

Vladimir Antonov

“Bubbles of Perception”

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This book is dedicated to the methodology of spiritual development. Here we, among other things, describe the higher stages of the ascension and indicate possible errors.

We also present various Revelations from the Holy Spirits.

This book is intended for all those who seek God and are ready to dedicate their lives to the spiritual Path.

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“Bubbles of Perception”, Dantians, and Chakras

The term “bubbles of perception” was introduced into the spiritual science by Juan Matus, whose knowledge was passed on to humankind through Carlos Castaneda [18-25].

This term has fundamental importance because it helps seekers of the Perfection, which was preached for us by Jesus Christ [2,8,14] and by other Greatest Teachers [8], to correctly direct their effort on self-development through meditative practices.

Where did these words, so strange at first sight, come from? The fact is that the energy “cocoon” that surrounds the body of every person resembles, to some extent, a big bubble. This “bubble” can, in turn, be divided into two smaller unequal “bubbles”.

With our “bubbles”, we perceive the environment, that is why they were called “bubbles of perception”.

As we already said, every one of us has two “bubbles”: the upper one and the lower one. With the upper “bubble”, we perceive the world of matter (or tonal), while with the lower “bubble” we perceive the non-material world (or nagual).

Therefore, those who are willing not only to talk about God and other non-material manifestations but also to really cognize them — should pay attention to

the development of their lower “bubbles”. They are designed for this purpose!

Our upper “bubbles” are also called *upper dantians*. They consist of the three upper chakras: sahasrara, ajna, and vishuddha [9].

Our lower “bubbles” are divided into two dantians: the middle one and the lower one.

The middle dantian consists of only one very important chakra — the anahata chakra. It is from this energy structure that the spiritual heart may begin its growth.

The lower dantian consists of the three chakras: manipura, svadhisthana, and muladhara. It serves as the power center of the organism, by nourishing both the organs of the body and the non-material components of the organism with bioenergy. It is intended, among other purposes, to provide energy for the quantitative growth of the consciousness (or soul).

About Our Food

In order to contribute to our health and successful spiritual growth, our food should be pure (this implies, among other things, that this food should be “killing-free”). Our food should also be of full value, i.e. it should contain all the necessary components of nutrition.

Another thing that must be taken into account is the compatibility of different foods. In this respect, one should know that a large quantity of sweets do not combine with protein and fat foods when they all get mixed simultaneously in the stomach. In this

case, the latter two kinds of food stay in the stomach for a long time and detain the sugars there as well. The sugars then can start being decomposed by microbes.

Potatoes and milk are also a bad combination.

And, in general, milk is usually well assimilated only in childhood. On the contrary, in the case of adults, especially when they have long periods of not using milk in their nutrition, it is not well assimilated because the body stops producing the enzymes that are necessary for the digestion of milk.

In this respect, it would be useful to remember that some industrial foods (for example, cookies, chocolate, mayonnaise, and others) contain milk powder.

It is also important that all the bioenergetic structures of the body that participate in the assimilation of energy from food be cleaned and properly developed. This can be reached through the methods of Raja Yoga. You can find them in [9] and in our other materials (books and films).

The author of this book has been living according to these principles for about 40 years. Now my current body is 68 years old, but it looks 40. My health is also very good, and I feel young. The main foods of my nutrition all the year round are mushrooms, rice, pasta, tomatoes (fresh or in the form of paste), milk-free mayonnaise, sometimes potatoes, carrots, fresh herbs (parsley, dill, and others), a bit of white bread, and butter. I use salt only for the preparation of mushrooms. In the morning, I drink coffee. In the preceding decades, I ate eggs and dairy products. It is possible, if there

are no mushrooms in your region, to use soy products and nuts as a source of protein.

If we add, while cooking food, a moderate amount of sea water to it, such a food will provide our bodies with all the necessary dietary minerals.

The same effect can be reached from the use of seaweed (*Laminaria*). If we slightly boil dried seaweed, allow it to swell, and then put it on a slice of bread with butter, we get a delicious result. (However, one should not eat too much of this, because a large quantity of seaweed works as a laxative).

As for alcohol, a very long time ago, in the beginning of my spiritual awakening, Jesus suggested — as a condition of His personal help to me — that I forever renounce the use of any alcohol-containing beverages, including even *kvass*¹. I accepted this condition and never violated it.

I have never tried that which is now called drugs and have only seen them on TV.

About Work with Chakras

There are no “good” or “bad” chakras. All the chakras have to be cleaned and developed. Each of them is important.

However, the chakras of a certain person can be dirty in a very literal sense. That is, they can be littered with coarse pathogenic energy. They also can be undeveloped or disfigured by incorrect methods

¹ *Kvass* is a fermented beverage made from black or regular rye bread (translator’s note).

of working with them. The examples of such methods are the coloring of the chakras according to the colors of a rainbow or the imparting of coarse qualities to them if one does not pay enough attention to the purity of one's thoughts, emotions, and nutrition.

Chakras must shine with white or slightly golden gentle light and completely fill the corresponding sectors of the body. It is only this state of the chakras that pleases the Holy Spirits Who try to help us, and only from this state, we can prepare ourselves for learning to perceive Them easily so that They can become our direct Divine Teachers.

It is also important to obtain the calm of the consciousness, because it is only in this state that we can learn to go beyond the boundaries of the material world. And it should be stressed that this calm can be obtained only in the *depths* of one's own developed spiritual heart.

We talked quite a lot about the functions of the chakras and their role in the formation of the status of the soul (by the way, this is what will determine, among other things, the "posthumous" state of each one of us) in our other publications [5,9,29, and others]. So, here I only want to emphasize that the practitioners must be well-oriented in the topics of spiritual philosophy [8] and ethical purification [2,7-9,12,14-17,29-39]. Moreover, it is desirable that these components of spiritual development be mastered by the practitioners before the beginning of their serious work in a psychoenergetical direction. To teach psychoenergetical methods to people who are ignorant about the spiritual philosophy and who have

not made due efforts to complete their ethical purification and formation is unacceptable, because this can lead to the strengthening of the vices that these people have not eliminated in themselves yet.

Spiritual Heart and the Arms of Love

When we have finished the initial purification and development of the chakras, it is time to start working with dantians and then with the “bubbles of perception”.

Let me remind you that the upper dantian consists of the three upper chakras; the middle one of only one anahata chakra; and the lower one of three chakras as well, which should be merged into a single power center. Only in this case they will function effectively.

In order to see the state of our own “bubbles of perception”, we can use the following method:

Let us feel that we are behind our heels, at a distance of about half a meter or a meter, and then let us look from this position at our “bubbles”. The best way to do this exercise is during slow walking on an empty path.

This method also allows one to see any possible energy contaminations inside one’s “cocoon”, and to get rid of them, one can use the methods that are presented in the book [9].

The boundary between two “bubbles of perception” should be noticed at the level of the collarbones (clavicles).

Further meditative work is realized inside the lower “bubble”, to be more precise, in the middle dantian.

Initially, one must learn to live in the anahata most of time and to look from it in all directions, including backward.

Then one should grow oneself as a spiritual heart by filling different volumes of harmonious space. This can be the “cocoon” of the subtlest and most powerful (by their energy state) trees. Then one can fill the space over vast bodies of water, over desert, or over steppes. [9]

The tendency of the refinement of the consciousness in combination with such work allows one to learn to see the Holy Spirits with one’s sight of the consciousness, and this becomes the precondition for the emotional and verbal communication and Mergence with Them.

An important component of this work is the development of the *arms of the consciousness*. We can caress with them specific living beings at a distance, we can keep on our *palms of love* different bodies of water or parts of land with all their inhabitants.

The *arms of love* that have been developed in such a way will allow one, among other things, to move freely inside the multidimensional space and to merge — in the Embrace of Love — with the specific Representatives of the Primordial Consciousness and with Their *United We*.

About Possible Mistakes

A serious mistake on the spiritual Path is to put emphasis only on the development of the upper or the lower dantian. It is so, because neither one of them allows one to develop the ability to feel emotional love and — on the basis of it — to merge with the Divine Consciousness! Only the souls that have become developed spiritual hearts have the ability to feel sincere emotional love, which is what God always tries to teach us. Only the people who have become like this — will be able to flow into the universal Ocean of the Divine Consciousness. The rest will remain separate...

Our true meaning of life is, having developed ourselves up to the Perfection, which was preached to us by Jesus (“... Be perfect as your Heavenly Father is perfect” (Matthew 5:48)), to flow into the Creator and thus to enrich Him with yourselves. The existence of everything taking place in the universe is dedicated to this task. The unceasing Evolution of the Absolute is the Process in which every one of us is involved. So, it would be good for us to understand our role in it and to build our lives in accordance with this knowledge. [8-9,15-16]

The Mergence that one reaches is Nirvana, in contrast to the ignorant opinion that Nirvana is to disappear forever in the emptiness...

No! Those who achieved the Perfection continue to exist in the Mergence, in the Union with the Divine *United We*. Moreover, when necessary, they can easily restore Their Divine Individuality by manifesting Themselves as Holy Spirits or even as

Messiahs (or Avatars) to incarnate people. [8-10,15-16,29]

... The tendency to proclaim the ajna chakra as the most important chakra originates from a joke of Krishna, recorded in the Bhagavad Gita [2,8,11]. In the course of His conversation with Arjuna, Krishna, pointing to His chest, said that here, between these “eyebrows” (He pointed to the hair on His male chest), it is necessary to open the exit for the Atmic, Divine Energy... However, His gesture was not described in the Bhagavad Gita, and thus the joke was not understood by the readers. That is why, afterwards, many people tried to “open the third eye” — the eye of the soul — from the ajna — one of the coarsest chakras —, and not from the spiritual heart. The results were always the same: dramatic coarsening of the entire consciousness and sometimes stresses and health disorders.

(Nevertheless — later on — it will be necessary to treat all the chakras, including the head ones, with Divine Light and Fire).

Krishna was the One Who said beautiful words about heart love in the Bhagavad Gita! But the ajna chakra, I repeat, is not capable of generating the emotions of love! It is only one of the two upper chakras that are specialized in the function of thinking. Moreover, it is in this chakra that the manas — an individual lower mind and the center of egocentrism — has its seat. Even the name of this chakra itself means “not wise” or, in other words, simply “silly” ... That is why Krishna suggested “locking the mind in the heart” (Bhagavad Gita 8:12) [2,8,11]...

The upper sahasrara chakra is responsible for higher mental activity.

However, only the buddhi — the consciousness that has been developed through the methods of Buddhi Yoga and cognized the Essence of everything that exists — has real wisdom.

People who dedicated themselves to the activation of ajnic trikutta (“the third eye”) between the eyebrows on the head — develop very unpleasant qualities of the soul: they get a “piercing” sight and coarseness of the consciousness. These are the qualities that are opposite to the tendency for the development of love!

On the contrary, the subtlety of the consciousness, which is developed through the attunement with subtle and the subtlest phenomena, through tender and caring love (but, of course, not insistent and tiresome), and through avoiding any conflict in the relations with others, is what leads us to the cognition of the Primordial One.

Is it not this that God teaches us? But spiritual ignorance in combination with the activity of aggressive primitives, who become “the leaders of the blind”, offers us something opposite.

It is equally wrong to try to find God in the space directly above one’s head... God — according to the principal meaning of this word [9,15-16] — is the Subtlest Oceanic Consciousness That can be found only in the *depths* of one’s own developed spiritual heart.

But so many people are involved in such false tendencies!...

Even more adverse effects are possible when the lower dantian is proclaimed to be “the most important”.

One of the versions of this tendency came from China in the form of the erroneous variety of Qigong (“work with energy”). In this variety of Qigong, students — without any theoretical preparation and explanation of the ethical principles of the spiritual Path, including the ethics of nutrition — were taught to drive the energy of their lower unpurified chakras along their bodies...

I had an occasion to observe the results of these “classes”: the bodies of the practitioners became filled with energetic coarseness, and this created in the students the feeling that they were becoming more unshaken in conflict social situations...

However, the coarseness of the soul leads to hell...

On the contrary, subtlety, tenderness, and purity are the qualities that lead us to the Primordial One. Only the attainment of them guarantees paradise!

Great harm to people was also caused by the system that was created on the basis of the exercises that Juan Matus personally taught to Carlos Castaneda. They were called “Tensegrity”.

What is the cause of this? Could it be possible that great Don Juan could offer to people something harmful?

No. The cause must be seen in Castaneda.

He did not become a successful disciple of Nagual! He remained a “head” man, although it was expected from him that he would master the Path of

Heart, i.e. he was supposed to become the spiritual heart and learn to live as such.

Trying to help him, Don Juan suggested the exercises that were intended to activate the “pole” that is opposite to the head. These exercises consisted in special movements that were accompanied by fast releases of energy from the lower chakras. These jerks were very unaesthetic and coarse.

Nevertheless, it seems that even these exercises did not help Castaneda.

It is important to note that these methods were intended only for a particular slowly progressing disciple, and not for all people. The victims of such widespread trainings acquired neurotic symptoms and the coarsening of the consciousness. This could not lead to any spiritual advancement.

... I repeat what I have stated many times: it is necessary to observe the correct sequence in teaching spiritual knowledge. First, it is essential to explain the fundamentals of spiritual philosophy, including ethical principles. Only after this (and on this background), one can start working with a psychoenergetical component of development. And it should be stressed that one needs to put emphasis on the development of the spiritual heart in this work.

... Taking this opportunity, I want to give a brief evaluation of what can be found in the books of Carlos Castaneda [18-25].

His great merit was that he tried to convey the methodological concept of Juan Matus to the readers as precisely as possible.

However, Castaneda also describes his participation in various — supposedly real —

“miraculous” events. What was this? Was this a deliberate lie aimed to intrigue readers? Not exactly.

The fact is that while learning the art of meditation, the disciples tried to use the states that arise between wakefulness and sleep. In doing so, they naturally fell asleep sometimes and dreamed... They were taught to perceive those dreams as reality too, “a separate reality”. That is why Castaneda described the events taking place in his dreams as a reality, but some incompetent readers formed the opinion that all this took place on the material plane.

It is important to point out that by using the above mentioned method of “dreaming”, it is impossible to make any progress. The art of meditation has to be learnt in a completely different way.

Another cause of the distortion in the perception of Castaneda is the use of non-verbal suggestion by Juan Matus on Castaneda. Such sessions began with an unexpected slap with the hand on the back of a disciple (this was called “Nagual’s blow”), and then the disciple perceived different unreal events as a reality...

More details about the Teachings of Juan Matus can be found in the book [8] and about Carlos himself in [26].

... I once observed a doctor who grew for himself such a big belly that in order to make up a prescription, he had to move his hands above this heap of his belly so high that his elbows turned out to be at the level of his eyes... Thus he developed his lower dantian and really achieved “success” in this. He had a strong energy field of several meters in diameter around his belly, and this energy field could

paralyze other people who found themselves inside it. He was evidently proud of this quality of his.

And only after his disembodiment, he will realize that his “efforts” have been false: he has not cognized God and will not cognize Him while being in such a state... He has not learned to love but only strengthened his “I” (or self)...

Those who cultivate their egocentrism — look pitiful from God’s perspective. It is so because they, by their own efforts, move themselves away from God, from the cognition of Him and Mergence with Him! They are wrong: another worldview is true! It is a worldview based on Godcentrism!

So, how can one start fighting one’s egocentrism? This can be done through care for the welfare of others and by moving gradually from the extreme dantians to the middle one.

Another method, which is even more effective, is to gradually master the state of “non-I” through the mechanism of “total reciprocity²”. This direction of the development can be considered as mastered when an individual “I” of the practitioner dissolves completely in the Turiya, Light or Fire states of God — and then there remains only His *United We* identical to His “I”.

The information about how one can begin such training is given in [9] and in our films.

... Another contemporary malicious perversion is so-called Neo-Advaita, in which the intellect is declared as an enemy of spiritual progress. Therefore, in this movement, means of its intentional

² The inversion of an individual “I” into a “non-I”, accompanied by the mergence of an individual consciousness with the consciousness that fills the space around the body.

destruction is used. Dementia is held in high esteem among the members of this movement...

But the truth is that we should not destroy the intellect but learn to control its activity. This is easily achieved through the development of the ability to move the consciousness into the chakra that needs to be activated in a given moment. To work with the spiritual heart and to transform oneself into the consciousness that is considerably free from the material world and that has not lost its adequate thinking is the right decision!

Development of the Lower “Bubble of Perception” and Work with the Pyramid

Once one has mastered everything mentioned above, it is desirable to start working with the vertical segments of the body and with the elevation of Kundalini. It is also very important to master the methods of “dissolution of oneself”, which we have just discussed. This will prevent the development of pride and ensure progress in the Mergence with God.

After this, one can proceed to the active development of the lower “bubble of perception”.

To do this, one has to learn to exit as the spiritual heart from the anahata chakra backward into the subtlest layers of the multidimensional space. Why backward? Because, by looking forward, we got accustomed to perceiving the material plane, while by looking backward, we can easily learn to see

subtle and the subtlest components of the non-material world.

The lower “bubble of perception” has to be first noticed within our “cocoon”. Then the main direction of its further development will be backward and backward-downward, necessarily inside the subtlest layers of the Absolute.

... I remember how we once learned to expand as the spiritual hearts downward in relation to our bodies.

Our Divine Teachers first showed us a bridge over a small river. This was a *place of power*. Here one could, while standing with a body on the bridge, feel oneself as a consciousness in a gentle stream of water and be in bliss inside it.

Then there was a pond. Here the consciousness “by itself” sank in the water; it was possible to learn to move in the depth of the pond and to approach the body, which stood on the shore, from below.

Then we submerged ourselves into the subtlest Luminous layers of our planet and filled them with ourselves as consciousnesses.

Then we penetrated into the core of the planet, in its multidimensional layer consisting of the Living Divine Fire. Through it, we found the passage to the Ocean of this Fire...

For the further development of the lower “bubble of perception”, it is necessary to use — over the course of a long time — a lot of meditative techniques. One of them is to fill with oneself (as a spiritual heart) the Mahadoubles of the Divine Teachers — the Holy Spirits. Another one is to become the “Sun of God” and to master such

meditations as “Temple”, “Pyramid” and various versions of them. [9-10,29]

By the way, why were pyramids built in the old days? Of course, they could serve as a burial vault, landmarks, and places for meditation trainings. However, their main purpose is to preserve for centuries *the symbol of a pyramid* as something that can help a practitioner in the meditative aspect of his or her development on the Path of the spiritual growth.

Toth-the-Atlantean, for example, advised to seek for the *secret* deep under the image of a pyramid [8]: “Seek and the doorway to the true *Life* shall be yours! Seek in My *Pyramid*, deep beneath it... Know that it is in the *Pyramid I built* that you shall find the secret way into *the true Life*.”

I give you a hint. In order to accomplish this, one does not need to dig sand or ground under material pyramids, but one needs to find the Ocean of the Divine Fire *under* the form of a pyramid that was meditatively created and filled with oneself as a consciousness.

It can be mentioned that Elisabeth Haich, for example, grew through such trainings [27].

The progress in this can be made only if one has the developed *arms of the consciousness* — *the arms of the spiritual heart*, which are able to embrace, caress, and help by filling with the subtlest vital force. The *arms* that have been developed in such a way will allow one to move easily inside the layers of multidimensionality and among them. With the help of these *arms*, we can also exert influence on our own bodies. Thus we develop these *arms* and form a new complete “body of the consciousness”,

which includes, among other components, everything valuable that has been accumulated in the upper “bubble”.

Another way of developing *the arms of the spiritual heart* is by soaring as a free consciousness in the form of a huge bird that has tremendous *wings* and that consists of living light or by swimming with the help of these *arms* inside the ocean of light...

We explained all this in detail in our books and films.

... Many years ago, on His *working site*, Sathya Sai showed us how He, with His Mahadouble, easily penetrates our material planet. And now we too can easily “fall through the Earth” and get into the *Transparent Calm* or into the Light and Fire states of God...

For this we express our deepest gratitude to Him and to our other Divine Teachers!

The Abode of the Creator and Divine Fire

Only when everything mentioned above is mastered, can we start speaking about the beginning of the new stage of development: the stage of flowing into the Primordial Consciousness and merging with It.

In this case, it should be taken into account that there exist different states of the Primordial Consciousness, which varies from the *Transparent Calm* in Its Abode — to white goldish Living Light and Divine Fire. Light and Fire Manifestations of God

reflect the intensity of the activity of the Holy Spirits Who have come from Their common Abode.

We need to learn to be in all these states.

It is also possible to master the Mergence with God in the Aspect of the Absolute.

Additionally, one can try to transform the matter of one's body into the non-material state in order to *take the body with oneself* and then resurrect it for some time in the world to help people evolving on the planet [8,28].

This was mastered only by a few of Those Who have achieved the Divinity and Who are now the Holy Spirits. But... why not try it? The Perfection has no limits!

Juan Matus told Carlos Castaneda about this. They spoke about the Fire from within [24], with the help of which one can achieve the dematerialization of one's body.

This is the Divine Fire — the state of the maximum activity in which the Holy Spirits can be.

They say that it is necessary to learn to merge with Them in Their Fire state in order to be able to become this Fire by oneself later...

Afterwards — through long efforts — it will be possible to transform the matter of the body with this Fire to such a degree that it will become identical to the Divine Fire. Then everything will be easy...

But first it is necessary to learn to live among the Holy Spirits in the same way as we are accustomed to living among other people and other beings in the material world. By the way, from the moment one learns this, the decisions about the realization of important earthly affairs are made in the Unity with the Holy Spirits. I can assure you that this

is quite achievable! All the latest books of Vladimir Antonov, which would be more correct to consider as the result of the collective work of the *United We*, are examples of this.

Who Will Be Able to Cognize This?

In reality, only few people seek to develop, to perfect themselves... Therefore, this call is not directed to everyone.

Let us see that even among the “believers”, the vast majority does not seek in religion for the cognition of God and Mergence with Him in love but only for the protection against “the intrigues of the devil” and other evil spirits. Instead of continuously striving to become better (and, in fact, this is the main thing that God expects from us), they — in the place of personal efforts — are ready to pray and pray to everyone to whom it is a custom to pray, asking them to make efforts to “save” them!

(But what good does God receive from this infinite human tediousness?! It is not what He needs from us!)

These people believe that God exists for us, while the truth is opposite: we exist for God!

Such people will not be able to fully realize what is presented in this book, because they — self-centered — *cannot understand God!*

... It is a popular belief that one should not wash one’s body in the shower, because the streams of water can knock out hair follicles from the skin...

Another example of human stupidity that I observed is the following case: the wind suddenly

blew during the long autumn rain, and there were those who said: “The wind blew, so now it will blow away the clouds as well!”. But the fact is that the wind has no function or capacity of blowing the clouds away!

I gave many other examples of human stupidity in books [5 and others]. Now I recall one of them: there are women in our country (Russia) who believe that by urinating after an intercourse, they surely prevent pregnancy... They did not understand at all that the urine flows from the bladder, and not from the womb!

And the majority of people of both sexes and all ages, which is especially noticeable in rural areas, cannot remember in any way that it is necessary to walk along the highway by its left side (in the conditions of our right-side traffic in Russia). They cannot do this, even though it is quite logical and even recorded in Traffic code...

One should understand the reason for the dominance of the stupidity among many people from the perspective of the evolution of souls. We have discussed this subject with many details in the book [16].

It is also worth mentioning that when one still has an undeveloped intellect, one lives mostly by imitating others. Why, for example, does drunkenness become a tradition? Why do people think that to drink vodka, disgusting by its taste and emetic, is their duty? It is because of this!

The same thing happens in the religious life. A striking example is the case of Moses. God gave him a commandment “You shall not kill!”, so that he could transmit it to people. But even Moses himself

did not observe this order of God. “Not to kill? How is it possible when these people are dancing around an idol?! We killed everyone on our way for so many years, and now suddenly He says ‘You shall not kill!’”...

By the way, this commandment implies to renounce killing animals as well.

In the same Jewish Bible (the Old Testament), the instructions of God on this matter are written: “... See, I have given you every plant yielding seed that is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food!...” (Genesis 1:29). Then God explains: Eat all animate organisms, except for those in whose bodies you see blood (Genesis 9:1-4).

However, gluttonous and cruel people decided to outsmart God and pretended to understand Him in this way: the blood of animals is their souls, so it is necessary to let the blood come out of their bodies — and then we can eat them.

Quite material blood is a soul? How is it?

In my opinion, if an adult agrees with such a formulation, it is sign by which we can suspect that he or she has dementia. What do you think?

Such people cannot right now ascend to the heights of the spiritual Perfection, but they can, at least, try to free their destinies from painful obstacles. How? By memorizing and trying to follow some simple ethical principles of our life on the Earth.

About the Ethical Principles of Our Life on the Earth

- Do not kill!**
- Do not steal!**
- Do not lie!**
- Do not take revenge!**
- Do not envy!**
- Do not be jealous!**
- Be punctual!**
- Let us refrain from anger, irritation, and emotions of condemnation!**
- Let us forgive offenses and injustices caused to us!**
- Let us not wish evil even to bad people!**
- Lao Tse left a record: “To good people I do good, to the unkind I also wish good!” [2,8,12]. This is true goodwill! Let us become those who really wish good to all beings, including animals and plants!**
- Let us strive to help everyone in everything good!**
- Let us not desire something for ourselves if this thing can cause harm to others!**
- Let us treat others in a friendly way, with respect! Let us respect them!**
- Modesty is a quality that is important for God!**
- Let us reject the thoughts of our superiority over others!**
- In the situations in which it is appropriate, let us be tender, gentle, and caring!**
- One needs to take care of the welfare of another or others much more than of one’s own!**

— It is necessary to get rid of violence, including such forms of it as tediousness (repetition of one's requests or wishes), the imposition of the music that one likes to others, the imposition of one's presence to others, whistling or humming some tunes unless you are specifically asked about this!

— Let us try to avoid reproaching others!

— Let us try not to upset anyone by anything!

— Let us strive to avoid any conflict, except for the cases when it is necessary to protect those who are unjustifiably offended! Let us pay attention to the fact that Jesus taught us — in regard to our relations with other people — to cultivate conflictlessness in ourselves! [2,8,10,14]

— Let us get rid of any rudeness in emotions, thoughts, words, and acts! Among other things, let us reject the use of rude words! It is important because by any one of our coarse states, we do not only cause harm to others but also move ourselves away from the Creator!

— Before acting, let us think about whether we can cause any harm to anyone by this!

— Not to cause any unjustifiable harm to anyone with our acts, words, thoughts, and emotions is one of the most important rules of a righteous life!

— Let us strive to feel as the participants of the universal Process of the Evolution — the Evolution of the Divine Consciousness! Let us, in any way we can, help this Consciousness in Its Evolution! Let us try to learn to live for It, and not for our own sake! Thus we gradually will replace our own egocentrism with Godcentrism.

— Let us be vigorous in useful activities, maintaining inner calm at the same time!

... It is necessary to study what Jesus, Lao Tse, Krishna, Babaji from Haidakhan, Sathya Sai Baba, and other Great Teachers said on this subject [1-2,8-9,11-14,17,31-39 and others].

About the Vice of Jealousy Especially

I want to speak a little about the vice of jealousy. It is praised as prowess in literature and on television. “The right to be jealous” is “legalized” in this way and embedded in the minds of people as a standard of behavior and even as a dignity...

However, jealousy is one of the most striking and ethically important defects! This is a strong manifestation of a primitive self (“I”), of egocentrism, and of a possessive attitude towards another person, that is, an attitude when another is considered as property, as a slave...

The true love, on the contrary, is to care, first of all, for another person, even in detriment of one’s own interests!

In my opinion, having learned that your partner had or has someone else in sexual relations, it would be correct to think in this way: “If you feel good with this person, I’m glad for both of you! And I will love you no less!”.

About the True Monasticism

To achieve considerable progress on the spiritual Path, one needs to revise one's entire lifestyle. That is, it is necessary to enter the state of the true monasticism.

What does this mean?

It is widely believed that monks are those who have passed through the rites of "initiation" in one or another form, began to wear a special "monastic" uniform, and even received new names. They also normally live in monasteries and have taken vows, which are not always reasonable. The last thing concerns food, sex, and the submission of one's will to the will of a mentor, who sometimes is not very intelligent. They also frequently follow such unhygienic advice as to completely reject to wash one's body or to wash it once a week, which does not contribute at all to the spiritual progress but only impedes it.

Let me say a few words about sex. I expressed myself on this subject many times in other books [4-5,8-9,29], so now I will only mention the most important points.

Sex, in general, is not "sinful". It is as natural as to eat or to sleep, although the ethical principles in the sphere of sexual relations should be observed with even more attention. The main one of them is to refuse egocentrism, a quality that often leads to harming another person.

One also should not forget about the existence of sexually transmitted diseases, which one can not only contract by oneself but also infect others with them.

Against the background of harmonious sexual relations, we can very successfully master such a valuable on the spiritual Path quality as emotional tenderness. We can also learn to feel the reactions of a partner to our acts and correct these acts accordingly, as well as learning to care for him or her in a way that exceeds the care for ourselves.

God programmed sexual aspiration for each other in all people who are healthy and mature enough. This is an area of life in which we should learn a lot! So, what is the point to reject such a possibility given to us by God?

That is why it will be correct to remove a dominant focus on sex through the harmony of sexual interactions instead of fighting against sexuality in oneself.

... I remembered the saying of a young woman from one of the TV programs. She said that when you live for a long time without a man, it begins to seem to you that your cat is actually the guy intended for you, who was enchanted and turned into the cat!

Unsatisfied sexuality creates powerful dominant focuses, which can turn into a serious obstacle on the Path to God.

A long absence of sexual intercourse can be even more unfavorable for men at a mature age due to specific physiology of the male body. The fact is that the male sex glands have to be emptied through ejaculations. During the younger years, this may happen thanks to the so-called nocturnal emissions — involuntary ejaculations during night dreams about sexual themes. However, in later decades of life, pollutions no longer happen and thickening products of the activity of glands cause the

development of benign prostatic hyperplasia (benign enlargement of the prostate). (More information on this topic can be found in relevant literature, including [4]).

Celibacy (a doctrine of the abstinence from sex because of “religious” motives) is, in fact, a rejection of the opportunity to learn emotional love, the opportunity that God offers us. And I believe that it is hardly achievable to learn to love God without mastering such emotions!

The emotions of love that have been developed in the world of Creation are what we should direct then to the Creator. In this case, we will succeed! This is His Plan.

... As for the true monasticism, it is a complete dedication of one’s life to God. This implies to do only that which He is interested in. More details about this can be found in all our books.

Not All Paths Lead to the Goal

There is an opinion that all paths lead to a single goal... However, it is not so. Our main task is to cognize God. But in order to achieve this, one has to have an understanding of what God is, and where and how one can find Him! Do many people and entire religious organizations have this knowledge?

No. The overwhelming number of “believers” is convinced that the main “saving” methods are to repeat standard prayers and to do certain “religious” bodily movements...

And where there is no knowledge about God or about His Will for us, horrific perversions arise.

We can recall the fires of the Inquisition, the burning alive of “the Old Believers”, the tearing out of their tongues, the cutting off of their arms...

Even now in many African countries, the clitorises of all the girls are cut off for some reason...

And circumcision for boys — which was turned into a religious rite, into an initiation — looks absurd if it is not performed with the inhabitants of deserts, in which there is little water, and therefore there is no possibility of systematically observing the necessary intimate hygiene...

Let us talk more about initiations. In one country, there is a tradition of the initiation of youths “into men”. This initiation consists in cutting the throat of a ram. I saw this in a television program.

A ram with its four legs tied lies on its side. An executioner cuts its throat slightly with a knife. The ram twitches because of pain. The executioner pauses and then does another cut... He repeats the cuts a few more times... There is no compassion in him for the poor, tortured animal. Probably, he intentionally suppressed it in himself for a long time, preparing for this rite...

Another example I also saw on TV. It was an interview with a young man who related that he had not been able for a long time to decide to kill another human being. Because of this, he felt his inferiority... Finally, he decided and stabbed to death a first woman he met in a park! Now he is happy! He did this! Now he knows for he will be able to repeat this in the future!

These people and others like them do not comprehend that their actions are contrary to the Will of God and that now God will have to organize for

them such a destiny through which He will wean them from murders and from causing pain to other innocent beings. How? Through their own pain so that they understand what it is and learn not to cause it to others anymore!

... Some people even believe that the more “infidels” they kill, the more chances to get to paradise they will have...

About Our Free Will and the Desire of God

How can one designate the knowledge presented in our materials? This is a modern developed Hesychasm, Raja and Buddhi Yoga, a true movement of Sufism, Buddhism, or of any other religious branches. It is not words and names that are important here but the methodological essence, which is one for all true Paths to the Universal Creator.

Almost absolute free will, given to us by Him, allows everyone to choose his or her personal path from all the possible — true or false — paths. One has a right to consciously choose even a path to hell, which is done, for example, by the members of satanic sects.

Nevertheless, it is also important that everyone have a possibility of choosing the true Straight Path to the Primordial Consciousness. That is why God asks us to make, at all costs, this knowledge available to the maximum number of people in all countries of the Earth.

Appendix:

Revelations from the Holy Spirits

Written down by:

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**The Ascent
(By Pythagoras)**

The one who is at the base of a mountain sees only that which is at the same height.

Whereas, the one who has started to climb can see things differently, for this person has already completed the initial work over oneself to take the first step.

Those, who have already taken the first steps, see the changes in themselves in comparison to the inactivity of those who stand at the base of the mountain. And, understanding how difficult is the work over oneself, they do not try to condemn or judge those who are at base of the mountain, nor do they condemn and judge those who have already achieved more than themselves on the ascent to the Light.

Only those who sincerely aspired to the Light and who walked towards the summit — made it to the top. After reaching the summit, they lost their “i’s”. The Path to the Light transformed their egos into the “I” Which is United with the Light. And no matter how strict or heartless These People may seem to those who are still climbing or to those who are still at the base of the mountain, They, nevertheless, love and serve everyone!

(February 2012)

About Playing “the Yogi” (By Babaji)

There will be no clemency for those who, having the possibility of getting closer to the Light in this incarnation, distracted themselves and devoted themselves to trifles and to playing “yogis”!

The one who turns one’s back to Me, wastes one’s life!

An empty cartridge will no longer fire!

Do not waste your time! Direct all the strength of the soul towards Me! I will receive all those who are worthy!

Unite yourself with Me in embraces! Become One with Me!

I am the Fire! Melt yourself in Me! Let your “rags of the ego” burn down!

Seek the Unity with Me with all the soul! Let go of “your little world” and dive into Me! I will guide you to that place where the *Sun* of My Love always shines!

I fill all the expanse of the universe! Find your place in My Life!

Serve all beings in everything good, supporting yourself on My Love!

(July 2013)

Happiness (By Lada)

Happiness is not to be loved, but, rather, to love!

Only the one who gives love instead of taking love, is truly happy!

All the people of the Earth should learn this!

(August 2013)

The Tender Flame of Love (By Odin)

The sea of Living Light is here now, directly under my feet!

And deeper, in the *Depth*, there is also the Tender Flame!

I dive into this Flame, I hug It, and, with all my love, I try to unite myself with It!

Then, the Infinite and Eternal Ocean of Love tenderly whispers Its words to me:

“I am Love! Everything is done by Me and in Me!

“Submerge yourself, dissolve yourself in My *Depth*!

“I am the Tender Flame of Love!

**“Be drowned in My Flow of Fire!
“I hug, I create, and I fill everything!
“You have no other support, except My Love
and Calm!
“Reject all the rest to become only Me!”**

(October 2013)

Give Yourself to Me! (A meditation)

**The tender beauty of the morning...
I dissolve myself in it...
There is no me, there is only the soft morning
light, the light mist, and the silence over a serene
river...
One can also hear the splashes of water created
by fish and the spring songs of birds...
And in the *Depth* below this beauty, there is the
Calm and Love of God!
He says to me:
“Give yourself to Me without holding back!
“Dissolve yourself in My Love!
“In this way, you will cognize the Unity with Me!
“In this way, gradually, you will become Me!”.**

(April 2014)

Svetlana Eremina

The Path Is Not Easy! (By Igor Vysotin)

The Path is not easy, it is thorny and steep...
Your head sometimes gets dizzy from the height!

You reach the summit and suddenly you are again in the valley, at the base of the mountain...

One moment the fire of love flames in your chest, and the next moment a spark barely burns...

But the one who has given one's life to the Creator, will keep fighting and looking for Him!

(August 2012)

The Truths of Lao Tse

Only the one, who knows how to love, can teach others to love.

Only the one, who has learned to control one's mind and ego, can cognize Tao.

Only the one, who has achieved the Freedom, can show others the correct Path to Tao!

(August 2012)

To Flow, Being the Spiritual Heart, into the *United We!* (By Nikifor)

You all are the children of the One God!

**He awaits everyone and invites everyone to His
*Home!***

**The doors of the “Chamber” are open, but first
you must cognize the Clear and Living Light!**

**Standing at the border itself, stretch your *arms*
with tenderness towards this Light!**

**Jump into the Light! Allow yourself to dissolve
and flow, being the spiritual heart, into the *United*
*We!***

(October 2012)

The Call of Odin

**I shelter you with the Light of Love and I hug
you with the golden and gentle Calm!**

Dissolve yourself completely in My *Depth!*

Begin your new life *from Me!*

**Transform yourself into a transparent Wave of
My Ocean!**

Feel that only I am behind your back!

Become My Tender Beauty forever,

and manifest It with yourself to the dense world!

(March 2014)

Advice from Pythagoras

**In words filled with Love and Calm, in lines that
run smoothly like the waves of the sea, one after
another, I am trying to show you again all the Beauty
and the Essence of the Creative Power of God!**

I teach you how to materialize the most beautiful dream and how to express the Intention of God into the Creation!

Try to manifest the Love into the dense world!

Do this work tirelessly!

For only the one who walks the Path of Love-Harmony, receives Our Help!

Whereas, the idle and the lazy, who do not seek the Light, will not even be able to understand *for what* and *how* to transform oneself!

To be able to resolve any problem, you all should become friends with Us!

It would be good to learn to see Us and recognize Us!

And after refining yourselves in the Tenderness and in the Purity, you will be able to embrace Us!

Then your Path to the Perfection will be opened!

There will be no problems on the Path

for those who walk with Us!

The solution will be found right away when the walker really cognizes his or her interconnection with all that which happens in the universe!

My advice for you, My friends, is this:

Let God be the most important thing for you, and not the little earthly “i”!

What is the point in following one’s worldly desires?

They are endless, like a thick forest. Such a path will bring you only to affliction, and not to the Freedom!

Little benefit is gained from desiring things for oneself! This becomes a heavy burden for one’s destiny!

Let your daily work over yourselves as souls free you from the chains of laziness and bring you to the cognition of God and the Calm!

The fire of love that the walker burns in his or her heart is similar to the limitless Fire of the Creator!

And the one who does not allow one's fire of love to go out, who shines for people being a flaming soul, will overcome all the obstacles through this love and will be able to travel the entire Path!

Such a person will gradually cognize the Unity with the Divine Souls!

As a result, he or she will obtain the Abode for himself or herself in the Primordial Calm, and will obtain the Divine Power in the Creative-Fire!

The reward is waiting for you at the end of the Path! This person will obtain the most valuable Treasure!

However, this is not the end, it is only a step, the beginning of a new stage of the Great Path!

Everything that happens is not accidental!

We, Who have achieved the Unity with the Creator, work together with all of you!

We are helping souls to rid themselves of defects, We bring them gradually to the Light, and We teach them to become the golden "Sun of God"!

So, go ahead, My friends!

Work for God and for all people!

May you all find the Treasure of Divine Love!

Every achievement of yours should serve the common good!

So then, shake off the "soot" from your bodies and yourselves-souls, for many deeds are waiting to be done on the Earth!

(March 2014)

I Am Infinitely Close!
(By Odin)

**Erase the borders of yourself and open the soul
to Me completely!**

I'm by your side! I'm very close, infinitely close!

**Let Me enter into your life, and submerge
yourself deeper and deeper**

**into My Light, into My *Depth*! There are no
obstacles for this!**

**Immerse yourself into Me again and again!
Dissolve yourself in My Silence!**

**Cognize My Love, the Love in Which words are
not necessary!**

(July 2014)

Finally Fall in Love with Me!
(By Odin)

Finally fall in love with Me!

Love Me like I love you!

**Come quickly to Me, to the expanses of seas, to
forests and fields!**

Expand yourself, open yourself-soul!

**Become the Beauty and Purity that are identical
to Me!**

**May you be with Me in every hour, in every
earthly moment, as I was, am, and will be with you
always!**

(July 2014)

Recommendations from Adler

There is nowhere for you to run! You must move only forwards! Try to find the strength to overcome all My tests! Then I will teach you how to live in the Unity, the Unity with Me, and how to manifest Me to people!

Your weaknesses are a very small “sacrifice”! In exchange for these, I am willing to give Myself to you, I am willing to give you the entire Ocean of Me!

Then the Primordial Ocean will become your Home! Disappear in Me, and only I will Manifest Myself through your body!

Free up an entrance for Me! Open all the windows and doors wide open! I visit only that “home” where they await Me — and I fill it completely!

From now on, let your gaze be completely directed to Me! I will help you to obtain the necessary purity, love, wisdom, and power!

Earthly time does not matter — in comparison to My Universal Life, but for you, incarnate beings, every moment is precious! For a wasted moment does not come back, and this is a lost opportunity to become at least a little better and closer to Me!

My Home is open to everyone, but only those who love Me will be able to enter and stay there forever!

(July 2014)

Recommendations from David Copperfield

Each one of those who has a material body and, at the same time, can feel Us and interact with Us is especially precious! For only such people are able to bring Light to the darkness of ignorance and suffering in which the majority of humanity is submerged!

Be, therefore, Pure Lamps of the Primordial, so that the Love of Living God can manifest Itself through you, to touch other souls and give them hope! Give an example for others on how one can live differently, namely, in harmony with the surrounding world, with the Creation, and with the Creator!

God — the real and living God — is always near every person in every moment! He always helps in everything, especially if one calls Him sincerely with the spiritual heart!

Give to others the subtle and tender states that you all received from Us! Be, for these people, an example in both this and in all the other things!

(July 2013)

About a Divine Soul (By Ariadne)

Feel the purity and transparency of a Soul united with God!

Its gaze is so affectionate, and Its touches are so tender! They are the touches of a Soul Who can live and dissolve in the Silence.

Such a Soul embraces everything with its Love and Calm, and It is full of the Divine Tenderness!

Oh, how beautiful is the life of such a Soul, Which fills those, who are in love, with Silence!

Only the soul that constantly seeks the Creator and works untiringly every day, correcting its defects and developing virtues, will be able to learn to live in this heart Silence!

Thus the Light of the Father will begin to shine in it, and It will become inextinguishable!

Thus the soul will be able to obtain the Love, Wisdom, and Power, Which grow in the harmony!

Therefore, direct all your thoughts and strength towards learning to recognize

God in the Silence and towards fulfilling His Holy Instructions!

In this way, you will be able to manifest the Living Light to the world,

**helping all people in everything good,
caressing, loving, giving, embracing,
and filling all beings with the Love of God!**

(June 2014)

Anna Zubkova

**The Heart That Can Contain God
(By Adler)**

You can walk on My Earth, on the paths of My Love, and find the *places of silence* where you and I will be alone!

**Yet, even in the middle of the hustle and bustle,
I can be with you and in you!**

**You can be only Me and be in the Great Calm or
in the Creative Fire!**

**What is needed to manifest My Universal
Essence to people?**

**One must forget about oneself, to become My
Love, to be only Me and act being Me!**

**The heart that can contain God is My preferred
temple!**

**Walk on the Earth and carry in your heart the
Ocean of My Eternal Love!**

(January 2012)

All Those Who Traversed the Path (By Adler)

All Those Who traversed the Path, are in Me!

All Those Who are in Me, are Me!

**It is the *United We*, The Foundation of all
Existence!**

**My Fire, Which creates life in Eternity, does not
have any limits!**

**If you want to enter into Me, reject all other
goals!**

**Only the one who transforms oneself-soul into
Love and Light, enters into My *Depths*, in Which
there is no division!**

(January 2012)

Become a Great Soul!

(By Andrew the Apostle)

The sky-blue eyes of Andrew look into the open spiritual heart.

His loving *Arms* embrace the entire Infinity!

A Wave of Love sweeps over me, and my “i” disappears in It! Now only the Great Power of the Ocean of Light fills the entire Infinity with Itself!

There is nothing else in the soul but the Tenderness of God! The soul lives and breathes with the Great Love!

Andrew says:

“Listen to My words in the silence and purity of the spiritual heart! Expand and dissolve yourself in My Transparent Calm!

“Listen to Me in such a way that the meaning of each word becomes clear to you! May the essence of these words fill the soul!

“Listen to Me and let the Truth of Life enter into you!

“This Truth is the following:

“God is Love! So, having forgotten about yourself and shining solely with His Love, stand beside Us in His Light and Power!

“Live being love, grow being love, and, being love, create everything according to the Divine Plan!

“The Power is given only to those who are willing to receive It for the good of all the living!

“The Heavenly Father generously bestows His Creative Will on those who have become the great and strong Love and have become wise!

“Learn to carry out the Great Work of the Creator of life! Create love and goodness, while in

the indissoluble Union with God! Do not violate the Unity with your own little will!

“There is only One God! He lives in you, in Me, and in everything!

“So, become a Great Soul That manifests the Will of God!”

(February 2012)

Become the Divine Fire! **(By Yamamata)**

It is very important to learn to shine with the “Sun of God”!

All Those Who live Here, in the Primordial *Depths*, do this.

The Great *Sun* is the Light and Life That give “food” to all the living!

The Creator is not only the Primordial Ocean of Calm, but also the Great and Infinite *Sun*, the *Divine Fire*, the *Primordial Flame*, Which emanates from the Pristine *Depth*! This Fire is the Subtlest Transparency, bringing Tenderness and Bliss, Peace and Calm!

Every rise³ of Mine over the Earth is a manifestation of the Will of the Primordial.

It is necessary to learn to ignite the Divine Fire in the Primordial *Depth*, transforming the Ocean of Calm into the Ocean of Fire, the Transparent Fire That does not burn and Which brings life!

³ Here, Yamamata compares Himself to the rising Sun of a sunrise (translator’s note).

(March 2013)

**I'm Always Here
(By Adler)**

**"Don't go! Stay with me a little longer!"
"I am always here! I never leave you!
"Become Me! Submerge yourself in My Fire!
"Unite yourself with the Fire, Which I create!
"I create everything on this Earth!
"I am the Source of every life!
"I shine as the Pristine Fire in you!
"I am the Flow of Tender Love!
"There exists the Power That is one for all those
who work here, on the Earth!
"There exists the *Sun* of the Great Love!
"I ignite this *Sun* in you!
"This Light That shines in you cannot already be
turned off anymore!
"For I have taught you to be My Love!
"Carry My Great Calm!
"Rise above the Earth being the 'Sun of God'!
Learn to manifest My Will in order to show
others the Path to Me!"**

(May 2013)

**Become Me!
(By Odin)**

**Pour yourself as Love over the expanses of
earthly seas!
Embrace its shores with the soul!
Caress the clouds with yourself!**

Look at how one wave comes after another, and
how the surf breaks upon the seashore.

Century after century, like now, I ascend here!

Shine like the Sun! Shine always!

And in My *Depths*, there is the Great Calm!

I have revealed all My mysteries before you!

So, become One with Me!

Learn to live like I do! Become Me!

(May 2013)

From Adler

Receive and let go with ease! After all,
everything that comes to you is sent by Me!

And everything that leaves your life, also leaves
by My Will, because the time has arrived for this!

Do not hold onto your past! Do not waste your
strength on empty dreams and desires!

The future that you create must be in agreement
with My Will!

Your *arms of the soul* should not hold onto
anything in the material world! These arms should
work, care, and support those, whom I want to give
My Care!

Learn from Me! My *arms* caress, give, and invite
others to My Abode!

Complete Freedom must be obtained *within*, in
the life with Me and in Me, and then all earthly things
will fall into place and events will unfold as they must
unfold, without affecting your calm, without
disrupting the flow of your love for My children!

Nothing should take you out of the state of living in Me and of fulfilling My Will, the Will of the One!

(June 2013)

**Understand!
(By Sulia)**

Listen to the words of love that fill souls!

Listen to Those, Who have achieved the Unity with the Creator!

Cognize the Silence and Calm that always live behind the words!

Listen, look, and understand!

Gradually root yourself-soul into the Beauty!

Enter into the world of Tender Light and Love!

As a soul, look behind the “border” of the created world!

Embrace the expanse of the Light-Fire with the arms of the soul!

**There is only Light, there is only God!
Understand this!**

Cognize the *Depths* of His Fire!

This is the *Higher Us!* And you are becoming the Higher “I”!

Let the inspiration, which comes from the creative dream, shine in the soul!

Learn to manifest the Fire of the Holy Beauty — for others!

(June 2013)

From Symeon the New Theologian

Yes, it is necessary to take care of earthly affairs, and no one will do this for you. But it is also important to remember that when you leave the earthy plane, you will only bring those treasures with you that you have accumulated for the Heavenly Kingdom!

You will leave, having nothing more than those states of the soul that you have learned, and the knowledge and abilities that have taken root in the soul!

Only the perfectly developed ability to live in the Divine States, allows one to enter into the True *Home*, the Abode of the Heavenly Father! And then you will go There, where Those, Who have already entered into the Heavenly Kingdom, will be waiting for you!

It is possible right now to learn the habitual state of life among Those Who come out from this Abode to help incarnate people!

Do not become attached to the earthly! Flow being the River of the Holy Spirit, embracing everything with Love and Care! Or, be the *Transparent Calm*, Which is an inherent quality of being in the Abode of the Primordial Consciousness!

Things and people, events and circumstances — come and go. But the Divine *Transparency* does not “stick” to anything or dirty Itself with anything!

You must completely transfer your life into the World of the Spirit, and then learn to come out from the Divine eons, manifesting the Will of God through your body!

In this case, you will achieve the state of *Invulnerable Transparency*!

Coarse words or emotions of hate will not touch you then, because you will not, *even in the least way possible*, be in that place where such emotions reign! No event will be able to break the Love and Calm that you carry within you!

That which is perishable and corruptible, exists in the earthly realm, while that which is true and eternal, exists in the Kingdom of the Spirit!

You must learn to live in the state of independence from the approval and emotional reactions of other people that they can express for your acts. Of course, at the same time, you should not forget about being prudent! A wise person does not take risks without having a good reason for this — and, because of this, this person can be fearless!

If what you are doing is in agreement with the Will of God, then any hatred will break upon encountering the *Transparent Calm*!

Do not be afraid of reproaches from people, but neither should you be attached to approvals and praise! These do not make you or your deeds better or worse!

Remember what Kayr said to Vladimir:

“It is necessary to live in such a way that you are prepared to leave here at any moment, knowing that you stay here only so that you can serve God by helping incarnate people!”.

(August 2014)

From Lao Tse

The one who accumulates earthly things, loses them over time. The one who gets attached to things and people, suffers when losing them.

The one who accumulates that which is Heavenly receives earthly things as well, but this person is not attached to that which is earthly, and, therefore, he or she does not fear to lose it.

Tao takes care of such a person and, therefore, such a person will have no lack.

One can have lands, palaces, and homes, without being weighed down by these possessions.

One can have children, a companion on the Path, friends, and disciples, without being tied down by these relationships.

Care and responsibility without attachment is the key to success!

Yes, it is not easy. It is easier to not have, to not do, to not love, and to not create... The one who does not have anything — cannot lose anything, the one who does not love — cannot feel the pain of loss, the one who does not do anything — cannot make mistakes... However, what will such a person be able to contribute to the Life of Tao? In what way will such a person be able to help others on the Path?

*** * ***

Every flower begins to open at its proper time. And among all the flowers, there are some that are sterile, they do not give fruits.

And many seeds perish without sprouting...

If each seed produced fruit without needing the efforts of the gardener, would not the gardener be less happy about the ripe fruits?

In the same way, if success were inevitable and there were no other options for where to walk, would the merit of the one, who has overcome the Path to the Perfection, be as great?

It is not the fruit that has been cultivated without efforts that is enjoyed by the gardener — but, rather, the one which required days and years to be grown!

*** * ***

Many times, you, a human-soul, were thrown like a seed to the Earth, and, in each opportunity, you grew and strove!

Many times, you learned to grow and blossom!

And so, when the season for flowering arrives, you will be able to blossom!

When all efforts are directed towards the Goal, the fruit will be able to ripen!

Longing to give and to love, the soul will grow to develop the ability to unite itself with the Divine Consciousness!

*** * ***

Many good intentions do not reach fruition. Many good deeds are not carried out by people...

Why is this so?

For a good seed to sprout, work and time are needed.

The right conditions for sprouting and development are also needed.

How many people are willing to spend their lives
on the spiritual field?

How many are willing to work without receiving
a reward from the material world?

Svetlana Kravtsova

We Will Be One! (By Ptahhotep)

Listen to My words, oh soul!

**Only love is able to change you forever! Only
the fire of love is able to drive the evil out of you that
is born out of ignorance!**

Know that I am here! I live in you now!

**I hug your heart with My Heart, and I will not
leave you!**

**Understand that you are My daughter! You and I
will be One soon!**

(August 2012)

Listen! (By Sufi Grand Master)

Listen to My Voice that comes from the *Depth!*

Listen to how spring comes from winter!

**Listen to My *Silence* with all the heart, with all
the soul!**

Listen to how I communicate with you!

Listen to the Love-Calm!

Listen: I am with you always!

(February 2013)

I Am Your Beloved! **(By Phillip the Apostle)**

I ask you to be My beloved: a beloved that is pure, tender, strong, and big!

Please become like this soon, so that you will be able to embrace the Ocean of the Creator with yourself-soul!

I know all your births!

It was I Who took care of you and helped you to grow!

And now I exhort you lovingly to become Mine!

Here is My Bridal Chamber!

Here are the open doors! Come in!

I am your God! I am your Beloved!

All the bridges that lead back have been burned!

Become Eternally Alive in Me!

(June 2014)

I Am Waiting for You! **(By Sathya Sai Baba)**

You must become Me!

You must do it! You can achieve it! Believe it!

I hold you in My Arms!

My Heart is an open Door!

Look: I let you in — into the *Depths*, into My Purity!

Your separateness will melt there!

Know that I am waiting for you and loving you!

(June 2014)

Become Like Me!

(By Sathya Sai Baba)

I want to tell you about how the reed loves. With a light breeze, it tenderly whispers about its love for everything and everyone.

I want to tell you about how the river loves. It rushes to the ocean to give itself to it.

I want to tell you about how a child loves. The child looks to its mother and entrusts its life to her in every moment.

I want to tell you about how I love.

I caress the reed with the wind and I sing to it about the infiniteness of Heaven.

I receive every river into Me: river that has given itself to Me.

I take care of all My children in every moment.

Become like Me!

(July 2014)

The Light of the Sun

The light of the Sun over the Earth shines and enters into the hearts of people.

The light of the Sun over the Earth calls us to quickly come *Home!*

This light teaches us to illuminate, to rise like the *Sun*, to shine!

The light of the Sun over the Earth calls on all souls to grow!

(July 2014)

Recognize Me!

(By Wrestler)

Recognize Me in the tender and transparent morning and in the setting of the Sun!

Recognize My Touches in the blowing of a gentle breeze that caresses you!

Recognize My Presence in a thin blade of grass that is gently bent by dew to the ground!

Listen to My Voice in the songs of birds, in the rustling of leaves, and in the murmuring of a river!

Record My Beauty, My Love, and My Warmth into the soul!

Understand that you also are a part of My Love-Care!

You are an open window through which I can give My Love to others!

May the Love, which you have taken in, and the Love, into Which you have completely disappeared, -- pour into the Creation with renewed strength and with the Fire of Love of the Creator!

(August 2014)

Trust in Love!

(By Kayr)

Do not be afraid of Me but enter without rush!

Stand before My Eyes as a naked soul!

Let go of everything that you had: do not keep it!

Submerge into Me as a soul consisting of Light!

Then I will cover you with waves of Love, and I will submerge you completely into the *Depths* of the Ocean!

Only, do not worry! Instead, trust in Love, and this will bring you to the Goal of cognizing of the Truth!

(August 2014)

Dmitry Osipov

You Give so Much Beauty!

You created all of this: the continents and the oceans, the seas and the mountain ranges, the dome of infinite sky with the bright shining of the stars...

In the Depths of the Primordial Silence, there is the attracting Light of Your Divine Love!

And Your Creation is full of This!

Teach me to love this, like You do — to love the Splendor of all this Beauty!

(January 2014)

I Want to Give You All of This! (By Huang Di)

Why do you need a wave saturated with light, or the bliss of birds that soar in the wind, or the greenish color of sea water, which is so attractive and alive?

You have to look at My Beauty with the eyes of the heart!

And then the heart will start to open like a flower!

All this Beauty lives in Unity with Me!

I want to give you all of this, embracing you with Myself!

(January 2014)

Oksana Skaraeva

The Touch of God

Someone touched my heart very tenderly and quietly.

I would like to know: who was it? Who?

With excitement and hope, after opening the doors of the soul, I am waiting in silence for the answer to come...

Smiling, He embraces and caresses me.

He whispers something tenderly to me, and I try to understand: what is it?

I feel His call and accept it with all the soul!

He says: “By cognizing the Atman and purifying yourself, become Me!”.

(December 2013)

One of the Recommendations of God

Always try to do good!

Bliss, tenderness, warmth, patience, care, affection, and calm — must become your states!

Try, in what ways you can, to help those who long for Truth! Give them your helping hand and humbly await My recommendations!

We will do the deeds together!

However, first you must deserve this: you must become a clean and bottomless vessel, to be able to hear My words in full!

(January 2014)

Flowers Long to Live!

As manifestations of harmony and beauty, flowers are dispersed throughout the entire planet!

Their multicolored outfits are so beautiful, and they make us happy every day!

With their appearance, they attract one's gaze and exhale a marvelous aroma!

We can also learn from flowers to give our love without asking for anything in return!

Only, one must fall in with beauty to be able to notice the tenderness of a petal and the slenderness of a stem!

However, despite the thirst for life, which every flower has, they are deprived of this by people who want to "enjoy their beauty".

Do not tear out flowers, intentionally interrupting their lives!

For one must appreciate every good life, caressing and loving them with flutters of the heart!

It is very important to learn to feel the symphony of the beauty and to maintain harmony in emotions, thoughts, and acts — so that there may be less pain in the world, which was made by the Creator, and so

that people may show gratitude for everything given to them by the Father!

(February 2014)

Let's Walk on Only the Path of the Heart!

We all are children of the One God!

And we all want to return *Home*: to that Home and to that Light, Which are God's Love and God's Calm!

Even though everyone has a different destiny, which one must walk, we will not look for other paths, once we have fallen in love with the Freedom!

We walk only on the path of the heart, we express His Voice through ourselves, and we open a passage for those who are worthy, so that they may unite with His Tenderness, after disappearing in the Union with Him!

(August 2014)

On How We Should Live

Learn to give, learn to love! Learn to walk freely through the world!

Learn to forget evil by forgiving and by implementing good thoughts!

(August 2014)

Anton Teplyy

The Love and Silence of Tao (By Lao)

**Smile of the Sun, soft whisper of leaves,
freshness of the morning, and drops of dew...**

**Flowers blossom out in the ashram of Lao, and
in the Depths, where there is the Highest Tenderness
of the Harmony of Tao!**

Songs of birds, murmur of a brook...

**But inside — under all of this — there is the
Silence!**

**The Silence of Tao attracts us, calls us, and the
Love of Lao guides us to Tao...**

(May 2010)

Submerge Yourself into the Depths of Me! (By Lao)

**Submerge yourself into the Depths of Me! I am
waiting for you!**

There, there is the Transparent Calm!

**There, you will be able to dissolve yourself and
become One with Me!**

**Submerge yourself deeper and deeper into the
Depths of Me!**

Embrace Me with love! This is the Path!

**Throw away all the heaviness and sadness of
your past errors! But do not repeat them again either!**

**For only the one who has completely gone to
that place, where Calm, Bliss, Love, and the Supreme
Purity reign, will be able to overcome the Path!**

**Therefore, dissolve yourself more quickly in Me!
I am waiting for you!**

(April 2014)

The Primordial Ocean (By Lao)

**In the Depths, there is the Infinite Ocean of
Blissful Universal Calm...**

**Here there are no forms, nor contours, nor
borders...**

There is only Absolute Serenity...

There is only the Subtlest Tenderness...

**It is a Bliss That cannot be compared to any
other bliss...**

**There is complete Dissolution, and it is
impossible to find the previous “i”...**

**Here, there are Peace, Calm, Purity,
Impeccability, Nirvana, Eternity, and Freedom, which
are not limited by anything, neither by time nor by
space...**

**The endlessness of old earthly desires has
disappeared... For here, the previous human “i” does
not exist!**

**There is only one desire: to always be the Divine
Ocean and to help others, who are on the Path, to
come here!**

(April 2014)

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