).
- Antonov V.V. — Psychological Self-Regulation. 112 min., two parts (HD-video).

**Antonov V.V. — Yoga of Sathya Sai Baba. 100 min. (HD-video).**

**Antonov V.V. — Yoga of Sufies. 128 min., в 2-х частях (HD-video).**

**Antonov V.V. — Yoga of Ancient Russians. 105 min., two parts (HD-video).**

**Antonov V.V. — Yoga of Atlanteans. 82 min. (HD-video).**

**Antonov V.V. — Yoga of Pythagoras. 75 min. (HD-video).**

**Antonov V.V. — Laya Yoga. 48 min. (HD-video).**

**Antonov V.V. — Kundalini Yoga. 45 min. (HD-video).**

**Antonov V.V. — Yoga of Don Juan Matus and Other Native American Spiritual Chieftains. 147 min., two parts (HD-video).**

**Antonov V.V. — Yoga of Jesus Christ. 128 min., two parts (HD-video).**

**Antonov V.V. — Agni Yoga. 76 min. (HD-video).**

**Antonov V.V. — Advaita Yoga. 47 min. (HD-video).**

**Antonov V.V. — Ashtanga Yoga. 60 min. (HD-video).**

**Smirnova E.Yu. — Immersion into Harmony of Nature. Path to Paradise. (Slide-show). 90 min. (on CD или DVD).**

### ***Wildlife videos on [www.ru.spiritual-art.info](http://www.ru.spiritual-art.info)***

**Zubkova A.B. — Harmony of a Morning.**

**Zubkova A.B. — Family of Water Hens.**

**Zubkova A.B. — Little Sparrows.**

**Zubkova A.B. — Blackcock's Display.**

**Zubkova A.B. — Sattva of Ducks.**

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for You!**

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**Zubkova A.B. — Come to love!**

**Other materials:**

**[www.new-ecopsychology.org](http://www.new-ecopsychology.org)**

**[www.path-to-tao.info](http://www.path-to-tao.info)**

**[www.swami-center.org](http://www.swami-center.org)**

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