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Essays on the Main¹

Translated from Russian
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¹ In detail for all the topics raised here, we spoke in the books mentioned in the list of literature at the end.

Sketch style of presentation implies a brevity and a possible variety of subject collections.

That's it, gradually, chapter by chapter, and this book was created.

Its creator — known now in many countries Russian biologist, the author of many books, translated into different languages, on the topics of ecology, spiritual philosophy, methodology of spiritual development, including the art of psychic self-regulation.

The book will be useful to everyone who is interested in these topics.

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Homo Erectus and Homo Sapiens

God has planned the “manifested” world in such a way that some animals are predators, and others are their potential victims.

Hunting for their victims, predators improve their qualities in the evolutionary aspect, among which, at the first place, is the intellect. Let us recall, for example, group hunting of packs of wolves, killer whales, and some other mammals.

Potential victims of predators also improve themselves, participating in ensuring their bodies and bodies of their cubs and friends.

Just like, many modern people either choose for themselves the role of predators — or they unwittingly become victims.

That, how God plans our destinies, is determined, first of all, by how we ourselves see our meaning of life and where we direct our attention in life. For example, many see the meaning of their lives in pursuit of earthly riches and a “social position”, or in pursuit of satisfying their greed, aggressiveness, sexuality. In others — on the contrary — dull passivity dominates...

... But people, who are sufficiently developed in the evolutionary sense, switch their attention from the sphere of interaction with other people on the principle of “predator-prey” — to God in the Aspect of the Creator. And after that, they acquire the fullness of the Protection from the Holy Spirits and actively grow — as souls — under God’s Guidance, obtaining the Divine qualities. In my opinion, only these people deserve the title Homo sapiens — people who are namely reasonable. Yet the rest — so far — just homos erectus — people upright.

... The meaning of life of both all the diverse beings, and of specifically each of us — consists in the evolutionary development, that is, at the end, after many successful incarnations in material bodies, having reached the Perfection, to flow into the Creator, enriching Him with ourselves.

It is for this reason that God has placed each of us in the world of matter, having embodied in the human bodies.

Two major stages of this development of each human soul can be distinguished: a) unconscious, that is, similar to the creatures of the animal level of development, and b) conscious, that is, when God has already become the Main Object in the worldview, the Main Goal for personal comprehension and the Main Personal Teacher. (It is also possible to bear in mind the intermediate, transitional stage. These are people with developed intelligence, but not yet have acquired the true religious knowledge, following in their lives the atheism or religious primitivism.)

Minimum Program and Maximum Program for Spiritual Devotees

What do we need to master from the minimum program — to become like our Divine Teachers?

- Stability in the Divine subtlety of consciousness.
- Hugeness of the subtle consciousness.

— The dominant Mergence (Consubstantiality) with God in His Abode and in the Light-Fiery states of the Holy Spirits.

— Developed ability for active actions by the Hands of Consciousness.

The subsequent deification of the matter of the body is a maximum program, which also makes sense.

In the process of mastering the above, the adept helps others in this and — through it — develops in oneself the aspect of Wisdom.

... This direction of spiritual work can be identified with the words *Modern Developed Hesychasm*. Although such terms, as true *Sufism* and *Vajrayana, Raja- and Buddhi Yoga*, are also suitable.

* * *

How can a person with a functioning intellect get to the Perfection? Let's briefly consider these steps.

1. Ethical cleansing, including the recognition of God's Commandment from the Bible about not eating creatures whose bodies contain blood (Genesis 9:1-4). Failure to abide by this Commandment was the Fall of people. Those people massively perverted this principle, proposed by God, pretending to be feeble-minded (or perhaps they really were feeble-minded?). At the same time, they tried to defile God by claiming that He did not understand the difference between an immaterial soul and material blood.

But people cannot hide from God...

Ignoring this Commandment is a clear sign of sectarianism. God does not allow such people to enter His Abode. (For more information, see [12]).

(All of our books are devoted to ethics, as God understands it; see the list of recommended literature. I will emphasize the books [11-12]).

The role of the spiritual heart should also be introduced into one's understanding.

2. Cleaning the body, harmonizing the body's bioenergetic structures (the chakras, main meridians, dantians, segments, the "new middle meridian", the "bubbles of perception"), and working with Kundalini. (All exercises should be performed with the eyes of the body open. With closed eyes, real work is replaced by the creation of imaginative representations, which has almost no value.)

3. Mastering the ability to look from the anahata and other chakras — not only forward, but also backward.

Mastering the ability to live life as a spiritual heart (with active and capable *hands of the soul*).

Moving the center of self-consciousness away from the body and looking towards the body — from there. (Meditation is mastered on open spaces: on the banks of large reservoirs or in the mountains).

4. Further subtilization of the soul; it is the only radical way to approach the Holy Spirits and the Creator. We cultivate subtle and subtlest emotions. We renounce all gross states of the soul.

We — as souls — merge with the subtlest in nature and when communicating with worthy people.

"Total reciprocity" should become natural (see, among other things, our films).

5. Cognition of the Holy Spirits and Mergence with Them. Growth of consciousness in communication with Them. Mergence with Their *United We*.

Samadhi, that is, the Bliss of the highest degree, arising from the direct perception of the Holy Spirits in the spiritual heart, becomes a common occurrence.

The Holy Spirits now become Standards of Divinity — first of all, in terms of subtlety — which helps one not to go astray.

(This completes the minimum-program. But higher achievements are also possible):

6. Getting to know God in His state of Transparent Calm (the Turiya state). We flow into It and merge with It.

We must now learn to exist in the intergalactic space of Turiya while in Merger with the Primordial Universal Consciousness through the technique of “total reciprocity”.

The meditation called the “Full Height in Turiya” helps one learn to merge the state of Turiya with the body and learn to live like this.

It also requires a degree of purity of Consciousness in which there are no negative emotional shades even when meeting and interacting with a monstrous human abomination.

Pranava in Turiya is a method of removing such wickedness.

7. The peak of the Perfection is achieved as a result of a solid mastering of all which has been said.

At this stage of development — through the body of such a Person, God manifests, among other things, striking miracles to attract the attention of atheists and foolish believers and explain to them the meaning of their life on the Earth and how to realize it.

* * *

The scheme of spiritual growth can be briefly expressed, in particular, in the following words:

1. At first, the Teachings of God are intellectually mastered — with emphasis on its ethical component.

This can be combined with paragraph 2.

2. Initial mastering of: a) calm and b) bioenergetic purity of the body and the “cocoon”. The subtilization of the consciousness is carried out.

3. The emphasis is on the growth of the volume of the subtle consciousness. The Holy Spirits and then the universal Primordial Consciousness are cognized. We learn to attune to Them and merge into Them.

* * *

There is no doubt that only a few out of millions of people will be able to master all or almost all of these stages in the foreseeable future.

Most are eliminated because of their inability to change even their gluttonous eating habits.

Another major reason for dropping out is the unwillingness to reject one’s proud egocentrism. Let me remind you in this regard of the Commandment of the New Testament: “... In lowliness of mind — esteem each other as more significant than yourself!” (Phil 2:3). And Jesus spoke of Himself as being meek and humble — and that is why He offered others to learn from Him! (Matt 11:29).

And it is not “personal power” that must be sought, but God, Who is Love! (1 Jn 4:8; 4:16).

Those who undertake to lead other people along the spiritual Path must be loving, tender, caring, modest, completely free from violence, absolutely decent, and fully competent.

And those who allow and even deliberately develop emotional coarseness based on an overgrown self, on self-conceit, on arrogance, on the desire to subordinate others, to despise them, to play with them like with toys — they prepare themselves for hell, no matter how high of a position they may have gained during their life on the Earth.

Earthly titles and offices have no value beyond the death of the body.

I would like to emphasize that only the already developed unshakable love-aspiration for God allows one to travel the entire Path.

But how to develop it in ourselves?

We must begin with the love for what is beautiful in the Creation! Only by loving the Creation can we learn to love the Creator!

Good luck to all of you!

From Recent Conversations with the Holy Spirits

Babaji from Haidakhan

02/07/2020

“You must not lose your aspiration for Me under any circumstances!

“It is a bridge with which one can go over the abyss without fear!

“It is an anchor that will not allow one to be carried away by storms!

“It is a shield due to which privations and trials are not terrible!

“It is the guarantor of fortitude and courage!

“It strengthens one’s love!

“But only aspiration based on the true knowledge is unshakable!

“Cognize and study Me! Love Me just as I love you!

“This is the main thing that people need to do on the Earth! Everything else is just an appendix to the main thing.”

Jesus

02/09/2020

“I need you on the Earth!

“Soon chaos will come on the Earth, and then — the accession of namely mature souls will occur. Such souls should be in all parts of the planet. To facilitate this, you are needed by Me in material bodies.

“For this, it will be necessary to strive to publish our materials everywhere and in all possible languages.

“And — don’t give up! Do not give up!

“One should strive to serve Me completely, proceeding from Me!”

Lada, Adler, Maenuel, Sathya Sai Baba, Apostle Matthew, and Others

“It can be noted that female incarnations are more promising for spiritual work than male ones.”

Boris

02/22/2020

“One of the evaluation criteria for each embodied person is whether his or her actions are aimed at the perceived benefit for God (that is, at the service for the Evolution of the Universal Consciousness) — or whether they are egocentric (that is, whether they are performed without thinking about this or for their own pleasure or health).

“At the same time, actions, done for the sake of self-improvement with a conscious perspective of becoming better and serving others, are righteous.”

Krishna, Lada, Sathya Sai Baba, Carthage, Eremey, Sofia, and Others

02/24/2020

“Happy spring!

“Before you is the task of transforming the spiritual life on the Earth!

“Our materials should be brought into the attention of the ‘powerful’. All these materials should ‘hang’ on the Internet for general viewing and should be replenished with new texts from time to time. We will do the rest Ourselves!

“... Spring! Spring!

Sathya Sai Baba

“You are My joy: a School that can prepare Avatars!

“It is like a treat for God!”

Sofia

02/26/2020

“Now — for you — there is no perception of the material world! May only this Force, awakening the spring, remain!

“... Buds burst on branches!

“Spring songs of birds are heard!

“You can feel how the fish spawn!

“These states can be perceived without the presence of a material body: songs of snipes, black grouses, and woodcocks!

“This is the tattva of spring!

“And, right now, the Mahamantra can be heard sounding in the surrounding space!

“The emphasis is on ‘Hare Rama!’: ‘Glory to the Omnipresent!’.

“The Divine Power creates, supports, pervades, and revitalizes everything!”

Krishna

02/29/2020

“It is necessary to redirect to Me the attention of people affected by the activities of Prabhupada.

“Pay attention to the expansion of your Omnipresence! Hare Rama!”

Adler and Pythagoras

03/20/20

“We need to encourage people to seek God, to seek Me in tenderness, in transparency, in the fragrance of flowers!

“The very first thing that you should try to explain to people is that God must be the Goal of their lives, their learning, and all their actions!

“Now, on the Earth, it is not a search for God that dominates, but, rather, various *methods*: from light and pure — to the most absurd and harmful.

“And how often people go astray, not realizing that they should not live for receiving pleasure from God on the Earth, but must rather invest their sometimes hard work towards the common cause of the Evolution!”

Lada

“Success on the spiritual Path is predetermined by bhakti (love for God)!

“Those who have become bhaktas of God must, first of all, be provided with this Path of studying Me!

“You can also reach such bhaktas through the Internet, using such words as: ‘Love God — and this love can be realized through the methods of studying yourself and Me!’”

Maenuel

“The cognizing of God is carried out not in words, not in postures and bodily movements, but in work — first of all — on one’s own spiritual heart. Refining and expanding oneself as a subtle consciousness opens the way to direct cognition of Me!

“You learned to stop the mind, including, through the use of Hatha Yoga asanas. You cleansed and developed the chakras, and cleansed and developed the main meridians. And when the body was brought to an acceptable level in order to continue working, meditations of Buddhi Yoga were then connected to your efforts.”

Thoth the Atlantean, Kayr, Lada, and Sulia

05/28/20

“For those who are walking along the Path, full loyalty and love for God, that is, bhakti, are important.

“One can devote one’s life to cognizing God, merging with Him, and serving Him through serving people. The aspiration and progress in this — is a way of determining the potential of a student.

“One can live in constant contact with the *United We* of the Holy Spirits.

“It is necessary to live, being in a state in which one is ongoingly *listening to God!* However, this does not mean that one should stop thinking to oneself about the appropriateness of one or another of one’s actions or what those actions can lead to.”

Sulia

“Accept the task: Get used to feeling among Us — among the Holy Spirits — ‘on equal terms’. Live like this all the time, continuing to study from Us!

“This is the most important thing for which you are here today!

“Everywhere, wherever you are, you need to try to implement this part of your development plan.”

Silvio Manuel

“There should be only one *I* — the *I* of the Absolute.

“And nowhere in the universe is there ‘dead matter’: everything is the *One Living Absolute!*

“But at the same time, one must remember that the highest achievement is an unshakeable Mergence with precisely the highest ‘layers’ of the multidimensional Absolute.

“... It is necessary to resist evil carefully: in order not to violate My Will!

“A fight — tempers! By fighting, a person can become strong! But fighting will be right only if you feel and follow My Will!

“I control everything! Sometimes, I offer My disciples to fight! But for success, it is necessary not to turn the struggle into self-determination! Only then will I conquer evil on the Earth with you! One, who acts differently, only spoils one’s karma, strengthening one’s own individuality. They say: ‘I am a fighting warrior of God!’ — and such assertions are the result of the fall of many people. Instead, one should feel God!

“Not only *for Me*, is it necessary to be able to fight, but one must also act *from Me* — then there will be success!

“As a result of spiritual work, only one *I* should remain — the *I* of the One God of the whole universe!”

Jesus

“One should learn to fully perceive the world of the Creation — from being in Oneness with the Creator. And one should learn to effectively act on matter, including one’s own body.

“Strive in all fullness to serve Me, proceeding from Me!

“Introduce yourself into My Essence! Let only one / remain — the / of the One God of the whole universe!”

Thoth the Atlantean

06/20/2020

“You have not yet learned and done everything. When you master everything, then you will get the right to leave the world of matter.

“You must fill with yourself everything, except hell!

“Let the *small* flow into the *Big!*

“This state should be the main one!”

Eremey

06/21/20

“Let the word ‘God-Centrism’ now become a mantra leading to the realization of God-Centrism.”

Lada

“It is necessary, without bothering anyone, to try very lightly to notify all those — throughout the planet — who are ready to read and are able to understand spiritual thoughts. Notify them of Our materials: the materials of God!

“Now the literary materials that you have accumulated should begin to do the work ‘themselves’, or rather, We, using them, will help worthy people.”

Yamamoto

Yamamoto shows what the Holy Spirits do. They observe the affairs and thoughts of embodied beings, and “write karmas”. They also carry these karmas out, trying to help everyone to become better.

“Sometimes, for embodied beings, such “karmas” may be painful. So, in particular, everyone should understand what God wants from him or her — and behave like this.”

Life “According to Cliches” — or Life on Principles, Offered by God

Most people of all countries live in accordance with cliches of behavior that are common to particular sects or human traditions. It is about how to dress, what one can and what cannot do on certain days of the week or on “holidays”, which “religious” movements, prayers, or incantations should be performed. This also includes the religious tradition of mutilating the sex organs of both men and women.

And after all, homos erectus can be convinced that for all this is the Will of God!

But what's the use for God from all this?! He needs us as the Perfect Souls, and not at all as the primitives, observing stupid "rules", invented by equally stupid people!

It is often seen how God becomes completely ousted from the worldview of the masses of such pseudo-adepts of religion — with these "rules"!

... *Homo sapiens*, wondering, observe how primitive people distort religious truths — right up to the opposite!

God invites incarnate people to devote their lives to becoming better in accordance with His Doctrine of Love, Peace, Subtlety, Wisdom — but pseudo-pastors can preach (clothed in religious form) violence, murders, bullying, development in themselves the infernal qualities, believing that by this they will deserve a paradise...

A characteristic example is the relation to beauty, including the beauty of a naked body. The Holy Spirits try to explain to us that the true erotica, which refines souls, is an important device for spiritual perfecting! But there are sects, opposing God, insisting that it is a shame, sinful deeds, leading to hell...

The same — and with respect to ethically impeccable sex — as a means of refinement of consciousness, comprehension of tenderness, harmony, and peace, the possibility of developing in oneself caring for another...

On Prohibition of Abortions

There is no doubt that abortions are evil. Although are guilty in this, as a rule, namely men, not women!

To avoid this evil, sexual education of children must be conducted, beginning before the age when pregnancies become possible.

Also adult fighters against abortions are not able to understand that there is no and there cannot be a murder of man by an abortion! Can be killed — only the rudiment of the *human body*!

One of the foundations of elementary spiritual illiteracy is the lack of understanding that man is not a body! Man is the soul!

To kill man — in the truest sense of the word — there is no possibility! People do not have ways to kill man-soul — neither by abortion, nor by any other way!

Although God usually does not give people the right for killing human bodies.

... To those, who intend to continue the fight against women, who want to part from unwanted pregnancies, I can offer a more radical slogan: "Ban menstruation!". Every menstruation indicates the death of an egg, from which the "man" could come out!

(But how it could be implemented, I will not prompt: or someone will seriously insist that all women must be chronically pregnant, then there will be almost no menstruation.)

On Implanting Dementia

In one of the books known historically (I will not name it, so as not to offend involuntarily any of my readers), such a "moralizing" story was told:

In a certain area, a crop failure occurred. Habitual food was scarce. Monks, living in solitary hermitages, began to starve.

It was at the beginning of the summer, green sprouts were growing, including in vegetable gardens...

And so, one of the starving monks came to visit another and asked to give at least something for food...

He was offered a crust of moldy bread...

The monk ate this bread — and then writhed from the severe pain in his stomach.

But, in gratitude for this sincere gift, he spent a whole day weeding the beds of the second monk...

... What are the mistakes here?

The first is that moldy bread should never be eaten! And, moreover, no one should ever “give away” it to others! Unlike some other types of molds — molds, growing in bread, always cause severe damage to the digestive system!

But the second mistake is more indicative from the point of view of human stupidity. At the beginning of summer, masses of fully edible green plants grow everywhere, which can be eaten both raw and cooked, and dried or salted for future use! Including, those plants which were weeded out and thrown away by the first monk, could be used for food!...

I met people who walked their feet on food, but ached because “there is nothing to eat!”. Under their feet, were glague, nettle, wild cereals... Plus — young foliage on the trees. But those people were unshakably convinced that food is only what is sold in a shop, plus what is “accepted” to grow or be collected in a forest!

... One day, in the years of my criminally unreasonable youth, I shot black grouse, which had been before wounded in the wing by another hunter. He was deprived of the opportunity to fly up on birches — to eat the usual food for black grouse in the autumn: birch catkins.

In the stomach of that unfortunate bird was... usual grass. This bird showed itself smarter than that homo erectus, who was in the mentioned book presented to readers as a model for imitation...

“Religion” — against God?

We have already discussed that some “religious” rules and customs, invented by people who are very far from God, are — from God’s point of view — destructive, harmful.

I will give one more example:

There is an opinion in a primitive sectarian social environment that any attempts to become better are unacceptable, because they can evoke pride (pride because of one’s own achievements). And pride, they say, is the most terrible sin!

So people of vice justify both drunkenness, and any other vices and crimes.

But the Founder of Christianity taught namely the opposite: for us to become Perfect, how perfect is our Father in Heaven (Mt 5:48)!

Conclusion: it makes sense to study the Teachings of God and follow it — rather than the opinions of representatives of certain sects.

However, this requires a level of intellectual development no lower than that of that black grouse...

So, we should strive to develop intelligence, rather than being content with primitive fun like contemplation of how others play ball, honoring it as the main thing in their lives, and not with false hopes that someone will “pray” for me — and so will save me from all my sins and from hell...

On Sectarian Narrowness of Thinking

Sects are religious associations of people whose worldview differ significantly from the true knowledge about God, His Evolution, and our responsibilities in this regard.

Moreover, the more primitive the sect, the more aggressively behave its leaders in relation to other religious associations: they have to keep in obedience and retain their “flock”! Because such leaders are “fed” financially from their duped adherents.

At the same time, “adepts” of the sect can be kept in fear of punishment for attempts to leave the sect or for doubts in its rightness.

One of the indications of sectarianism is instilling hatred and hostility toward all dissidents and freethinkers.

It is clear that spiritual success is excluded in this situation: the Creator does not allow people with such pronounced vices to approach Him!

On the contrary, the development in oneself of the ability to differentiate between truth and falsehood may be conducive to the achievement of spiritual progress. This is called the ability to think critically.

Personally, I managed to walk the Path to the direct cognition of God — thanks to the fact that even at the very beginning of my spiritual awakening in this earthly life, I defined for myself such credo: “To accept and integrate all the best from all good!”.

... Once followers of one of these sects started talking to me — with the intention of turning me to their faith. I answered them quite benevolently, agreeing with the right things I saw in their sermons and gently trying to correct in the wrong.

At the end of our conversation, they offered me to take as a present the brochure printed by their publisher, entitled “What Is the Meaning of Life?” I flipped through it and realized that only this question was put there, yet there were no signs that the authors even approximately knew about the answer themselves.

I thankfully and politely declined the present and offered to take in response my brochure “Our Meaning of Life”.

“Here,” — I said, — “the answer to the question, put in your book!”

... But they... recoiled and waved their hands:

“No-no! We are forbidden even to keep in hands books that were published not in our organization!...”

Soul and Consciousness

Man is not a body. Man is a soul, a consciousness, which can be in a non-embodied or embodied state.

The same applies to all other creatures, including animals and plants.

As planned by the Creator, the evolutionary development of souls should take place in all the diversity of embodied beings: from simple forms — to more and more complex ones. The purpose of this Process is, as far as possible, for each soul to develop itself to Perfection — and to merge into the Universal Primordial Consciousness, enriching It with itself.

The process of such development takes place in a series of many incarnations.

For this Process to be completed successfully, without unnecessary suffering, each person must understand what we are talking about now and move through life in accordance with this Knowledge.

Moreover, each person is endowed with the freedom to choose his or her own path: to the Creator (God, the Primordial Consciousness) — or to the opposite direction, having intentions opposing the Will of God and committing criminal (from the point of view of God) actions.

Creatures who have chosen a criminal path for themselves, having been disincarnated, are forced to live among evil inhabitants of hell.

If they are then incarnated again — it is in difficult conditions of life on the Earth; and they suffer a lot.

Moreover, it makes sense to know that all prayer rituals “for the dead” do not change anything in the destinies of disembodied people.

* * *

The essence of every creature (man, animal, and plant) is not at all his or her material body, but a clot “lump” of living energy embodied in every living body.

With the death of the body, this clot “lump” is freed from its material shell — and the non-incarnate phase of its life begins. This is then followed by a new incarnation, the quality of which is determined by the quality of the previous one.

Such “lumps” are called *souls*. We also talk about *spirits*. These two words are almost synonymous. And “ghosts” are spirits that have condensed themselves to such an extent that embodied people can see them with ordinary vision.

Souls can be very different. The main criteria for their assessment are a) size and b) what place on the *subtlety — coarseness scale* each soul takes. Souls of a refined quality acquire paradise as their “posthumous” abode. Whereas, coarse ones acquire hell.

One can change one’s status both on this scale and in size, using the techniques outlined in our books and films.

The behavior of small and vicious embodied souls is driven mainly by their reflexes and genetically inherent instincts (innate patterns of some forms of behavior).

A high level of intelligence indicates the possible development of a given soul.

The behavior of souls who have successfully passed a significant part of their evolutionary path is also determined by the ability *to be conscious of themselves* in different situations. The term *consciousness* has arisen from the term *self-conscious soul*, in contrast to less mature souls.

But what exactly does it mean *to be conscious of myself*? This is the ability to look at my own thoughts, emotions, and actions — from the outside and evaluate their quality, including comparing them with the Teachings of God. If you look closely, you can see that a minority of people around us have this ability.

“Who am I? Where am I?” — these questions, often asked to ourselves, help us to become conscious.

Conscience is a sign of the occurrence of being conscious. A conscientious person notices his or her own ethical mistakes, repents, and corrects his or her behavior. And the shameless one thinks that everything is in order with one’s ethics, let *them* (i.e., other people) repent!

... The ability *to be conscious of oneself* can also be observed in some specific representatives of some of the most advanced animal species as, for example, dogs.

* * *

In esotericism, the words *soul* and *consciousness* usually do not differ: people speak either about soul, or about consciousness. But the difference between these terms, on closer examination, is still there.

In the Indian spiritual tradition, *jiva* is a soul, *buddhi* is consciousness. A successfully developing *soul* gradually turns into a *consciousness*.

A methodology has been constructed for the development of souls to the state of *buddhi* and beyond. The latter is called Buddhi Yoga. It is presented in detail in our materials.

With the help of the techniques of Buddhi Yoga, one can relatively easily refine oneself-consciousness to the level of the Holy Spirits, and grow in the quantitative aspect of development — to planetary sizes, or even larger. When this is done, the Primordial Consciousness invites one to enter Its Abode and merge into It forever.

... But everyone should start their path not with Buddhi Yoga, but with a thorough purification of oneself from negative spiritual qualities, which we talk about in each of our books (www.swami-center.org).

* * *

Physiologists regard the brain as the only intelligence apparatus. But this is a false dead-end version of thinking.

After all, non-incarnate beings think and transmit their opinions and promptings to incarnate people. They also experience vivid emotions and have a memory that is even better than that of embodied beings! We can learn to communicate with them, hugging, talking, and rejoicing with them — just as easily as we can with incarnate beings: human and animal friends.

And there is no need to talk about how blissful and significant are such communions with Holy Spirits — Representatives of the Creator! In particular, we can learn to merge with Them and constantly feel Them as our personal Divine Teachers!

* * *

And what is telepathy? Scientists trying to understand the mechanism of this phenomenon look for a secret in the brain, in its radiation. But it would be better if those scientists developed themselves as consciousnesses, and then everything would become clear to them from their own experience! Indeed, during telepathic contacts, consciousnesses are temporarily connected — and the transmitted information becomes common for two or more people or animals.

Telekinesis, teleportation, levitation, diagnostics and healings at a distance — all this also really exists and can be carried out by developed human consciousnesses.

Divine Miracle Workers are Those Who have developed Themselves in this or in previous incarnations by the methods of Buddhi Yoga.

... And the brain is just an organ designed to ensure adequate behavior in the world of matter.

* * *

Most of the people incarnated at the present time on our planet do not think about the meaning of their lives. They “simply live”: they have fun, seek out money and food, breed... Not receiving satisfaction in this, many surrender themselves into slavery to drugs, and terminate their embodied states through suicide...

But there is a meaning of life on the Earth! God explains it to us! And it makes sense to follow His Will!

Will the Gulf Stream Stop?

The Gulf Stream is, perhaps, the most important oceanic current for mankind of a planetary scale. It carries warm waters from the western equatorial part of the Atlantic Ocean (that is, from the east of Central America) — to the shores of Northern Europe as far as the White Sea. The warmth that makes it warm creates a climate favorable for people living in all the countries which are washed by it, including the Scandinavian region.

And — if the Gulf Stream stopped, then the climate in the whole of Northern Europe could become the same as, for example, in Chukchi Peninsula or in the north of Eastern Siberia.

And this topic is discussed at the level of the governments of the countries concerned; many scientists are involved in the relevant studies.

Discussions on this score were initiated in connection with the “fashion” in regards to “global warming”. Scientists measure the salinity of water in different parts of the Gulf Stream, fantasize about what will happen if the salinity of the water decreases due to the melting of ice in Greenland...

And for these studies are allocated considerable financial resources of interested states... Although is it not appropriate that at least one of the scientists, involved in these discussions and studies, would think about why this oceanic current exists at all? What is the reason for its existence? What makes colossal volumes of water continuously move for many thousands of kilometers?

The answer is simple, but to get it, it needs to tear eyes from test tubes with water samples — to much larger global phenomena and processes!

... Let's start with the consideration of the question of why our planet revolves, setting the usual for us hours.

The Earth might not rotate, as many other planets probably do not rotate. And then the climate on Earth would be quite different.

What could make it begin to spin, in addition to the Will for God?

Clearly, it was an oblique blow on the Earth of a very large cosmic body.

This blow set the planet in rotational movement.

But the blow was done precisely on the Earth's firmament, forcing it to spin. And the noticeable effect of that cosmic body on the low-dens earthly atmosphere did not happen, therefore it remained in a state of inertia, rest.

So — the planet is spinning, and its great atmosphere — no.

Thus, the east wind blowing constantly in the equatorial belt of the Earth was formed. It is called the *trade wind*.

And at latitudes far from the equator, meteorologists are dealing with turbulences that are formed from the trade winds.

So, it is desirable to understand that this is not the atmosphere of the planet “blown” by winds, but the Earth is spinning and rubbing against a relatively still atmosphere.

... Due to this, in fact, we see in the tropical latitudes a constantly blowing powerful wind. And the wind, as many of us know, drives the water in the same direction, creating, for example, (along with the Moon) local tides.

And so, “the wind drives” throughout the Atlantic Ocean water in the direction to the west.

But... this grandiose current encounters an obstacle in the form of stretched from the north to the south Americas...

Where is obliged all this water to move? Here it, having encountered at the obstacle, flows, including, to the north and further to the east.

... Now, let us think: can the direction of the Gulf Stream change, and can the Gulf Stream stop altogether — under the influence of an insignificant decrease in the salinity of ocean water?...

“Ice Ages”

In recent centuries, the following amazing discoveries have been made, including: in those places where the severe cold constantly reigns, deposits of coal were discovered! It was also found in the depths of the large islands of the Arctic Ocean, and even in Antarctica!

But in fact, coal in ancient times was formed from the remains of abundant vegetation in the localities with a hot and humid tropical climate!

On this basis, it was suggested that the climate on our planet periodically changed: there were hot epochs and “glacial periods” when the Earth was completely covered with snow and ice for a long time.

And now there are battles about how we should be in connection with the “global warming”, which, in fact, is not. There is another: local climate changes in those or other parts of the Earth’s surface. For example, the last winter in north-west Russia was the warmest in decades. But in Yakutia (Sakha) it gets colder and colder. This winter the temperature dropped to minus 61 degrees Celsius! But this is the Antarctic temperature! And the winter cold snap here is the trend of recent years! The northern “pole of cold”, as the experts say, moved from geographically polar latitudes — deep to the south!

And in the same Antarctica — somewhere it becomes warmer, and in other parts of the continent — colder...

... In an attempt to come up with an explanation for the total “ice ages”, a hypothesis was advanced that their cause was in volcanic activity. Namely — the most powerful eruptions of volcanoes emitted so much ash into the atmosphere as to prevent solar heat on the surface of the planet.

But this is not to be tested in practice: is it really that under such conditions the cooling of the Earth’s surface will come — whether ashes in the atmosphere will cause a “greenhouse effect” and, conversely, warming up?

For example, if the sky at night is covered with a continuous cloudiness, then such nights are much warmer than with a clear sky!

It is possible to continue to develop this idea. If the atmosphere becomes less transparent, the solar heat will heat up the entire conglomerate of the Earth with its atmosphere, and the ash will prevent the dissipation of heat outside. As a result — not cooling, but warming up the Earth?

But to test these hypotheses in practice — there is no possibility. Therefore, it is better not to waste time on their further discussion.

... But how, after all, to explain the mentioned fact of the discovery of coal in the localities with the present “permafrost”?

In fact — it’s quite simple. Into our planet, in its long history, repeatedly pierced — from different angles to its surface — large cosmic objects. They changed — in one way or another — both its orbit, and the parameters of rotation. The axis of rotation was changed, new poles have been formed, a new equator has been designated, the climate has been totally transformed in accordance with these new parameters. Glaciers formed where the heat had previously dominated... In other places, where there was a cold that seemed to be eternal, the ice melted, tropical vegetation gradually developed, and deposits of organic fossil formed over the millennia of a new climate...

I emphasize that such local climate transformations occur, of course, not for one day and not for a week, but over much longer stretches of time.

... The last question that I would like to consider in connection with the topic of climate changes observed on our planet is the influence of nuclear explosions.

Every such powerful explosion pushes the planet. And because of this, its flight trajectory around the Sun, as well as the speed and the axis of its own rotation, can change. This effect can be especially pronounced if the nuclear explosions are repeated at the same polygons.

And are not the observed climate changes on the planet — the result of such multiple nuclear explosions?

On the “Glacial Landscape”

This term is mistakenly used to denote a strongly crossed non-mountainous terrain, rich in overgrown forests on ridges and low troughs between them, often parallel to each other. Such a landscape is characteristic, including, for the north of the Karelian Isthmus and some regions of Karelia.

Once upon a time someone from the low-witted homos erectus from science decided that it was probably during the “glacial period” that the glaciers crept along the land, tracing it. Since then, other homos erectus began to repeat this stupidity thoughtlessly. The term “glacial landscape” entered textbooks, became “universally recognized”...

... Yes, glaciers are really capable of moving, as if slowly pouring.

But they “pour” from the mountains, but not across the plain!

... What is the mechanism of the movement of glaciers?

In the lower part of the layers of ice, hundreds of meters or kilometers high, there is a tremendous pressure at which ice acquires fluidity similar to dense resin. The entire colossal thickness of the glacier very slowly moves on this “resinous” layer. At the same time, the approaching glacier does not at all resemble a bulldozer’s shovel, and it does not break through deep trenches. And, most importantly, I repeat, glaciers do not “creep” across the plains, but move only along the slopes of the mountains. And there are no mountains at that area or near it!

... But what, yet, has created such characteristic landscape features?

... Now this area is covered with forests. But sometime, very long ago, there were only sands, moved by the winds... They formed dunes: sandy hills and ridges flowing under the influence of winds. Then those dunes were gradually fixed with vegetation: they were overgrown with grass, shrubs, then — with trees. As a result, it turned out what we are seeing now.

Another similar variant of the formation of such a landscape is a marine or oceanic bottom. This bottom is not at all smooth! Even on the bottom sand of a shallow lake, we can observe the ripples, which, however, can change their configuration when the direction of the wind over the lake changes — which accordingly changes the fluctuations of the water column.

But the most significant transformations of the seabed occur in storms. Even the above-water sandbanks with a length of kilometers and tens of kilometers are formed. One example is the Arabat arrow on the Sea of Azov. Sometimes — after the storms — the parallel to it its smaller duplicates are formed and now. Then they can either disappear under the influence of subsequent storms, or, conversely, strengthen.

On a scale of geological epochs — the seabed areas could become land... And they grew by vegetative...

... Yes... Human stupidity creates problems not only in religion, but also in completely materialistic knowledge.

I Had a Wife... (About Jealousy)

Once, long ago, I had a wife — a psychiatrist. She herself called herself my wife, and me — her husband.

We had met in the classes on mastering the art of psychic self-regulation, which I massively conducted in those years. She came there to study. And one day she invited me to her house.

Our such relations lasted a year and a half or two years, more precisely I do not remember.

She before this had run away from her jealous husband, who also did not satisfy her sexually.

She lived in the suburbs, I — in the city.

She every time, when she wanted to meet me, called me from work — and in the evening I came. And in the morning, she went to her psychiatric hospital for children, and I returned to the city by train.

When our free days overlapped, we together searched, found, and studied places of power: just in those years, we received the translations of Carlos Castaneda's books.

... In those old years, I thought that for helping others in their spiritual growth, it is most important for me to fill them with my own energy of consciousness. I filled her — and with pleasure saw in her the growth of the volume of the refined and full of emotions of love consciousness. She — as the soul — was already hundreds of meters in diameter...

I did not understand then that such gifts... do not contribute at all to the growth of a person both intellectually and ethically... But namely this must be the foundation for confident further spiritual growth!

... She appreciated our relations very much — and repeatedly asked me not to cut them off under any circumstances...

Moreover, she began to successfully introduce in her medical activity the knowledge that she received through me.

It was about her, I mentioned in one of my books, how she treated children with autism — by the method of “opening” their spiritual hearts. These children later

themselves were eager to perform in front of the audience from the stage at the holidays dedicated to the end of the rehabilitation course.

... However, over time, she developed “torments of jealousy”, even hallucinations began, the theme of which were my “treasons”: in the classes I conducted, there were so many women!...

She completely trusted her “visions”...

Especially these states of hers worsened once during a long summer heat spell...

In one of these especially hot days, I, having completed one of long and very tiring for me lessons, dropped into the market — to buy tomatoes: to please her.

... But she... suddenly met me with indignation! She chanted to me:

“You come to me —

Already emaciated by sex!”

... I did not attach much importance to this episode, already having an understanding of her mental characteristics. I had studied psychiatry...

... But later it turned out that she also slandered me among all her familiar physicians, accusing me of grotesque hypersexuality...

... And our relations ended so:

She — having been carried away by her thoughts on my massive “betrayals”, was confused, her mind was “clouded”... And she invited tonight... two men at once: me and one more...

I came much earlier, we were in bed already for a long time — when suddenly he called at the door... She began to apologize to him, saying that the situation suddenly had changed...

... He saw me in bed through a reflection in the mirror that hung in the hallway.

... He left — disappointed, humiliated, undeservedly offended — alone in that dark night. Apparently, forever.

I — also left forever.

After all, she used my help — and at the same time “for this” tried to desecrate me... And even she so treated her friend... I did not see the opportunity to help her further.

* * *

The great Babaji from the Indian Haidakhan designated the following stages of spiritual perfecting:

Truth (that is, understanding of the essence of God and our relationships with Him) — Simplicity (absence of arrogance, self-conceit, self, humility) — Love (first of all, the emotions of love, love-gifting, obtained through the development of the spiritual heart) — Service to God (through helping people, especially in the spreading of spiritual knowledge) — Cognition of the Supreme Divine I and Mergence with Him.

Let’s think: how it makes sense to treat the phenomenon of jealousy — in connection with at least the firsts of the indicated principles?

The principle of Truth implies, in particular, the beginning of work on oneself with the goal of substituting one’s own egocentrism by God-Centrism (we have already talked a lot about this in other articles and books).

With Simplicity, jealousy also does not fit in any way. It testifies to super-egoism: I am jealous — that means I take away the freedom of another person, I give him or her the place of only a slave...

None of the people worthy of respect will insist that jealousy is a manifestation of the principle of Love. No: jealousy is precisely a perverted love, a *love for one-*

self. It is a primitive passion, a gross vice, from which it would make sense to immediately and forever give up! Approach the Creator by the quality of the soul, having this vice, there is no possibility!

God will have to educate people with jealousy — by methods that teach humility. And is not it better to start this — voluntarily right now?

To Be a Lord — or a Servant?

I knew a young woman-doctor who dreamed of moving from Russia to a country where a footman would bring coffee to her bed in the morning...

... But God teaches us to feel ourselves not as lords, but as servants — regardless of our social status, ranks, and held positions.

If we accustom ourselves to the role of those who sincerely give our love to other people and to all other kind beings — by our thoughts, emotions, words, and deeds — we, having learned this, can easily establish the same relationships with God. This will give an opportunity to get closer to the Creator by the state of the soul.

For this, we must take the true knowledge of God and our meaning of life, and also practically master this state of being by the developed spiritual heart.

Such work on the spiritual transformation of oneself leads to the development of humility — the humble feeling of myself.

One, who is not humble, lives by one's own "rules" and "concepts", but not by the principles of life that God has proposed to us.

And only the humble-minded get the opportunity to flow into the Creator. A personal "exaggerated" "I" will not allow this to happen: it — interferes.

* * *

But the principle of humility does not mean stupid behavior, for example; obedience to criminal orders from people of vice...

... Once on the train an inspector — a loud and aggressive woman of about thirty — discovered that our tickets were not printed to the station where we were going. Although the cost was the same to both stations. Simply the cashier was mistaken, and we did not notice her mistake. I repeat that the journey was paid for by us in full.

The controller long yelled at us, demanding to pay once again the same amount. Of course, we did not agree. Then she set a guard on us, who grabbed our backpacks and threatened to throw them out of the car at the nearest station. We had to pay.

When the conflict was thus "settled", I called the guard and asked him why he behaved this way, complicit in the commission of a crime?

He replied that he was a *soldier* and was only following orders from his commander...

... In defense, in fact, usually officers, who are retired, seek employment.

It turned out that this former officer, after hearing about the subject of humility, seriously decided to play "a soldier"...

I replied that, according to the rulings taken at the Nuremberg trial, *the execution of a criminal order is a crime*.

He thought about it and did not answer. This had concluded our conversation.

... But when we drove a few days later in the same train, he saw us and twice came to us with quite sincere tears from his eyes: he begged to forgive for his behavior at that time.

And he was now working in tandem with another supervisor.

Since then, we have not seen him again. Apparently, having managed to apologize, he immediately resigned.

Here it is — sincere repentance, washing away vices! Good luck to you, “soldier”! Both God, and we — have forgiven you!

... And a month or two later, we met with that criminal inspector. Now she was working on another branch of the railroad.

She did not apologize, but charged us with a deduction of the amount she then committed as a robbery.

Thus, both former criminals have become better, though in varying degrees.

Easy joy arises from the realization that we were involved in this!

But if in that conflict, we did not reconcile and would have gone along with the aggravation of the conflict — we could not help these people. And we ourselves would have gotten extra problems...

In this story, you can trace several specific topics. Good luck to you, our readers!

Devils in the Flesh — and Terrorism. And How Do Devils Get?

Both God and devils are a fully recognizable reality.

But who are they — devils? And where do they come from?

If God — in the Aspects of the Creator, also Messiahs and Holy Spirits — is an extremely subtle Consciousness, then devils and demons are the opposite. They are the limit of rudeness. And they are pathogenic in relation to the bodies of incarnate people and other beings.

Both devils and demons are, first of all, those disembodied people and animals that had developed in themselves — during lifetime(s) in an incarnate state — the infernal qualities: emotional rudeness, aggressiveness, spitefulness. Their destiny is hell, that is, suffering from their own grave states and from communicating with beings like them.

Devils are big and (in terms of bioenergetics) powerful creatures. Demons are relatively small and weak. Both of them can live outside connection with the world of matter, but they can also penetrate into the bodies of people and animals.

Devils are strong and can be up to hundreds of meters and even (rarely) much more. But they are still — insignificant in comparison with the Universal Greatness of God. And God controls their activity.

These creatures can be easily mobile within their coarsest multidimensional strata. And God invisible to them can prompt them to “dirty work” in trying to convince concrete incarnate sinners.

... But it is important that these creatures of hell are formed precisely in their incarnate state.

Including, there are very rude people, who are called *devils in the flesh*.

These are usually rude men and (more rarely) women seeking to prevail upon other people. And the level of development of intelligence in them can be very different.

I have met such among the leading pseudo-yogis, pseudo-healers, and among various other scammers. But also — among the “pastors” of some religious trends.

They seek to dominate, command, control — for the sake of gaining and maintaining their own “glory” and acquiring material benefits.

To do this, they can quite intentionally build up the coarseness of consciousnesses, seeing how this contributes to the personal success among other embodied people.

Because they are dominated by gross emotions, they naturally attract into their bodies similar to themselves unincorporated beings. So there are obsessions, aggravating the rudeness and morbidity of these *devils in the flesh*.

Oncological diseases and death from them — for such moral monsters are typical.

* * *

I personally had to withstand the attacks of *devils in the flesh* more than once.

In particular, I was hunted by the maniac-killer, the creator of the nazi party, the complete adherent of the worldview of Adolph Hitler. He hated me for the anti-fascist statements in my books, demanded to stop publishing books, to close down the websites, threatened to maim me and my colleagues, to “cremate alive”, many times tried to lure me into personal meetings for the sake of reprisal, even for this I was called to a duel...

But this is not important in connection with the topic of this essay. The important thing is that he transferred a part of himself over kilometers up to me — and my body shook with his hatred.

Why did God create such a test for me then? It was also to test my invincibility on the Path of serving Him, and so that, having gained this life experience, I could share it with you.

How did that situation end? God told me that that nazi leader will soon fall into the pit, he was preparing for me. Then, according to fragmentary information from the media, the situation emerged that he was shot by two true heroes from the Ministry of Internal Affairs who sacrificed themselves in order to cleanse the Earth of this abomination... They — for this feat — themselves received jail terms...

... Another very memorable situation for me with a *devil in the flesh* took place only recently.

A man with a higher education at first very successfully mastered the spiritual Path: he developed himself as a spiritual heart, began to receive Revelations from God, became large — in volume — consciousness.

But then he was inadequately absorbed in the power aspect of development, began to exert his brutal energy on other people — that they tremble before his “strength”... On warnings from God and on my attempts to reason with him, he reacted according to the formula: “I know myself how it should be!”.

Then he fell ill with cancer with the defeat of the organs of the manipura’s part of the body...

When I expressed my opinion to him that he does not have the right to take part in spiritual lives of other people — he reacted with hatred towards me... He “swam” diabolically into my body, transferring to it, including, his cancer energy...

I did not suffer from this: I merged with the Oceanic Consciousness of God — and stayed in the Bliss of Divine Peace. But the body was dying. And I was quite ready to part with it completely and forever — if the Will of God will be for it. This lasted several days in a row.

During those days, I had my stomach and pancreas in a state of paralysis.

In particular, the food was not processed in the stomach due to the cessation of gastric juice production, its fermentation in the stomach began. I had to take tinidazole to suppress microbial growth.

And the pancreas stopped producing insulin, a diabetic coma was ready to happen at any moment, even if I was just walking in the apartment. I had to live on antidiabetic tablets, it had helped to sustain the life of the body...

Then he switched to some other of his worries, and his hatred for me gradually weakened.

... Why do I tell such details from my life experience?

I share the real mystical knowledge — for, including, people to know, why they themselves and others sometimes get sick, also to broaden the horizons of physicians about the causes of some diseases of their patients.

But the most important thing is how not to become pathogenic monsters yourself and not be in hell!

... By the mystical (that is, “clouded”, not explicit for those who can see only the material world) — the life of all beings is permeated.

The Holy Spirits and Messiahs, for example, create the Standards for the proper tuning by souls with Them. Who has cognized Them and strives to gain a foothold in Their states — that man comes out of the influence of evil, which can be done by the creatures of hell.

The devils — they show their grossest energy fields, even create powerful negative *places of power*...

A child can be ill not because of the fact that the body got germs, but because of the gross emotional state of the mother or someone from the environment...

Adherents of some sects can fall ill because of the “blessings” of their “shepherds”. And, getting sick, those victims are looking for protection and help... from the same *devils in the flesh*, only aggravating their illness states...

Devils-chiefs at work or devils-teachers can paralyze with their rough energies the ability to think in their employees or students... I myself experienced this when I was studying in doctoral candidacy. That was an exam on some “soviet” political subject. I then could not clearly answer the topic, which I knew very well... That teacher-devil hated me for “freethinking”...

One of the causes of inflammation in the gynecological area may consist in the coarse energy of male partners.

Moreover, even just lust at a distance from the side of a *devil in the flesh* can produce the same result. I had observed such situations. For example, one of the devils — for obvious reasons — could not find a stable sexual partner-woman. And he was forced to content himself with a sexual attunement with his desired woman, but she knew nothing about it. And because of this, she was ill for a long time...

* * *

The presented material allows one to “enter the topic” about how people can be classified in, including, *devils in the flesh* — and their victims.

And now it’s time to return to the question formulated in the title of this essay. It will be about contemporary “Islamic” terrorism.

Why suddenly among followers of the religious Teaching about One God for all people, about the corresponding most respectful attitude towards Him, about humility, about reverence for Messiah Jesus (Jesus Christ), about the expediency of taking care not about the nearest material benefits but about the fate in the life after this earthly life, about respectful attitude of people to each other, the need for men to treat women with greater respect than to other men — there appear dominant

ideas about the need to kill everyone around, who do not seem to be faithful Muslims, and — for this — “to become worthy of the paradise”?

How could such an absurdity be born? After all, in fact, all adherents of this perversion — guarantee hell for themselves!

... Who are the *devils in the flesh* — we discussed it in detail. But who are their victims, so easily accepting the path to hell under the influence of lie?

We will see that they are, first of all, the crowds of those illiterate ignoramuses who do not know why they are in bodies on the Earth, who know nothing about God except that He is Akbar (that is, the Great), who did not study the Teaching of the Messiah Isa (Jesus Christ), although the Quran has a recommendation to seek knowledge wherever one can find it...

And so — there appear powerful *devils in the flesh*, declaring that Allah (God, in Arabic) orders to kill all “unfaithful” men and turn all women into slaves... For this — Allah will take you to Himself at Heaven where there will be life for you in full contentment and without any hardship!

So in those crowds of ignoramuses there appears... the “work” and even as if the meaning of life...

But the word “Islam” means “submission to God”. Hence, the *devils in the flesh* broadcast, — as a sign of submission before Allah, for the sake of Allah, in the name of Islam — forward! Follow me! Allah — Akbar!...

... In my opinion, it would be correct not to kill by bombs, missiles, etc. — those unfortunate deceived, but to present, give them true spiritual knowledge. And if to isolate any from society — they are the *devils in the flesh*.

It is clear that this process cannot be completed within a week or a month. But it's necessary to start at some time!...

Hesychasm — and Harmony of Transition to “Other World”

In different ways, people experience the death of their bodies. Someone — at night in sleep, not noticing the “death”. Or — “the heart just stopped”, almost without pain... Others “die” in horrible torments...

The average person most often dies by the body not on one's own, but by God, Who sends to ensure the transition “into another world” some among many spirits.

And how this happens — is determined by the fate of the “deceased”, created by himself or herself. Those who recklessly inflicted in vain pain and death to other beings, although one's level of development in psychogenesis was sufficient to be able to compassionate with the pain of others and not cause it — to those God shows what is pain — on their own life experience.

There are still young psychogenetically people who, although they did not become full-fledged puritans, were known as *good*. Their “death” is easy.

... Children can be spectators of “deaths”. But they are not yet able to imagine their own “death”: it looks so far away for them that it is not thought to be real. And this — for them — is correct.

How to explain to them someone's “death”? It is quite convenient to tell the truth: a person does not die at all, but only goes to live in a disembodied world — a world of non-incarnate people. Only the body dies — and this does not mean much for that person.

And crying, grieving over someone's "death" — this means protesting against the Will of God. The theme "Why did you leave me?" — this is the manifestation of someone's own stupid egoism.

After all, a good individual guaranteed for himself or herself the good destiny "in another world"; he or she is there — well! Why protest against this?

... But, when one "is already over thirty" — it's time to think about one's own future "death" more seriously. It's time to ask questions: "What does God expect of me?" What do I have time to do — both in serving Him, and in my own development?"

... I will share my experience of a never-ending up to now bodily dying.

The first time it happened when I was gossiped by a gang of primitives, directed and supported I will not tell by whom. Then, after the attack, I was dying in severe pain for about six months. This culminated in two clinical "deaths".

What for? — For the non-repentance of every sin of killing animals.

Why? — To cognize the reality of life without a body. And — to be convinced in the unpromising results of trying to help spiritually — the idle crowd...

In those years, I had just finished cleaning the chakras and the main meridians and for the first time got acquainted with the Holy Spirits, Which to some extent condensed Themselves — specifically to be visible for me.

Because in those years, I was still an insignificant in size consciousness, I could not tear myself away from the body — so far as to not feel the pain. And — tasted it in its entirety!

... After years of daily work on self-improvement — I found a completely different experience of dying of the body. You could read about this in the essay on the devils.

At this time, when the body was dying, it was quite good for me! Being now a huge and sophisticated Consciousness, I — from the Bliss of Mergence with the Primordial Oneness — could look towards my material body, which was looking so tiny, and understand that, if God cuts off my connection with it, I will not lose anything, except the possibility of taking more Higher stages of perfecting. I then completely relied on the Will of God — and He again instructed me to continue my discipleship with Him, remaining in the same body.

... And then He added the thought: "All devils are completely subject to God!"...

And it turned out that this devil was easily "washed away" by the Flood of the Divine Light-Fire, carrying the intention "Take away!"...

For me, it became a new life experience.

Here is, for what, including, God created for me this situation!

... Whatever is being broadcast now on television for the entire Russian-speaking population of the planet!

Someone gives the main advice to all viewers: do not take from the cemeteries into your houses any objects! Because with them you will bring in "the dead"!

Other information of the same level: the hair on the head is the antennas through which we are guided by God, Who is, indeed, above our heads. And, if the hair is cut off, — such man remains without contact with God and lives now according to one's own will...

The population of our country is now intellectually "fed" by such information...

Plus — as if religious rituals "save"...

Plus — ajna's "digging" into fantasizing about the number of chakras: 8, 9, 90, even already 110...

Although — for starters — just one chest chakra anahata would be enough, the other six — let them be just clean...

... I offer the Path of spiritual perfecting, which has been passed and studied, which really gives worthy results! It has been described in detail in many of our materials. This is a **Modern Developed Hesychasm**. Its essence, to which the Founders of Christianity, Sufism, Hinduism, Buddhism, and some other smaller religious trends tried to teach their followers, — consists in developing oneself as the spiritual heart.

There are no other ways to full cognition of God and to fulfill the higher meaning of our lives!

And remember: life in the body on the Earth is given to each of us by God — for perfecting! In this — His interest! And our interest — too! Without a body, we can live, but we cannot radically improve ourselves!

We are improving ourselves only here on the Earth! Therefore, it is good reason to cherish every day, every hour of life in the material body!

And it also becomes clear that the voluntary withdrawal from this life because of a misunderstanding of the meaning of my life — is a very wrong action! It leads to the repetition of all the difficulties that we are facing now — in the next incarnation.

... I started this essay on the death of the body. And I end with how everyone can most successfully realize the Will of God, fulfilling our higher meaning of life. It must be performed voluntarily, without “urging” from the side of “death”. Although...

If I Were the Boss...

Forest Fires

Every spring, when the snow has melted away and last year’s grass dries, forest fires begin. The grass is set fire by the weak-minded, who are so many...

They set fire — for the sake of a pleasant smell of smoke...

Some of them also see other benefit in these criminal acts. For example — “we fertilize the soil with ashes”...

To one of them, I answered the question: “What do you think: what does chernozem consist of?”

It suddenly “came to him” that the soil is not made up of ashes, but of rotting during many years remnants of the same grass... Since that time, that man, in our subsequent occasional meetings, behaved politely underlined...

Should it come to everyone else!

In fires, not only grass burn away, from which the soil might turn out. But many animals are burned alive! Take at least spiders, in abundance building their spiderwebs in this grass — in anticipation of appearance of mosquitoes and midges... And we would have some benefit, if they do not die...

... In arid summers, the special danger is represented by crown fires — when the crowns of trees light up. With a strong wind, the fire rushes through the forest at a tremendous speed. So much oxygen burns that people who are near, fall in coma... And how much animals and plants suffer and die in this fire!

The raging fire spreads to populated by people areas, villages are sometimes completely consumed in flurries of fire — along with people who have not managed to escape their homes to a safe location, along with domestic animals, with property accumulated by years of labor on the ground...

All this should be talked about with schoolchildren — then surely the number of fires would decrease... But to defeat dementia completely — by persuasion and penalty methods — I do not foresee the possibility...

And if so, then I propose to establish the following rule of forest exploitation: to divide the forests into quarters not by narrow cuttings through which the fire in a strong wind easily tosses, but by wide cuttings — about 50 meters. It would be convenient both for lumbering, and forest berries on such cuttings would appear: cranberries, blueberries, bilberries, raspberries, strawberries, blackberries — depending on the quality of soils. Both humans and animals would get benefit...

Floods

Every spring, floods inundate many villages along the banks of rivers. And sometimes strong and long rains are not only in springtime — and catastrophes of floods happen. People are dying, domestic animals, property. Wooden houses inside become covered with mold...

I repeat that this happens almost every year in approximately the same places.

But why not build once forever the protective dams — with the help of detachments of rescuers, soldiers, using civil and military machinery?

Do not build such dams along the river banks: let the flood meadows be fertilized with river silt! Dams must be built along the boundaries of settlements — taking into account the terrain.

Of what? From the construction debris, stones, bundles of logs, including those which have sunk during timber floating and raised from the bottom of the rivers. If possible, you can apply also concrete. All this let be covered with earth — gently, so that it would be easy to cross over. Then let plant grass, bushes, and trees. Their roots will strengthen the dams.

Elks

Long time ago, many elks lived in our forests. We met them almost every time, when we visited a forest.

And now the elks were gone: their bodies were eaten by human-predators.

But elks are the main food-source of mites, flies, midges, bloodsuckers called among people as “elk flies”.

The latter were abundant in old years. They showered in swarms from the trees, crawled in hair, climbed under clothes, bit sharply... Sometimes we had to run to escape from those parts of the forest where they were especially numerous.

And now — they are not at all! Or not every year it is possible to meet one or two. Now we can safely collect mushrooms and berries, merge with the harmony of the forest!

... Now there are talks in the press about the “fine perspective” of restoring the livestock of elks in the forests. And there are already released deer in forests, which will successfully replace the elks — as food for insects-bloodsuckers. The last will again be many-many!...

But do we need it?!

Predators

I do not understand people who — like now all the time is shown on Russian television — catch by hands crocodiles to move them to another pond!

What is the reason for this love for crocodiles? Would it be for all better, if this disgusting animal species disappear even completely from the surface of the Earth?

And I can say the same about love to lions, tigers, etc.

All such large predators are dangerous for humans and for many animals.

Scavenger-animals, eating corpses of other animals, yes, are useful.

About large predators is said that they kill old and sick individuals — and this is their supposed benefit. But this is not the case: they kill, first of all, cubs.

Why do some people love and protect large predators?

Is it because these persons themselves have predatory habits? When they contemplate the images of how, for example, a lion tears with teeth the body of a living victim, do they align with the lion and enjoy together with it the infliction of terrible pain? “Super! — How we are tearing it!”

Enjoying by someone’s pain...

But would not it be more appropriate to attune with the tormented victim? Then, perhaps, these predators-people would understand what is pain, would begin to learn compassion?

Then, probably, wars will become less...

On Traffic Laws for Pedestrians

In Russia, right-hand traffic for transport and pedestrians is the accepted norm.

But, according to quite reasonable “Rules of the road”, if a pedestrian is forced to move on foot along the road or along a street where there is no pedestrian sidewalk, then the pedestrian should go exactly on the left side in relation to the carriageway — that is, facing the approaching motor vehicle traveling along the right side of the road or street.

This is written in the publicly available “Rules of the road”, it was read by everyone who was preparing for the exams to obtain a driver’s license, this is over and over again repeated on television in connection with road traffic accidents involving pedestrians.

But it’s one thing — to read or listen.

And it is quite another — to understand, remember, accept for execution. But this requires at least a minimally developed intellect!

And it happens that, for example, on a narrow roadside of a highway with intensive traffic, two streams of pedestrians interfere with each other...

Those who go on the right side, with occiputs to the rushing cars, we’ll call conditionally “stupid”. And those, who move on the left side, are “reasonable”.

“The stupid”, it happens, internally boils from malice to “the reasonables”: “What a lack of culture! They do not know how to walk! They walk — not how we all walk!”

* * *

But this happens the same in the sphere of religious life...

... Psychologists subdivide all people into, including, leaders — and the guided.

But leaders are both clever — and stupid. And even — devils in the flesh...
 How does one, who really wants to find for oneself a leader, make a choice?
 I can offer only one advice: compare, what the leader says, with what God teaches us.

* * *

Someone may be interested in the question: “And how does the author of this essay behave in those narrow roadsides of the highways? Does he hate the ‘stupid’? Does he walk, pushing them aside?”

No. I do not know how to hate. And I walk, trying to give way to all.
 That is, I try to live without conflicts.

Spiritual Self-Realization — It Is Easy!

Yes, it's easy, if one knows — how.

It is necessary to start with mastering *sattva* — that is, harmony, purity in one's own worldview, in the way of life, in the state of the soul. For this, we must, among other things, learn how to merge ourselves-souls — with the harmony and purity of the surrounding space in the world of the Creation. Especially effective is to study it — in nature on the early spring mornings.

From the completeness of *sattvicness*, that is, from a sufficiently stable paradise state here on the Earth, — there is just one step to direct cognition of the Creator.

When we have already learned to be in unity with the *original harmony* of God's Creation — we will be able to begin mastering the next large stage, which consists in the direct cognition of its Creator.

For this, one can do, including:

We will feel the world of *sattva* — as if it is resting on the palms of my (i.e., of each of the practitioners) love. I will caress and nurture with my love all the kind incarnate and non-incarnate beings!

And *under* the world of *sattva* — there is the Ocean of the Creator.

Sattva of the Creation is located as if *on* the surface of the Ocean of the Creator.²

We explore this Ocean, moving in Him with the help of our own hands of consciousness, consubstantial to the spiritual heart.

We also dive deep into the Ocean, trying to get into the most subtle of His Light-Fire. Thus we can cognize the extraterrestrial state of the Holy Spirit, Who once was entrusted with the creation of our planet and life on it. His name — according to His European Incarnation — Adler.

Gradually we learn to be His Light-Fire.

And then — being Him — we return to our bodies, we try to get rid of all that is not the Light-Fire of the Creator.

... You can find the details of mastering the above — in our books and films.

* * *

² This is a meditative image related to the study of the multidimensionality of space. Do not try to imagine that, what has been said, applying to the world of matter.

Let no one think that the author has already mastered all that has been said here.

I have mastered not all yet, but I know how to finish it. For a day or a month — it is not possible to do it.

If you manage to get to full Self-Realization prior to me — I'll be sincerely happy for you!

I feel myself in the Oneness with the Universal Flow of the Evolution of Consciousness. And I do all my best for its harmonious current.

To the Theme of Beauty: about Mammary Glands

In the old years, I repeatedly heard the question: why do males have these rudiments of mammary glands with nipples?

I did not have a clear answer then.

After years, I became convinced of the existence of God-the-Creator. So — this arrangement of male bodies was not a “misunderstanding”, a “foolish accident”. Hence — it was conceived and planned by Him. But why?

The answer came to me later — and I will share it with you.

... The mammary glands in women have not only that purpose to feed babies. But they are an important element of beauty, created by the Creator for spiritual refinement, especially for males. And most women have also the ability to admire its harmonious form, softness, subtle tenderness.

And even when the youth of the body has already left behind — there is the opportunity to admire the nakedness of such women: their openness, willingness to accept their fate with its age outgoings. This, too, — in itself — is wonderful!

And to observe the age-related decline of young beauty in others is very significant for those, who live in God-given bodies without understanding that the youth of the body is not eternal, and it is necessary to hurry up to fulfill — while there are fresh forces — most important, for which we have received our earthly bodies.

... But why exist these rudiments of mammary glands, inherent in males, which may even seem to some as ugly?

This is to ensure males see *their physical imperfection* — in comparison with women's beauty!

Male bodily beauty — it's just a **pitiful semblance** of women beauty!

... I'm writing this for those males who are proud of their sex — for no reason at all!

* * *

But I do not propose women uncover the breasts in inadequate for this conditions. Normal people are happy with beauty, they are refining, doing better. But too much exist among us of those embodied infernal creatures who hate beauty, seek to desecrate and torment it...

* * *

Here the gloom covers everything,
The silence around feels dead and lifeless...

Oh, charming Woman, Your Majesty,
Have you truly come to me?

Here the lights but slightly glimmer,
Rains always leak through the roof.
Oh, charming Woman, Your Majesty,
What made you want to come?

“Woman, Your Majesty” —
Bulat Okudzhava (1960)

These are the first two most spiritually significant verses of the best, in my opinion, song by Bulat Okudzhava.

Let us also recall the call of God from the New Testament: value every other above yourself (Phil 2:3).

Without this, we cannot come closer to God in terms of the quality of us, as souls, and we cannot achieve spiritual Perfection!

* * *

Don't wake her up at dawn!
At dawn, she sleeps so sweetly!
Morning breathes on her tender chest...
Don't wake her up at dawn...

These are some optimistic lines selected from a poem (1842) by Afanasy Fet.

However, it makes sense to break this call made by him when we intend to meet the bliss of the morning dawn among living nature!

If today we do not go to nature, then, yes, let us not wake her up. Instead, let us capture this gentle image created by Afanasy Fet, and let us attune with him emotionally; so that, through this, we can approach a heavenly state of the soul.

Dogs — to Paradise, Man — to Hell...

Two nice young dogs run in the forest path towards me. As soon as they saw me — they immediately started to fawn.

When they ran up — I praised them for their friendliness. I told them kindly:
“What are your fine tails!”

... They — in response to kind words and love — have turned into an entire happy wagging!

I wanted to add even more happiness to them: to pat and hug.

... But suddenly — the menacing cry of a fat aunt walking behind them, whom I did not notice at the turn of the path:

“Stop that! Forward march!”

... The tails immediately had lowered, a brief episode of happiness was rudely concluded...

The owner — a clot of spite that was hard to be restrained and ready to spill out at any moment — passed by me, not greeting (although it is customary to do it at meetings with strangers in the forest) and without even looking up at me.

* * *

My readers already, I believe, understood what I wanted to say to them, describing this episode:

The mistress made herself a devil in the flesh. Its destiny is hell: the “rubbish heap” of the Evolutionary Process...

But the dogs, if they do not allow her to kill their love, will be the inhabitants of paradise: the layer of multidimensional space that adjoins the Creator. Most likely, they will soon be back on the Earth — in human bodies. And they will intensively develop in themselves the qualities that — in addition to love — will lead them to the Divine Perfection.

Good luck to you, dear friends!

* * *

Those, who undertake the upbringing of other people or animals, must understand that the main thing, by which we can help them, is the development of love in them. This quality will lead them to paradise and will indicate the path of further correct evolutionary development.

But the development of evil qualities ensures hell.

Love

Love is:

- not a passionate desire,
- not violence, even in thoughts and emotions,
- not an appropriation,

but a humble **give** to the worthy — for the sake of helping them and for the general harmony.

The Formula of the Perfection

Spiritual Perfection consists of the following three main components:

1. Intellectual ability to understand God’s Intention concerning us and to implement it stage by stage.

2. The ethical flawlessness offered to us by God, including absolute decency, in particular: a) the refusal to do wrongful harm to any kind beings, and b) the exclusion of egocentrism with the replacement of it by the selfless service to God through help to worthy persons.

3. And at the meditative branch of development — a stable state of Mergence with God — being the spiritual heart, refined up to the level of the Creator and developed in quantitative terms up to at least a planetary scale. This is realized both: a) in the Calm State of God (His Turiya state), and b) in His active Light-Fiery Manifestation.

* * *

Using these three points, we can estimate the level of spiritual progress of ourselves and of other people. Details on how to do this, the readers can find, in particular, in the materials given at the end of this collection.

In particular, when acquainted with them, a reasonable person will easily understand that neither drugs, nor prayers, nor hope for “instant enlightenment”, nor martial arts in themselves, nor excessive sex — will bring to the Perfection.

Conversation with Native American Chieftain Hugh

Hugh is now the incarnate Divine Teacher, the leader of the Native American tribe residing on a reservation in the United States.

Similarly to, including, incarnated in India Babaji from Haidakhan and Sathya Sai Baba, He demonstrates the ability to communicate easily — intangible and at any distance — with His incarnate disciples, being Himself now embodied.

... Once we were invited to visit the *working site* of the now-Divine Disciple of Jesus Christ — Martha, Who once invited into Her house and fed Jesus and His companions.

Martha greeted us with the deep joyous and blissful *silence* inside Her Mahadouble.

From this *silence*, Hugh showed Himself.

He reminded us how, together with Surya, He once gave us one of the most important meditations, about which He will mention later.

And now, He asks to convey to incarnate people His Appeal:

“The tradition of mastering the *inner silence* is not an invention of Christianity. This tradition already existed much earlier. One of the examples you know is the Chinese *Tao-Te-Ching*. Pythagoras also taught this stage of spiritual growth. This was, too, one of the most important training points for the students of the ancient Atlanteans, as well as in the spiritual schools in the territory of ancient Russia. And this was the basis of the Native American spiritual culture in North America.

“Glad, all We are glad — that our Native American spiritual tradition was close to you! I mean that true religiosity is most successfully realized precisely in pristine natural purity — so close to its Creator!

“It is in it — so dear for you *silence* is most successfully cognized. It is within it the worlds of the Holy Spirits and the Creator become apparent!

“I will pay attention to the fact that the *silence* must be mastered in both *tonal* and *nagual*.³ Between the *tonal* and the *nagual*, there is an inclined plane that separates them; Surya once compared for you this plane with a very large deckchair.

“This *silence* (*hesychia*) is achieved only by working with the spiritual heart. Both the *tonal* and the *nagual* let be covered by the spiritual heart developed to a huge size; the spiritual heart has to possess immaterial hands emanating from it and consubstantial to it.

³ The *tonal* is the material “layer” of the multidimensional Absolute. The *nagual* is a collection of all non-material “layers”.

This meditation, like almost every other, should be carried out with open bodily eyes. Otherwise, the reality of meditative work is replaced by useless thought-images within the head chakra ajna.

“Only with this ‘starting position’ of being a developed spiritual heart, inside which is the *silence*, — one can move deeper into the multidimensional Absolute, including cognition the Creator.

“Everyone can trace in oneself that, which prevents the attainment of this *silence*. It can be the aspiration to fame, to material enrichment, self-admiration and other egocentric tendencies, including such vile soul qualities as aggression, violence, the desire to deceive and humiliate others, to profit from robbery.

“And there are those qualities that take away one’s personal power. Then — the spiritual heart, which should be developed by everyone in breadth and depth, is even more wrinkled... These are qualities such as fear, anxiety, ‘compassion’ for oneself. Everyone must keep track of the slightest signs of these qualities of the soul and immediately suppress them.

“When you understand the whole Path quite clearly, then there are grounds to feel yourself in the state of anticipation of the Victory!”

A Little Bit about the Passed Path

Once, now a long time ago, I made the right decision for myself: I should not pray to God for “salvation”, but actively transform myself in accordance with His Teachings.

God “had taken” this decision — and became for me the very real Main Teacher. In particular, seeing my sincerity, He gradually began to reveal His Essence to me. In the end, it allowed me — with His Blessings — to present the knowledge, received from Him, to people inhabiting the Earth.

It was the knowledge, first of all, about His structure, Evolution, about the role of us — people and all beings inhabiting the world of matter — in His Life. Also — on the methodology of people’s spiritual development; including intellectual, ethical and meditative aspects of development.

All this has been told in many of our books, films, and other materials by the scientist-biologist and colleagues — in an accessible for readers form. It was the description of both what needs to be understood by the words *God, Trinity*, and why the Creator needed to create His Creation, and the principles of the Evolution of the Universal Consciousness, and the differences between people, and how a person can grow up in foreseeable time from the state of “ordinary man” — to the Divinity.

The main attention should be paid to the ethical component of development on the spiritual Path: God needs in us, above all, the ethical purity; otherwise He puts on the way of seekers for the cognition of Himself — insurmountable obstacles.

Such my study under God lasted for decades. (Now my age in this body has already exceeded 70). In particular, God tested me in loyalty to Him — through allowing hostility towards me from primitives who had found for themselves comfortable conditions for satisfying their criminal vicious passions in the state structure. There were both slander and threats of reprisal, and attempts at murder, and the murder, and much more, about which it would be possible to publish a whole book. But I do not intend to do this: both because I do not want to upset the reasonable and decent members of that organization, and I have other tasks, another mission.

One of the erroneous outcomes of such a test might be for me the opportunity to get involved in the fight against that abomination — and get bogged down in the battle against them, having lost the Main Goal of my life — God.

God — through the Teachings of Jesus Christ — advised us not to take revenge, not to enter into conflicts, but to devote wholly our lives to the practical aspi-

ration to the Perfection and helping others on this Path: “Seek the Kingdom of God, and everything (the rest) will be added to you” (Luke 12:31).

And I did not get involved in confrontation — but directed all my energies to further cognition of our Creator and to serve Him through spiritual help to other people.

Now this knowledge has been translated by enthusiasts into many languages. And it’s nice to realize that we have managed to help very-very many people to avoid such fatal mistakes as drug addiction, suicide, crime, “stumbling” in sectarian stupidity and psychopathology, motion to hell because of elementary spiritual ignorance...

On the contrary, so many people, when they study our works, successfully advance towards the spiritual Perfection!

* * *

How can I help you now, my readers, precisely those of you who are not familiar with our other books, but only with this collection?

On the intellectual and ethical components of development — I advise you to read in detail in our books, as well as watch and listen to the films.

But I will tell you more about the esoteric component of development.

How much people fantasize about it?!

Many people are sure that on the spiritual Path, on which Jesus offered us *to become Perfect, as God is Perfect* (Matt 5:48), it is enough only to “put candles” in the temples and report to pastors their committed sins — so that these sins are “absolved”...

But God taught through Jesus: “The Kingdom of God is preached, and everyone by (personal) efforts enters It” (Luke 16:16)...

Others, in order to “go to paradise”, are trying to kill as many “infidels” as possible, although God offers us to learn not to kill, not to hate, but to forgive, love, help...

God is disgusted with rudeness, cruelty in people! Hell becomes the future of just such!

“God is Love” (1 John 4:8, 4:16). That is why those who develop in themselves not love, but opposite qualities, including, above all, gross emotional states, — turn out to be “in the darkness of outside” (Matt 8:12), that is, in hell.

Some devote their “spiritual efforts” to the “contriving” of ever new “chakras”, fantastic techniques of “lifting Kundalini”, “cleaning the energy of the body” by jumping over campfires, waiting for an “instant enlightenment” due to practice of “permissiveness” in emotions and behavior...

... But what does it mean “to become Perfect like God”?

It means:

— to cleanse yourself, first of all, from all ethical shortcomings,

— to understand the Essence of God, to find one’s own place in the Evolution of the Universal Consciousness,

— to strive to become as big as possible: because He is the universal in size Consciousness,

— to become extremely refined soul-consciousnesses: because He — in the Aspect of the Creator — is just like that.

The subtlety of consciousness leads a person to paradise and then to the Abode of the Creator. But accustoming oneself to emotional rudeness programs into hell. And no prayer can change this situation: its changing through prayer is not foreseen by God.

Life on the Earth is given to man, for him or her, having attained the Perfection, to merge into the Creator and become the Holy Spirit. In other words — to become the *Oneness* with the *United We, Who*, in the whole endless history of the Existence of God, becoming Perfect, have merged into the Creator.

But it is only possible *to merge* — in the emotions of tender mutual love. For this, it is necessary, in particular, to be already able — being apt to learn this during life in the body — *to love emotionally*, to fall in love, to weave in *one* with hands of love, to unite with souls consisting of developed spiritual hearts.

And there is an opportunity to learn this, only by loving the worthy incarnate ones, embracing with them, merging souls.

Therefore, it must be recognized as the main direction of spiritual perfecting — the work with the spiritual heart, which is adequate for both adults and children.

“God is Love!” — and in order to get close to Him, we, too, need to become more and more perfect love!

And this can be achieved only through the development of oneself as the spiritual heart: “Blessed are the pure in heart, for they will see God!” (Matt 5:8).

It is in the depths of the developed spiritual heart — man finds the Creator: “The Kingdom of God is within you!” (Luke 17:21).

This was and is taught by the Messenger of the Creator — Jesus. Also now, all the Holy Spirits teach this. But people massively ignore these Teachings of God, substituting true spiritual efforts — by pseudo-religious surrogates...

On Faith

(selection of citations from “Legend of Rada and Alexey”: Conversation with the Elder Nicholas)

Faith is a great power! This power grows out from the mind — into the soul.

Who has strong faith — it’s easy for such man to live! It is — as a small leaf on a tree branch feels the same as the whole tree!

Faith is the power that holds this leaf together with the twig and the tree itself. And if faith is weak, then this man is like a leaf which was separated from a branch and is driven by wind: to one disastrous place it will be brought, then to another...

Our monastic happiness is simple: we must always live by the soul — with the Lord! The soul joins with God — through deep faith and pure love!

And God’s Love is the wonderful Power that feeds the soul and as if knits with the Creator!

The human body is like a leaf on that Tree of God.

Time is given to this little leaf-body to blossom, turn green, turn yellow, and perish... And the soul — remains inseparable from God, if it has become filled with love for the Lord during its life, if it has grown fast to God! And if the soul has not grown fast to the Lord — then it, as well as the body, is perishable like a fallen leaf may perish...

It needs to abase pride in oneself, to eradicate vices, not to sin due to weakness of will, not to give way to one’s own wrong desires, yet to learn the heart love, to apprehend the Will of God!

And it befits to live so — that everything is only for God! And the rest — He will rule!

Joyful is such a life with God, when by His Will you live!

Joy happens when God is in your spiritual heart! It's already more than just faith...

When God's Love overfills the soul, then you are not separated from God: He is with you and you are with Him! And your life — belongs to Him completely!

Let everything be with us — according to His Will! And nothing is sad at that time, everything is joyful, if you understand that everything comes from Him! And it is inappropriate for us to resist His Will!

You — feel by the heart! You know already — how! So — you will always feel the Truth of God with your heart even when your understanding cannot be able to!

Faith and love for God allow one to not fear death of the body. And — to pass worthily all tests falling out in life. And to do the good that is in your powers, but that, which you are not able to change, — to not have sorrow.

Life is of great value! This is the truth!

And often a worldly man thinks that nothing is beyond the life of the body... But a spiritual person knows the reason to give bodily life for the sake of saving the soul. And many people did it!

There is a special state of the human soul, in which faith is so strong and deep, in which faith and love have so transformed the soul — that one does not fear for oneself anymore.

To transcend the conventional dogmas and experience the Living God — that's the most important in the faith indestructible! It is only possible to feel — in the heart spiritual! Then the soul will not doubt that God exists and that God is Love, as Jesus taught!

And then you can stop 'being afraid for yourself': fretting for the life of your body.

You can stop being afraid for what people will think and talk about you... — be it fame, shame, condemnation of the crowd... Those, in whom pride is strong, are afraid of shame and reproach! Words of praise — are pleasant to our pride! And reproaches — cause it pain...

All this is feared for one who has one's own main thoughts and concerns — about oneself! But the soul, strengthened by faith and love for God, is no longer afraid of it!

There is a belief with which a person becomes so full-blown to God, so much accepts to oneself God's Will that he or she is not concerned anymore for oneself!

Faith that results from fear — makes man a mindless slave, blind instrument of those who instill this fear!

But faith that grows out of love for God — brings a person closer to the Lord!

Faith is easily broken if there is no love for God and no depth of understanding!

And the Essence of indestructible faith — this is God Himself! With such faith — nothing is scary!

Comments of Vladimir Antonov:

1. In order to cultivate such a faith, one must have the true knowledge of God and a sufficient experience of direct communication with Him.

But how many "believers" exist, who do not even have an understanding about which way to see, looking for God!...

2. Ethical purity is the first and main sign of someone who is really capable of approaching the Creator, having the right faith.

But how often do we meet those, who proclaim themselves as spiritual teachers, but are able to steal, deceive, have a vicious self-conceit, developed up to parody, become the creatures of hell by the rudeness of themselves-souls...

“Evening at Roadstead” — the Song by Nakhimov

Let's sing now, my friends! Tomorrow we trek
To pre-dawn downy mist.
Let's be cheerful! And let's harmonize
The gray-haired war captain!

Goodbye, the city beloved:
We leave tomorrow offshore!
And flickers astern at the mooring berth,
Familiar blue her headscarf!

The evening again is so calm that we
Can't live without singing the songs!
On maritime service, on big sea friendship,
Let's sing this together, my friends!

Goodbye, the city beloved:
We leave tomorrow offshore!
And flickers astern at the mooring berth,
Familiar blue her headscarf!

At vast roadstead, the silence has fallen.
And sea is enveloped in fog.
And native the shore is kissed by the waves.
And quietly is heard bayan.

Goodbye, the city beloved:
We leave tomorrow offshore!
And flickers astern at the mooring berth,
Familiar blue her headscarf!

>>>

This beautiful song was first performed on the radio in the USSR in the middle of the last century and then it was repeated quite often for about twenty years. The music for it was created by the famous composer Vasiliy Solovyov-Sedoy, and the lyrics — by him together with Alexander Churkin. (You can read more on the Internet).

The song was performed by a male chorus, at a slow pace, emphasizing by this the silence and harmony — of both the calm sea, and the whole situation on the ship, and in the souls of sailors.

It was also executed by Muslim Magomayev at his concerts.

I think that now, with much richer modern instrumental possibilities, its accompaniment could sound much brighter. The music, like the words of the song, should tune to meditative inner silence spiritual hearts, on the unity — in harmony of soft calm — of souls.

... The essay, you are currently reading, was created at the personal request of Admiral Pavel Nakhimov, Who has acquired the Divinity and is now in the status of the Holy Spirit. He says that this song-meditation was composed by Him and is passed — with great difficulty — to incarnate people through those two mentioned artists.

Let us worship Nakhimov emotionally, let us thank Him for this wonderful Gift!

And let His song sound in our hearts, helping souls approach the state of Divinity!

By the way, you can ask the Divine Admiral for help in this. He teaches the same as other Holy Spirits: acquiring peace in the spiritual hearts developed to oceanic size.

* * *

Almost all modern people, living in material bodies on the Earth, do not have the fullness of knowledge about God, about the meaning of our earthly existence, about what God expects from us. God for them is, rather, a symbol, not the Reality.

But this Reality is so Vast that there is nothing — more in the universe than It!

Without cognizing God personally, such people can be sure that God, if He exists, is unknowable, and if someone communicated directly with Him, then these were only a few great prophets in remote antiquity... And if someone says that he or she currently talks with God, then this is an obvious psychopathology... Such was the atheistic psychiatric concept on a state level in the USSR...

Yes, crazy people like that, are, really, enough...

But God, still, exists.

And He — even — can speak!

And His successful disciples really communicate directly with Him — their Main Teacher!

God — in the Aspect of the Supreme Primordial Consciousness — is the universal in size Totality of Those People Who have attained the Divine Perfection — during the entire infinite history of His existence. He is Their *United We*, Oneness, the One United Consciousness, consisting of the Great Multitude of the former people who have attained the Perfection.

Being at the zenith of your own spiritual ascent, you will see this *United We* and can learn to pour into Him.

But we usually communicate with His Representatives — the Holy Spirits. Among Them is Divine Admiral Nakhimov.

... Incarnate people can have contacts also with not Divine spirits, including infernal ones. And often, it happens that the lack of proper competence and reasonableness allows some such mystics to believe that they communicate not with spirits, but with God. That is when schizophrenia can arise — if a person subordinates to them his or her behavior in the material world.

... How to distinguish: spirits — and Holy Spirits?

The Holy Spirits are huge, enormous in size. But the main criterion is — Their ultimate subtlety on the scale of multidimensionality.

The hellish spirits are coarse in energy terms and dark in color.

One is able to perceive only those “living” energies which correspond to one’s own level of spiritual advancement, and also — the rougher ones. Fundamentally more subtle energies are not perceivable by one — whether one is incarnate, or in the non-incarnate state.

Therefore, in particular, God does not become perceptible even after disembodiment — for those people who have not attained His level of subtlety during their lives in material bodies. That's why, it's useless to ask about God from spirits!

It is also necessary to take a very critical attitude to the content of books written by mediums from the words of spirits: no spirit, except Holy Spirits, has the fullness of spiritual information!

Also among the spirits, there are many jokers-liars who amuse themselves, mocking the overly gullible occultists, for whom ethical values are not absolutely obligatory for execution.

But the total rejection of the ethical principles, offered to people by God, — often becomes a “lure”, especially for the youth. One of such “baits” may be the statement that spiritual *Liberation* is... just in refusing all restrictions imposed by the society. “What I want is what I do!” — and, as a result, there must necessarily become a mysterious and longed-for “instant enlightenment”... This foolishness can be aggravated by the assertion that, since I am a particle of God-Absolute, it is only necessary to recognize this by the mind — and then all my desires and deeds become Divinely flawless!... I want to — and I kill, I want to — and I steal, rape, rob, humiliate, slander, desecrate!...

One of the leaders of sects founded on this “methodological basis” even adopted the “spiritual name”, which is translated into English as “Mr. Sin”...

Or — I was once familiar with a stupid young mystic who, although he was a thief, — at the same time he honored and called himself as the saint. In particular, he claimed that he hears the Voice of God!... I asked him to tell more about this. He replied: “In my head, streams and vortexes of different thoughts are constantly running. My task is to select from them the information that is suitable for me.”

I hope that my readers understand without complementary explanation the absurdity of such a “method” of “hearing God”.

In fact, the Voice of God clearly sounds not in a head, but only in the developed spiritual hearts of ethically pure spiritual ascetics.

... God — in the Aspect of the *United We* of all Holy Spirits — allows to approach Himself only those, for whom the strictest observance of the Divine ethical principles is the vital priority. And the second most important is the refinement of oneself as a soul, consciousness.

* * *

Once in a summer, many decades ago, I gathered mint on a meadow — to dry it and then brew instead of tea in the winter. And for several hours, I heard repeated two names: Voloshin and Akinfiev... These names... have been really remembered in mind...

I told about this my friends. And immediately received a proposal: let's look in the book with postal addresses!

And in fact: in this book there were settlements “Voloshino” and “Akinfievo”... So, apparently, there were landowners-noblemen with the appropriate surnames. I began to search in the library's catalog. And I found the wonderful book of I.Akinfiev on vegetarianism. Since then, I suggest to everyone to read it. The author of this book managed to “get through” to the mind of the incarnate person with consonant spiritual world-view!

But the former estate of Voloshin, where he invited me, I could not visit: it was possible to get there only by car, but I was forced to sell it (together with the garage), in order to publish on the proceeds one of my first books.

It was the early episode of my hearing non-embodied consciousness... In what follows, the correct line of spiritual development I chose, allowed me not to “hear voices” of invisible persons, but to communicate with the Holy Spirits as clearly as with incarnate people. And of those who walked along my path, some wrote down verses from the Holy Spirits. And through my colleague Anna Zubkova, the Holy Spirits presented mankind with many books of the highest spiritual significance, illustrating the various nuances of spiritual progress...

How the Earth Was Created

“42. Once One came out from Tao; after a time, He had invited two Others; and those Two invited Three more. And all They then engaged in the creation on the planet of various forms of life.”— so in the Tao Te Ching, Lao-Tse told about the exodus from Tao of several Holy Spirits (Te), Which were to create and then supervise the evolution of incarnate souls on our planet.

The name of the first of Them is Adler (according to the last of His European Incarnations). This name He uses now — in communication with worthy disciples of God. In translation from German, this name means *Eagle*. Adler’s story about Himself is published, including, in the book titled “Classics of Spiritual Philosophy and the Present”.

At first, Adler once created — by compacting Part of Himself and involving the cosmic protomatter resources — the Core of the soon-to-be planet.

In this Core, He initiated reactions of thermonuclear fusion, similar to those that take place in the Sun, in other stars and in the cores of other “living” planets.

The processes of thermonuclear fusion in the Core gradually led to the formation of all elements of the periodic table.

At first, the Core roughly coincided with the size of the modern Earth. But — as the process of synthesizing elements gradually decreased and the temperature decreased accordingly — it diminished. This led to the formation of the crust and mantle of the planet.

The modern Core of the Earth now warms the planet for us from within, and the Sun — from outside.

The Core of the Earth is seen for a successful spiritual ascetics — as a quiet, gentle and not scorching (for righteous persons) Divine Fire. This is one of Adler’s Fire Manifestations.

Other mightiest Holy Spirits helped Adler in the creation of conditions on the surface of the Earth for the existence and evolution of organic bodies, which were necessary for the development of souls in them.

And then They assisted the spiritual growth of successfully developing souls.

Then those People, Who had reached the Perfection already on the Earth, also joined in providing spiritual help to incarnate beings and gradually formed around the Core of the Earth another — also appearing Fiery — Lump of a much larger size — in comparison with both the modern Core and the whole planet. This is the *United We* of Holy Spirits, actively participating in the process of the Evolution of Consciousness on the planet. It is like the Fireball that dwells within the corresponding layer of multidimensionality (eon, loka), and usually extends beyond the planet and its atmosphere from all sides.

Hermes-Trismegistus in His “Emerald Tablet” advised spiritual ascetics to seek this Divine Light-Fire both above and below the planet. Cognizing It in this way, one can then fill with oneself the whole Ball.

This Ball was shown to us and we were taught to fill it by Isida and Master M. So it appeared among us the term: “Isi — M Ball” (Isi is a gentle derivative of Isida, so She introduced Herself to us in the first conversation. The name of M is pronounced as [em].)

... And the outer layer of multidimensionality in cosmic lump under the name *the Earth* is represented by what people call *matter*.

* * *

The human evolutionary task is to go through the outlined path — in the opposite direction: that is, to its Source.

And as the driving force in this process, can be only love developed in the earthly life: the love for God as the *United We* of all Holy Spirits.

The development of this love begins from love for the concrete components of the Creation: in order to be then turned — having been already developed — to the Creator.

The conditions for the successful development of the emotions of love are the establishment of benevolence towards all beings, also the victory over one’s own egocentrism, and the growth of oneself as the spiritual heart, tenderness, caring, and affection in relationships with concrete kind beings.

It is in the developed spiritual heart that emotions of tender love are born, it is in it we find the calm which is necessary for the cognition of God.

The Holy Spirits respond very vividly to our love for Them. They can be seen hugging, dissolving in Their Divine Love Their incarnate disciples!

And let us learn to love Them — the same way!

Love — connects.

But the fear of God, inspired in different bad sects, — separates, detaches!

The firmament of standard prayers, in which adherents of such sects are assured of their hopeless sinfulness and imminent repayment for it, is the way in the opposite direction from God!

And those who preach fear of the terrible “God-Fright” are the enemies of true God! And they themselves are guaranteed to become the inhabitants of that hell, by which they intimidated others!

Yes, hell really does exist. But not God sends people there! People themselves settle in hell, accustoming themselves — when living in material bodies — to hellish emotional states!

... But those who love God — those, having cleansed their ethics, in particular, having learned to love the Creation and never hate anyone, also not despise, not wish evil for anyone and not cause it to any of the kind creatures, — let those seek and find at first concrete Holy Spirits as the Focuses of their love, then — Their *United We* in the “Isi — M Ball”, then Adler in the Core of the planet, and then — even deeper — His Extra-Planetary Component. And — from here — there is only one step to the Calm of Tao (Abode of the Creator), where you can rest — to then once more strive for the Supreme Welfare of other worthy people!

What Can We Do in Nature?

God can be cognized in nature, but not in temples! In the temples — there is not more of Him than in the natural landscapes!

He is everywhere. And in the Aspect of the Absolute — He is Everything, except hell, which was called by Jesus “darkness of outside” (Matt 8:12).

Temples are also needed. They gather neophytes — beginners in religion: to accept the initial information about God and the Way to Him. But how often people receive there instead of the truth — a lie!...

Demons (spirits of hell) in the temples, too, are quite a lot. Most of all, I met them in the temple of the educational institution of one of the totalitarian (especially large) sects...

I visited temples of different religious branches. I compared, I looked for everywhere the best. Looking back, I can note that the most beneficial for me was the Russian-Orthodox religious branch. The best thing I gained in it is the thoroughness of penitential work: finding my own ethical mistakes and trying not to repeat them.

And how often then I saw in my friends, who did not have such a life experience, a complete lack of understanding about the ethical work on themselves!

In Orthodoxy, I also for the first time became acquainted with the theme of hesychasm, which became the basis of my further spiritual search and the prerequisite for victories over my imperfection.

... Once Jesus asked me to fill, in the Orthodox church, the whole temple to the top by myself: myself — as a spiritual heart. Gradually it began to turn out!

But about ten years later, after direct apprenticeship with Jesus and other Holy Spirits in living nature, I suddenly realized: it was not that I could fill the temple, but all the temples... exist in me.

... Holy Spirits create — by Their presence — *working sites*: variants of *places of power*, intended specifically for Their communication with Their incarnate disciples and teaching them. It is about these places — we can say that the concentration of God here is much greater than in the surrounding space!

Jesus, for example, taught on His *working site* to become His Tenderness. And then, having learned, we ourselves flooded the surrounding forests with this state, and even the birds began to sing like during spring... in late autumn!

Cleansing our bodies from the consequences of ethically incorrect nutrition in the past — taught Sufy, Danish Lady Gott, Swallow, Oleg Sukhodolskiy, Igor Vysotin, Han, Huang, Ngomo, Hajji Bei Murat, and many Others.

Assyris taught being a spiritual heart, consisting of Light and located beyond the material body.

Yogananda and Yasin explained the possibility of working with the “microcosmic orbit”, which later had to be developed into “the macrocosmic orbit”.

Ptahhotep, Kurgan-Bashi, Ariadna, Elena Sabashnikova, Bogatyr, and Others taught us, in particular, to create huge Mahadoubles like Their Mahadoubles, and to act by Them.

And Sathya Sai Baba — by His example — showed how we could easily penetrate the Earth’s firmament, “fall through the Earth”. This gave the most important practical experience of transition from one spatial dimension to another; we, in particular, have learned from personal experience that matter, however hard and impenetrable it might seem to us, cannot in any way impede the Divine Consciousness.

To distinguish spatial dimensions and become *Light*, we were taught also by Kair, Vasilyok, and Others.

And to see with vision of the soul the boundaries between dimensions — Dobrynya taught us.

Eagle taught us for the first time “jumping into the Fiery Abyss” (of course, not by bodies, but by consciousnesses). So — we learned to be the Divine Fire, to cleanse our bodies with It.

He, together with Sathya Sai Baba, created for us optimal opportunities for effective work with Kundalini.

Thanks to, first of all, Babaji from Haidakhan — we mastered the methods of sustainable Mergence with God. I mean, in particular, the method, designated as “total reciprocity”.

Krishna — from a certain stage of our advancement — taught us to work with the “energy block” of the organism *hara*, which greatly strengthened our meditative abilities.

Kim focused us on the development of intangible hands — the hands of the soul, consciousness.

Huang Di showed us the eon of protomatter, taught to distinguish it from Tao: the Turiya state of God (the state of the Creator in His Abode).

And Elizabeth Haich on Her *working site* taught us to live in Turiya.

Surya, Yamamata, Ódin taught to be the “Sun of God” and wash our bodies with Its Light-Fire.

Nakhimov and Nikifor taught to be the Ocean of Divine Peace.

And Pythagoras, Adler, Larisa, Konstantinos, Thoth-the-Atlantean, Boris — offered us to develop ourselves in breadth and distance above the real sea spaces.

Khem, Volhva, Ariadne, Yemelyan — taught to be the Fire Pyramid, under which we find Adler in His extraterrestrial state.

Also, many other Holy Spirits taught us over the past decades the same and much more. Alexey, Who named Himself at the first meeting with us as the Orthodox Priest of All Russia, also Symeon the New Theologian, Pantaleon the Healer, Dmitriy Pozharsky, Wrestler, Rada, Yeremey, Bayan, Sulia, Grand Master of Sufism, Eaglesform, Bartholomew, Son and Mother Borovik, Lao, Bright New Moon, Lao Tse, Yamamoto, Manuel, Apostles of Jesus Christ Mark, John, Matthew, Andrew, Philip, Mary Magdalene, also Radek Volynsky, Radomir, Emil and His Divine Mother, Tkhyia, Hugh, Lin, Sarkar, Sacral, Karas, Carl Rossi, Conrad Lorenz, Lorenz Byron, Yogashira, Divine Finn, Divine Scandinavian Lutherans, Juan Matus, Genaro, Juanito, Carthage, Avalokiteshvara, Rosa, Nadya, Tchiao Li, Sophia, John-the-Baptist, Shakyamuni, Annie Besant, Emperor of Ancient Japan, Silvio Manuel, Isida and Master M, Abby, Chaitanya, Roman, Mahavir, Patanjali, Lahiri Mahasai, Yuktishvar, Guru Nanak, Divine Imam, Al Byul, Sunny Wind, Titus, Anatol, Maida, Lada, Giant, Theodore Kraysky, Peter and His Wife Katia, Pavel, Alagar, Aumira, Etey, Nicholas Nekrasov, Nicephorus, Tikhon, Zoya, Cairo, and many Others... I was often ashamed before Some One of Them when I did not recognize Him or Her, could not recall the name...

... When They saw that we were ready to receive a new portion of knowledge, They invited us to their *working sites* — and explained how and what to do next.

There is no way to enumerate all Their names, as well as the methods of development that our Divine Teachers have bestowed on us. Each of Them at different stages of our growth showed us the methods of perfecting which were necessary for us at those moments. (Details about many of Them can be found in the book “Classics of Spiritual Philosophy and the Present”).

And now we pass to everyone who wants — through our books and other materials — the Knowledge that They presented to us.

* * *

I tried to tell you, my readers, how interesting and extremely useful can be our lives on the Earth!

... But let's take a look: what did and do most believers in the existence of God?

They, first of all, visit temples, make body-movements accepted in corresponding sects and *pray*. The main theme of their prayers is "Give, the Lord!"...

But God expects from people very other!

Also people argue and quarrel among themselves because of what word is necessary to name God, how to dress, what nationalities are "good" and what are "bad"... Although this does not have any meaning!

How many people in Russia were burned alive, how many tongues were torn out and hands were cut off — so that they would neither pronounce nor put "heretical" thoughts on paper!

It occurred though the causes of discords were insignificant, not having any real importance! For example — with how many fingers should people cross their bodies — with two, three, or even five?...

Also the first hesychasts in Russia, who claimed cognizability of God, were cruelly tortured in Orthodox monastic prisons... Who did this? Those who were convinced that religiosity is only a scrupulous observance of the rituals usual in this sect...

But are really needed people's rituals for God?

After all, no! He is interested only in the fact that people, embodied by Him on the Earth, are perfecting themselves!

And this improvement consists in what we have said in our books many times: first of all, in ethical purification and in efforts to approach the Standard of Divine Perfection, Which the Holy Spirits show us!

* * *

But...

Once I made through the internet the distribution of information about our work — to the representations of all countries in UNESCO. I said that true knowledge about God and about the meaning of our lives can radically improve the entire social "climate" on the planet. Let's cooperate!

I had received only a single response from the representation of one of the Southern-European countries. In it was written the following:

It's great that you, too, are eager to help people of the whole Earth! We are glad to cooperate with you!

We are here now planting olive trees in the name of peace!

We also understand that in your north they do not grow.

Therefore — plant fir-trees!

It was just at the time when some head of the government level foolishly declared fir-trees — as weeds which hamper the growth of pines. The orders were "downed" to forestries: abolish in each household so much firs! And the economic utilization of that wood in those directives was not envisaged.

And the workers of forestries were forced to simply cut down the firs in large quantities and leave them lying on the ground, littering the forests and creating fire hazards...

It became clear for me that it was useless to continue the conversation with that lady from UNESCO.

A few months later, I read in the press that it was she who was awarded a huge (in my understanding) premium in UNESCO “for the outstanding contribution”: that is, just for the campaign to plant trees... in the name of peace...

... I do not bother those who do not want to accept God in their worldviews, in their lives! Let them while improving their intellectual abilities in the material world. And — if they want — let them *pray!*

But let them, at least, not disturb work for those who are in love for God and really dedicate their lives to Him!

By the way, through the Prophet Muhammad (Quran 2:256 or 257) God forbade people the compulsion in religion. How wonderful it would be if all people adhered to this rule!

About Tornados

In the old days in the USSR, a song for children was often heard on the radio with the words: “Wind of spring will scatter black clouds — and sun will rise above the world!” It was a really beautiful allegory that created an optimistic emotional mood!

But I met then and at the present time adults who believed that if a breeze suddenly appears among the prolonged rain, it means that this breeze “will scatter the black clouds”...

But the wind does not have such a function — to disperse black clouds!...

... When I was about five or six years old, my grandmother, who worked almost all her life as a schoolteacher, was puzzled by my question: “Why does wind blow?” She pondered for a long time, and then answered: “This is because trees are waving with branches...”.

... Also from my childhood, I remember such a case: during a lesson of geography at school, one of my classmates could not answer the teacher’s question about where Australia is. She drove a pointer on the map... across Europe, trying to find the word “Australia” there...

Why did I just remember this now? Simply, this is an example to the topic of people’s differences — in terms of levels of their intellectual development...

... Still, probably, in very old times in some tribes, people fantasized about the causes of wind, believing that this is “god of the wind” blowing from its mouth...

... Even in recent years, adults (by age of their bodies), whom I met, sincerely believed that our planet Earth had married another planet with a male (in Russian) name. So — now everything will be fine for us!...

... And even now in Russia, on radio and in television programs, you can hear how “in full earnestness” adults admire the fact that the Russian tsars (kings) “are married (in church) on the throne” — in contrast to the presidents elected by voting. Therefore the king is from God... And his acts, it means, are perfect...

If, my readers, when you were reading the last paragraphs, the absurdity of such points of view became obvious for you, then you are reasonable people!

In my opinion, the spreading of absurdities of this level is a case-study of dementia in people — on the scale of a huge country...

Let us recall the history of the last Russian tsar that was not so remote in time... He started two wars: against Japan and then against Germany... Russian Empire had lost both these wars... And millions died from wounds, other millions remained to live till death being cripples... And how many other woes and sufferings were brought to people by those wars!...

... Once, journalists interviewed a well-known at that time Russian scientist-astronomer. He, in particular, was asked a question similar in stupidity to that level: "Do you believe that...?" He replied that he is a Jew by nationality, so he cannot believe in such things.

The author of this essay is a Russian by nationality scientist. But I also do not take anything important on faith: I rely not on faith, but on knowledge.

And the belief in the absolute significance of ritualism... — what is it based on? If any reasonable person will look back — then he or she will see that no rites, regardless of how they are called, make people either more protected, or healthier, or smarter, or more honest, or better by any other qualities of the soul before God!

Exceptions are rare: only when the Holy Spirits — on the background of people's rituals — prompt something to the worthy souls, who have begun their spiritual search and rush in love to God.

* * *

The wind blows at latitudes far from the equator, primarily due to the uneven heating by the Sun of different parts of the Earth's surface.

For example, large natural reservoirs are heated up more slowly, than land. But they also — keep the heat in themselves in the fall longer.

... In the spring and summer, the heat of the Sun warms up the land, and, from it, the air above — more quickly. And — the heated air rushes upwards. In its place, the colder air from the surrounding regions moves, including from the sea or oceanic expanses, which warm up much more slowly.

In the autumn, there is an opposite phenomenon: large water volumes are the keepers of summer heat, the air above them remains warmer, it rises upwards — and cool air, cooled over the land, rushes to the vacant space.

Thus, air flows are formed — both on a scale of many hundreds and thousands of kilometers, and local, for example, in the coastal areas. In the latter cases, the direction of the wind can change to the opposite stereotypically during each day, unless these areas are covered by the movement of other large air masses.

(There are, of course, other factors influencing the formation of weather, for example, vortexes generated from trade winds, but we already talked about this in another article.) The mountain ranges also have a big influence on the movements of air masses and, accordingly, on the weather.

In the photographs taken from Earth satellites, it can be seen that huge masses of air, moving, often tend to curl. Such phenomena are called cyclones.

Why there is a tendency to twist? — The reasons can be different.

But a simple illustration of this phenomenon is that, for example, water often spirals when it is drained from a bath or kitchen sink through a hole at the bottom.

Like water, the air is twisting. But in cases of cyclones its flow is directed from below — upwards.

... The air currents can be horizontal; they are usually called as winds.

But the current may also be vertical: for example, either warm or hot air massively rises to the upper layers of the atmosphere, or large amounts of cold air are descending to the surface of the Earth.

Tornado — this is a huge force stream of heated rising air. Its width usually remains within a kilometer. The speed of such a vertical wind can reach hurricane force, it raises and tosses cars, destroys houses and other constructions.

Most often, tornados are formed over intensively warmed by the Sun deserts or steppe landscapes.

I happened to observe a tornado over the Gulf of Finland of the Baltic Sea — on the day of the putsch in 1991. Putsch was an attempt to revive Stalinism in the USSR. The first decree of this group of criminals was a total removal from the population of the whole country of radio receivers, tape recorders, typewriters, etc., martial law was imposed, troops were moved to the cities...

By efforts of heroes — the country was saved from that gang. But the result was the disintegration of the USSR: all the national republics that were former parts of the Union of Soviet Socialist Republics did not want to live in the "fraternal union" headed by such a Moscow, from which it was possible to expect putsches and other such troubles.

... We, on the day of that putsch, went to the seashore. There was a strong wind. And over the sea, about a kilometer from the shore, a column of sea water a few hundred meters wide, rose and hid in the black clouds. And the tornado slowly approached us. I rushed to the child playing in the water: "Look — the tornado is approaching! Run quickly home — and warn everyone!" The boy ran home.

And where can we hide ourselves? I led my companions to the tall trees: though, hugging their trunks, to hold on, so as not to become ascended!

But the tornado, not reaching the shore by about two hundred meters, began to weaken, settle — and disintegrated.

... When I told this to those who knew about the putsch, but did not know about the tornado, one of the interlocutors said: "Yes... How interesting that nature has reacted to political events!...".

... But why am I telling all this?

The fact is that one of the themes favorite for TV broadcast organizers in Russia is research of the nature of tornados by American scientists. Those scientists, risking their lives, pursue in cars tornados, arrange and place instruments without end to register the speed and directions of air streams inside the tornados... But — why? Just for the salary? Plus — the excitement of not smart, in my opinion, risk, bravado?

The message had appeared that, in the middle of the tornado's column, the device detected a descending flow of air! Discovery! Not for nothing we worked!... But, in fact, that is either a deliberate lie, or the device was damaged by the tornado — and it gave false data...

And why to risk, if everything is clear? But it is clear — not for all...

If for those people, the essence of the phenomenon could be understood — they could direct their efforts to much more important matters!

... I do not see the opportunity to fight against tornados, trying to destroy them. But it is necessary — in those places, where they often happen, — to be ready to defend against them: both for the people themselves, and to save animals and property.

On the "Greenhouse Effect"

All readers probably know what a greenhouse is. It is a structure made of solid frames and transparent roof and walls, which freely let in sunlight and, at the same time, prevent heat's dissipation outside, accumulating it inside the greenhouse.

Greenhouses are used for early spring growing of both seedlings and fully grown plants. For example, in greenhouses, tomatoes, cucumbers, zucchinies, garden greens are harvested.

Previously, glass was used to make greenhouses, now — polyethylene film.

(By the same principle, much larger buildings are done — those are hothouses).

So, the main essence of the greenhouse is its transparent top.

All that was said could be taken as a matter of course and understood by everyone; what else could there be to discuss? But...

We hear a lot of loud speeches about the “global warming” of the climate on our planet, which is caused by “greenhouse gases”. And the main such gas is called carbon dioxide...

... All observant people know that to a certain extent a similar phenomenon actually exists in nature. The fact is that if at night the sky has been clear, cloudless — then by morning the air temperature is usually much lower than in the cloudy sky during the night. That is, dense accumulations of droplets of water, forming clouds and black clouds, prevent the “outflow” of heat, accumulated by day from the Sun, — to higher layers of the atmosphere.

That is, clouds and black clouds at night play as if the role of a greenhouse roof.

But it is important to take into account that in the daytime — they also prevent the contact of Sun light and warmth with the Earth’s surface. That is, such a natural “greenhouse” for twenty-four hours, not only at night, — does not help to raise the temperature of the lower layers of the atmosphere, where we all usually live.

What other phenomena can have the same effect? Dust from sandstorms, ashes ordinary and volcanic, risen abundantly into the atmosphere. Forest, peat, and oil fires, burning of coal, oil and products from it — no doubt, harm our well-being.

But, I stress once again that black clouds, formed from water vapor, as well as from atmospheric pollution by other particles, unlike a polyethylene film, are not transparent, and they, among other things, prevent the heating of the planet’s surface from the Sun.

As for carbon dioxide, first of all, one must take into account that in the atmosphere, its content is less than one-half (0.5) percent! That is — it’s negligible in comparison with the dominant nitrogen and oxygen.

It is transparent, that is, the light freely passes through it. And it does not create a “roof”, which prevents the vertical movements of heat.

There are observations of scientists that carbon dioxide slightly more, than other atmospheric gases, accumulates the infrared component of light. So what? Let’s remember that it is negligible in the atmosphere!

Therefore, to assert, basing on the foregoing, about its “greenhouse” properties — there is no reason!

... But carbon dioxide is food for plants; without it, plants cannot live. And plants — give us oxygen, without which we and all animals cannot exist on the Earth...

And even if it is able to heat up slightly faster than nitrogen and oxygen, this cannot have a significant effect on the temperature in the atmosphere and on the surface of the Earth!

How to Become Osho (Ocean)?

When Rajneesh had felt himself to be the Ocean of Consciousness — since then he had asked to be called *Osho* (Indian word; it means Ocean). This level of spiritual development was reached by him in previous incarnations. And therefore, in his last earthly life, it was boring for him to do what other people do.

Therefore he began to try to teach others himself.

To what?

Yes, he read a lot, so he had common ideas about the meaning of human earthly lives and spiritual transformation. But about how to help his followers also become Parts of the Ocean of Divine Light-Fire, — he did not know. Why? Because he did not remember how he learned this very long ago.

At the beginning of his teaching, he even offered nothing to purify and develop chakras. He had met with this opportunity only at the end of his earthly life. Apparently, it had happened thanks to my books (which were not yet published in English in those years): because there were no publications with full information on this theme before mine.

He did not have time to pass this knowledge to his disciples.

So what did he start teaching his disciples, whom he gathered around himself? He himself did not even call this as the spiritual work, but *psychotherapy*. He suggested that students begin working on themselves — with the “destruction of the human form” (in the language of Juan Matus, books about Whom Rajneesh was familiar). This means the desire to live not according to the patterns, adopted in an unspiritual society: that is, not according to the patterns that can hinder spiritual growth. And this gave the result that His disciples — in their majority — were existing in a state of harmony, peace, a sense of happiness!

Rajneesh also believed that by “piercing” by himself-consciousness the contaminated middle meridians of the disciples, he brings them closer to Enlightenment... Yes, this contributed to the purification of their bodies from bioenergy pollutions. But on the new steps of spiritual ascent, one can be consolidated only through one’s own efforts. What was received in the form of a gift, an advance, without one’s own understanding of how one can return independently to the cognized states, is of little use. Such states are quickly lost. Students would need exactly the methods of cleaning the chakras and the main meridians — by their own efforts. But Rajneesh could not teach them this.

Were there any among his disciples who could achieve more? I do not know, I’ve never heard of such.

I personally saw only three of those who called themselves the direct disciples of Rajneesh-Osho.

One of them, a young guy, was almost unable to pronounce other words, except for the name of the guru. Therefore, nothing about him, nor about his personal studies — he could tell. But — under his influence in that town — people began to systematically conduct paid (for renting halls) meetings. However, the owners of those halls did not allow admittance of Osho’s followers more than once. Because the halls and stair platforms turned out to be littered with cigarette butts and other garbage: they declared: “Long live the Permissiveness!”.

Two other men proclaimed themselves — to be Osho’s *Enlightened* Disciples!

One of them was proud of the fact that he had learned to wrap other people in hell — in order to demonstrate his superiority over them. And he also criticized Antonov for the emphasis on working with the spiritual heart. In his opinion, it is necessary to develop only the lower chakras!...

The other such man proclaimed himself to be a sex-guru — and he was not able to talk about anything other than sex. About the meaning of our lives, about God — he did not know anything and did not want to know!

However, the women who *tried it* with him, then spoke about him in such expressions: “Nothing special...”.

Because of such an obvious meaninglessness of his life — God “awarded” him with cancer.

We then managed to heal him — against the backdrop of talks about the most important things, which would make sense in life.

The physicians, who had previously diagnosed him, were very surprised by what had happened: the absence of signs of oncology...

But he himself has not changed for the better.

To such people, God usually brings back the disease. However, I do not know how his fate developed after years.

* * *

And how, after all, to become the Ocean of the Divine Light-Fire?

We must begin with an ethical cleansing of the soul. We have considered this topic in a very detailed and versatile manner in all our books listed in the end of the book.

Then it is necessary to cleanse the bioenergy in our bodies; how this can be done — this is described in detail, first of all, in “Ecopsychology”.

Bioenergy pollutions in bodies come into existence mainly because of one’s own negative emotions, ethically perverse nutrition, as well as from communications — primarily sexual — with rude (in terms of bioenergy) people.

And — we must learn love!

“God is Love!” (1 John 4:8, 4:16) — as He Himself spoke and speaks of Himself. Therefore, there is no other way to approach Him without full mastering of this quality!

And the Creator has created in His Creation for embodied people the appropriate conditions — for people to master love.

First and foremost, a great help in this, which we can use, is attunement with harmony, beauty of nature, especially in calm mornings! We tried to explain this in more detail, first of all, in such books as “Ecopsychology”, “Spiritual Work with Children”, and also show in films.

The beauty of human bodies is also a very significant component of the Creation! It gives an opportunity to attune with the subtle and the beautiful, which essentially brings us closer to the states of Holy Spirits. And those, who have a bodily tender subtlety in their temporary disposal, can serve God and people without hiding this quality, but, on the contrary, helping — with its help — others growing spiritually. This is for the owners of such bodies — their service for God and people. (But we should not forget that we live in — mainly — spiritually deprived and aggressive society, impregnated with dumb hatred. And the causes of this are atheism and the lack of true religious and philosophical knowledge among the masses of people).

The presence of a harmonious satisfaction in sexuality in relationships with spiritual like-minded people is also very important.

... To cleanse one’s own body of bioenergy dirt and not get polluted again — this is fundamentally important before presuming a direct acquaintance with the Holy Spirits and the Ocean of Divine Light-Fire. It is so, because to go out of the body into the Divine Purity and Subtlety or even to approach one’s state to the Creator — this cannot be done with a contaminated body.

And then, one has to start — in earnest — developing oneself as a spiritual heart.

To begin with, one will learn looking from the chakra anahata forward, to feed with one’s love all living beings, holding them on the palms of the immaterial hands emanating from the spiritual heart.

Moreover, as one grows up as a spiritual heart, let the hands of the soul become larger and stronger.

Then, when it is mastered, one will have to learn the same, leaving the anahata chakra backwards and expanding there. This is how we can perceive intangible worlds (spatial dimensions, eons, lokas). With the help of the already developed hands of the soul — we can move there between the layers of multidimensionality. And we will learn to stay in the most subtle of them.

Such work can be best done in the mornings in sunny weather on sandy areas: sandbars or deserted beaches. There are no interfering bioenergy fields of plants, and most often the energy purity, which favors the perception of the help of the Holy Spirits, dominates.

When we have already mastered the Mergence with the Divine Light-Fire both under the body, and in all segments, and in the middle meridian, and the Ocean is now perceived not only at the level of the body and below, but on all sides of the body, including, above, — then it is possible — from the state of such Mergence — to begin the transformation of the matter of one's body by the Divine Light-Fire.

And the Holy Spirits will help Their incarnate disciples learn all the details of this work.

* * *

Let me summarize what has been said.

To become the Ocean of Divine Consciousness, to achieve Mergence with God — it is realistic, but one just needs to know — *how*.

The main obstacle on this Path is the lack in aspirants of ethical purity. And this, in turn, is largely determined by the level of intellectual development.

A very large negative role in this can be caused by the informational contamination of this topic, which finds its place in bad pseudo-spiritual literature. These are both the hope for “instant enlightenment”, and the statement that “the more sex — the more a person accumulates personal power”, and attempts to find God “at a point above one's head”, and much more...

Rajneesh-Osho manifested himself as a Revolutionary. He focused his listeners and readers of his books with His lectures — on the manifestations of human stupidity, which formed and maintained false religious concepts. By this, he taught many to start thinking on their own — and only for this he deserves our respect!

I advise you to read his books, although they must also be treated critically. Just one example: he claimed in the book “Mustard Seed” that it is the norm for human males to be aggressive — as opposed to the majority of women's calm. But not about the aggressiveness of men, here it would be necessary to speak, but it was necessary to use a completely different term: for example, *intensity*.

Why Are Seas and Oceans Salty?

It's possible to joke like this:

Seas and oceans are salty, because everyone pees into them.

And this is happening since the appearance on the planet of organic (that is, embodied in organic bodies) life forms. They pee — and now. And they will pee.

One can pee directly into seas and oceans. But also — into rivers, flowing into them.

In science, there is the notion of a *catchment area*. That is, even if we pee not into a river or brook, but “into land” or into a lake, then the urine, after all, falls into the underground waters, which later turn out to be in rivers and, eventually, in seas and oceans. It is also clear that urine from toilets (in cities or village ones) also flows into seas and oceans.

Therefore, it is possible — in jest — to say that the water of seas and oceans is not water at all, from the point of view of chemistry, rather urine — “in homeopathic dilution”.

The chemical water from this liquid gradually evaporates, but the salts remain. Therefore, the concentration of salts in seas and oceans is slowly increasing.

The main salt, which creates for us a salty taste in the sea water, is sodium chloride, which is extracted either from sea salt deposits (including ancient dried up ones, called *rock salt*), or when the sea water is desalinated. We use salt, obtained in these ways, first of all, — after industrial purification — for preparing food.

But the sea water contains not only salts which exist in urine. The sea water also contains substances that come into it from both soluble natural minerals, and from plants, including algae, and from bacteria, and from decaying dead bodies, and from excrement, as well as from meteorites and other cosmic bodies falling to Earth. This list may be enlarged by herbicides, chemical fertilizers, and other industrial derivatives, including its waste.

Sea water usually contains a full set of chemical elements called *trace elements*. Their intake into our organisms is important for maintaining bodily health. Therefore, adding in adequate quantities, sea water in food — this would be correct.

But better not to drink raw sea water diluted with fresh water. It contains microorganisms, some of which may be pathogenic.

It should be taken in mind that in the sea water numerous chemical interactions occur between the elements which are in it.

Also, an important role is played by bacteria in the change of chemical composition of the sea water.

On Signs of Human Stupidity

I heard from a physician who spoke on television that all the bacteria, which got into the stomach, are surely killed in it by hydrochloric acid. The conclusion came from his speech: “Eat any infection! Do not be afraid: hydrochloric acid will save!”. But, in fact, hydrochloric acid is produced by the group of appropriate cells in the walls of the stomach — only in response to the intake of protein food. And also when there is no food in the stomach, there is no hydrochloric acid in it. It, too, is not produced for digesting carbohydrate food: the latter is processed, on the contrary, by alkaline enzymes, which are produced, including, by other group of cells of the same stomach.

... There are many who do not know the difference between ships and vessels. I will explain: ships are military boats, and vessels are civil ones.

... And it is wrong to say “animals and birds”, “animals and insects”, etc. Because both birds, and fish, and insects, and worms, etc. — all are animals.

... When a lot of half-witted (from my point of view) citizens of our country were massively awaiting the advent of the “Aquarian age”, a certain physician tried to explain to me that the “change of epochs” will be conditioned by the fact that the solar system... “will fly into the constellation of Aquarius”. Although, from elementary astronomy, which he should have mastered even at school, it is known that the

solar system does not approach any other star systems and does not directly touch them. As for the “Aquarian age”, all these fantastic expectations inspired — I would like to think — not those who had graduated the higher education...

... Another physician told me that one’s own religious orientation is to be determined in accordance with one’s nationality. “I’m Russian, so I have to be Orthodox!” He was a member of a religious group within Orthodoxy. This group was headed by the “father” with a very large potbellied body and with the most pronounced aggressive arrogance towards other people. The Teachings of Jesus Christ in no way affected his rectitude...

Why do I mention that those people had doctorate degrees? Because I want to emphasize in passing that the received education, even the higher, does not always make people smarter and more ethical. I happened to communicate professionally with physicians for dozens of years — and I’ve seen enough of this!...

And the same is true in the religious environment: no ritual “initiations” and “ordinations” add to the members either decency or mind!

... There are among the physicians and people of other specialties amateurs in speaking, whose speech is filled with “weedy words”. If in the years of my childhood these words — among some members of the teenage environment — were those that are now called “foul language” — now the phrase “Do you know?” has become “fashionable”... I do not want to continue listening to such an orator or interlocutor. Why? Guess it yourselves!

... There are women who live on the upper floors of high urban homes, and in front of their windows — clear space: not a single high building! But at the same time, they, before undressing, necessarily tightly close the windows with curtains: “so it is accepted”, so that no one sees me naked...

... There are a lot of those who — in our unspiritual social environment — feel negative emotions towards other people only on the grounds that they have a different nationality, a different skin color, even just another country into which they were embodied by God... I remember the case from childhood. Then the president of the United States of America was Jimmy Carter. And my dad at any rate expressed his hatred of him. I then asked the father: “Why do you hate Carter?”. He answered with hatred: “Because his name is like a crow’s croak: karr, karr⁴!”. He was a sincere member of the “Communist Party” and was accustomed to hating both President Carter, and crows, and people of other nationalities...

... And how many there are now of those who are ready to carry out thoughtlessly any orders of the commanders, even if these orders are criminal!... Turning soldiers into zombies through “marching exercises”... The introduction of the ideas of aggressive militarism in the mentality of the masses of people — against the background of the sound of slogans about “the struggle for peace”... But everyone has personal responsibility before God for one’s own actions, thoughts, emotions... Although... for this, one must understand: what God is, where He is, what He expects from me... Or the state policy in some countries is built specifically so that people do not know anything about God, except for just this word itself, — but worship only the head of state (as the most important; the real, visible and audible chief) and his “angelic” environment?

It would be possible to mention many more examples of human stupidity... But it is better — I will end this topic optimistically: if you notice these and other shortcomings in yourself — eliminate them! And then no one will suspect you of stupidity! Including — God!

⁴ “Caw, caw” – in English.

About the Faith

There is the faith in the existence of God.

But this is not enough! If God exists, then any reasonable person, if he or she has really developed the mind, is obliged to want to cognize: what is He and what does He want from us and all people?

But this is about reasonable people. And the unreasonable — they will say that “I believe, even observe the holidays! And — leave me alone: I do not want to know anything more!”

It also happens that people substitute faith in the existence of God — by the doctrine of this or that religious sect. And this doctrine can turn out to be the opposite to the Teachings of God. But in order that it would not be so noticeable, this opposition can be masked by the frequent repetition of the word *God* and the blame to all who disagree with this *my faith*.

... The true faith gradually develops into the Knowledge: God becomes cognized, and the successful spiritual ascetic becomes accepted by the Creator into Himself.

Whether to Learn Exiting the Body?

Many people were fond of this theme during the heyday of occultism. In the literature, tales of shamanic legends had been described... Although the goals, probably, of almost all those people were only peeping at others or searching for material treasures. They usually did not set spiritual tasks and did not discuss them. The exception was, perhaps, only Annie Besant and those who were close to Her.

Later this topic was again stirred up, thanks to the books of Carlos Castaneda, where psychotropic drugs were used to achieve the effect of getting out of the body.

Although it is important to understand that such attempts by the heroes of Castaneda's narratives were made exclusively during the beginning of their personal spiritual search.

Aurobindo Ghose and the Tibetan lamas also spoke on this topic. They are united by the desire to master the exits from the body through the top of the head that, in fact, is not at all even a little promising. And the methods used by them, including long “seclusions” (without understanding what to do during them), described by Satprem, and the ajnic rough mooring of mantras, are completely untenable.

Equally untenable is the statement of one of the sects, widely known in past decades, that “at the point above the head”, going out there, we find God.

It is important to see and understand that in all the mentioned cases, God was not the Goal of almost all adherents of those sects. They were not motivated by love-aspiration toward our Creator, but — in the best cases — curiosity, the desire for personal perfection, the desire to get rid of personal dependence on the world of matter, as well as involvement in this fascinating search of others.

And I emphasize that positive results from these attempts were not known. Because — they simply were not.

But I know about one very specific admonitory case of achieving a negative result.

A guy, fond of alcohol and thinking about himself as about a successful mystic, suddenly involuntarily found himself outside his lying on the bed body. He saw around a mass of attacking terrible hell creatures — and made an extraordinary attempt to hide from them again in his body. He succeeded. But he remembered about that case — with horror.

And what will happen to him and to anyone like him, when the body dies and to hide in it is no longer?...

Are we striving to find a posthumous life in hell?

If not — we need to refine ourselves-souls! Only then will we be able to escape hell!

* * *

It is not necessary to begin spiritual work on oneself with attempts to acquire super-abilities! We must begin with ethical and bioenergy purification of oneself. And also — with the mastery of the completeness of the worldview and the development in oneself of love-aspiration towards the Supreme Goal of our existence — God-the-Creator.

Further — it makes sense to move onto the next steps of the Path of Modern Developed Hesychasm, which was detailed in this and our other books and even films.

Life outside one's own quite healthy and viable material body — in the subtlest layers of the Absolute, where Peace, Love, and Bliss reigns — it will come by itself, if you master the depths of space within your own developed spiritual heart.

And there — the Real Living God — fully visible, palpable, proving by only His Presence that He is the Most Gentle Love — opens His Embraces. And we — from our own experience — learn that He was always *inside of me*, in the subtlest layers of multidimensionality, — and waited for when I finally switch my attention from the *outer* — to the *inner*.

External — in this context — is the world of matter, in which we grew and developed. And the *inner* — the immaterial subtlest layers of multidimensionality, in the very depth of the totality of which we find loving us the Creator waiting for us in Himself.

Tolerance — or Blame

The Creator's basic state is Blissful Calm.

And the Holy Spirits, emanating from the Abode of the Creator, manifest Themselves — in relation to those approaching by the state of the soul to Them — as the Most Sublime Love.

Opposite states (that is, the states of the inhabitants of hell) are hatred, anger, irritation, vanity within these emotional states.

We have the choice: where do I want?

We have to watch how some people who want to look like “mighty bosses” intentionally develop in themselves infernal qualities. What a pity that they do not accept the Teachings of God!

Another very noticeable category of infernal souls is drunkards. What are they talking about? What are their emotions? This, first of all, is hatred for everything and everyone around, even for the food they eat. And also — compassion for themselves because of their own “bitter fate”...

Why did Jesus ask us to learn not to blame others? (Luke 6:37). It was to save us from the perspective of hell!

Emotions of blame arises in the head chakra ajna (its name means *stupid* which does not contradict the fact that it should be cleared and developed, like all other chakras).

In those, who consciously or unconsciously prepare themselves for hell, bio-energy complex of this chakra with manipura (the chakra of upper half of the abdomen) forms. If this complex already has formed, getting rid of it can be very difficult.

It makes sense to carefully monitor our own emotional states, not allowing even weak manifestations of harmful emotions. (But a mental critical analysis of what is happening, including the actions of other people, must necessarily take place).

If we see what, we think, is wrong, we must stay in the chakra anahata. And if we have already reached the state of a huge developed spiritual heart, then — in it.

If we can help the sinners — against the background of our own emotions of love — we will help them. If we cannot — go away, watching our emotions and correcting them, if necessary. (On the *art of psychic self-regulation*, we discussed in more detail in the book “Ecopsychology”).

This quality, saving from hell, is called *tolerance*.

Perhaps it will be useful to note that in our country, which considers itself to be mostly *Christian*, they talk about tolerance through television only in order to *blame* it...

About Carlos Castaneda

Carlos Castaneda was known throughout the planet as a mystical writer from the United States of America. His books have been translated into many languages, including Russian. (And it will not be difficult to find them on the Internet).

What did Castaneda describe in his writings?

He had met in Mexico with a group of seekers of God (the “Nagual party” headed by Don Juan Matus) and for many years made periodical visits to them. He described these trips in his books.

They were narratives both about old mystical traditions and modern ways of developing consciousness among the Indians, as well as personal attempts by Castaneda to join the methods of their work.

The greatest benefit for us is the clear, as possible, records of his conversations with Don Juan and Genaro. (Although he did not correctly understand all in those conversations).

In general, the works of Castaneda have created a whole era, characterized by a surge of interest in mysticism, especially in the youth environment. But at the same time, both positive and negative trends were activated in the minds of readers — depending on the initial properties of souls.

For example, the greatest interest in readers was to using narcotics as the narrative heroes did at the beginning of their spiritual search. In this trend, Castaneda himself was involved ... — and died, in the end, from liver cancer...

Another negative trend led to the emergence of many groups of “Castaneda’s followers”, where the organizers wanted to “destroy the human form” of the participants. This was expressed in bullying them, also in mandatory “sexual initiations” of all newcomers... Of course, this could not bring any benefit to the “students”. But the organizers get the opportunity to satisfy their lowest feelings of souls.

The “human form” (the totality of false patterns of emotional and behavioral reactions, imparted by breeding and imitation, and now hinder spiritual growth) can indeed be destroyed, but not otherwise than against the background of the development of the spiritual heart.

About how Castaneda created his books, his wife told (M.R.Castaneda — “Magical journey with Carlos Castaneda”). In the beginning, he described everything, as it seemed to him, was in fact, and then he altered the texts in such a way as to intrigue the readers to a greater degree.

Is it possible to say that the author showed dishonesty by this?

I do not think so. After all, his interest — as a writer — was precisely mercantile, not spiritually-educational.

But, nevertheless, falseness in his books abounded! I mean almost all the “miracles” he described, in which he participated or which were witnessed by him.

How was this explained? Was this just a willful lie for the sake of popularity?

No. The reason is different. The leader of that group, Don Juan and His companions, at the beginning of their search, tried to grope techniques that would allow them to directly explore the nagual (intangible worlds, layers of multidimensionality). The first such unfortunate experience was drugs. The second was an attempt to learn to feel consciously oneself in dreams. To do this, it was necessary — in relaxation — to “catch” the self-feeling between the waking state and the dream. And further — to try to keep the fullness of self-awareness in the dream.

What actually happened? Man... as a rule, fell asleep, he or she saw the usual dreams... But Castaneda believed that it was a real mystical experience — and recorded, having woken up, everything — as if it was a highly valuable spiritual experience he had obtained. Plus a bit of intriguing fantasy...

This technique, in the end, was also recognized as not promising; from it, as well as from drugs, the members of the group of Don Juan refused.

But the real success was gotten only due to walking by the “path of love”. (I spoke about this in detail in the article “The Teaching of Juan Matus” published in the books “God Speaks” and then “Classics of Spiritual Philosophy and the Present”; this article was also reprinted from our website by one of the Russian talkers on a mystical theme and published by him under his own name).

Castaneda did not take for himself the “path of love”. Even to find his own success in personal spiritual progress is difficult. For example, he did not understand that he was tried to be taught by Don Juan about *segments* of the human body, as well as about “right-sidedness” and “left-sidedness”. In fact, it was a matter of the same segments, just not of the body, but of the developed consciousness existing outside the body. The using in the meditative work of both these structural units significantly increases the effectiveness of the meditative work.

Castaneda did not take the themes of either love or subtling of consciousness, he remained a “head” (ajnic) person. His personal interest in the knowledge of God — in his books is not traced.

But Don Juan, His closest friend Genaro, Silvio Manuel, and the Divine Lady from Their group (She did not enter into conversations with us and did not give us Her name) are now the Holy Spirits and participate in spiritual help to incarnate disciples of God.

For someone among the readers, it may be interesting to know that Don Juan and Babaji (from Haidakhan) have created, among other things, the common for both of Them forest *working site*, where They jointly help the worthy disciples. This fact, in particular, vividly demonstrates that for weak incarnate souls are dear the religious traditions of their ancestors, which are so different. But for Those Who

have attained the Divine Perfection, there are no such differences: world-perception and methodology at the highest levels of spiritual ascent are common to all people.

Don Juan and Genaro during decades, along with other Perfects, gave step-by-step spiritual knowledge to us — Their disciples. And now, having mastered the Path offered by Them, we give this knowledge to you.

So, we must be sincerely grateful to Carlos Castaneda for the fact that he was able to collect and pass this knowledge to mankind!

Is There Life on Other Planets?

Yes, of course, it is both on planets (and other cosmic bodies), and inside them, and around.

The only question is: what we mean by *life*.

Most people put into this word the meaning that there is (or is not) just material organic forms of life.

But non-incarnate souls of different quality and God in His various Manifestations are also forms of *life*.

But for people, who do not have sufficient spiritual experience, intangible forms of life are invisible. That's why such people are afraid of non-embodied forms of life, endowing them with awesome qualities of ghosts and poltergeist performers. And God is also thought by many as a punishing sinners Fright...

* * *

We all really live in a multidimensional space. But other dimensions are not visible for ordinary vision.

Although those people, who have developed themselves as consciousnesses, are able (even during the lifetime of their material bodies) to enter into those dimensions, to see, hear, touch, and participate in the events occurring there.

But such people — in percentage terms — are not many.

How can the rest — understand this by the mind, imagine?

We discussed this in different angles in our books. But I'll try once more.

... Let's imagine our planet in the form of a ball. It — from the point of view of multidimensionality — is multi-layered. External layer is the denser dimension: the world of matter. And, the deeper to the center of the Earth the spatial dimensions are more subtle. All of them are nested one into another — inside the ball. In the very depths of the planet is almost the most subtle state of the energy of the Absolute. And the deepest layer — on the scale of multidimensionality — is the extra-planetary state of the Absolute, from Which the creation of the Earth was begun.

Once again: inside the ball there are *non-material* layers of multidimensionality, and, the more subtle is the energy that exists in each layer, the deeper this layer is located on the scale of multidimensionality.

And the deepest layer is the Primordial Consciousness of the Creator and the Holy Spirits, emanating from Him.

This energy Layer of the Living Divine Consciousness is omnipresent: it evenly exists in multidimensional Depths in the whole universe. And also — inside the body of each of us.

This situation takes place, including, in every planet. That is why we can rightly say that the Divine *Life* is inherent in each of the planets.

And are there really incarnate forms of life on those planets? This is a completely different topic, less important than what we are now discussing.

Why? But on the basis of what has been said, it is entirely possible for everyone to build a plan for direct cognition of the Creator! It is necessary just to learn — under the guidance of the Holy Spirits — to dive into that multidimensional Depth. How? With the help of methods of *modern developed Hesychasm*. That is, through the mastering of the depths within one's own spiritual heart with the parallel subtling of consciousness.

A lot of details can be found in our books and films.

Passing and mastering by developed consciousness the path from the world of matter to the Primordial Consciousness is the Straight Path of the spiritual ascent.

At its end, the spiritual seeker flows into the Creator, becoming His integral Part. And already from there, He or She helps in the development other embodied beings.

The Method of Self-Healing

For those who have already mastered such elementary exercises of *psychical self-regulation*, as looking from the chakra anahata in all directions and Pranava (see in the book “Ecopsychology” and in our video-films), I can offer a pleasant and effective summer method of prophylaxis and healing from, I think, any diseases (on, of course, condition of sincere aspiration to ethical purity). (Please understand that these my words in no way exclude, if there is a need, seeking help from physicians!)

Pre-practice may be as follows:

We go swimming in a lake or sea with enough warm and calm water, in sunny weather. It will be better — if there is such an opportunity — to enter the water without any clothing: so it is easier to attune with the tattva (generalized — *natural element*) of water. (There is the concept of *naturism* — the *naturalness of communication with nature*, which includes bodily nudity. Naturism is recognized and protected by the international legislation of UNESCO. Also there is an International Naturist Federation — INF, functioning under the auspices of UNESCO. But I believe that this trend should not have signs of behavior that cause negative emotions in those people who have other beliefs.)

We dive, enjoy contact with water, then stop neck deep in the water. Hands — relaxed, directed to the sides.

I — each — feel not my body in the water, but the *water around* (at the greatest possible distance) in which my body is located.

Do not let the concentration of attention go on for a long time above the surface of the water.

I perceive — from this state — the body ahead of me. I try to move by *Light* through the body: first from behind — forward, then — in all directions.

Having imprinted this state (in one, several or many such trainings), it will be possible to repeat the same — outside the reservoir: even, for example, at home.

As far as mastering the exercise, the body will be freed from gross dark energies, become transparent and bright inside. (So at the same time, you can develop the ability of clairvoyance).

And how to deal with the head: because it remained above the surface of the water?

You can use the following methods:

1. We immerse the head for a while in the water or in its image — and act on it, as on the rest of the body.

2. With the hands of the soul, we enter the head from below and scrape out all dark energies from it. Or you can use images of surgical tools of the appropriate size.

3. Create an image of a *water-Light* fountain, rushing through the head from the bottom up and washing it.

Elimination of the symptoms of diseases or their rudiments can occur either immediately or gradually.

... I would very much like to know that competent adult educators will teach such healing and prophylaxis procedures in the playful style to children — in addition to the techniques mentioned in the book “Spiritual Work with Children”!

Children, who have successfully mastered this healing and spiritualizing game, can be offered to feel themselves Neptunes and Aphrodites, emanating from the water — into the *Light* above and consisting of *Light*.

Perfection Means to Become the Holy Spirit!

What only do people call *perfection*? This can be both the mastery of one or another professional activity, and the posts, ranks, titles achieved in society, and even success in mastering the “art of murder”...

But so think atheists and those who, although they call themselves as believers, do not have an understanding of what the word *God* means and what He expects from us.

But He desires, first of all, us to aspire to namely spiritual Perfection. And He waits for us to make efforts in this direction. In other words, the Creator is waiting for us — having become Perfect — in Himself!

The Holy Spirits serve us as the models for imitation. They are for us the Standards of Perfection. And also — the Divine Teachers.

But for successful improvement, we need, above all, to master the ethical Teachings of God. It consists of refusing, as it is possible, harming all good beings, and also developing in ourselves the quality of unobtrusive love-caring for others. (You can read more about this in the books “Ecopsychology”, “Classics of Spiritual Philosophy and the Present” and in all other books published by us). “Non-killing” nourishment (i.e., vegetarianism) is an obligatory component of spiritual ethics.

Let us also consider such a principle: “We aspire even not to grieve anyone of good beings!”

The second necessary component of readiness for spiritual ascent is the bioenergetic purity of the body. We cannot leave the material body, polluted by bad energies, — into the spatial dimensions of Divine Purity.

Bodily bioenergy purity is achieved by methods, which have been described in the book “Ecopsychology”.

All that is said is the prerequisite, on the basis of which one can move on to the real direct cognition of God in all His Aspects and direct study from the concrete Holy Spirits. This study is intended to become like They are. This will be the Perfection. Then it becomes possible to freely enter the Abode of the Creator, to merge into Him, to leave the Mergence with Him partially — again to help incarnate beings.

The main and final stage of spiritual growth consists of two main components: a) further refinement of self-consciousness (buddhi) and b) direct quantitative growth beyond the limits of the material body.

On the Way of subtling the consciousness, we must become as refined as our Divine Teachers — the Holy Spirits. The first place in this, should be a categorical rejection of gross emotional states, which may arise, among other things, against the backdrop of stressful situations. This may be achieved by means of the methods of psychical self-regulation (see the book “Ecopsychology”).

As for the quantitative growth of the consciousness, it is carried out by the appropriate meditative methods.

Development in both listed indicators is possible namely through the methods of *hesychasm* — in its modern developed version. This means the growth of consciousness as the spiritual heart. There are no other variants of refinement and a significant quantitative increase of the self-consciousness.

Let me remind that we have repeatedly discussed in our other publications: God in the Aspect of the Creator (God-the-Father, Tao, Ishvara, Allah, Svarog, etc. — as He is called in different human languages) is the *UNIVERSAL SINGLE ORGANISM*; but He consists of the *Multitude* of Interconnected Holy Spirits, that is, from Those Who have comprehended this status throughout the infinite history of the existence of God.

“So, be ye Perfect, as your Father in Heaven is Perfect!” (Matt 5:48).

Once Again about the Straight Path

The term *Straight Path* is found both in the New Testament (2 Peter 2:15) and repeatedly in the Quran. Also the expression the *Short Path* is applied, which means the same: i.e., the quickest and easiest way to approach the Creator in terms of the quality of individual consciousness, cognition of Him and Mergence with Him. (See also in “Classics of Spiritual Philosophy and the Present”).

For those who already have passed this Path, it is quite clear that in order to master this, one must have an understanding of what God is, and also develop oneself as the spiritual heart. It is only the spiritual heart that allows a person to perfect oneself simultaneously in two most important components of the spiritual Path: in a quality of love (because “God is Love!” — I John 4:7-8) and by the criterion of the quantitative growth of self-consciousness. (On the methods of this growth, we have told much in our books and films).

... But, if we hear someone’s preaching about the Straight Path, this does not mean that there are not in his or her conception any voluntary or willful mistakes or lies.

The total perversions in understanding of what is the religious Path were most clearly traced in the “Christian” movement during the era of the “holy inquisition” and the “crusades”, and now — among the fooled by false preachers (aggressive primitives, devils in the flesh) of certain (but significant) part of the Muslims.

Namely, they allege that the Straight (Short) Path to God consists in sacrificing one’s life in a material body — with the taking with me “to the next world” as many as possible of those who think differently from the leader of my sect, whom I trust.

... Sacrificing myself for the sake of others is righteousness before God!

But if people sacrifice themselves for the sake of a false goal, committing not acts of heroism, but crimes — both before people and before God — what should be opposed to such people “to sober up” them? After all, they — having been deceived by the promises of paradise for their “exploits” — get not paradise at all, but hell!

... God gave us life in the material body on the Earth — not at all for us to reject these Gifts, and even in such a rude, ignorant way!

He gave us these lives for us to perfect ourselves!

Everyone must apply this knowledge to oneself and to each other! We should strive not to kill, but to grow spiritually and help in this everyone whom we can! (About how to grow spiritually — we told in detail in our books and films).

In my opinion, the knowledge about God, about our meaning of life and, correspondingly, about what God is expecting from us, about how He wants us to be — which is expressed by a simple for understanding language — this knowledge should be spread through the mass media, through textbooks for schools and universities — and, first of all, in those countries where the seats of this criminal sectarianism have nestled.

But why don't politicians do this?

My Treasure

The Holy Spirit named Kayr suggested me to set out for the readers the following thought:

For someone, their treasure is money, real estate, cars, lands, other people, including spouses, etc.

But for a true monk or nun his or her Treasure is God.

Such one — as a result of committed appropriate spiritual efforts — seeks to embrace one's beloved God — and dissolves in Him!

*** * ***

This thought coincides with Jesus' words: "Where your treasure is, there your heart will be also" (Luke 12:34).

And it should not be understood allegorically, but literally: one should seek to place oneself — as a developed spiritual heart — in the Primordial Consciousness, Which has become for one the Highest Treasure.

Such aspiration aims at finding and mastering the ways of rapprochement with the Primordial Consciousness in the quality of oneself-soul, also in the cognition of Him and Mergence — in the end — with Him.

But in order to realize what has been said, one must have knowledge of what God is, where and how to seek Him.

You can get acquainted with exhaustive information about this in our books.

*** * ***

Yes, it is very important for a spiritual seeker to have enough information about his or her Goal on the spiritual Path. This Goal is God in the Aspect of the Primordial Consciousness (the Creator, God-the-Father, Allah, Tao, Ishvara, Jehovah, Rod, Svarog — these are the different names in different languages of One God).

If one does not have this Goal — he or she is doomed to wander in the existing confusion of various pseudo-religious concepts, sometimes very dangerous and even obviously harmful. I mentioned many such examples in my books.

An alternative to God as a true Goal — is one's egocentrism.

For example, my familiar physician argued that everyone is a "closed system", and therefore it is necessary to perfect oneself only within one's own body...

He died in this "closed system" of brain cancer...

On the basis of such a worldview, miserable mystics try to isolate themselves in every way — from the influence of any non-embodied and embodied beings...

Here it is — one hundred percent self-centeredness, which opposes God-Centrism!

And for God — such pupils, clearly, are useless! He needs us, who do not know how to hate, get irritated, be afraid, — but who know how to love, that is, to give their love!

What else, in addition to self-isolation, do esoterics-egocentrics seek? This is — first of all — “personal power”. It means, mainly, the ability to dominate psycho-energetically other people, to subordinate them to oneself, to “conquer” in any conflict situations. And practice shows that, the rougher the energy of such a soul, the more “success” such a person-devil can achieve in a spiritless society.

So people doom themselves to hell.

* * *

It's so easy to understand: the roughness of the soul (which is expressed in the predominance of namely gross emotions) is the path to hell, whereas the subtle tenderness, affection, willingness to give but not to draw to oneself — are paradise properties, leading to paradise and revealing the road to the Abode of the Creator.

This is what God taught and teaches through Jesus Christ, those Messiahs, Who incarnated before and after Him, and through all the Holy Spirits.

The truth is to “turn from evil” (Rom 12:9) — and open up oneself to God! Only in this case, it is possible to cognize Him and merge with Him!

This is achieved through the development in oneself of the ability to love!

Learn to sincerely love everything beautiful in the Creation and then all the Creation as a whole, master through this the ability to emotionally love — and then you will be able to learn to love the Creator, Who will allow you to get close to Him, to cognize Him and merge with Him!

* * *

But there are among people those who wish to live not in accordance with the Teachings of God, but in their own vicious opinion, cultivating crude “personal power” in themselves...

There are variants for teaching such a diabolical “science”... One can imagine an image where the creatures of hell scream: “Come to us to learn, we will save you!”.

... There cannot be people with advanced intelligence among the creatures of hell. And those who are called stupid — they can behave very aggressively. These are called *aggressive primitives*.

For example, one of them, a fascist leader and maniac-murderer several years ago proclaimed the “truth” that the word *God* (in Russian — *Бог*) means “*There will be only One Head*” (in Russian — “*Будет Одна Голова*”)... One can brightly imagine a happy idiot, fully wreathed in bliss because of possession of this “higher knowledge”...

But such idiots in reality are around a lot...

Another example. The physician and companion of the just mentioned aggressive primitive, has grown himself into a powerful embodied devil. And he was not ashamed to publish his photo on the Internet: a disgusting piercing and enslaving look, capable of plunging into hell any weak soul...

... A lot of people in our country mix the notions of *spirituality* and *power*. They become admirers of that “personal power”, which devil-people possess. They consider such power... an indication of spirituality! And they strive to receive from such “devils in the flesh” “blessings”, go to them as pupils, paying money for their own complete fatal failure...

... The strength of the soul on the spiritual Path is needed. But it must be strength in subtlety — a subtlety of consciousness! It — in practice — is approximately proportional to the size of a concrete soul.

... The just mentioned physician for many years conducted courses, teaching *mystical fear* and means of “repelling attacks of dark beings”. For this, it was necessary to become even stronger in hatred — in relation to those “beings”...

Such “courses” should inevitably lead to the development of psychopathology among followers — in the type of schizophrenia. But he justified by the words that the cause of those mental disorders was in his victims... were under the influence of Antonov, who “opened” their “protective shells”... He put a lot of effort into damaging the activity I was doing under the guidance of God.

I note that for all those monsters, God was not the Supreme Reality, but only a “way to speak”. They did not suspect that they were committing their crimes in the Sight of God and accordingly built their fates for the future. God was not accepted by them in their world outlook.

... Another member of that company, who called himself a healer and at the same time practiced surrounding his body with “angry” creatures of hell, has become a pathogenic pseudo-healer: only talking with him was enough to become sick...

He was stabbed to death in the bath of his own apartment — probably by either a victim of his “healing”, or by someone from her relatives or friends.

All these and other members of that “esoteric gang” fought against me for decades: they slandered publicly, condemned me for preaching the Teachings of God! Murder of me and the subsequent attempts of reprisal — it was all the actions of the same gang.

I will not continue to talk about their other crimes. And I will not name the organization for which they “worked”. There is no point in teasing aggressive primitives, it’s better not to look at them at all — and continue to do your own deed, entrusted by God!

And I did not answer and do not answer with hatred — to their hatred and dirty deeds! On the contrary, I am grateful to them: they were — like one of the Hands of God, with Which He drove me, forced me to perceive every day of the life in the body on the Earth as, perhaps, the last one. And, after all, as a result, I managed to do a lot for people and God!

* * *

Yes, non-embodied and embodied beings of hell do exist. And God sometimes uses them to create “troubles” for those incarnate people who do not heed His Instructions. Meaning? — to make those people stop on their way and think about how to prevent their undesirable fateful actions.

What should we do or not do, so that small and large “troubles” in our lives do not happen?

There can be two general solutions.

The first — false — striving to acquire such strong devilish qualities so as to become more powerful than all creatures of hell!

But this means “submergence” into hell...

Another solution is *to turn away from evil and cling to Goodness* (Rom 12:9). And the Highest Goodness is our Creator!

On this subject, the Apostle Philip spoke fine in His Gospel (we published it as a separate booklet, then in the books “God Speaks” and “Classics of Spiritual Philosophy and the Present”): striving — by the quality of the soul — to God. And then you, as the soul, will become invulnerable — in relation to the creatures of hell!

The essence of this phenomenon becomes quite understandable if we include in our worldview the true knowledge of the multidimensionality of space and the structure of the Absolute (see in our books).

And then — the Holy Spirits become quite concrete Standards of Divinity, to Which we should strive!

* * *

God does exist! And there is an opportunity to cognize — what He is!

And if so, then it means that it is appropriate to study what He wants from us — and fulfill His Will!

His main desire for each man is his or her practiced aspiration to the spiritual Perfection!

Let’s remember that Jesus Christ taught us to become perfect as our Heavenly Father is perfect (Matt 5:48)!

And “only love can... cognize Me in My innermost Essence and merge with Me!” (Bhagavad Gita 11:54; see in “Classics of Spiritual Philosophy and the Present”).

Once again about Karma

This essay is about how karma is formed and realized, as well as how one can live with pure karma, how one can not be afraid of threats from the beings of hell, but be the direct disciple of God and serve Him.

* * *

Once I had taken for myself such a vital principle:

“Try to do no harm to anyone, not even to grieve. On the contrary, following the example of Jesus Christ, to strive to help all in all good, even to the detriment of oneself.”

So I lived many last decades of this life on the Earth. And God constantly showed me the further Way into Himself and has let me into Himself.

* * *

Probably, almost all people of the “Western” mentality heard the word “karma”, but only few people went into the understanding of the mechanism of its formation and realization.

In general, the “law of karma” can be formulated, including, as a reward for the good — by good; and for evil — by evil. The destiny (karma) of each of us is controlled by Holy Spirits, but sometimes They shift the realization of concrete events to spirits not Holy, even of hell.

Atheists and primitive believers do not understand that we cannot hide anything from God. If someone is sure that he or she has managed to hide their crimes from people, this does not mean that those crimes will remain without an adequate response from God.

God is interested in people to become perfect, including, first of all, ethically. That is why He manifests His Love in relation to everyone — namely by *different* methods (sometimes — very painful), trying to wean from ethically inadequate actions.

In particular, it also happens so: people and animals, offended in one or another way, when they, having been disembodied, easily find their offenders! And those who have been offended can start revenge (not all are adherents and executors of the Teachings of God, offering us not to take revenge; see “The Teachings of Jesus Christ” about our meaning of life and how to realize it).

The vengeful spirits have many opportunities to “spoil life” of incarnate offenders. For example, it is possible to prevent successes, foster failures, “spoil the mood” from day to day, cause illnesses, including mental diseases, as well — cancer, settling in a human body.

This relates, among other things, to the topic of killing animals for the sake of eating their bodies.

Stupid “clairvoyants” will in such cases seek and blame someone who allegedly “has imposed a generic curse”... Although the patient oneself was guilty. And he or she must seek and find the fault in oneself. And — sincerely repent! That is, to repent so that such sinful deeds become impossible in all subsequent life!

Clearing the soul of the very ability to sin is the only task of repentance!

If we simply heal someone without analyzing the causes of suffering and, even more, if we look for guilt in someone else, — then from such “help” often there is only harm.

* * *

It’s possible to observe also the opposite. I mean the protection of the righteous people from troubles, carried out by the Holy Spirits.

It is necessary, for it to be clear to readers, to mention how the dossier was formed on me. It was composed — mostly or completely — of lies.

For example, it says that I have not worked anywhere for many years. Although I could easily prove the opposite on the basis of the entries in my “workbook”.

Or — that I conducted “group sex” classes. But this in my life was never, even in my thoughts. This diametrically contradicts my convictions!

On this, I digress a little from the main theme of the essay: for us together to laugh.

Some decades ago, I conducted classes on cleaning chakras and “opening” the spiritual hearts.

At those courses, including, two adult daughters of one of the professors of the university participated.

One day, the eldest of them calls me on the phone and anxiously asks for an urgent meeting.

We have met. She explained:

— How it’s so? — you, it turns out, are conducting also “group sex” classes, my sister told me about it, she herself took part! But I did not miss a single lesson from you! How did it happen that I did not know anything about this?!”

I had to console her:

“I’ve heard from you about this kind of classes for the first time. I’ve never been in them either!”

... In the city where I live, a few years ago there were 12 of my full namesakes, including the patronymic. One of those men had become a banker. He, possibly, has committed some kind of delinquency. In the messages on the radio, it sounded that the police arrested him in Latvia, then in England.

Of course, we had different passport data, also he was half my age, was fond of, unlike me,... football.

But the information about his possible bad actions was served as the basis for accusing... me of “money laundering”...

... I saw my dossier once in the prosecutor’s office. Although I did not read it. It looked very voluminous! How much dirt was fabricated on me in it! How else to explain the hatred to me, which several times “spilled out” of it?! There — including, was that I even had been treated for alcoholism, was kept in the “psychiatric hospital”, also that I am a leader in the activities of different sects...

* * *

Members of the gang, which I mentioned in other publications, planned to rob my apartment — for collecting discrediting evidence on me.

Specific performers were given the address: the house is so-and-so, the apartment is so-so, on the first floor immediately to the right.

But “immediately to the right” were two apartments. In the dark at night, the robbers were mistaken — and “have cleaned” the neighbors’ apartment when the tenants were not at home. The robbers took everything from the apartment, including the furniture.

I saw then, returning home, how from that apartment they took out and loaded furniture into the truck. But I did not attach importance to this fact: what is so special about it if the neighbors move? It does not at all concern me...

Of course, the criminals “were not found”.

I’ve got to know about the fact that the robbery was committed only after about six months.

In the stolen — the criminals did not find any traces of Antonov. And then — about a month after the crime — a stream of emails with only one theme came to me: “For God’s sake, tell me, is Antonov alive? If so, how to contact him?”.

I did not answer such emails.

... Then the bandits decided to at least partially “correct the mistake” by arranging a fire — under the “right” apartment. And I saw the preparation for this crime: one of the members of the gang, consisting of only the hatred, photographed my apartment windows, protected with outer iron-barred, and windows of the cellar under it (he followed the surveillance of me and until recently — insolently, openly, to scare!)

Having broken a cellar window at night, they threw a fiery mixture into it. The fire had begun, which, according to the plan of the criminals, was supposed to spread, as is usually the case, up the house.

But... again, “it did not work out”! Someone managed to call the firemen — and the fire was extinguished in time.

... Then they decided, finally, to kill me. They caught in the yard at night — and... again wrong: they killed not me, but a guy from our front, also wearing a beard...

The criminal case on the fact of murder was not created, despite the insistence of the mother of the deceased...

... Sometimes I was asked:

“Why did not you complain to the police?”

“But those honest police officers, who would take up the investigation, would be killed!”

... I was ready to take only on myself the responsibility for my serving God. “To hide behind” others — nothing shall induce me! My mentality was, on the contrary, to fight for others, and not hide behind anyone. So hide — criminals. But I’m not a criminal. Criminals — they are! And I — with a clear conscience — rely on God, serving Him!

... It could take a long time to talk about the crimes of that gang.

For example — to mention a balloon with nerve gas, caught in the hand of the murderer who once killed me (I told about this in the book “How God Can be Cognized. Autobiography of a Scientist Who Studied God”). Such balloons are not sold in stores, but they are in service of employees of one of the organizations.

Or — about emails with threats to “cremate alive” me and cripple all my colleagues... The last — also once was attempted. But... again it did not work!

Even the threat of murder is a criminal offense. But... there are those to whom... “everything is allowed”...

The eavesdropping, intrusive surveillance, lasting not years but for decades, not only in the city, but sometimes in the forest, when collecting mushrooms, and on the country seashore... I could laugh a long time with you about some of their methods, but this... is prohibited by law...

And they feel themselves... the makers of the destinies of concrete people and history! And — with impunity! What a wonderful occasion it is for the development of vanity! How primitive, stupid — those “makers” were...

We already spoke about the illusion of “impunity”. Those criminal will also find out about this later. But, unfortunately, too late...

* * *

I, as a scientist, have managed not only to study God and tell people about Him, about the Way of cognition of Him, about the importance of our lives on the Earth. But I grounded the inadmissibility of using drugs, told about how to live without diseases and heal both oneself and others. I also explained the perniciousness of the concepts of sects, called destructive (destructing psyches of adepts). Also, I repeatedly expressed in the press a negative attitude towards nationalism and nazism (fascism). Including — with regards a modern sect, born in a Muslim environment, where it is claimed that the paradise is comprehended through... killing “infidels”.

I am sure that no reasonable person will deny the high importance of such activity.

And those who fight against me — they, it turns out, secretly support all this filth, isn’t it?

* * *

This question of readers is pertinent: what kind of people are they who are capable of hating so much one who lives in accordance with the ethical principle indicated at the beginning of this essay?

This is a very important topic.

Why did some people hate Jesus Christ, Who tried to teach them the Law of God about spiritual perfecting, in which the main essence is love?

Why did those, who only called themselves Christians, but were ardent enemies of God, torment and kill during the following centuries other people, including true Christians, disciples of God?

Why, in general, even outside of the connection with religion, people are divided into those, who like to taunt others, enjoy by their pain, beating, torturing, to intimidate, to kill, — and, on the other hand, those, who aspire to exist in love-harmony, love-tenderness, love-caring for others, even risking themselves?

Has the answer already become obvious? Or not?

So, people are divided into those who aspire to hell — or to paradise.

Yes, there are non-embodied and embodied souls — both paradisiacal and hellish.

And God cares, first of all, about the paradisiacal souls.

* * *

To fight against crime, there are special state structures: the police, the prosecutor's department, etc. What concerns precisely me, I do not have any sense of taking revenge on human abominations for the committed crimes: all those people will necessarily get from God what they deserve!

And different tasks are in front of me.

As for my attitude towards them, it is calm. I'm not distracted by them, but continue to do the work that God assigned me.

Am I afraid that they will kill me for this essay? No. I lived already enough in this body: already over 70. And to die by the body, it can be said, I already "have got used to". For me, it will be simple: I will forever merge with Him — and continue my service without interference from the world of matter.

However — it's not for me to decide this, but for Him!

... I hope that this essay will help some number of people to choose their way to paradise and then to the Abode of the Creator!

The rest are guilty themselves...

About Violence

Consider one another as more important than yourselves! (Phil 2:3) — this is one of the most important Divine Commandments in relation to us.

But how rarely people remember it! And of those who do remember it — how few actually strive to perform it!

But it is one of the foundations of humility!

Why is this humility necessary?

Well, without it, one cannot approach the Creator by the quality of oneself-soul, one cannot cognize Him, and one cannot merge with Him!

Only vices will grow in us if we do not strive for humility!

And humility is comprehended only against the background of the development of oneself as a spiritual heart.

* * *

Humility in people is opposite to violence.

The possession of violence does not allow one to learn to dissolve oneself in the harmony of the beautiful Creation created by God, and in the future — in the Blissful Harmony of the Creator Himself.

Violence must be carefully monitored and destroyed in oneself!

The desire to command others and criticize them is one of the most striking manifestations of violence.

The desire to beat, kill, humiliate, ridicule, slander, and mock others for fun or self-interest — are also manifestations of violence.

The desire to appropriate something that belongs to someone else through theft, robbery, or fraud — is such a manifestation of this vice as well.

So too is military usurpation of foreign territories.

Violence in sexual relations, including the desire to control another person because of one's jealousy, is also a typical manifestation of violence.

So too is tedium.

Some other forms of violence are:

— Intimidation in the sphere of interpersonal relations.

Threats.

Swearing at someone.

Interstate terrorism.

Aggressive nationalism (nazism, fascism).

The manifestation of arrogance in connection with the positions or ranks one holds, or with one's belonging to one or another branch of religion.

For God, our earthly titles, positions, and awards — do not matter! For Him, something else is important in us, namely: purification from vices and development of positive qualities.

* * *

There are, however, some rare cases in which we may be forced to use coercion, such as when raising children — when such “coercion” is used not with violence, but as a form of love-care. There are also such exemptions in the fight against specific violent criminals.

But at the same time, let us be vigilant ourselves: violence should not “grow into the soul”: it must not become one of the properties of the soul.

About Competitiveness

Let us beware of developing *competitiveness* in ourselves, which is often the desire to defeat others and look better than them.

Competitive success is spiritually dangerous because it builds pride. In other words, through this, egocentrism grows in a person. Whereas, on the contrary, one's egocentrism must be voluntarily destroyed through one's own efforts.

People compete for two main reasons: for prizes — or for fame. Now we will talk about the second of these two motives: for it is, after all, the more important of the two from the point of view of spiritual ethics.

Competition is most clearly rooted and manifested in sports. But my advice is that it would be better for athletes to perform not for the sake of prizes or fame, but in order to give the audience spiritual beauty, showing by their example the Path to Perfection! (Of course, we can talk here only about those sports that lead its adepts to paradise).

What a great spiritual holiday were, for example, the figure skating performances in Moscow in the winter of 2020—2021! Both the athletes who performed and the millions of viewers who watched the events, including through television, received spiritual advancement! How many Holy Spirits were present then in the ice rink during the performances! They all tried to help the people who were there! And many of the latter — felt Them!

Real progress along the spiritual Path is not brought about by “mortification of the flesh”, or by chronic crying because of the “inevitability of hell”, or by asking God for “blessings”, or by incessantly begging “Lord, have mercy!”. In the beginning, let us instead realize or, at least, try to feel the states of the Holy Spirits and use these states as Standards for our attunement with Them.

And Their states can be described as follows: Refinement, Tenderness, Bliss, Beauty, Hugeness in the subtlest layers of the Absolute, and readiness to help everyone — with Their Wisdom and Love.

It makes sense for us to strive to become like Them!

* * *

Would it not be more useful for grown-up people, striving to God, to learn to yield rather than try to win?

In regards children, let them compete in their children’s games: through this they develop.

But let those adult embodied souls, who try to eliminate their egocentrism, prepare themselves to merge with God and dissolve in Him, when they are ready for this according to the rest of the parameters of perfecting.

Let’s try to learn to constantly feel God, Who at every moment observes our thoughts, emotions, and decisions! And, He tries to help if He still has hope...

Covid-19 — and God

A viral pandemic happened — and the masses of people who considered themselves “believers” forgot about God and, in fact, became atheists...

The pandemic drove God out of the worldview of people!

And even if some of them visit temples, it is only to try to escape from... whom? From God?... Or — at the level of terrible children’s fairy tales — from “universal evil”, from “Armageddon”?

Only relatively few have retained their devotion to God, and have taken the pandemic as a hint from God that everyone should hurry up to improve themselves and help others.

... It was God who sent each of us into incarnations on the planet Earth, so that we could perfect ourselves in these earthly conditions — and then return to Him in a new — improved — quality.

But how few people understand this!

It is He Who creates favorable conditions for the improvement of each of us — determining who deserves what...

He incarnated us, He “shepherded” us... But He also has to remove us from our material bodies when this stage of development of each of us is completed.

In other words, He has to kill our bodies when there is no longer any point in staying in them.

For this He can use spirits, or “accidents”, or diseases caused by corresponding pathogens...

One of these diseases is covid-19.

That is, this pandemic is needed by God — in order to disembody a large number of people at once.

In this case, does it not then follow from what has been said that the attempts to combat the pandemic are an opposition to God, a struggle against His Will, a struggle against Him?

No, they are not.

By understanding that everything that is happening and has happened, is happening or has already happened according to His Will and in full view of Him, we can then ethically evaluate certain right or wrong actions: ours and of others.

God is not a flying man or some terrible wizard...

God is the One Universal Ocean of Perfect Consciousness. He exists as if *under* (in multidimensionality) the entire material layer of the Absolute and — from there — guides everything in His Creation.

Representatives of medicine and other employees of the state apparatus, who are responsible for the health of the masses of people, are obliged to do everything possible to maintain the health and well-being of citizens.

And God is watching over our ethically significant thoughts and deeds.

After all, some perform feats of self-sacrifice, others only think about snatching as much money as possible for themselves and raising their social rank...

Well, let everyone speculate about specific situations on their own — in front of God.

God creates more and more mutations of coronaviruses, against which vaccines created by humans do not work... There is a kind of struggle between God and physicians... God seems to be playing with those people... Who will win?

But physicians, “fighting” back, consequently develop themselves intellectually, and this is pleasing to God.

... Why does the Almighty God allow wars between people — with all their innumerable sufferings?

In such wars, the winners — in His eyes — are those who fight against wars, who sacrifice themselves to save others...

But there are those who rob, rape, mock, torture, and revel in someone else’s pain...

... And now — please do not turn to me for advice on this topic: the questions that have arisen before you have been given intentionally to you from God.

Short Course of the Basics of Meditation

Before starting to master meditation practices, it is necessary to understand their purpose.

If this is not done, then there is a dangerous phenomenon when people are engaged in whatever nonsense, which are offered by their leaders as having the beautiful and tempting name “meditation”.

For example, it may be an attempt to get out of the body up through the head chakra sahasrara. Because just there, they say, we find God.

Even worse, when the goal is to gain a coarse “personal power” to dominate over other people — by mastering the gaze from the ajna chakra through the point between the eyebrows.

And even worse — when they search for “personal power” in the most external black layer of the multidimensionality, which is hell, “outer darkness” in relation to the Creator and the productive part of His Creation.

Such people — when they are embodied — become devils in the flesh. And they intensively harm — by their gross energy fields — people and other embodied beings. They doom themselves — after disincarnation — to stay in hell. They are the waste of the Evolution of the Universal Consciousness...

Unfortunately, most people, who consider themselves to be religious, tend not to get to cognize God, but only to “get-togethers” with like-minded people and to the sweet feeling of their involvement in the “spiritual movement”, which — in fact — can be the activity of criminal destructive sects.

* * *

But the true goal of spiritual efforts should be the cognition of God and the achievement — as a result of the present incarnation — of the state of the Holy Spirit, or at least the maximum progress in self-development towards this Goal.

The meaning of our earthly lives consists precisely in this: we must try — through participation in many earthly events, which are developing us and offered to us by God, also the accomplishment of fully perceived spiritual efforts — to develop ourselves to the Perfection and to merge with the Primordial Consciousness, thereby enriching Him.

* * *

So, first we need to understand what God is, where He is to be sought, what He wants us to be, what it makes sense for us to devote our lives on the Earth.

More details on this can be found in all our and other books mentioned in the list of recommended literature.

In these same books, we have repeatedly discussed the topic of the destruction of *self* (egocentrism, the primacy of the “lower i”).

The opposite of the *self* is *humility*, which is the life without a perversely developed egocentric *self*.

Why is this necessary?

Such an “i” does not allow us to take the Creator seriously enough as our main Teacher, to learn directly from Him, to get close to Him by the soul, to merge with Him at the end of the Path.

Ethical impeccability should be the foundation for the further growth of man. Otherwise, a fall is inevitable for the unworthy: by this God stops them on the way to Him.

* * *

And further — the steps of meditative growth begin.

First we need to clean the energy of the body. Coarse, looking dark, energies should be removed from the body and surrounding bioenergetical “cocoon”. In this way, we at the same time cleanse ourselves of many diseases. But the main thing is that only with the transparent purity of the body, we can fully perceive God.

Yes, if we purify our chakras and the main meridians, then we — with both souls and bodies — gradually become transparent for the clairvoyance. And this

makes it easy to merge with the bliss of paradise, and then with the Holy Spirits and the Creator.

The energy structures of our bodies are represented by chakras and meridians. Moreover, groups of purified chakras will need to be consistently combined into dantyanas and then into “perception bubbles”. All this becomes necessary at the appropriate stages of self-improvement — to master gradually becoming more complicated meditative methods. (More about this is told in the book “Ecopsychology”).

The main of all chakras is anahata, located in the chest in the area of the lungs. It is in this chakra, the emotions of heart love are born. We must learn to abide in this chakra, as in our dwelling, as in a bright room. And — we look from it to the surrounding space forward from the body. It is most convenient to train in this on the banks (best of all — on beaches or shallows) of large reservoirs or on mountain tops with a lack of abundant vegetation, because vegetative bio-energies can interfere in the perception of much more subtle forms of non-incarnate life.

Such trainings for months (with clear warm weather and without a strong wind) make it possible to learn to fill with consciousness (in other words, with the developed soul, consisting primarily of the spiritual heart and named as *buddhi*) all the visible space — far and wide.

The spiritual heart must have non-material hands. With these hands of love, we caress all the life around us — everywhere, wherever we get — at thousands of kilometers and more. We hold on the palms of love, filling with tender love, affection — incarnate and non-incarnate beings.

Then we learn to look *from there* — *from the distance* — towards our bodies. The center of oneself is shifted *there*. Thus, in our own practice, everyone is convinced that I can exist fully without a body. Now, if the body is dead, I — am staying! The death of the body is no longer terrible, it does not frighten! It is just a transition to a bodiless state with a complete (now!) awareness of myself, with the preservation of memory, the ability to think and communicate in various ways with other non-incarnate beings.

Then it will be necessary to master all the same — behind the body. (I emphasize that in this case it is necessary to leave from the chakra anahata in the direction back-down).

Turn the body back to the space — and we will master the mentioned states. Namely behind the body, everyone may get the ability to see the Holy Spirits and communicate with Them. In this way, we acquire completely clear perception of non-incarnate Divine Teachers. And there are the Countless Scores of Them!

Why is it better to perceive the space behind our bodies for this?

In short, we, looking forward, are used to looking at the world of matter; but behind the body the space is not “cluttered up” with images of material objects.

And then, learning from the Holy Spirits, attuning with Them, embracing Them, merging with Their subtlest and most delicate Giant Forms (Mahadoubles), we gradually learn to be like They are.

* * *

But we also have to learn how to dissolve — not yet by bodies, but by consciousnesses.

There are special meditative techniques in order to learn to dissolve oneself in the higher states — for the sake of the subsequent Mergence with the Creator.

For example, in the beginning, the trainings will be useful in dissolving oneself in harmony of the surrounding nature. “There is only a forest (a lake, a river, a

steppe, etc.) soaked with the bliss, and I am not!” This temporary loss of self-awareness means that I am merged with the bliss of paradise, I am becoming it.

We can accelerate the mastering of this task. This is the “total reciprocity”, which is described in detail in our books and films.

Mastering the above then will allow us to easily merge with the *United We* of the Holy Spirits.

... As a result of this work, we achieve, among other capacities, a state, in which the matter of any objects and the planet as a whole — becomes easily permeable for the consciousness. And we can easily switch the perception either on the world of matter — or on the world of the Holy Spirits and Calm of the Creator.

* * *

All that is said should be combined with the tendency of subtling the consciousness.

What it is?

The Absolute is really multidimensional. But His spatial dimensions are not mathematical symbols, but the real layers of space, differing in the level of subtlety-coarseness.

We can talk about vectors of multidimensionality, piercing through all these layers. At one end of the vector, the Primordial Consciousness (the Creator) is. And the other end goes to hell.

And each of us now, having the appropriate theoretical knowledge and practical techniques, has the opportunity to choose for oneself that layer of the Absolute, which is the most like — in order to settle in it.

Personally for me, since having found the religious knowledge, the Abode of the Creator was always desirable. And the Creator took me there.

But there are people who voluntarily rush to hell. They are victims of either religious ignorance or deception, or this way is their quite conscious choice — the choice of those, who have come to the present incarnations from hell, to which they are so used that they do not imagine a different life for themselves.

A typical example of the latter is the voluntary activity in the “northern capital” of Russia — of the mentioned in the previous essay terror (the word *terror* means *intimidation*) of the occult anti-Christian gang, where, among other things, the devilization of adepts was actively taught.

... So, in order to approach the Creator, one must, on the contrary, become like Him in the level of subtlety.

This is achieved, first, through a departure from the coarsening environmental conditions.

We can recall in this connection the commandment of Paul-the-Apostle: “... Turn away from evil, cling to the good!” (Rom 12:9).

Secondly, attunement of the consciousness both with the harmony of nature, with harmonious incarnate beings, including such people, also with the corresponding works of different art trends — will be facilitating. Very important for this are harmonious sexual relations and eroticism in art.

And then — we attune with the Holy Spirits and the Primordial Consciousness.

* * *

I note that the stages of mastering the art of meditation, discussed in this essay, are only the *main part* of the full program of training, offered to worthy disciples by God. For example, I only casually touched upon the *system of psychical*

self-regulation that was developed by me (see in “Ecopsychology”), I did not talk here about working with Kundalini, with segments, with the “macrocosmic orbit”, with the exploration of eons (lokas) of protoprakriti and protopurusha, about dissolving oneself in the Rest of the Creator in His Abode.

This essay presents a simplified program-minimum, sufficient, however, for the quick and safe achievement of the designated Goal.

This branch of spiritual work in Europe is usually called *hesychasm* — from the Greek word *hesychia*: inner silence, inner peace. The practice of Hesychasm implies the work on developing oneself as the spiritual heart, where — in the multidimensional depths of which — we cognize God.

Hesychasm is the main — according to its importance — branch in the Russian Orthodox Church.

Our achievements are the further development of the methodology of this ancient branch of spiritual work. We have very substantially enriched it with the scientific knowledge and increased its effectiveness.

But the word *hesychasm* has an the European origin. Whereas the spiritual Schools of the Atlantean, Ancient Egyptian, Pythagorean, Taoist, Hindu, Buddhist, Muslim, Old Russian and other religious trends worked in the same direction since very old time.

Let us remember that we all have one God, Who fills with Himself the whole universe space. And His Teachings are one for all people of both our and all other planets in the universe.

* * *

Any human activity, directed to one’s own development and the benefit of other beings, can help us become more perfect.

These can be both physical work, and intellectual activity, and the birth and upbringing of children, and various options for the refinement of the emotional sphere. All them are useful and will come in handy if we follow scrupulously the principles of God’s ethics.

But the attainment of namely the heights of the spiritual Perfection is possible only through the outlined work on oneself as the spiritual heart. There are no other possibilities for taking the spiritual heights.

This is not an “invention” of the author: precisely this same was taught by all the Founders of true religious branches, which can be read about in the books: “Classics of Spiritual Philosophy and the Present”, “Ecopsychology”, and others.

What prevents us from learning this?

What Does Consciousness Look Like?

Please forgive me for making the content of this article fully understandable only to those readers who have already raised themselves as spiritual hearts. For the rest, it would be better to start work on self-improvement from the very beginning.

... Meditative trainings that follow the cleansing of the chakras and main meridians must be performed with open bodily eyes, otherwise clairvoyance will not develop.

Healing also helped me to develop clairvoyance. After all, it is associated with the need to see primitive spirit-possessors in order to rid the sick of them and eliminate those disorders in the organisms that were caused by these demons.

But this is not what we should be talking about now.

* * *

Souls can be small or large. They can also be clean and refined, or coarse, dirty, and disease-causing. The former are light, the latter are black. The former advance to Mergence with the Creator through the stage of being in paradise, the latter — they replenish hell. (Between the heavenly and hellish “abodes” of non-incarnate souls, there are also layers of the so-called “astral plane”).

Having developed ourselves to sizes comparable to the size of our planet, and having refined ourselves to the level of the Holy Spirits, we can then see Them and any other spirits of different qualities.

* * *

A spiritual ascetic should not stop trying to become even better — before the eyes of God.

Spiritual zealots usually train in the art of meditation in the morning and afternoon hours. But some people tend to meditate in the dark. However, one must take into account the danger of this. Namely, it is possible, by mistake, to believe that the blackness of the night is just one of the states of Divine Consciousness.

In the sunlight, each flawlessly developed Consciousness is seen as the purest light, a light that is alive and transparent, with a golden sun tint.

And in the dark?

* * *

What does “darkness” mean? This means the absence of illumination and luminosity.

Darkness dominates at night over the side of the planet opposite the Sun.

It also dominates in the cosmic distances from the Sun or other stars, in interstellar and intergalactic space.

But the Divine Consciousness remains transparent under any condition. It stays in a spatial dimension far from the material plane and does not depend in any way on the illumination in the world of matter.

... As a joke, I note that God is not afraid of the dark and does not disappear into it!...

He is also a *Tenderness*, Which is the same both in the daylight and in its absence!

When one or another Holy Spirit is “overflowing” with Blissful Divine Love, the Divine Consciousness can flare up with an intense Divine Light-Fire.

Or, It gives deep Blissful Peace to a worthy, tired Zealot.

Let us try to deserve to see and feel all this!

* * *

But there is also a real blackness of souls and consciousnesses. These are non-incarnate and embodied hellish beings degraded by their own will. They cannot be light and shine.

This is where the last “filter” is hidden for rejecting the unworthy. It “filters out” those who, having not reached the proper intellectual and ethical maturity, began to try to “break into” the Abode of the Creator. In this, they prove themselves capable of confusing the devilish blackness — and “night-like” lack of luminosity!

Moreover, the blackness of hell gives a sense of *personal power*... And such *personal power* gives one the ability to rudely dominate other people, and to exercise violence over them...

What a wonderful bait for wicked souls! Such lost ones perceive a merging with the power of hellish beings, and mistakenly believe it to be a merging with the Power of God!... They turn out to be unable to distinguish between God and devils!

Such monsters go past the Abode of the Creator: to hell.

... I saw such lost ones... And for a long time, I tried to reason with them... And my body, due to communication with them, lost strength, and for a long time was nearly at death... Although the consciousness remained invulnerable and remained at rest and bliss...

... The catastrophe of Atlantis happened precisely because the highest methods of developing the power of consciousness were entrusted to unworthy people, who strove to develop brute personal power in themselves, rather than refined tenderness and affectionate (non-intrusive) caring for others.

About Satanic Destructive Sects

Destructive religious associations (sects) are those that contribute to the disorder of the physical and mental health of their adherents. These can be, for example, those sects where they preach mystical fear, mutilate bodies and “torture the flesh” on “religious motives”, use special methods that destroy the intellectual function, use drugs, prohibit children from receiving elementary school education, etc.

One of the signs of destructiveness is that, against the backdrop of suggested fear of an almost imminent hell, the demand is “to pray and only to pray”... Whereas a reasonable decision is precisely a meticulous study of the Teachings of God and its fulfillment — both in everyday life in the world of matter, and in direct relationship with Him. (This can be found in detail in almost all of the books published by us).

* * *

A special group among destructive sects are those in which the devilization of adepts is preached and implanted, that is, the coarsening of souls through training to stay in rough emotional states. Such trends lead to a guaranteed continuation of the lives of the victims of such sects — in hell. And yet — that is, even while living in material bodies — the most powerful of them are called *devils in flesh*.

I emphasize that this is catastrophic not only for the victims of such tendencies, but also contradicts God’s Plan for us, people.

* * *

The reason for the existence of any sect can be seen in the religious-philosophical ignorance of the masses of people. God has already tried many times to bring to humankind the Truth about what He wants to see in us (“Classics of Spiritual Philosophy and the Present”), but people, headed by self-seeking and aggressive fools, very soon distorted this Knowledge — sometimes right up to the opposite (“Spiritual Heart — Religion of Unity”).

I heard such motivation for the adherence to satanism: “God is far away. And the devil is close. Therefore, I will serve the devil.”. What is behind these words? The desire to “lean” on at least some force — anyway, on what — for the sake of one’s own defense...

But God does not “live” on some earthly mountain or on another planet, but in a multidimensional depth, including inside the body of each of us! He is the universal in size Ocean of Primordial Consciousness! And to find, to cognize Him — it is very simple! This is achieved through spiritual work on oneself, consisting in the ethical purification of oneself and the development of the spiritual heart. And it is in the multidimensional depth within the developed spiritual heart, we cognize God in His different Aspects and Manifestations — and can even join Him forever!

For the study and practical application of this knowledge, we developed and described in books the new branch of namely modern science, called the *methodology of spiritual perfection*. It represents — in the historical perspective — the *modern developed Hesychasm*.

* * *

All people are prone to make mistakes. And, including, by mistakes we learn not to be mistaken in the future!

But the reasons for errors can be different.

It is possible to be mistaken *in lack of knowledge* when we for the first time find ourselves in new for us situations. In such cases it will be necessary to repent, apologize and repair the damage, if possible, — and never again repeat such actions.

But mistakes can be *self-serving*. For example — for the sake of appropriating someone else’s, for the sake of glorifying oneself before other people, for the sake of satisfying one’s own egocentric desires that leads to the sufferings of the victims.

The mercenary of the committed acts is an important sign that such actions are not just errors, but crimes.

* * *

In the sphere of religion, there are many such mistakes-crimes. And they may be grotesque!

Before concretizing, let us touch upon the question: why did God send us to incarnate on the Earth? (More in detail — in our other books).

He sent us to the Earth so that we could develop and improve ourselves.

But such perfecting cannot occur quickly, in short durations of time: its speed depends, first of all, on the usually slow dynamics of the development of the intellectual function of each embodied soul. And without a properly developed intellect, a person is not able to understand even the essence of the ethical precepts offered to us by God. And even more so — for such people it is still too early to learn the deep levels of meditative work on themselves: they will get lost!

Let’s look at some examples:

— The “clairvoyant” of one of the sects announced that it had flown from the planet Venus and drowned in the swamp near their settlement a certain cylinder with a message for the inhabitants of the Earth. We must find it, because it has an extraordinary value for the restoration of spirituality on our planet.

In which of the venereal languages is written that message and how to read it — she did not specify.

But the most important thing here is that the members of that sect do not care about the fact that God really exists in absolute nearness to each of us! He is inside the body of each of us — and tries to draw our attention to Himself! But no! On the contrary, it is necessary, according to the opinion of those spirits-jokers who “lead” that “clairvoyant”, to try to divert the attention of the members of the sect from God!

— Members of the same sect are carried away by the “revival” of our planet by burning in some “acupuncture points” of the Earth the ritual campfires. They are very proud of being the “saviors” of the Earth and humanity on it — by their selfless labor...

... I do not have a diploma as a psychiatrist, therefore I do not consider myself entitled to publish a psychiatric diagnosis to these and other sick, which we will talk about... Let the readers think it through on their own.

— In the memory of modern Russians, there are still grotesque predictions about the forthcoming transition of our planet to the “fourth dimension”, when all the worthy will be “elevated” to that “dimension”, and the unworthy will suffer a sad fate. Those who drank urine (it was then in fashion — as a method of spiritual work — and was called “urinotherapy”) were enjoying themselves with dreams about the “fourth dimension”.

Of course, no “transition” happened... The real mastering of spatial dimensions is completely different: it may be received not by idle and unclear chatter, but through quite real spiritual efforts that we have already discussed.

Think about the diagnosis also in this case...

— As for the destructive intellectual function of “urinotherapy”, I expressed my opinion in the book “How God Can Be Cognized. Autobiography of a Scientist Who Studied God” and in other books. The weak-minded of people, carried away by “urinotherapy”, destroyed the remnants of the ability to adequately think ...

— People become addicted to drugs by two main reasons: due to a lack of understanding of the meaning of their lives and by “religious” motives, namely — because of the desire to “fly out” of the body and travel in “other dimensions”. But such drugs cause destruction of both physical health and consciousness.

I remember one of the sects where the “guru” and his students drank vodka during classes — to try, stupefied, to keep, however, a sense of self...

But one of the truths in the spiritual science is that the perfecting of the soul must be accomplished with a completely clear consciousness. Even the bodily eyes should not be closed during almost all meditative trainings: otherwise the genuine work on the improvement of consciousness is replaced by “head” images and there are only illusions of progress!

— In some religious traditions, it is customary to “sacrifice to God” parts of the genitals of both sexes. Boys and men cut off for this purpose the foreskin, and the clitorises are cut out for the girls. Such an absurd tradition exists, including in many African countries, but not only. This is especially harmful to the female half of humanity. For so many women, the clitoris is the main erogenous zone; without affecting it, such women are not able to experience orgasm. Sexual relationships can turn for them into lifelong torment... Here is the brightest example of destructiveness in the sectarianism!

— There is one convincing, but malicious technique that I have seen in various sects trying to work at the level of Raja Yoga. To do this, all participants stand in a circle and join hands. All must enter the concentration of consciousness in this or that particular chakra — and move together in a circle of energy into one and then to other side. Due to this, the presence of these energies becomes quite convincing, proven for each as fact.

But this should not be done categorically! The fact is that the levels of students' advancement in any sufficiently large group can radically differ. Some make extra efforts to improve themselves, they have already cleared their chakras and are ready to move on. But others — are lazy or can be sick sometimes with very dangerous diseases. And also there are those who come to classes not for the sake of self-improvement, but only to see: what they are doing here?

With the application of this exercise, the energies of chakras of all participants are mixed up to some intermediate level. And this can cast the most successful participants far back in their development. And also diseases can be transmitted, especially those of them which have a bioenergetical basis.

— There is a very dangerous delusion based on the misinterpretation of some of Krishna's words in the Bhagavad-Gita. Krishna advised to pay special attention to cleansing the chakra ajna with Atmic Energy. The problem is that this chakra is often the most rude — in comparison with the rest of the chakras of a person. This is particularly unfavorable when ajna functions in conjunction with the chakra manipura, which also tends to produce gross emotional states that approach to hell. Therefore, it should be given special attention to the purification and refinement of the energy of ajna.

But an inadequate understanding of Krishna's words sometimes leads to the fact that this chakra is exalted to the "title" of the main chakra of a body. And its front window was even called tricutta — the "third eye"...

But the name "the third eye" is appropriate to use for the "windows" of the chakra anahata, from which we really must learn to look — both into the world of matter, and into the world of the Creator and the Holy Spirits.

Concentration in the ajna chakra leads to the energy rudeness of a person, his or her sight becomes "prickly", hard, unpleasant for others. And the victim of this mistake can start using such own qualities as the means of "pressure" on other people, subordinating them to oneself... Here is one of the options of devilizing oneself!

— There is a tendency to admonish the adepts of sects of their hopeless sinfulness, which plunges into chronic depressive states that are not at all conducive to approaching the paradise.

If we know of our sins, we must only seriously consider them and repent. And — never again to repeat those mistakes!

The task of repentance is not praying God for forgiveness for all the life, but learning not to sin!

— For sectarianism, it is peculiar to pay the main attention not to the desire to cognize God against the background of love for Him, and not to study His Will towards us — but to condemn other people for their alleged "immorality". This can be expressed in irritated thoughts and words — that they do not dress the way we do, they do not perform prayer movements like us... And, in general, they are not of the right nationality!... And even their sex is not like mine!

The sectarianism is characterized by, including, the hatred for those women who are forced to get an abortion, although it is not usually their fault, but the fault of really immoral egocentric men who are to be blamed...

Another sign of the ugly thinking of sectarians is intolerance towards sick with violations of sexual orientation... (More in my book "Sexology").

... Let's try to look at all such situations from the position of God, rather than a personal sinful malice.

What does God need from us?

He needs us to improve ourselves in the intellectual direction of development, cultivate in ourselves the emotions of love-giving, love-caring, work on mastering the subtle soul power.

God is interested in us not directing to hell (the "dump of the Evolution") in our incarnate lives, but developing ourselves in the direction of acquiring the likeness to Him in the qualities just listed.

Rough in their quality emotions of condemnation, anger — this is what pulls us to hell.

That's why God teaches us to love — not to condemn, not to hate!

We should understand that for Him there is no difference in what clothes on our bodies we love the constituent parts of His Creation and Him — the Creator!

And He also does not condemn the sick with a disorder of sexual orientation: it's He Himself Who embodied those people in the bodies where the manifestation of these disorders was known to Him — according to the karma of those souls.

Let's try to review different human mistakes — from the Creator's point of view: what He, but not people, consider good or evil, what can be attributed to not very gross mistakes, but what — to the sectarian destructiveness and even, more so, to satanism submerging in hell.

* * *

In conclusion, I will give a vivid example of the satanic sect, which here, in Russia, for decades waged war against me. (I have already touched on this situation in a number of my books, beginning with "How God Cognizes. Autobiography of a Scientist Who Studied God").

In this sect, which found shelter and protection in one of the state organizations, representatives of several satanic directions have united.

One of those people was a complete adherent of the worldview of Adolph Hitler, including efforts to increase his evil diabolical personal power.

He published his own nazi literature, created a fascist political party...

He could even during hours in a very convincing (for the fools) form scream sets of meaningless phrases, which always ended in one conclusion: it needs to save Russia from the Jews and the Americans who support them!

Because I repeatedly objected in my books against the nazi ideology, I also have become his personal enemy. In this, he showed himself as a maniac-killer: he threatened through phone-calls and the Internet with massacre, many times tried to entice me for a meeting under different fraudulent pretexts — to kill. Also — in every possible way, he tried to defile my name, inventing different stories about me, managed with my email address and on my behalf to send out massively virus-infected emails...

There were also other black magicians in that sect, who attracted the creatures of hell and surrounded by those beings their bodies — for the sake of "protecting" them... This was called among them the "Buddhist practices", although it had nothing with true Buddhism. (False information on such methods could be obtained from the book of J.E.Blofeld "The Tantric Mysticism of Tibet". ("Dutton", N.Y., 1970)).

But the essence of true Buddhism, as well as the Teachings of Krishna, is the same kind of love that Jesus Christ later preached to people. (See “Classics of Spiritual Philosophy and the Present” and our other books).

Among that group of Satanists, there was a physician by education. He, besides said, also actively developed the devil’s energy power in himself by means of radiating it from the ajna chakra. He conducted mass classes, preaching mystical fear, and indulged in hypnosis, immersing students in coma-like states. And those pupils... then looked for the salvation at him — as a physician! — trying to protect themselves from the mystical threats...

Also — he lectured on the evolution of consciousness... I, of course, did not listen to them and did not read them. But I can assume that under the evolution of the consciousness he understood the replenishment of hell...

All these and other members of that satanic sect have filled their lives with the gambling hunt for me and harming me and my service. The same they, apparently, arranged for other people who were chosen by them as hunting game.

... So those who rejected God and His Teachings, who chose the path of hatred and harm to others, mutilate their destinies and rush into the “outer darkness”, as Jesus said (Matt 8:12)...

... But God is so close: He is right inside our bodies!...

Campfire at Night

The fire burns in the quiet night, sparks rise smoothly upward with smoke.

Silence.

Peace.

Only the wood crackles in the fire.

The tenderness of the night, filled with God, is around...

This is the *place of power* of the Holy Spirits — Adler, Thoth-the-Atlantean, and Eagle. A little further away, the Mahadoubles of Volhva and Khem are located.

And this is an opportune time to feel the space, filled with God, around the body. That is, do not feel yourself inside the Infinity and Eternity of God, but the Infinity as myself, where the unit of time is Eternity...

* * *

If it does not work at once, you can — as a preparatory stage — master the following:

I fly on the planet Earth in the Eternity and Infinity of the multidimensional Absolute. Around are visible clusters of stars, galaxies... They are right and left, I am in the middle...

The Earth is only an infinitesimal bit in Infinity and Eternity of cosmic space filled with the Life of God.

There is only the universe, I do not feel myself — as a creature living in a material body.

This means that there has been a dissolution-merging of me into it.

* * *

The Holy Spirit Martha asks to write down for the incarnate people the following:

“Anything that does not advance towards Mergence with God, but exists in human life ‘just like that’, as something neutral, is also, to a large extent, an evil! People and other creatures are incarnated by God on the Earth in order to improve themselves, to become — as a result — like We, to flow into Our common One Universal We. Anything that does not correspond to the realization of this task or interferes with it, are clots of filth, which should be removed by people from their lives!”

*** * ***

It lights up...

In the vastness of the valley is the Light-Fiery Mahadouble-Mountain of the Holy Spirit Khem.

With the help of a developed spiritual heart, one can move into Him, merge with Him.

There is immense Happiness from the Mergence with God in that “other world”!

Such Mahadouble-Mountains and other Light-Fiery Divine Formations, created by the Holy Spirits, are intended to help people, embodied on the Earth.

Khem asks to clarify this for our readers:

“There may be a Higher Happiness from Mergence with God in His Blissful Rest.

“And there is also another shade of the Higher Happiness: Happiness not from the Divine Calm, but from the Creating.

“I will say it again in other words. There are two types of Supreme Happiness: from the Bliss of being the Rest of Living God — and from the active creating the Divine Souls.

“The souls that have awakened for the spiritual growth are like workpieces for manufacturing perfect details — the Divine Perfect Souls, the Compound Parts of the One Total. Holy Spirits, perform this work.

“Throughout the Earth, the Divine Persons can seek and find such positively evolving souls, cherish them, love, kiss, embrace, lead the way, immerse into Themselves!

“Through the love for such souls, you can continue to improve yourselves.

“But most of incarnate human souls do not respond to the Appeals of God. These are not yet ready-made souls: mired in vices, have not yet cleansed themselves to the proper degree, or are preoccupied with other matters that do not directly coincide with the desire to cognize the Creator.

“But incarnate people should strive to become like Us: to become Holy Spirits, being equal in Us — as per the Standards.

“And in personal spiritual perfecting, egocentrism should not dominate. On the contrary, the desire to better serve the Evolution of the Universal Consciousness, that is, God — should dominate. It is necessary to *reach*, then to turn back and — to help, help, help...”

Answers to a Paintress

Peace be with you, N.!

Thank you for the kind email that you sent and for the desire to meet!

However, I am neither a member, nor, moreover, the head of any organization. I just, as a scientist, developed the methodologies of the *art of psychic self-*

regulation and *spiritual development*, and I also helped many people to master the appropriate practical techniques through lectures, mass classes, published books, etc. For a long time now, I have been retired: I am 74 years old. Currently, I do not conduct any classes or lectures, I am engaged in self-improvement, and I also edit and translate books by Anna Zubkova into English.

I didn't know that followers continue to teach these techniques in your area. And I'm not happy about that. Now everything, including both the methodology and the specific techniques, is set out in the books and films. And everyone, who wants and can, has the opportunity to master the program on their own.

Otherwise, some students are involuntarily "dragged" to those steps, which are too early for them to climb. Problems arise due to the lag in the development of their intellectual and ethical components.

I recall the indignation of a student from many years ago: "Why did you show us God?! We did not ask you about this! How to live with this knowledge now?! When I die — then it will be relevant, but now — why do I need it?! I want to live as a *normal person!*"

If you help someone through teaching in groups, then it makes sense to do it only within the limits of the "opening" of the spiritual hearts. Then — let them improve themselves.

I wish you success!
Vladimir

Peace be with you!

Judging by your photo, you have the eyes of an intelligent person and inner purity. But your chakras are not yet united by a common middle meridian. This must be done + the spiritual heart must grow more, which can be done while on open spaces.

As for the "external" activities, it makes sense to inform people about our materials through various forums, etc. This is much more useful than teaching.

Good luck!
Vladimir

Peace be with you!

You do not appear to know about the importance of the spiritual heart. But without this, success on the spiritual Path is impossible!

The term "modern developed hesychasm" is best suited to the knowledge we are introducing. You can read about this in our books too.

Good luck!
Vladimir

Peace be with you!

In order for us to have a common language for communication, it makes sense for you to get acquainted with all our materials. Then, I will be able to most fully answer all your questions. After all, I hope, you do not want to meet with me for the sake of "getting an autograph"!

... At the same time, I will express my opinion about S. and his friends. Moreover, we must take into account the fact that we have not seen each other or generally communicated with one another for more than 20 years.

I consider them all very good people.

The art of self-defense without negative emotions towards the enemy is wonderful! This helps move one towards the Perfection.

However, the Straight Path, which is spoken of in the New Testament and in other fundamental spiritual books, implies the development in oneself of the ability to love God and the resulting aspiration and attraction to Him that arises due to this.

The direct, precise, and clear cognition of Him, as well as the infusion of the developed consciousness into Him, is the goal of the spiritual work on oneself.

But this requires knowing what He is and where and how to seek Him. This is what our books and films are about.

Do you also set this goal for yourself?

... But S. "did not notice God". He was dominated by the desire to put not God, but himself in the center of attention of the people around him.

On this, we parted.

Good luck!

Vladimir

Peace be with you too!

You surprised me very much with your desire to delve into the methods of icon-making.

In Orthodoxy, there are different "movements", among which only one is capable of giving adherents a personal and direct cognition of God. Specifically, it is the movement called *hesychasm*, which is — against the background of inner calm — the development of oneself as a spiritual heart, cleansed of all filth and growing in volume.

I thought that you understood that. But, sorry, it seems, I was wrong.

Why, for example, to create icons that supposedly depict the image of Jesus when His real portrait already exists? By aligning with Jesus through this portrait, we can invite Jesus into our purified and developed spiritual hearts to receive His Instructions.

God is Living God! It is appropriate to aspire to Him, and not to material images! How? This is exactly what our materials tell about.

Moreover, in order to gain success, one should purify oneself ethically and refine oneself, getting rid of any emotional rudeness (rudeness of the soul).

In this regard, what does it make sense to draw?

Subtle tenderness of nature, flowers, sattvic animals, spiritually developed people, and the Holy Spirits...

The words "spirituality", "spiritual Path", came from the word "Spirit". Jesus taught that "God is a Spirit" (John 4:24), but not some material object that is worshiped by lost people.

The spiritual Path consists of a gradual transformation of oneself into the state of the Spirit.

The mastering of the spiritual Path is carried out in monasticism, that is, in the dedication of oneself almost solely to spiritual work, in the one-pointedness of thinking and all the attention of the soul — precisely to our Creator.

Spiritual work on oneself is: a) freeing oneself-soul from one's qualities that are unnecessary to God, b) developing in oneself the missing positive properties, and c) helping others in this.

The result of spiritual work is the direct cognition of God and the infusion of a developed soul into the Creator. It is for this that the Creation was created by the Creator! It is in the realization of what has been said that the meaning of our lives on the Earth lies!

How can a person enter monasticism? For this, it is necessary to sincerely give up living for the sake of receiving "earthly" pleasures!

In words, it looks very simple: you have to fall in love with God! Let the attraction to Mergence with Him develop! It is similar to sexually colored love between people (which — before God — is quite “legal” and can be considered as a method of developing in oneself the emotions of love and the ability to merge souls).

But for this, one needs to have an understanding of what He, God, is. (Information about this can be obtained, among other things, in our books). After all, how to fall in love with the One about Whom one knows nothing and Whom one doesn't feel?

In the beginning, a person usually cannot see God. But, having passed the stages of ethical and bioenergetic purification, he or she begins to perceive the Holy Spirits: to see Them, to talk with Them, to learn directly from Them. And then one learns also to merge with Them, flowing into Them.

And They will then teach one how to merge with Their common universal *United We*, Which is called by incarnate people as the Creator, God the Father, Allah, Ishvara, the Primordial Consciousness, and other similar names in different human languages.

... Let's look at ourselves: am I living rightly, am I not wasting the time of my life, which has been given to me by God for improvement?

It makes sense to think over this and write down for yourself a personal plan for the rest of your life in this body on the Earth.

Good luck!

Vladimir

What Should Religion Be?

The word religion is translated from Latin as Mergence with God or Path to such Mergence.

There are many specific forms of religion, including some that are massive and absurd at the same time. But criticizing them is beyond the scope of this article.

So, how can we ourselves understand this multitude of religious beliefs, without getting lost in it?

* * *

The first and most important characteristic of true religion is the possession of knowledge of God as the Goal of our efforts. This knowledge should be based not on fairy tales for children and feeble-minded adults, but on the personal experience of cognizing God by serious spiritual seekers and on the information that God Himself communicates to incarnate people.

Only if such information exists, does it become possible to practically outline and then master the *Path to the Creator*. A “ladder” should be built of the steps of spiritual transformation and the gradual approach of oneself to Him by the qualities of the soul.

That is, the first step on the spiritual Path is the acquisition of knowledge about God and the Path to Him. This is called the *Methodology of Spiritual Development*. For the first time in visible history, such an integration of all available positive knowledge was carried out by us — a group of Russian scientists who have devoted their lives to the study of this topic and the popularization of it.

* * *

The second step is to study and apply to ourselves the ethical principles offered to us by God. The beginning of repentant work on oneself is fundamentally important at this stage, and this work continues up to the highest stages of the Path. But we must not allow this repentant work to become such an intense form of self-chastisement that it leads ourselves into a nightmare of despair and a sense of hopelessness.

Let me emphasize that one of the main mistakes common to many people is the false belief that we have the right to kill innocent animals for the sake of eating their bodies, using their skins, etc.

Also, one of the widespread vices is violence, which manifests itself in different ways, including jealousy.

Violence is one of the manifestations of egocentrism.

* * *

On the next step, one must put in order the energy of the body and, at the same time, get rid of many diseases through this work. From a body, polluted by coarse energies, there is no way to perceive the One Who dwells in the subtlest spatial dimensions (eons, layers of multidimensionality), nor can one even enter them. And these subtlest spatial dimensions are the Abode of God in the aspects of the Creator and the Holy Spirits.

At this stage of development, it is necessary not only to cleanse and properly develop all the chakras, but also to form dantians and “bubbles of perception”.

And the development of the spiritual heart (so long as this success is not lost) is a guarantee of paradise after the end of this incarnation.

* * *

And then, a stage of great meditative work in wildlife can be begun: for example, at *places of power* — under the spring singing of birds and the gentle rays of the sun. This leads to personal cognition of God and the achievement of that level of personal development when we learn to flow into Him and then act from this Mergence with Him.

One of the most successful options for such work is meditation on the banks of large reservoirs, where there is an opportunity to widely spread as a consciousness in the vastness. The Holy Spirits emanating from the Abode of the Creator can be easily perceived in such places. We can hug, merge, and talk with Them. They become daily personal Divine Teachers for each of such successful spiritual devotees.

The main component of working on oneself at this stage is the development of oneself as a *spiritual heart*.

In particular, the devotee acquires the ability to be the “Sun of God” and “burn” his or her material body from within with the Divine Fire.

* * *

And the peak of achievements on the spiritual Path is the ability to control matter, which is demonstrated to us by Divine Miracle Workers.

You can become familiar with all this in detail in our books and films.

* * *

I would specially emphasize that people with still poorly developed intellectual abilities and those who have unaddressed ethical vices should not be involved in the upper stages of this Path. From a certain stage of the Path, they, having lost understanding of the Path, suddenly become enemies, carried away by such pseudo-religious tomfoolery as “urinotherapy” or jumping over campfires for alleged bioenergy purification...

My experience in teaching spiritual knowledge for decades (at present, I no longer teach: my body is almost 75 years old) has led me to the conclusion that it is very dangerous to give people the knowledge that they have not yet matured to accommodate with their minds. In such cases, they are “dragged” to those stages of spiritual ascent, at which they are not yet able to hold on. It makes sense to teach only up to the level of “opening” the spiritual heart.

Further information about the next steps of spiritual development and how to master them on one's own, can be found in the materials we have published. Thanks to this approach (an individual, independent practice), one's development will not deviate from its natural pace.

Who Is the Owner of Everything Here?

This article is for adults. Children should first develop their bodies and learn to control them before assimilating the information in this article. They also should first mature intellectually, and begin to master the stage of self-awareness through constant self-critical control of thoughts, emotions, and actions, continuously checking them to see whether they are in accordance with the Teachings of God.

Let us remember that children can start “playing meditation” and, in such cases, their behavior will become inadequate.

* * *

There was no cosmic “Big Bang”: these are the fantasies of materialists who are able to see and discuss only matter, without taking into account its Creator.

There is also no “antimatter”. But there are eons (layers of multidimensionality), filled with the Creator, Holy Spirits, non-incarnate souls (spirits), also — “building material” for matter and souls. There is also hell — the “rubbish heap” of Evolution.

And there are no “parallel universes”: that is also a fantasy of atheists, violating the foundations of the methodology of spiritual development. But there is a Single Universal Organism of God (God — in the Aspect of the Absolute), Which is really multidimensional, that is, multi-layered according to the “subtlety-coarseness scale”. The ultimate subtlety on this scale is the Creator and the Holy Spirits. At the opposite end of the scale is hell.

What has been said is not fiction. After all, God really is cognizable by a refined human consciousness prepared for this (assuming complete ethical purity). Become such — and then, among other things, the uselessness of huge monetary costs for the construction and maintenance of colliders will become clear! How much more important is personal cognition of God, interaction with Him, and service to Him!

* * *

There is a continuous process of the Evolution of Consciousness in the Absolute. We are its participants. It is desirable for us to realize what has been said — and then vital problems and difficulties will gradually decrease. God helps worthy zealots to overcome such obstacles if we do not “pray for salvation” and do not beg for “blessings”, but actively eliminate our shortcomings and build up positive qualities.

* * *

One can talk about the Evolution of the Universal Consciousness — and about the evolution of every soul, including oneself.

We must develop ourselves intellectually, improve ethically and psycho-energetically. The latter implies mastering the meditative stages of perfection. The main thing here is to develop oneself as a *spiritual heart*.

* * *

We are embodied by God in these earthly bodies of ours for the purpose of gradually developing ourselves as consciousnesses — up to the achievement of Divinity. Then, we merge into the Creator and continue to participate in the Evolutionary Process, doing so from the Divine level, being Parts of Him.

In order to accelerate our growth, we can actively refine ourselves-consciousness. This is the main line of development that allows one to cognize God in all His Aspects. We can refine ourselves through harmonious communication with the best states of nature, as well as gentle and caring communication with harmonious people. In addition, sexually colored tenderness is a great opportunity to bring oneself closer to higher states of consciousness.

(Of course, success can be achieved only under the condition of ethical impeccability: impeccability — from the point of view of God, and not of certain groups of people at a given historical time).

As a result of our personal self-improvement, we merge into the Creator. But for this, we need to merge as consciousnesses into the Unified Whole. And we must do so, most importantly, from a state of love!

We first learn to merge consciousnesses in ordinary earthly life through falling in love with each other. There is also an “auxiliary” meditative technique — called “total reciprocity”. But even this sometimes turns out to be not enough, for there is often a strong desire to preserve one’s “i” in the world of other people and matter.

The task can be formulated as follows: having practically cognized the entire multi-eon nature of the Absolute, one should eliminate one’s already developed “i” — so that only one “I” remains: the “I” of the Creator.

The following meditation can also help with this:

* * *

God is the Master of everything. Nothing here belongs to me, everything belongs to Him.

Moreover, the Creator created His Creation by densifying a Part of Himself. Therefore, everything that we perceive, we can feel as His Parts, if we look from the multidimensional Depths.

Tune in, one by one, with all the material objects that were previously perceived as belonging to me, and meditatively assert:

“This belongs to Him, this is a Part of Him!

“My material body also does not belong to me, but to Him.

“I — as a consciousness — also belong to Him.

“And everything that I observe in the universe is also He, the Absolute!

“As a result, I — as a separation from Him — no longer exist.

“I think and act now from the state of *Oneness* with Him.”

*** * ***

Mastering this meditation is not done in just one try. On the contrary, it can take weeks, months, or years. And there is always the opportunity to take a break, a pause. It is also possible return to one’s initial state.

Also, when mastering meditation, do not forget about the need to behave adequately in relationships with society.

Including, before making important decisions in connection with changing your life on the Earth, you need to take your time, think well, and consult with close ones. For example, if someone, wishing to abandon his/her family for spiritual purposes, refuses material care for children, then this — in the eyes of God — will not look like a “spiritual feat”, but a serious sin that forms a very negative destiny (karma) for one’s future.

In our published materials, you can find everything you need to fully implement what has been said in this article. Read, watch our films, and draw up your own individual development plan for yourself. Implement it gradually. It will work better if you work together with like-minded friends.

But what if the meditation absolutely does not work out? This means that there are flaws in the previous steps. They must be found and eliminated.

In particular, one must master abiding in the initial highest spatial dimension — the Abode of the Creator and the Holy Spirits.

And one more thing: in the now old book “How God Can Be Cognized”, I told how God once suggested that I perform a sequence of inadequate actions concerning the theme of forest seclusion. And when I was exhausted, He gave the following admonition: “Trust in God, but take care not to make mistakes yourself”. It always makes sense to remember this principle!

To conclude, allow me to recount an event that also happened a very long time ago: while I was in confession with an Orthodox priest named Lev (in St. Petersburg, then Vyborg), he uttered to me a phrase that helped me a lot in the following years. He said: “Remember, Vladimir: there is only God — and you; there is nothing more!”. Of course, this phrase does not reflect the reality. It is just a meditation. But this meditation contributes to the formation of a right relationship with God. As a result of mastering it, we come to the perception that there is only God.

Lada

Don’t seek praise from others!

Be love and an example for them!

And it doesn’t matter how they respond in turn:

Evil has no power where the Light prevails!

Connect yourself-love with the Love of God —

And bright will be your life, and straight — your Path!
 With love in your heart — do not be afraid of adversity!
 You will not get confused if you are led by God!

Written down by Anna Zubkova
 in November 2020

Sathya Sai Baba

Do not live as an “i” that seeks fun!
 Live — by the power of Love, which is manifested by you!

Say “YES!” to God!

What will change in your life
 If you say “YES!” to God?
 Maybe, you think that this is a trifle,
 That this is a little thing, and nothing more?

But everything will change forever
 If your life is measured out with Me!
 Doubts and fears will leave your home,
 And blissful peace will come!

In every moment of every day
 You will begin to feel My Will!
 And you will understand: I always am with you!
 I take care of you and love you!

Written down by Anna Zubkova
 in November 2020

Huang Di Here and Now!

I am here, now, and always!
 I, in your heart, am like a star,
 Like the Sun that gives its Light!
 ... There is nothing impossible for My Might!

Written down by Anna Zubkova
 in November 2020

Huang Di Look into the Depths!

Here, in the *Depths*,
 There are Living, Gentle Divine Souls!
 Only love permits one to enter here!
 Here, All are *One!*

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Isis About Conscience and Repentance

Deep in one's soul, in the clear questioning of one's own conscience, every person knows what he or she will reproach himself or herself for on the threshold of the death of his or her body and after it, looking over the years, days, and moments which have been lived...

But the majority looks for excuses for themselves in external circumstances, or blame other people for the troubles. And some even drown out this quiet whisper of conscience...

It happens that pride or lack of will, prevent one from seeing one's problems clearly and without embellishment.

And sometimes, it's scary to face the truth. And then a person tries to close his or her eyes more tightly... And many succeed...

But without penitential cleansing, the spiritual Path is impossible!

In the battle for the purity of the soul, in the battle against your vices — God is always next to every such person!

I help the brave!

I give strength to those striving for Light and Love!

I support those seeking cleansing!

I open understanding to those hungry for wisdom!

I am waiting for the hesitant to decide...

All souls are visible in the Divine Gaze...

Anyone who tries to hide from understanding and “makes a cozy nest” for one's vices — will certainly face the need to solve the problem of repentant cleansing if not in this, then in the next incarnation.

Conflict-freeness

What is the meaning of the Commandments of Jesus Christ that one should not enter into a fight against a criminal who has attacked you, and that it would be better to give the evil person more than the property that he requires, etc.?

For example: “...But I tell you, do not resist an evil person. If anyone slaps you on the right cheek, turn to them the other cheek also. And if anyone wants to sue you and take your shirt, hand over your coat as well. If anyone forces you to go one mile, go with them two miles.” (Matt 5:38-41).

“... And if anyone takes what belongs to you, do not demand it back.” (Luke 6:30).

“... Do not be afraid of those who kill the body, but cannot kill the soul!” (Matt 10:28).

“... Do not condemn!...” (Luke 6:37).

With these words, Jesus called us to master conflict-freeness — as a property of the soul: let there always be good-hearted silence inside us, illuminated by love, — but not anger, malice, resentment, or a desire for revenge...

By strengthening ourselves in the first of these listed emotions, we direct ourselves to paradise, and by letting the latter in ourselves — to hell.

In other words, briefly, Jesus offered us: **DO NOT DISTRACT** from the realization of the meaning of your lives on the Earth: approaching spiritual Perfection and Merging with the Creator! Strive to become perfect, “like perfect is your Heavenly Father!” (Mt 5:48).

But who among those who consider themselves *Christians*, follow these Commandments of *Christ*?

And can those who ignore the Teachings of God, communicated to us through the Feat of Jesus *Christ*, call themselves *Christians*?

... Jesus says: “I wanted to teach people about righteousness — in the understanding of this by God... But people do not want this!”...

* * *

I have gone through my entire adult life, following these principles. I believe that I have lived all these decades successfully: I have helped many others, and I myself have made significant progress along the spiritual Path. If I lived differently, none of this would have come of it.

But I understand that the Teachings of Jesus Christ cannot be accepted by many people — for various reasons, including their evolutionary age and the vices that have permeated them, as souls. This is their right. But just let them beware of calling themselves Christians!

One must grow to the state of a true Christian by studying the Teachings of God and following them!

They Are Afraid of Drafts

There are some people who are afraid of drafts more than anything else in life.

They are characterized by yelling such things as: “He walks around in his apartment in the summer in his boxers! In front of the child!!!”.

... Whereas, rational people focus more on watching their own thoughts and emotions, being wary of violating the ethical Commandments God has offered us.

Consider one another as more important than yourself!

Consider one another as more important than yourself! (Phil 2:3) — only few people have paid attention to these New Testament words we received through Paul the Apostle!

And how important they are for everyone who wants to get closer to the spiritual Perfection, to God!

One should carefully analyze the properties of oneself-soul — and repent of all one’s past ethical mistakes which, in particular, violated this Commandment!

Such work of repentance and purification must be performed to such a degree that one loses even the ability to unreasonably infringe upon the ethical principle in question.

... But this is not all. One must also be able to recognize those cases in which it would be inappropriate to follow this Commandment. This can happen, for example, when children engage in inappropriate and dangerous mischief, or in situations of contacts with criminals or the weak-minded...

It would be good to think over all these things beforehand, to “mentally analyze” all the possible scenarios in order not to be caught unawares later during the real tests of our ethical purity offered to us by God.

Affirming oneself in the reasonable application of this Commandment establishes in us the basis of *humility*, first, in relationships with other people, and then — on this basis — with God.

God does not allow the unhumble to approach Himself!

And one more thought on this subject: let us analyze the connection of this Commandment with other Commandments given to us by God. We will see how much more effective self-purification becomes when they are applied to ourselves together.

About the “Green Anahata”

(an excerpt from a correspondence)

Please, don't tell anyone else that chakras have colors!

This pernicious trend came not from India, as you said, but from Europe.

Coloring one's chakras does not allow one to advance further on the spiritual Path! Let the color of all chakras be like the morning sunlight. This will then, among other things, allow such chakras to be merged into dantians and “bubbles of perception”. And this then makes it possible to cognize easily the Holy Spirits in Their flame-form.

You can learn more about this topic in the books “Ecopsychology” and “Forest Lectures on the Highest Yoga”, among others, as well as in our videos-lectures.

Souls Are Different and Have Different Destinies

Our common Creator (the Primordial Consciousness) has sent us to incarnate on this planet — with the purpose of our self-development.

But we need to understand which qualities are useful for us — and which are not.

God has repeatedly explained to people about this. But people have always rejected or distorted this Teaching of God. We offer to restore it.

Jesus Christ explained to people that God is Love (1 Jn 4:8; 4:16) and invited everyone to learn to be love by following His example.

In what ways is love apparent in a person? Such a person loves *to give, to please others, and to sacrifice for the good of others*.

Methods of psychic self-regulation in the tradition of Hesychasm can be of great help for such people in the further development of spiritual love in themselves. More specifically, I refer to those methods about finding calm in the depths of the developed spiritual heart in order to *become* a spiritual heart and grow further in this quality. This is how one can easily cognize God: first as Holy Spirits, then as the One Universal Primordial Consciousness. And then one has only to flow into It with the developed consciousness.

I will note that people of love are benevolent, unconflictive, are inclined to forgive, and do not seek revenge. It is pleasant to communicate with them, to do things together, or to relax with them.

God also loves such people to the greatest extent, embraces them, and caresses them during their meditative practice, encouraging them with Bliss.

The relationship with God is a relationship of love. If there is no love in a person, then there is nothing with which to love God. And if there is a developed capacity to love, then this love can easily be redirected from the objects of the Creation — to the Creator.

People with opposite mental qualities, on the contrary, crave to be given things from others. They have no love and are inclined to develop in themselves bad qualities, which lead them to the opposite direction from God, i.e., to hell. They are self-centered, conflictual, aggressive, envious, sarcastic, deceitful, jealous, and they love to do evil to others at every opportunity. Participating in large and small conflicts, or beating someone up are some of their favorite pastimes. Treachery and betrayal can always be expected of them... Constant desires to *receive* something *from* other people or *from* God lead to the cultivation of more and more bio-energetic vampirism. The coarseness of their own biofields is their characteristic trait.

In sexual relations, people of love take care to give their partner maximum pleasure and they take care not to cause any problems like unwanted pregnancy. People with the opposite qualities care only about themselves and can be mean and cruel.

... We should all analyze our own psychical qualities, and even make a list of them. Among these qualities, there may be both positive ones and those that are already generating negative karma. And one should start to actively destroy the negative qualities in oneself — and begin strengthening the positive ones.

Spiritual development includes three directions: intellectual, ethical, and psychoenergetical.

The need to seek spiritual knowledge can be satisfied by reading adequate books, attending intelligent lectures, and communicating with worthy people.

The mechanism for the realization of the third direction is the numerous stages of meditative training.

And the ethical component of development should by no means lag behind the others. Otherwise, surprising pseudo-spiritual perversions may form. We have talked about this in great detail in almost every one of our books.

About Love-Compassion

Once, an official of a far-eastern republic within Russia appeared on TV. With joy, he said that the whalers of his region had recently killed a huge whale using a harpoon and rifles!

The anchor of the TV program asked:

“And you did not feel pity?”

“But we didn’t kill it, we earned a livelihood! There is a big difference!” — the official exclaimed, trying to sound like a wise man.

... Such are the ways that people change words to hide the truth from themselves and others...

And what must it have been like for this beautiful animal to die with the terrible pain of the harpoon in its body? He did not even think about this... Other’s pain — as opposed to one’s own pain — is easily endured by most of the people around us...

... That official and all like him still have a long way to go before they can incorporate love-compassion into their mentalities... And without it...

Why Doesn't God Disperse?

Planet Earth is flying in the multidimensional space. We are flying on it.

And it is not the winds that rub against our planet, but the spinning Earth creates friction against its atmosphere. For this reason, near the equator the easterly winds of the trade wind dominates, while closer to the poles the cyclones and anticyclones collide and displace each other.

... On the spiritual Path, one of the tasks of the seeker is to cognize directly and inhabit the immaterial subtle layers (spatial dimensions) — up to the highest of them.

However, a pertinent question arises: why — during the cosmic movement of the Earth — do we not observe between the higher layers of the multidimensional space any rubs, displacements, compressions, or eddies — similar to those that exist between moving air masses, for example? Our globe is travelling at a great speed in relation to the energies of other layers of the multidimensional space; however, these layers are not affected even in the slightest way. They do not disperse, do not shrink, and do not create eddies!

The answer is this:

One cannot expect identity in interaction between the material — and immaterial energy states of the Absolute.

The highest (subtlest) layer is the Abode of the Primordial Consciousness (the Creator, God the Father). It cannot be compressed, shifted, subdued, persuaded, etc. It exists outside the laws of the world of matter.

Its *rest mass* cannot be measured by material instruments.

The Primordial Consciousness is eternal and infinite in size. And our task is to become supremely humble before Him and perfect in all other basic parameters. Then, It gives us the right to merge into It forever.

As for the question posed in the title of this article, one can — through spiritual efforts — reach the higher layers of multidimensionality and cognize there all that is really relevant.

What is needed for this? First of all, one has to be always ethically and psychoenergetically pure — in thoughts, emotions, and deeds. This includes, first of all:

- not causing unnecessary harm to other beings,
- developing strong emotions of love-attraction to the Creator,
- love for all kind beings and the Absolute,
- benevolence towards everyone and everything,
- finding stable inner peace and purity in the depths of the developed spiritual heart.

There must also be truthfulness (liars are despised by both people and God!).

Let there be no ability to steal in any of its variants, including fraud.

Also, let us refuse to persist in *wanting* something from other people and from God. For such a desire leads to bioenergetic vampirism and forms parasitic properties of the soul.

Gluttony disfigures the body and causes diseases.

Pride of one's real achievements, also vanity (narcissism because of one's imaginary "merits") — these are also characteristic features of many people, causing only pitying smiles at them from the Creator and from people and spirits competent in the field of spiritual knowledge...

One should not encourage the development in oneself of the desire to be the first and the best — in comparison to other people.

Sexuality in a spiritual person should not exist as a self-centered passion. Let it be a *gift of oneself*, not lust (sexual desire)! Overindulgence in sex is fraught with both venereal diseases and the practical loss of God from one's worldview.

I would like to draw attention to the need to exclude from oneself the vice of violence: the propensity and ability to coerce and subjugate others to one's will.

The same is true of such disgusting vices as sarcasm and annoying or bothering others.

The desire for revenge must also be destroyed.

And tearfulness and touchiness as character traits do not allow us to have the necessary reserve of soul energy.

Jealousy is a vice, which profoundly demonstrates a high level of egocentrism in a person. Though a majority of people in our society believe that jealousy is a natural norm of emotions and behavior...

Misconceptions about God and the Path of cognizing Him are also great hindrances to spiritual development.

Studying the art of psychic self-regulation is invaluable in mastering this.

Thus a spiritual person leaves his or her egocentrism and gradually makes room in himself or herself for forming the fullness of God-centeredness. This is truly a magnificent fruit of spiritual work!

In contrast to this, modern atheist-nuclear-physicists collide microparticles in colliders... They receive great "salaries" and academic degrees for this... I do not see any reason to rejoice at their "success"...

It makes sense — before the Face of God — to perform only those actions that are desired by Him.

About the Layers of the Multidimensional Space

The space in which we live is really multidimensional or, in other words, multi-layered — in the sense of multidimensionality.

These layers can be geometrically arranged according to the scale of *subtlety* — *coarseness*.

Hell is represented by the coarsest layers. At the other end of the scale, is God in the aspects of the Creator (God the Father, the Primordial Consciousness, Allah, Ishvara) and the Holy Spirits.

Hell and *paradise* are terms that, in reality, represent subgroups of layers on this scale.

The layers of the multidimensional space can be really cognized through appropriate spiritual practices. But one should not go deep into hell: otherwise, this one risks to stay there.

Incarnate souls have the ability to grow both quantitatively and qualitatively. And they also have the ability to rid themselves of various vices.

We should also use the time of our incarnations to grow quantitatively as spiritual hearts. This alone will help us to free ourselves from many negative qualities and to develop positive ones.

... Most of us have probably already encounters with the malice of some dogs and people. Such are examples of the coarsest qualities of hell!

And it is important to understand that all attributes of incarnate souls remain inherent in these beings even after the death of their material bodies. Those vicious

dogs and people will be tormented in hell by beings who are similar to them. All of them are rejected from the Process of the Evolution of Consciousness.

Allowing oneself to be emotionally coarse — which makes surrounding beings exhausted, sick, go into comas, or even disembodied — this is also a way to hell where similar monstrously dirty souls are gathered.

Many vices of the soul attract us to hell. Let us get rid of them as quickly as possible! For such purification can only be accomplished before we are disembodied.

... And tame animals should be brought up so as to accustom them to a life of kindness and affection, thus predestinating them to a “postmortal” life in paradise.

What, by the way, is paradise for animals?

To illustrate this, there is the example of my already disembodied dog-friends who helped me in my scientific dissertation research. Living in paradise, they would come to me whenever I called them, approaching me in a state of happiness and intense bliss! They would nuzzle me, jump on me, and try to kiss my face!

... Another very impressive phenomenon was the lekking place of non-incarnate black grouse.

... It was the month of May. The weather was great! In our area, May is the time when grouse most intensively display for one another.

And on this field, there many hundreds of non-incarnate black grouse were! The space above the present material potato field vibrated to the beat of their common song! This was their jubilant paradise! Here, there was carefree happiness and bliss!

... The state of paradise has to be learned during one’s lifetime in the incarnate state — in order to ensure continuing existence in paradise after the death of one’s body.

Bliss from the warmth of the morning’s first rays of the sun as they touch one’s bare skin... The spring singing of birds... The fragrance of forests or meadows... The tenderness of warm and gentle waves when standing up to one’s neck in the water on the clean sandy bottom of the sea, lake, or calm river... The calm of the evening dawn... The feeling of having faithful companions on the spiritual Path...

People also have to understand that a stable paradisiacal state of the soul is a necessary step to direct cognition of God in His various Manifestations.

How can one learn this?

First and foremost, is studying and fully accepting the ethical Teachings of God. We have talked about this in each of our books.

The second is attunement with all that is beautiful both in nature and in harmonious human bodies. Also — cultivating tenderness with friends, and — if possible — practicing care and tenderness in sexual relations.

But all this will bring quick success only if one masters *the art of psychic self-regulation*. (See my book “Ecopsychology” and our other materials, including videos. In the same book, there is more information about multidimensionality and spiritual practices).

... There is an extremely important phenomenon — Mahadoubles. They are Holy Spirits from the Abode of the Creator Who temporarily take the form of huge human bodies. Such Mahadoubles can rise several meters — or even kilometers above the surface of the Earth. They also permeate and penetrate the solid Earth. Their color is white with a golden hue. They consist of tender Love and are filled with Divine Wisdom and Power. They are our Divine Teachers. They can be spoken to. They can call Themselves by different Names — usually according to Their last incarnation or some other incarnation.

But for such contacts to take place and to last, one has to be ethically and psychoenergetically pure.

“God is Love!” — Jesus Christ taught this (1 Jn 4:8; 4:16). And we, too, must transform ourselves into Love in order to come closer to Him.

It is important to obtain from the Holy Spirits the right to merge with Them, to merge into Their Divine Appearances.

They also can merge easily into each other in any quantity, forming the *United We*.

It is principally important to learn to enter easily into such Mergences with Them and to shine with the “Sun of God” into the world of Creation.

... One can improve oneself further — under the direct guidance of Holy Spirits. Such improvement includes cognizing God in His universal extent and infusing oneself into Him.

... Let’s experience ourselves on a quiet, warm summer night with a starry sky. The space between the stars and galaxies is not illuminated — neither by our sun nor by other stars. There is no luminosity or illumination in that space. But God is.

The image of a starry, gentle night is a wonderful auxiliary exercise, but it does not depict the fullness of the situation. Because this image does not take into account the multidimensionality of space.

... Another pleasant “night” meditation is “Flying on Planet Earth”. There are two steps of it: a) we fly on our planet in the cosmic space, b) we feel only this space.

These two meditations will help to develop the consciousness to its full power when we enter into the Abode of the Creator. But for now, you can try them in your state of calm, while making sure to avoid any coarse emotional states.

It is principally important to first take roots firmly in the Fiery-Light states of God — and only then to go deeper into studying the Basis of the All, i.e., the Universal God the Father.

This is so important because otherwise on this critical part of the Path, one has a possibility of losing the subtlety of the consciousness — for the sake of gaining false “personal power”. One can say that this is a temptation intended by God, which allows an outside observer to notice those who are not worthy of intensive advancement on the spiritual Path.

Coarsening of the consciousness at this stage of its development would mean a collapse of all hopes for a quick attainment of spiritual Perfection.

... So, let us say a few words about how one can perceive the Primordial Consciousness.

It is the most subtle! It is Tender Love! It is the Wisest Teacher! It knows everything about everything and controls everything!

It is not homogeneous in density: in those areas of space where intensive spiritual work is in full swing, one can observe, for example, an abundance of Divine Hands always ready to help.

One can accustom oneself to Mergence with It!

* * *

The Primordial Consciousness as well as the Fiery-Light state of God represent a Totality of Souls Who have attained the Divine Perfection and have merged into the *United We* of individual souls in the past. The Ultimate Aim of each of us is Mergence with It — and then helping other evolving beings in their development.

One has to understand that the work of spiritual transformation of oneself cannot be done quickly. It takes at least years. And only few people out of millions will

manage to go the entire described Path during the time of this earthly incarnation. But it makes sense to try to do as much as possible! We all make our own destinies. So why not make it better?

... In each of the next incarnations, God creates for worthy people the most favorable conditions for continuing one's spiritual efforts. After all, He sends us to the Earth — to make us better!

About Geomagnetic Storms

I will not retell in detail what has been written by astrophysicists on this subject, but I will draw attention to something little known.

Geomagnetic storms occur on our planet when streams of “solar wind”, comprised of coronal mass, ejected from explosions on the Sun, reach the Earth. It is such contact that causes the beautiful and impressive colored auroras in the sky at night.

* * *

Such explosions on the Sun can be seen through telescopes on the Earth — with some delay: due to the fact that the light information must also have time to fly a very long distance from the Sun to Earth.

And then our planet is reached — after a few Earth days — by streams of elementary particles and energies, ejected by solar explosions. Their speed of flight is less than the speed of light; this allows physicists to calculate the timing of geomagnetic storms coming to the Earth.

Forecasts of such storms can now be found on the internet.

Geomagnetic storms affect our health.

But here is what it makes sense to pay attention to: changes in health usually occur about a day earlier than physicists point out. That is, physicists do not know all the components of the “solar wind” streaming from the Sun.

Most often, when talking about geomagnetic storms, people associate their own lethargy, drowsiness, and irritability with them. But, in fact, the variety of arising states is much wider. Moreover, these states are not always negative.

For example, an increased businesslike attitude may arise — up to insomnia at night and with significant successes in intellectual work.

Or, all earthlings are suddenly offered a feeling of falling in love with everyone and everything, including God.

People feel geomagnetic storms in different ways. Some do not feel them at all. Others feel them vividly — and learn from God through them.

God “loads” the streams of the “solar wind” with the qualities and states that we need.

* * *

We have to accept God in our worldview! We must accept Him as the Highest Teacher and the Highest Goal of our cognition!

Then, we will understand that it is He Who teaches us, inter alia, by submerging us into certain states during geomagnetic storms.

This is, among other things, one of His ways of testing us on our ethical consistency.

Such tests can be about:

— the openness of the spiritual heart — or, on the contrary, the oppression of its function with the loss of the emotions of heart love,

— emotions from such vices as jealousy, aggressiveness, violence, deceitfulness, the ability to ignore another's pain by inflicting it, and even enjoying it,

— temporal activations — or weakening of the intellectual function,

— feelings of joy in life — or, conversely, thoughts of suicide...

And so on.

By putting us into these varying states, God expects us — from them — to look at ourselves once again: am I right? And whether is, what I am experiencing right now, a corrupted state? Is there heartfelt love in me? Is there unrighteous joy in me that has arisen from vain worldly pleasures or from pride and vanity?

This is how, among other ways, we gradually learn to understand God.

Nationalism, Nazism, Fascism, Chauvinism

In our difficult times, these words are heard more and more often... But the people who utter them do not always understand their meaning...

The word *nationalism* means a vicious pride in belonging to one's own nationality, as well as a preoccupation with its glorification — as opposed to other nationalities. This detracts from the study of God's Teachings and coarsens souls, distancing them from God.

When nationalism takes a militant form, the other three terms in the title, which mean the same thing in different languages, are appropriate.

Fascism is an Italian word, *chauvinism* is French, and *nazism* is German-English.

But God teaches us to forget national differences and nationalities in general.

To God, other qualities are important; namely, the level of spiritual advancement.

And a person's spiritual advancement begins with the mastering of the ethical component of God's Teachings. Then follows the study and acceptance of the functions of the spiritual heart. And these functions are endless — in their scope and prospects of spiritual development!

Wherever the population of countries proves to be infected with the Nazi contagion, wars begin, and people, upon disembodiment, become, en mass, the inhabitants of hell...

But God teaches us: "Blessed are the peacemakers...!" (Matthew 5:9). And "Blessed are the pure in heart, for they will see God!" (Matthew 5:8)...

The Pain Will Come, and It Will Be Inescapable

I was told about an episode heard on some radio channel...

... War.

A mother and her little daughter are in their city apartment.

Artillery rumbles. Explosions are heard.

Nearby, a missile flies by and explodes.

The shrapnel slices off the little girl's leg in the middle of her shin.

The girl doesn't notice the pain yet.

For now, there is only surprise and confusion: there was a leg — and now there is no leg...

The girl calls out: “Mommy! Mommy! Look quickly!”...

... But the pain will eventually set in... And she will feel pain for a long time... There will be only pain — and not much else in her life...

... And a lot of people find themselves in similar situations...

* * *

God allows wars created by people. It is a great opportunity to test each of those who takes part in wars.

But He also teaches us peace, compassion, and other aspects of love.

Those who don't learn this well and are willing to hurt others will be hurt just as much as they hurt themselves. These are the lessons given to teach them to give up the evils that lead to hell, to master the emotions of love, and to learn to be gentle and tender, not destructive, or willing to kill and maim others.

This matters in relation to the events of this and subsequent earthly incarnations.

About “Cocoons” and Vampires

The word “vampires” can be used to describe animals that predominantly feed on the blood of other animals.

Also, in bad fantasy and mystical literature, there has formed an image of human vampires, who bite other people in the neck and drink their blood. As a result, their victims are not only deprived of some amount of blood, but they also become vampires too.

But we will now be interested in a phenomenon that actually exists and is called *bioenergetical vampirism*.

Why talk about it? I answer: It's not at all to sow mystical fear, which is what those movies do. Rather, it is so that we do not involuntarily become — as a result of ignorance — “vampires” ourselves.

... The bioenergies are mobile both within the body and outside of it.

There are also bioenergetical “cocoons” that normally surround the bodies of all incarnate beings including plants. The boundaries of the “cocoons” are most often about 50 cm away from the body. But in some cases — many meters.

The quality of the bioenergies inside the “cocoons” can be very different: from paradisiacal and Divine purity and subtlety — to hellish coarseness. It depends on the habitual emotional state of each being.

I remember I once had a saboteur-psychiatrist assigned to me for surveillance — to catch me in some mistake — and to punish me politically for it.

When we would go *winter swimming*, he would always be around, walking back and forth past us, pretending to be a fool.

And when we lived in a forest camp in the summer, he set up his tent on the other side of a small lake and watched us through binoculars, trying to see if there were any signs of drug use among us, or if we were engaged in “group sex”... But we weren't doing anything like that.

And when we meditated while lying on a beach, he came then too, carrying a hellish creepiness around his body — for 50 meters... Many of the sunbathers around got sick — and they went home. But if they were aware of what was happen-

ing — it would have been enough just to have moved away from that *devil in the flesh*.

I was told that he even had the power to kill small animals at a distance or even through a wall...

... And being in the “cocoon” of someone who is close to God immerses one in blissful peace and can even have a healing effect.

... But these kinds of processes and phenomena exist not only inside the “cocons” but also outside them. For example, one may learn to transport oneself as a large and strong consciousness many thousands of kilometers or more, and help others on their spiritual Path. This ability may be reached both by holy spiritual warriors — and by servants of hell.

So what must one do to avoid being among the latter?

One has to:

a) study the principles of God’s Teachings — and live in accordance with them,

b) to master the art of psychic self-regulation, which one can read about in “Ecopsychology” and our other books, or watch in our movies.

And that “doctor”, having no idea about God, about the meaning of our lives on the Earth, and not desiring to cognize it, confidently went his way to hell, despising and hating everyone and everything around him.

But we, pretending not to notice him, walked in the opposite direction.

* * *

I hesitated for a long time on whether to tell about another monster: after all, it might cause other “psychiatrists” like him to start “diagnosing” me...

But God told me: “Write! I need this article!”.

In the end, I decided to write it: because, apparently, I will not be in my current body for much longer: I am now 76. And most of my readers would benefit from knowing more about such kinds of people.

... He had a college education and was a lawyer. He was tall, statuesque, and handsome.

But there were ethical flaws in him, because of which I could not help him.

Among other things, whenever he was peeing in the toilet of someone’s house or at home, he intentionally peed past the bowl of the toilet...

Peeing past the toilet bowl was a kind of game for him, like of a child: he would make a long buzzing sound with his voice. Apparently, this was his way of playing “airplane” ...

And he did not mind that after every urination of his, someone had to kneel on the toilet floor and wipe puddles of his pee with a rag...

How do we label this ethically? Grotesque contempt for other people? Cartoonish arrogance? Yes.

In response to my attempts to explain to him what was wrong, he always agreed, nodding his head many times... But... he continued to behave in his own disgusting way.

I had to conclude from talking to him on other topics that he was only capable of accepting advice that was flattering to him, and that he would disregard all else.

I told him about God, but his attitude in response was something like: *but why do I need God when there is me?* I told him that the spiritual Path lies through ethical self-correction and ennoblement, and refinement of the consciousness — he nodded, but this truth did not linger in him.

And instead of the spiritual heart, he began to allow himself to abide in his bio-energetically dirty head.

Then — because of this — his head became quite energetically black and began to hurt... The pain only got worse...

Then he started to cry out for help.

But how could I help him if he rejected everything that did not flatter his self-esteem and that prevented him from admiring himself?

All my attempts to help him had no positive effect.

I had to stop answering his letters...

Then he started trying to heal himself by “merging with me”. To do this, he combined his energetically dirty and sick head — with my clean and healthy one. My attempts to persuade him not to do so had the opposite effect. By reopening the conversation with me, he then began to intensely *want* help from me.

But I could not help him: he understood neither what was written in our books, nor what I tried to explain to him personally.

He refused to take advice — but he kept screaming: “Help! I need help!”.

* * *

Our bioenergies are driven by emotions. And emotions are generated in the chakras. You can learn to control your emotions by mastering *the art of psychical self-regulation*.

One has to carefully monitor the flows of one’s bioenergies — to other people and other beings. We “have the right” to share only our love, calm, and healthy vivacity.

And intense *longing for* something from another or others is forbidden! It is this behavior that triggers the pathogenic phenomenon of “vampirism”!

... For me, this situation of daily bioenergy-vampirism lasted not for several days, but for about 2 years.

Every morning, I woke up without strength. With difficulty, holding on to the walls, risking the fall of my body, I reached the kitchen, ate breakfast with whatever I could swallow most easily: without cooking or heating. Then I lay down again, adapting the energy from that food. Then, once more, with difficulty, I made my way to the kitchen and drank coffee. Lying down again...

The constant exposure to his sick head formed a chronic hypotension in me — with arterial blood pressure, as in a coma. I had to learn to live without leaving the house and with difficulty moving in my apartment.

At the same time, strange as it may seem, such a life affected only my body, as for the ability to develop self-awareness through meditation, I managed to advance considerably.

I also helped others who had the desire and ability to do so.

* * *

I was killed two times.

The first time was an “extrajudicial killing”, when I was accused of a crime, of which I was completely incapable of performing.

And the second time — through the efforts of the bioenergy-vampire described in this essay.

Both of these situations helped me to become better: I really began to understand people more clearly by assessing their characteristics.

I also learned to accept — from God — my destiny, and not to take revenge.

And now, I have shared this experience with you.

I would like to add that when communicating with “vampires”, one must not focus his/her attention on them: that will only strengthen their activity.

So, as we can see, everything that happens in our destinies is for our good!

The Beginnings of the Spiritual Path

Most people who consider themselves spiritual engage in practices that have nothing to do with spirituality. Various “religious” body movements, like jumping over campfires, chanting ritual mantras with coarse ajna voices, begging before God, “group sex”, “urinotherapy”, using drugs for “going to the astral plane”, sacrificing animals, people, as well as parts of human bodies (cutting off foreskins and clitoris) and other similar fads — all these do not make us better before God, and God does not need this from us.

In order to learn to distinguish between true and false practices, it is necessary to have the right understanding about the meaning of our lives on the Earth and the ways to realize it. And what is even more important — one has to have an understanding of Who God is. Only in this case can advancement along the Path be successful.

God is not this or that animal, not this or that natural element, not this or that mighty man-ruler over other people. God is an eternal and infinite Ocean of Living Consciousness. And we are inside that Ocean.

Atheist physiologists and foolish believers of different denominations have taught the masses of people to believe that thinking, memory, and emotions are functions of the brain. But this is wrong. All these properties are functions of immaterial structures of the organism, such as the soul and consciousness. And the role of the brain is to ensure adequate contact of the incarnate soul — with the material environment with which we interact and in which we have to develop.

After the death of the body, every sufficiently developed soul continues to live, remembering everything important, thinking, and reacting emotionally. It is possible to talk to such souls. Mourning over someone’s material body’s death is a sign of egocentrism (“why did you leave me?!”, “how will I go on without you?!”) and religious ignorance.

God sent us to earthly incarnations for the sake of us bettering ourselves on the path of personal perfection. The point is that, having developed ourselves, we can be accepted by our Creator into His Divine *I*. We should try to become worthy of it — out of our love for Him. We have to try to develop ourselves so that we can enrich Him with ourselves.

And — based on this knowledge — we can easily see how pernicious is the statement of one of the modern sects that all spiritual efforts are inadmissible because such efforts can make one proud! And pride, they say, is the worst of all sins!

But Jesus said: “Learn from Me...” (Matthew 11:29) and “... The Heavenly Kingdom is taken by might, and those who make the effort exalt it!” (Matthew 11:12).

* * *

There is a concept of the Trinity. It refers to the Unity of God the Father, God the Son, and God the Holy Spirit.

Synonyms for God the Father are Primordial Consciousness, Creator, Ishvara, Allah, Jehovah, Svarog, and other words from various linguistic traditions.

God the Holy Spirit is a disembodied male or female Person Who has attained the Divine Perfection. The Holy Spirits are infinitely many. And the Mergence of all these Divine Souls into One United Whole is God the Father.

But the phrase *the Holy Spirit* is often used in a plural sense. This must be kept in mind in conversations.

If someone says that he or she converses with God and receives instructions and advice from Him, it means communication with specific Holy Spirits or the Holy Spirit, not with God in general.

But where is the line between true communion with One of Them — and fantasy or even psychopathology? The most important criteria are as follows: the level of subtlety of consciousness and the possession of peace in the one who makes such contact. It is not the Holy Spirits who seek contact with coarse and restless incarnate people.

Let us remember that the Holy Spirits are at the highest level of subtlety on the “subtlety — coarseness scale”. And hell with its coarseness is on the opposite end of this scale.

Conclusion — it is necessary to master the art of psychic self-regulation. (Read more about it in the book “Ecopsychology”).

And God the Son (or the Daughter) is a Holy Spirit incarnated in a human body, and it can also be an incarnate Person Who has attained Perfection in his or her current incarnation and lives still in his or her current material body. Synonyms for this word are Christ, Messiah, and Avatar.

* * *

In order to actively approach Perfection, one needs to develop oneself along three basic lines: Love, Wisdom and Power.

Love implies a developed subtle giving spiritual heart.

Wisdom is based on practical knowledge of the multidimensional nature of both the Creator and His Creation. And also — on the knowledge of the fundamental evolutionary psychology of man and other evolved species.

And the Divine Power, Might, is the result of the highest level of Fusion of the Holy Spirit’s or Avatar’s individuality — with the Universal Creator.

* * *

Once you have established a correct knowledge about God, then you should begin to study His Teachings, which are now presented in literature and video materials. This includes our books and videos.

It is important not just to read or hear some recommendations of God and to agree with them, thinking: “Wow, he spoke so well and beautifully”! No, that is not enough! One has to imprint these principles very firmly — and change one’s life in accordance with them.

And if we discover our own ethical mistakes, we must repent. (Read more about this in my article “I have had cancer, and more than once” and in our other materials).

The task of such work on oneself is to get rid of vices. Every person can do this only independently. No one can do it for another person.

Where is God? He is everywhere, but He is in the highest layers of the multidimensional space. So we usually do not see Him, but He sees us.

He is fully aware of what each of us does, wants, dreams, plans, what we feel sorry for, whom we fear, whom we hate, whom we love.

We are the ones who do not see Him until we have developed ourselves spiritually enough. But He knows everything about us — and builds the destiny of each of us on this basis.

* * *

The main ethical principle is *doing no harm*. Let it be brought to the level of *not even causing someone grief*.

The relationship to others can be based on the principle: Let *each one esteem the other greater than himself or herself!*⁵

And if someone says that he/she wants to cognize God but cannot give up smoking or eating the bodies of slaughtered animals... — let such people be satisfied with religious movements: it is too early for them to be on the spiritual Path.

* * *

What do the majority of people who consider themselves believers in the existence of God — spend their time, thinking about? Namely, they spend it condemning all those who think differently.

... But it is God Who should be the focus of every person's spotlight!

And with the emotion of condemnation, there is no getting closer to God!⁶

The alternative to condemnation is *tolerance* to those who think differently.

... One day, I heard the end of a radio program with a conversation with a woman. She was expressing her attitude on this subject. She spoke about what she meant by the word *freedom*:

"If I want to bathe without panties, I bathe without panties. If I want to bathe in panties, I bathe in panties!

I don't want anyone to judge me, not even mentally. Let them better admire me, if I am worthy!"

Isn't she right, with only a few reservations?⁷

And does it matter to God if a person meditates in underwear or without underwear, but with the whole soul striving for Him, loving Him?

... Intolerance to beauty belongs to servants of hell. They harm other beings and themselves — through their emotions and actions.

... They are mistaken who devote their lives to judging others! On the contrary, to become better and to deserve life in paradise, we should instead seek out our own vices — and get rid of them!

One has to start and continue perfecting — from oneself!

* * *

And then one has to begin work with the spiritual heart, as it is described in "Ecopsychology" and in our other books.

First, we expand and purify the anahata chakra (along with the other chakras and main meridians). Then we gradually transform ourselves into a spiritual heart —

⁵ In the New Testament, verbatim from the Russian Synodical Translation: "... In humility count others more significant than yourselves!" (Phil 2:3).

⁶ One must be able to distinguish between an intellectual critical evaluation of events and the emotion of condemnation. It is the latter that must be eliminated.

⁷ Among other things, let us remember that our behavior should not cause discomfort to others who have different beliefs.

and grow and grow, reaching with ourselves the expanses over the seas, mountains, steppes... and then the cosmic expanses... And we should remember the necessity of being in Mergence with God.

One can get help in this — by meditating in nature and by communicating in harmony with worthy companions.

One has to learn to meditate with one's material eyes open. Otherwise, one cannot develop clairvoyance.

All higher-stage meditations are performed with the expansion of the consciousness behind the anahata chakra.

Different Souls

Let us take an objective look at the qualities of the souls that are inhabitants of our planet:

a) beauty of spiritual hearts that give their love, refinement of souls and self-sacrifice, striving to give and help in all that is good, caring for all kind beings including plants, humility including modesty, courage in defending friends, reliability (including faithfulness in word), aspiration to cognize God and

b) on the other hand, proneness to conflicts, jealousy, violence, pride, cruelty, malice, irritability, mordancy, total egocentrism, gluttony, greed, deceit, boredom, obsession, vindictiveness, resentment, chronic *desire* to get something from someone else, readiness to kill and steal, rudeness, meanness, schadenfreude (joy of others' pain), indulgence in vices, lack of aspiration to study and follow the Teachings of God.

One should also take into consideration the evolutionary age of each soul.

Young souls with their certain positive qualities tend to seem mature. But their positivity is unstable.

The development of young souls can be relatively easily corrected through proper upbringing.

And all possessors of vices have the opportunity to get rid of them and thus purify their destinies. For this, it's reasonable to conduct an appropriate repentant work, and also to master the art of psychical self-regulation. This can help significantly!

Become the Fire Dragon!

Like many others, it at first seemed strange to me that the Chinese make huge — tens of meters long — festive images of dragons and dance while holding them above their heads. I have often wondered: why do they do this?

The understanding came only decades later — when I had reached a point in my own spiritual advancement of being able to understand its deeper meaning.

This tradition came from the Founders of Taoism — Huang Di and Lao Tzu. It was necessary to establish this tradition in order to preserve — over the course of millennia — an important meditation that is mastered on the approaches to the summit of Buddhi Yoga and Hesychasm.

Here, we must speak of the Divine ability to control matter: precisely and above all, the ability to dematerialize and then rematerialize one's body and other objects,

not necessarily in the same place from which the body and those objects disappeared.

Isn't that the fastest and most convenient way to travel? Isn't it worth the effort to learn this?

And moving in space is instantaneous, occurring at the speed of thought!

People capable of performing such miracles really did and do exist! Although they are very few: only a few out of many millions.

... How should one begin to train? This is discussed in detail in our books and videos. So now I will only list them.

We have to start with an ethical purification of ourselves. Also, we must put in order our ways of life and the energies of our bodies, including the chakras, main meridians, dantians, and "bubbles of perception". All this is explained in detail in the book "Ecopsychology".

Then one develops oneself as a spiritual heart — first within the body and then outside it — up to cosmic distances. We master being Mahadoubles — mountain-like huge forms consisting of the energy of spiritual hearts.

As we accumulate such experience, there gradually comes direct cognition of Holy Spirits and the whole Primordial Consciousness — in its various Manifestations. Holy Spirits become personal Divine Teachers for spiritual devotees.

* * *

Normal fire is red and orange, almost white, with green and blue inclusions. Flames can have different temperatures, intensities, and degrees of subtlety.

And the Divine Fire is white with a golden hue. It can be given to us by Holy Spirits — as a standard for attunement.

One of the highest states of God — His Fiery state — is gentle, extremely subtle, and it does not burn the righteous. To merge with It, one has to "burn through" one's body with Divine Energy. To "burn through" the body — until it becomes transparent (to one's own clairvoyance).

But even such a "burning" of the body does not lead to a complete purification and transformation of the matter of the body, though it does come close to this desired result and brings healing.

... There is one more variant of the Divine Fire. It is in the Sun: inside the star and in the "solar wind". It is an intense, subtle Divine Fire! One can feel it most vividly in calm mornings.

One has to settle with the spiritual heart in the Sun — from the state of one's own Mahadouble.

And then — from the Sun — one shines with this Fire upon one's body: into its main structures and into the body as a whole.

In doing so, the Flows of Divine Fire take the form of smoothly winding "Fiery Dragons" — as big as those from the Sun to the Earth.

* * *

Success in this work of self-transformation can be achieved not in a few days or months, but over a lifetime of spiritual work.

I have been able to live decades of my adult life in this body — living just like that.

... Why did Jesus suggest to His followers not to resist evil (Matthew 5:38-41)? It was in order not to get involved in conflicts and not to divert oneself from the

Main Goal — the Goal of becoming closer to the Primordial Consciousness by the quality of the soul and Merging with It.

I managed to overcome such trials successfully: death threats, including ones of burning me alive, attempts of murder, and slander. Even against my murderers who mutilated my body, I did not take revenge — I just continued on the spiritual Path without any distractions.

And this Path consisted of the obligatory stages that one must master:

— accepting the ethical Teachings of God and transforming one's life in accordance with them,

— bioenergetical purification of the body, including the conducting of Kundalini energy through one's body

— “opening” and development of the spiritual heart — up to the cosmic scale,

— acquiring — through refinement of the consciousness — the Divine Teachers — the Holy Spirits, who help us to overcome further difficult segments of the Path,

— the ability to look at one's body from afar — from one side and from all sides simultaneously (“total reciprocity”),

— direct cognition of the Fiery state of God and His Universal Tranquility,

— mastering the ability not only to purify the matter of the body, but to radically transform it.

This last point is what I am currently working on. Being a Fire Dragon is easy for me now. But how long will it take to achieve complete mastery in this regard? Months, years?... I don't know.

If I can not master the control of matter, I will be glad that, anyway, my life was not lived in vain!

Join in! We can meet, embrace, and merge in the Abode of the Creator!

About Kundalini

The Holy Spirit Kayr⁸ asks me:

“Evaluate: in what parts of the Absolute do you have, as it were, your own representations?”

I answer:

“I have representations in:

a) the material body and in the whole world of matter,

b) the sattva=paradise on the Earth,

c) the Divine Light and Fire,

d) the several Layers of the Calm of the Primordial Consciousness.

“And the ‘crystallization’⁹ of an individual consciousness occurs in those layers of the Absolute in which we dwell and work. This process cannot go optimally if we are in the higher layers of the Absolute only sometimes or for a short time.”

“Yes, but you forgot about the Kundalini Energy¹⁰, which continues to accumulate if we abide in a gentle and tender silence. At the end of each earthly incarnation, all mature souls merge with their Kundalini Energy, including that part of it which is newly accumulated.”

⁸ See my book ‘Classics of Spiritual Philosophy and the Present’.

⁹ Growth, like the growth of a crystal.

¹⁰ See in my book ‘Ecopsychology’.

Sattva of a May Morning

The ducks — in bliss — swim and feed in the shallows by the seashore. They do not see me — their incorporeal friend¹¹ — beside them. But I see them.

In the same way, the Holy Spirits see us. And almost all incarnate people do not see the Holy Spirits.

By the way: why do so many animals have to be afraid of humans?

It is said that they are food for other animals and humans.

But isn't it time for those humans to rise above the animal level of development by ceasing to be predators?

But this would be possible only if people gained a worldview in which God was given priority.

New Mission

September 2nd, 2022

Summer has ended and the heat suddenly has gone. Now it is possible to breathe freely again!

I settle in relaxation in one of the subtlest layers of multidimensional space. I spill out from this layer, expanding over all space, both observable and non-observable to material eyes.

Our enormous — by human standards — amount of work, in which God involved me as a scientist, is now complete. All parts of the Path to direct cognition of God in His different Aspects and Manifestations are studied and preserved for those who come after. The areas where serious mistakes and failures are possible are marked.

If you wish, set out on this Path — and become self-realized! The Path to the Creator is simple and is the same for all people: Christians, Muslims, Buddhists, Jews, and members of other schools of religious thought!

But... how few people respond to this call! They cling to their habits, rituals, and traditions, ready to fight against all who think differently...

The beauty of God is in His sun-like Jubilation and universal Silence!

One can merge into the *United We* with the Holy Spirits — or partially separate oneself...

... My wife, my faithful friend and assistant, sits across from me.

I ask God aloud:

“Deliver me from the burden of maintaining my material body! I have no strength to be bound to it any longer!”

... In response, I notice that my wife sends out a current of emotion. But it is opposite in direction! She herself has not yet matured to the point of wanting to disembody, to dissolve forever in Divine Love, and she does not want to let me be completely out of the world of matter!

For some time there is a sort of joking struggle between us in gentle confrontation. One stream moves from the Creation into the Creator, the other moves in the opposite direction.

¹¹ My body is sitting in a city house at this time. I am meditating, merging with the bliss of this morning on the seashore.

She wins. I understand this. I have to be completely at peace with it...
 Thoth the Atlantean and some Others embrace me tenderly...
 They say:
 "Wait a little, you have a New Mission ahead of you! It is coming soon..."
 "What will It be?"
 "You'll see!"

* * *

October 3rd, 2022

Big inner changes have occurred. I am now coessential to the Divine Ocean, like a wave that spreads out across the surface of the Earth...

The Master Has Gone — The Divine Teacher Has Come!

(Recorded by Anna Zubkova and Ekaterina Smirnova,
 reminiscences and revelations recorded by
 Vladimir's Antonov disciples were also used.)

In the life of a true spiritual Master, there comes a moment when the only thing left that holds such a spiritual warrior on the earthly plane is his strong desire to serve God and people through his body. And our teacher, Vladimir Antonov, remained on Earth for as long as he considered it useful and necessary. In the months before leaving his body, he began speaking to us about the end of his mission. We did not know when exactly this would happen, but we kept hoping that this would happen not tomorrow or the day after tomorrow, but sometime in the distant future...

...The clear understanding that the time for this had arrived, was made apparent to me in the evening before he left his body. He came with the whole Consciousness. His presence could be felt much more strongly than it usually was when he led or gave advice from a distance.

This time everything happened much more brightly and incredibly... It was as if all the best states of Divine Calm, Love, and Light that he had given to us over our many years of study together, embraced me as a soul all at once, penetrating the shell of my body, and flooding me with an incredible feeling of recognition of His Divine State!

It lasted for about an hour. There was a conversation without words about all the important things that I wanted to tell him and that he wanted to tell me... It was then that I realized that he would be leaving his earthly body very soon. It happened the following night.

* * *

... On the morning of the day when the cremation of his body was supposed to take place, all the Divine Teachers with Whom we have worked over the years¹² gathered for a Triumphant Meeting.

The remainders of my "human form" manifested in the thought: "Let's say goodbye..."

I was corrected: "Let's greet Him! Or more precisely, let's celebrate the full inclusion of Divine Vladimir, Divine Murka¹³ — into Our Ranks! Now He is here, among Us as an Equal, in all the fullness and power of Divine Love!"

Among all the Divine Consciousnesses Who either manifested Their Appearances or dissolved Themselves in the One Ocean of Shining Light, I clearly distinguished Vladimir's Mahadouble, Who welcomed me with a gesture of His hand. It was a similar gesture to the raised-palm gesture with which Sathya Sai Baba has often greeted us.

* * *

I would like to give here some examples of perception or communication with Divine Vladimir, Divine Murka, from those who have ever worked under his leadership:

"Yesterday morning, I went into the woods to check on the mushrooms.

There were no people in the forest! It was beautiful and the sun was shining!

There was a complete sense of Murka's presence, which was, moreover, not limited by any form.

(Upon returning from the forest, I found out that he had left his body).

He was the Living Light — free, gentle, joyful!

I was picking up the mushrooms together with Him and communicating easily!

Together with the "shell" of his material body, all restrictions have gone: He is free!

Sathya Sai Baba said: 'Our ranks have grown!'.

There was a shared Divine Joy because the Creator has grown through the addition of one more Divine Soul!"

Larisa

* * *

"Murka disincarnated last night.

Friends, we all have a chance to get even closer to God...

Our beloved Master has left...

In the first minutes, when I heard this news, I was ready to react like a normal person reacts to the death of a loved one...

But something was wrong...

At the same moment, I felt an influx of incredible Love and Tender, Golden, Living Light in my heart... And I immediately recognized Him — it was Murka!

¹²[Divine Teachers — About Themselves \(philosophy-of-religion.org.ua\)](http://philosophy-of-religion.org.ua)

¹³ The spiritual name *Murka* or *Mahamurka* is used by Vladimir's closest disciples as a loving nickname for him. It originates from the Mantra "Murrk", which is a joyous and blissful meditation taught in the "Places of Power. Three Stages of Centering" movies. It is a fitting nickname since it encapsulates feelings of joy, love, and bliss.

A familiar image filled my physical body inside with the Divine Radiance.

After a while, when Murka had been inside me for a long time, I realized that He was happy and His intense Happiness was radiating and charging everything around with joy.

From what I have understood so far, it has become much easier now for Murka to help all of us on the Spiritual Path.

His intention to continue helping every one of us became obvious.

All we have to do is just attune our perception to Murka, to His new state as the Divine Master, Divine Murka, Who was the Spiritual Guide for all of us during the lifetime in His body.

Just open your hearts and invite Murka to fill your whole being with His Shining Image!

For us incarnated people, the best way to understand God is through a familiar image, familiar words. When we are connected with a Divine Teacher by some significant events during our lifetime, it is much easier to understand Him in the new status of God..."

Dmitriy

* * *

"We are the happiest people in the world, we were close to the Master, and it was an incredible honor! And He is still with us in His new state."

Henry

* * *

"My Dearest loved ones! I would like to share my experience with you.

In the last few months, I often asked God: What is the best way for me to live the rest of my life in this body? Which path is the shortest way to Him, and which one should I take? These questions are important, after all, because we don't know how much time we have left to live in our bodies here on Earth.

Before my trip to Portugal, Katya wrote to me saying that Vladimir has such a concept as an 'Unceasing resolute prayer', that is, a sincere and driven appeal to God. It is when a person turns to God with all his or her heart, soul, and mind with questions of vital importance in search of a solution. Vladimir uses such a prayer when he seeks methods for further spiritual advancement for himself and others.

And today, looking for answers to the same questions, I thought: 'What would Murka do in my situation?' I asked Him about it.

My anahata filled with warmth and overflowed with His love. I couldn't hold back my tears of joy...

And He replied:

'Always live with God!

'Live in mergence with the Primordial all the time. Live in His Calm, Love and Subtlety.

'Live for God!

'Look at everything from God's point of view: at people, at all situations.

'Coordinate all decisions with Him for the near future and for the long term.

'Create a plan for the transformation of yourself as a consciousness and act now! Don't put it off!'"

Alex

* * *

“I picked up the plan sheets from Vladimir's desk. A stack of sheets with the printed plan of spiritual work for various years was lying on his work desk, as usual. From the many notes made in the margins at different times, emphasizing the importance and relevance of various points, and from a few other signs, one could tell that these sheets had been thumbed through many times and had been thoroughly studied...

While I was reading, I began remembering what we did in different years of our work together... The vivid images of our trips together to the forest and the sea began resurfacing in my memory... I always understood the importance of these trips, but especially now. Decades of working together side by side have passed and, over this time, Vladimir, myself, and others merged as souls. I really felt the two of us and our team as one whole. The mutual Goal, the shared tasks, united us stronger and stronger, year after year.

Vladimir and I didn't need many words to maintain our interest in each other, as other people do. We were always comfortable just being around each other, silently enjoying each other's presence, whether we were meditating or just relaxing. In such moments, we were not separate entities: the merging of souls happened naturally, by itself, without any effort. This is like a kind of magic — the magic of fusing two souls into one!

Now nothing limits Vladimir: neither time, nor matter, nor space. He can appear among us at any moment, merging His Image with any of His disciples. He recreated his Forms on His favorite places. His state is a delicate, tender, almost transparent, dissolving Light, which dissolves others in Himself. It seems that so far, He has a very modest sense of Himself in this new state compared to Those Divine Teachers Whom we have known for a long time. But the important thing is that He demonstrates by His personal example that it is absolutely possible to achieve Divine self-realization using the methodology that He has created! Let's try not to miss this opportunity!”

Ekaterina

* * *

“It is an interesting experience correcting the translations now. It feels as if Vladimir sometimes is correcting these texts together with me, like a gentle flame kindly guiding the correction process. Before, I would correct a text, send it to you, Vladimir would make his edits, send it back, and I would make additional corrections. Now it is as if He and I are working together, instead of working separated by living in different countries.

I must admit that I always considered Vladimir as a very stern and strict teacher, somewhat cold. But feeling Him now, I know that this is not true. He is gentle and loving. I thought that maybe He would not love me that much since I am no longer very devoted to the Path, but His love feels unconditional.”

From Keenan's message to Katya

“Thanks for sharing your experience with Murka! I really enjoyed reading it! I saw your interaction so vividly. :)

Yes, he gave the impression of being a rather strict and demanding teacher. He was absolutely devoted to God and the work he was doing for Him. And he expected

the same attitude from others. Because without such an attitude it is impossible to achieve any serious success on the Path... He waged a 'merciless war' against the imperfections which would not let anyone overcome such a challenging Path to God. He called all things by their proper names and not many people like that... But he himself has always kept a state of Divine Love inside.

It is not so easy to see the deep essence of a person when we see only his or her body. We tend to judge people like judging a book by its cover..."

Response from Katya

* * *

... We sit on the shore of the bay under some beautiful pine trees. Traditionally, we eat sandwiches with mushrooms and drink coffee in such a way that the Divine Teachers can also enjoy this taste and aroma through our bodies, and They can look through the eyes of our bodies at the beauty around us... Among Those Who are present here, there is also Vladimir!

Adler spoke first:

"Your task now is not just to somehow support what already exists, what was done together with Vladimir! Your task is to continue to develop everything that was created and to spread the Knowledge about God and the Path to Him all over the Earth! We All will help you! We will prompt you what to do and when to do it, who to involve, what and when to publish. We will tell you how to act in every situation!"

Then Sathya Sai Baba spoke:

"Your task now is to transfer the center of self-perception into God, into the Divine We, and then, through your bodies, to manifest the Divine Will on Earth. Even if in the beginning these actions will not be life-changing or super important for the world, they will be teachable moments for you. Learn to live from Divine Oneness all the time. (Sathya Sai Baba shows the meditation 'The Infinite Wall with the movable bas-relief of the body': behind one's body is only the Ocean of God, and the protruding part of one's body, the 'bas-relief', is just like a very small part of this Ocean, acting in the Creation, but coessential with the Ocean, filled with the Divine Consciousness).

"That's how you should learn to live and act now!" — Sathya Sai said in summation.

Then all the Divine Teachers Who were present moved back some distance and made room around our bodies for Divine Murka... He embraced us with Himself.

... Everyone who was present there continued to feel this very brightly for a long time afterwards...

* * *

... We came to the long-familiar place of power of Babaji. This poem was born in Mergence with Babaji and Divine Murka:

We have walked so many roads together,
We've lived so many days and nights...
God has fused us into One —
By His Will and His Love!

We didn't look for any easy way —
God guided us along the steep but Straight Path!

We only gave Him our Love —
And He let us into His Great Calm!

Those Who have become One in Him —
Know His Laws of Love!
This is how we need to live now:
Only in Him and for Him!

This message was received through tears of joy in the Divine Love...

* * *

... The ashes were scattered over Vladimir's favorite places of power along the shore of the bay.

The lightest particles scattered in the wind and dissolved in the air, the quartz crystals became part of the soil, the urn for the ashes became the flame of the campfire...

So, the full dematerialization of the body was completed...

... Maybe not exactly as dreamed...

But the most important thing happened: the Light of the Soul merged with the Divine Light in the United We of the Primordial Consciousness!

The enormous stage of Vladimir's work through his earthly body is now completed, the next stage of Serving God and People in Spirit — by the Divine Consciousness merged with the Creator — has come!

Now everyone can learn to perceive His Divine Presence and communicate with Him. And, of course, not only at those places where He has been bodily — everywhere one can embrace Him, talk to Him, and learn from Him! There is an opportunity to work at many places of power in different countries under the guidance of Divine Teachers using the unique methodology of spiritual perfection developed by Vladimir Antonov.

(The techniques of spiritual work can be learned from the book “Ecopsychology” and other books available online: <https://swami-center.org>)

The following movies can also be used in aid of practical mastering: https://spiritual-art.info/spiritual_films.html)

Appendix

***From Conversations with Lada, Jesus,
Sathya Sai Baba, Paul the Apostle, Adler, Ptahhotep,
Vasilyok, Lao, Thoth the Atlantean,
Ariadne, and Nguen One Ki —
in the Spring and Summer of 2021***

(The earlier publication on this topic is in the book “Classics of Spiritual Philosophy and the Present”.

Recorded by Anna Zubkova and Vladimir Antonov).

Lada

“People live in the Ocean of God, but they don’t notice Him!”

Jesus

“The evolution of Consciousness is always driven by heroic deeds! There is no other way of development!

“This is why everyone who brings God’s Teachings to the masses is so dear to God!

“Among the masses, some accept these Teachings, and some -- reject them...

“But God never judges! Reasonable people should understand this! Everyone makes his or her own destiny!

“And the task of Messiahs is not to force someone to walk the Path to the end. That is not the way! The task of Messiahs is to bring the Knowledge about God to as many people as possible!

“And Holy Spirits are Mediators between the United Universal Father -- and His Creation. They help incarnate people to feel God, to understand Him, to aspire to Him, and to advance to Him.

“The state of Bliss, with which natural expanses are filled, and Beauty -- these are the forms of Great Work, to which the life of the Achievers is constantly devoted.

“After all, attaining the status of a Divine Soul does not mean resting. Rather, this is only a new stage of evolution, from which the Service continues on much more interestingly!

“Service is the giving of Love and Knowledge, and helping those who walk this Path by giving them understanding, as well as admonishing those who act wrongly.

“... Almost everyone on the Earth today has heard about Jesus in one way or another, and this allows -- both me and my Divine Disciples -- to conduct the work from God more easily.

“The information about Me was made possible not only thanks to My successful associates, but also thanks to those who distorted God’s Teachings through their misunderstanding or greed. They, too, served to widely spread the news that I came from the Father in Heaven -- to the people of the Earth.

“Yes, many were blind. Yes, many and many were led by spiritual blinders and sadly distorted their destinies by shedding blood and preaching the defilement of the Truth. And yet, they, too, have played their part in the fact that now almost all the people of the Earth know something about Me. And many Heroes of Spirit and My Ambassadors were born and grew in resistance to such evil, in the battle for the Truth! This is how everything is arranged in the Absolute, that even the apparent evil ‘pours water’ into the ‘mill of good’.

“... At every second of every day, a great number of people on the Earth utter the name *Jesus*, some ‘in vain’, some in ritual prayer in temples or outside temples, and some -- calling to Me in a sincere heartfelt appeal.

“I perceive and respond to the latter, even when the call to Me makes the space of the Absolute tingle just a little with the vibration of the sound of My name.

“Feel how, embracing with Myself the entire Earth and all souls, I perceive the calls of those who seek Me!

“They are like seeds in the soil in spring: they try to come to life, to sprout, to reach the light.

“Souls grow slowly... I awaken love in each of them -- very gradually.

**“Try to embrace the entire planet together with Me -- together with My Love!
Try to feel how God helps incarnate people!**

“Feel God in every day of your life, understand that God is always near you -- this gives birth to that happiness that is opened to those who know the Heavenly Father! We can give this happiness to those whose spiritual hearts are open wide to God! I am talking about those whose seedlings of love have already sprouted!

“The difference between the one who goes to God -- and the one who comes from the Divine Unity is the following: the one who goes to God looks from oneself to God, while the One, who has achieved, manifests Divine Love from the Father through Oneself.

“The gaze of the One Who has Reached is directed from the Creator -- into the Creation; and his or her Oneness with the Father is not broken!”

Sathya Sai Baba

Sathya Sai Baba greeted us today with the words of Jesus: “Learn from Me!” (Matthew 11:29).

“With Joy, God welcomes Those who have come to Him and seeks to share His Joy with Them!

“And ‘Be brotherly to one another with tenderness!’ (Rom 12:9-10). In other words, LOVE EACH OTHER WITH TENDERNESS!”

Jesus and Ptahhotep

They paint images of spring in full swing: a meadow of lush green grass, sunshine at sunrise, and the bliss of approaching summer...

“One must understand that such moments of bliss are usually created by the Holy Spirits residing in a given region above and within the Earth. These moments of bliss could be felt and felt by disciples of different countries. This could become a real way of working with Us by each of them. This bliss comes from God. And they should try to ‘catch on’ to such feelings and pull themselves into this layer of being, trying to merge with God in this way.

“Bliss, bliss, bliss!

“How far away and opposite this is to what the ‘servants of darkness’ are saying all over the planet, including your country! God seeks to bestow Beauty on all people! Beauty is what motivates many to study in detail what people must become in order to find paradise and then move toward the cognition of all of Us!

“There are bad traditions and ‘laws’ on the Earth that limit the positive activity of people of good. People of evil and vice desecrate Beauty and try to turn people into freaks: freaks on the spiritual Path!”

Vasilyok and Lao

“The path of natural beauty is very easy for people to accept! Almost no one has feelings of rejection towards Divine beauty in nature. Spiritualized beauty is so simple and clear that it can be perceived by so many people!

“Kindness, Love, Purity, Simplicity, and Beauty — these are the ‘beacons’ by which you will be found by those people for whom it is time to receive the gift of Our Knowledge.

“Feel the happiness of applying your abilities now! And do not rest your hands!”

Paul the Apostle¹⁴

Paul emphasizes the difference between the being of most incarnate humans — and the Divine Being.

“In order to attain the Divine Being, people are required, first, to be unconditionally and fully committed to the process of spiritual evolution — with an understanding of everything that needs to be understood for this.

“Second — to make enormous energetic efforts to help other beings to get out of the fetters of hell. I take these fetters very seriously! And I suggest that you feel and understand what exactly drives those people who set out on the path of pseudo-spiritual crimes: crimes in the spiritual sphere. Such, in particular, is the fanatical belief in something other than the Father, Messiahs, and Holy Spirits coming from the Father.”

... Paul shows the water in a river, the water is flowing intensely and boats, barges, ancient and modern vessels are passing by:

“Life was ‘boiling’ on the material plane during My last incarnation...

“But what allowed Me to be now among you? The answer:

“First, I loved those people who were with Me then! I considered them as equals. And it was a solid team: like one family! And each one cared about the others and about each other!

“The second was morning and evening blissful meditations on filling ourselves (that is, our spiritual hearts) with the subtlest space over the great Volga River. In that subtlety, we sought God — and found Him!

“Yes... Now one can see many Holy Faces in those places where I lived in My last incarnation...

“Love thus decides everything! And everyone has to understand this: one has to implement the Doctrine of Love and deny the doctrine of hatred.”

Jesus

“On the bank of a large lake, one can dissolve in tender morning beauty... The same applies to a quiet evening dawn...

“And a successful component of such meditations is to feel oneself among birds circling — in bliss! — in the heights, as if consisting of sunlight!

“Every beginner who follows you must necessarily devote enough time to mastering these meditations — on appropriate places beloved by Us and by you.”

Vasilyok

¹⁴ Paul speaks here about the events of His last incarnation, which took place after that incarnation when Jesus was in a body on the Earth.

“The Earth has blossomed — thanks to you! — both in the vicinity of this place and near distant shores, where we admired together birds and sunny gentle dawns and sunsets!

“There is still much to be done by you on the Earth, conveying to people the Knowledge communicated to you by God! I am happy that I took part in this work!

“How few on the Earth — now and in all the last centuries — have been true followers of Jesus Christ and adherents of the United Universal God!

“This is why people need to know the entire sequence of steps of the Path, the entire multi-step Knowledge that you called ‘The Methodology of Spiritual Development’. This — really! — is a science, the most important of all sciences!”

Adler

“Now, I suggest that you begin your meditations with feeling Me in your anahatas. You may invite also Any other One of Us, or — the presence of the Infinity of the Ocean of the Primordial Consciousness in the space of your expanded spiritual hearts — in your bodies and beyond their limits.

“The Boundlessness of God should be precisely built into the structure of your bodies at the level of the anahata — on a permanent basis.

“But if you do not find other beings to give My Love to, or if there is no such desire-necessity in the soul — then My Power cannot be manifested through your bodies.

“You must understand that giving My Love is about more than just upbringing concrete disciples. It is an emotion which opens the possibility of pouring My Power like Pranava to all incarnate and non-incarnate souls!

“This can be done by being Mahadoubles independent from your bodies.

“It is not by chance that We began to tell you about the Divine Bliss which fills natural beauty! This is also how Holy Spirits work!

“It is necessary to bring Love and Knowledge to the people of the Earth! This is your task for a long foreseeable future! This is your Service!

“There is a stage of human development when the vector of attention of a person is directed to God.

“Then, there is the stage of dissolving in the Ocean of the United, Universal Divine We.

“Then — according to the Will of Him! — the Divine Holy Spirit rises over the surface of the Ocean to manifest Love and the Creating Will.

“Then, the Divine Power can be united to the fully Deified body.

“Now, it is necessary for you to successively live through these stages in meditations over and over again until you are anchored in the last stage.”

Thoth the Atlantean

“The Power of the *United We* cannot be manifested from the lower ‘I’, nesting in one’s head — not even by a pure and well-meaning one.

“It is necessary that Divine Thinking, that is, Thinking in Fusion with the *United We*, become natural for each of you!”

Ariadne

“On the Earth, on the material plane, things will not be smooth... You will not be much affected... But waves of cataclysms are coming over humanity. And the Coronavirus is just the beginning...

“... Do you think that when Pythagoras was on the Earth in a body, it was better, that is, more harmonious than it is now? Not at all! There was almost the same ‘materialization of souls’... Yes, people believed in the existence of ‘gods’ and established ‘trade relations’ with them. Sacrifices and rites were made in order to gain success or even to dominate in material life... Yes, there were priests, who aspired to have power over people! Almost no one even thought of a real spiritual Path!

“In those times, Pythagoras was changing the worldview of people — slowly, gradually...

“In the near future, many people will start to look for a ‘way out of the dead end’. And they will need Our Knowledge very much!”

Sathya Sai Baba

“Yes, it is necessary, having material bodies, to learn to live and act from the *United We!*

“You have to go beyond this stage of being when devotees continuously are striving for Oneness with Us, and become Divine Souls carrying Light and Love from the Creator into the Creation!

... “I am the Undamageable, the Eternal!

“I am the Blissful One, I am the Loving One, I am the Creator of everything and the One Who exists in all things!

“And yet, I am not All...

“I am Invisible, but You can see Me, because I have the Power to manifest Myself in all forms!

... “I am the Great Silence! I am the Silence of the Eternal Depths beneath everything! But I can speak!

“I can speak through words, thoughts, emotions, and images.

“I can speak through Beauty! I can also speak through events coming into your lives!

“Yet, I love the Silence more, where the Truth is as understanding without words!

“From My Love — feel everything and everyone!”

Nguen One Ki

“There is a powerful upward *Flow of Power* rising from the *Depths* in this *Mountain of God*.

“Native Americans of these places, in the best manifestations of their spiritual tradition, felt their unbreakable connection with the Earth and with those Great Souls Who have lived here for thousands of years and Who continue to care for this material world with their Eternal Invisible Care.

“Know that a human soul dwelling in a body is not separate from the Earth, from the winds over its expanse, from the light of the Sun, from the trees and grass, from the rivers, lakes, and from the oceans and mountain ranges!

“Moreover, a soul dwelling in a body can be united with the Great Power: with the Creating Spiritual Power that governs everything in the universe.

“Everything, from the smallest grain of sand in a desert or a little blade of grass on a mountainside — up to the stars twinkling in the sky at night, exists only through this Power!

“This supreme Power demands no worship or sacrifice. It gives life to the bodies of all creatures and takes them back when the time comes.

“The awareness of death as merely a transition to another life — a life without bodies, lasting in the stream of Eternity of Development, — was inherent in the spiritual culture of Native Americans.

“The Stream of Life is like a river with a smooth flow. This River is always flowing, and its current can be felt in the minutes and hours of human lives, or in the change of epochs in the succession of millennia.

“When the Power moves — it is perceived as Fire, as Radiant Transparency. This Power creates and destroys — and again generates everything that exists.

“It is through the harmony of merging with nature that the *passage* to the world of this Higher Spirit can be opened. There, the ‘portal between the worlds’ opens: the entrance to a special state of the soul, which allows you to cognize the space of Silence and the Power of the Greats. All the infinite worlds of the universe then become open, and one can choose the highest: Unity with the All-Creating Love and Power. This is the Path of Harmony and Unity with all living beings, and the Path of Silence and Beauty!

“The fluid and transparent state of the Power, united with the body of One Who has cognized the Higher Spirit, makes it possible to influence the world of solid objects and the worlds of more subtle ones, where the causes of many phenomena and events are kept.

“Yes, one can learn to perceive, receive, and guide the Power through one’s body. But, first of all, one must ACCEPT RESPONSIBILITY for every movement towards coarseness of one’s thoughts and emotions. For even the slightest coarseness from such a one can cause harm both to other beings and to oneself — from the point of view of forming one’s future destiny.

“To this end, We taught the perception of the oneness of all things:

‘The waters of the rivers and seas are part of me! The earth, the mountains, the valleys are part of me! All living creatures are part of me!...’ And so on.

“If one feels the entire universe as a Single Organism, then any harm done to anyone or anything means harm done to oneself.

“... It would be good for the people of the Earth to understand how important it is for everyone to take some responsibility for what is happening on the planet now! This is how things can now begin to shape for the better. And it is how we can begin to correct the future destiny of the Earth and the way of development of all mankind.

“This is My Message to people! I address now those who live here and hear Me!

“Humans ‘sprout’ like shoots on this planet. And every person has intangible roots: invisible energy structures. Like trees, everyone is connected inseparably with the Earth — our Mother-Planet!

“Each inhabitant of the planet is a part of the Eternal Life. And it’s time for people to recall this!

“People are given the right of freedom of choice: the ability to decide and create a future both for oneself and *for everyone*. Because through each incarnate per-

son, a particle of the All-Creating Power flows, transforming in him or her. And its Purity should not be muddled with people's evil emotions and desires!"

Conversation on Working with Yidam

(Recorded by Anna Zubkova and Vladimir Antonov,
August 2021)

Sathya Sai Baba

"I congratulate you on the beginning of a new stage of your spiritual growth!

"The 'Spiral of development', of which I have spoken many times, will pass through the centuries — and a new generation of spiritual seekers will be born!

"The new *School of God* will grow gradually according to the methodical instructions and textbooks of religion described by you. Your task now is not 'to keep your heads down', but to observe the course of events. Amen!

"The stage which is begun to master by you is called *the work with Yidam*. This is the practice of working with the image of a Divine Teacher, Who is looked up by you and Whose Face is known for you well. Using this image as an aid to — you meditatively become one with this Teacher to the point where there is 'no you'. To clarify, you still exist, but meditatively there is no longer any 'you'.

"So, I invite you to become Me by infusing into Me and stabilizing yourselves in this state.¹⁵"

Vladimir Antonov

"Sathya Sai Baba has now decided to lead us in this practice today. He will be Yidam to us.

"First, we form the familiar image of Sathya Sai Baba in our anahatas. As we work like this, the Appearance gradually 'comes to life': facial expressions and gestures appear.

"The next step is to spread Yidam's 'dwelling zone' into the heads of our bodies. That is, Sathya Sai Baba — with His Head — fills everyone's heads. This is very significant! Without this, the further meditations cannot be completed in their entirety!

"And then Yidam grows in size — throughout the entire space observable to the consciousness. Then, one loses the features of His Face — and only very subtle Divine Light remains! We merge into It — and perceive It as ourselves!

"This method gets rid of any harmful external bioenergetic influences. In particular, we become unaffected by attacks of incarnated energetically coarse people.

"The state of Mergence with Yidam during such work should become natural, a background for us. After finishing some work in the world of matter, we should 'recollect ourselves'¹⁶ — and come back to the state of Yidam again and again. At the current stage of our growth, this work has to absorb all our attention and become our main way of life!"

¹⁵ The preparatory stages are described in Vladimir Antonov's book "Ecopsychology". Without fully mastering them, one should not attempt to work with Yidam: it can only cause harm.

¹⁶ The term was introduced by G.Gurdjieff.

Thoth the Atlantean

“You must be sure to ‘connect’ the lower ‘bubble of perception’ to the developed and purified upper ‘bubble’! Thus, you will learn intellectual impeccability and attain the Higher Divine Knowledge!

“Through this, Divine Siddhis are later obtained!”

Thoth the Atlantean and Adler

“We¹⁷ create a new *Island of Spirituality*, absorbing worthy devotees! It is up to you to watch how events unfold.

“That is, We do everything! You have to take part in the course of events, but do not run towards them!”

Sathya Sai Baba

“Fusion and Inseparability are formed first with Me, and then — with the entire Primordial Base of Beingness. Master this!

“After doing so, everything else will go on ‘as if by magic’, or ‘by itself’! It is so, because it will then be I Who make the decisions: when to act and when to wait, when to speak and when to be quiet.

“The main thing is not to pull away from Me, but to be Me! Everything else will then be added!

“Your task is to just watch how I control events around you. Get used to seeing them through My Eyes, to assessing them — with My understanding!

“Do not ‘protrude out of Me’ and do not get ahead of Me!

“Grow even more firmly into Me!

“As you look with more confidence through My Eyes at all phenomena and events, your understanding of My Life becomes clearer! This is the first ‘turn of the spiral’. After this, you will then be able to perform actions by Me and from Me!

“You will see how interesting it is: something happens to you or around you, and you look at it as a Divine Onlooker, a Witness of what happens without involving yourself into it...

“When you master this, you’ll see how differently you then perceive those phenomena or events that could have upset you before. This is not only *psychical self-regulation*¹⁸, but it is something else: a ‘shift’ of oneself as a consciousness into the Divine Life! It will seem like everything outside is the same as before, but there will no longer be a *he* or *her* who could be involved and be ‘bound’ by the events of the outer world.

“This is where freedom from matter and total nonattachment begin! There are many different terms for this... But it is the experience of the transfer of thinking and perception — into God!”

¹⁷ Holy Spirits.

¹⁸ See the book "Ecopsychology" by Vladimir Antonov.

Sathya Sai Baba

“What seems important for you now in the affairs of Service and in your life in general, is, of course, important. But if you look more broadly, if you look from Me, — then the true ratio of your priorities will be clearer. Let the most important priority be the complete Oneness with Me! Everything else will then immediately fall into place!

“I will teach you how to perform the Work that Holy Spirits (Brahman) do to help people, including how to influence matter.”

... He shows:

“Here is My Ashram! In the space above it and beneath it, there is My great ‘Sun of God’: the radiation of My Love. Every ray of this ‘Sun’ at every moment carries My Face into the hearts of those who love Me. It sounds with the voice of My Love to those who are able to hear Me. All over the planet there are such *places of power* of Mine! And even without them, a person who lovingly tunes into ‘My Wave’ can perceive My Messages and Lessons, and see and hear Me!”

Thoth the Atlantean

“In order to merge with God, one has to ‘join’ God! This is what the *Yidam method* is for: to cognize the state of God confidently!

“It is through Merging with Yidam that one acquires the qualities of One Who has passed the entire Path and can give this Knowledge to other worthy ones!

“One has to master the Triplicity of being a Messiah: the state of Transparent Tranquility, the state of Light-Fire, and the material body. It is the third place that is assigned to the material plane.

“It is necessary to master this Triplicity of oneself!”

Sathya Sai Baba

“You need to learn the interconnections in the Triplicity of self, as Jesus called it.

“I am ready to show each of you, how I acted in this Triplicity of Self, when I Myself was incarnate. I am ready to teach you these actions! You must become Ambassadors of the Will of the One!

“There is the Boundlessness of the Transparent Tranquility of the Creator!

“There is the Creating Fiery Power — the Divine Love!

“And there is the material body of the Messiah!

“... Only by remembering God and the death of one’s body, can one become a spiritual zealot, truly living and appreciating every moment of life.

“The opposite possibility is to be a slacker or a seeker of empty pleasures!

“Only the memory of death can make one truly alive!

“One who remembers the mortality of one’s own body — lives!

“One who forgets this — withers!

“One can become alive namely consciously!

“Others just go with the flow in the stream of time, in the rapid kaleidoscope of vain affairs, pleasures, and sufferings...”

“One can look out beyond the whirlpool of the ‘wheel of samsara’ and go out of its frame — only by remembering the brevity of life in the body and the possibility of sudden disembodiment.

“Life in the material world is sometimes quite abruptly cut short and passed into another reality: the life of the soul without a body. It is usually only then that the missing intangible values and reference points become apparent!

“It is very sad when this realization comes too late. After all, it is by living in the world of matter that a person can develop intensively, and learn to love and take care of others!

“One must become a collector of spiritual treasures, so that life in the body does not go to waste!

“... Most people, like blind men, do not notice that death may come knocking on their door today and that tomorrow may not come. They falsely believe that death comes only to others and not to themselves...

“... It is not necessary to be afraid of death, to tremble, to sow panic! But the other thing is needed!

“Life with God and remembrance of the body’s mortality — these are two milestones that allow one to make life pure and faultless and turn the death of the body into a calm and joyful transition to another form of life, a life that is beautiful and full of new discoveries and understandings! The development of the soul does not cease when one leaves the dense material shell, but it opens up other possibilities for perfection!

The more successfully a person advances on the spiritual Path — the brighter and more interesting become the achievements that await him/her beyond the threshold of the death of the body.

“But there are also opposite ‘developments’: ‘materialization’ of the soul, enslavements by egocentric desires, development of other defective qualities of the soul.

“The mortality of the corporeal shell should serve as a reminder for the individual — to ask oneself more often: ‘What am I doing in my life for myself? What am I doing for God? What am I doing for people?’

“Each person can remember that his or her hands can become the gentle and tender *Hands of God*. And the spiritual heart can become a source of Divine Love!

And I ask everyone who hears Me, who loves Me, who is ready to serve Evolution — to do this!

“I want to emphasize that it is not only great projects for the benefit of humanity that ‘count’!

“It is also important to warn people that violence in the name of supposed ‘good’ is very dangerous!

“Honesty, purity of thoughts, emotions, and deeds, knowledge about God and the Path to Him, simplicity in life, also love and care — these qualities should be developed in oneself-soul!

“A gentle smile and words of encouragement to support those who have become depressed, as well as:

- lovingly prepared food,
- a carefully cultivated plot of land with plants,
- benevolence in interactions with everyone you meet,
- the absence of hatred, violence, blame, and envy — these are examples of spiritual treasures!

“It is a joy to God to see the right aspiration and growth of love in each particular soul!

“And it is sad that unkind thoughts and emotions have been poisoning the karmic climate on the Earth for a very long time! Natural cataclysms should remind people of this... They are not ‘God’s punishment’! But this happens as a result of the long soulless, consumerist, and destructive activity of mankind.

“Whether tomorrow will come for very many people depends on how each person lives today, right now!

“The fate of humanity as a whole is largely summed up from the karmas of people living on the planet today...

“I am not trying to create fear about coming cataclysms; rather, I want people to understand that if in former times the destruction could affect individual countries, now there is a threat to the entire Earth.

“The era of human consumerism and the destruction of nature is completely outdated! And the new era can come only with a creative, caring, and loving state in the majority of souls!

“It would be good if this were heard by people!”

Nguyen One Kee

“You haven’t told us about Yourself...”

“I am as old as the planet Earth itself... I lived through those times when the former civilization was destroyed and the ‘tribe of children of mankind’ was reborn... I saw it...

“And that is why I now ‘have a special right’ to remind people of the value of life of every being and of the complete interconnectedness and interdependence of everything!

“Eagle and I will say many more things — for you and all people of the planet. We will narrate the Legends of the Great Native American Chiefs and tales of White Eagle, which you can write down...

“We will also speak for all people — with the quietness and beauty of nature: the whispering of leaves in tree crowns, the crackling of a fire, and the babbling of brooks. And in the smooth surface of lakes, we will see clouds, painted in wonderful shades of pink and gold at sunrise... And in the waves of the sea and the snowy peaks of mountains... — in all this, the Divine Power manifests Itself to those who see!

“If you want, both you and others will look at this beauty with Us — and then words interwoven with the Power of the Spirit and the Melody of Life will sound in hearts, and an understanding of the most important things will come!”

Sathya Sai Baba

“It is through words — more than through miracles — that one can most successfully help people!

“It is through words, deeds, thoughts, and emotions that each one creates the future for oneself and for others!

“And it is you who can help God! Your hands can become the Hands of God! Your spiritual heart can become the Sun of My Love!

“These words should be heard by everyone! And let him or her call Me into his or her heart, and then I will live and create in it!

This is My Call! This is My Request to people!”

Babaji

“Your position now is in many ways more comfortable, more convenient than the Role which I and Sathya Sai Baba played in Our last incarnations. Feel these advantages and do not regret that you are not surrounded by crowds of devoted followers, who... want and want from God and can do very little on their own, being souls-children in adult bodies. This is a great Work, this is the greatest Sacrifice! This is the Mission of Avatars! They are needed in order to remind humanity once again about the Teachings of God, to proclaim the Eternal Truth widely, and to redirect the minds and hearts of many people to aspire to the Creator.

“There is a stage of a *warrior of spirit* on the spiritual Path. I speak about persons who fight against different forces of evil. These *warriors* fight against their own egocentrism in a long battle against their vices — for the right to approach the Divine Light, and for the possibility to cognize God!

“But there is the next stage, which may be called *Brahmacharya* or *enchantment with God*.

“Such a devotee no longer fights against anyone or anything. God fills his or her life completely!

“This *enchantment*, this absorption in God, is when there is no more fighting, but only expansion into the ‘not-!’ — into the Infinity of the Divine Life!

“The indriyas of such a devotee no longer cling to earthly objects, and no longer seek earthly bliss!

“And even earthly disadvantages almost do not disturb him or her.

“Learn to look at everything from Me! Impregnate every aspect of your life with Me! Do everything with Me or in the feeling of My Presence! Do everything — as a gift, as an offering to God! And then, the Oneness will come! There will be a real *enchantment* with My encouraging Smile! There will be a constant sensation of My tender Embrace and of My Hands guiding and supporting you! Waves of My Light, My Power will carry you through the storms and bad weathers of life on the material plane! To live in the material world, but to be ‘not of this world’ — this is what Jesus taught. It is real for those who have devoted their lives completely to Me and seek only Mergence in Love and Dissolution in My Infinite Life, in order to become only Me and manifest God in everything, in every aspect of life!”

Conversations with Teachers in October 2021

Sathya Sai Baba Speaks on Karma

We are ready to give you tips on how to give the knowledge about God to humanity. Become a Voice that speaks the Truth, become a Heart that immerses souls in Unconditional Divine Love!

... Man must learn to understand God!

The way you, a human soul, feel yourself — with joy or with sadness, with happiness or with irritation, with anxiety, delight, or anger... — it all depends only on you!

... A person cannot always be in complete control of the circumstances of his or her life at every moment. Your karma may have been created long ago, even in

past incarnations. And the way you accept what comes into your life is your choice! I repeat: how and what you think during such moments and what emotions you let loose — depends on you!

You receive lessons for the soul, and you can be grateful to God that these trials cleanse you from the burden of past mistakes. Being thankful to God for this is a sure way to be cleansed! But this does not mean passivity and inactivity: lessons must be learned and exams must be passed in order to “move on to the next grade” and to rise to the next stage of development!

It makes sense to go through all the difficult moments of life with Me, leaning on Me. My Embrace gives happiness even in the hardest moments of trials! This is My Blessing and My Help! Remember this, oh man!

Even when you fail, and when you make repeated mistakes, there is also My Help! Again and again you have the opportunity to repeat the lesson until you learn it, that is, until you “have passed the test”. How easy it is for those who understand this and accept difficulties and trials with gratitude! After all, your destiny is the result of past and present decisions. And right now, you are building your future! And I am always beside you! I am ready to help you!

... Follow the Straight Path! Trust in the Lord! Learn to understand My Will and accept It! Connect It with your own will!

This is the key to success both in spiritual life and even in worldly life.

God is near! God is next to you! Always close to the soul is the boundless Ocean of God! Only the boundaries, set by human *selfhood*, separate Me from each human being.

Sometimes some people themselves make these borders impenetrable walls...

But others can feel My Touches...

Happy are those who have opened for Me the windows and doors of their spiritual hearts and have let Me into their lives, into themselves! Then My Divine Hands do their actions with such people, My Thoughts fill their minds, and My Love fills their spiritual hearts!

Constancy in this brings Bliss in the Love of God!

Expansive Coachman

We met our new Divine Teacher on the shore of a large beautiful lake with islands. He called Himself *the Expansive Coachman*.

Above the steep sandy slope, we see His brightly manifested Mahadouble. But He has also spread His gentle, intangible presence even wider — over the many forested hills of these places. The water in the lake, too, is filled with His blissful healing Energy.

“Tell us about Yourself!”

“My last incarnation was in Russia in the middle of the 19th century. I was a coachman.

“The consciousness, developed in the past, could easily fly over the expanses. During such a flight of the soul — I began to see and feel the Light and Love of Divine Souls! And, one day, I finally recollected Myself, having attained the Divinity before. That earlier incarnation was in the north of Russia, in pre-Christian times.

“In that life, I was also a coachman. I gave rides to many people! Some of them went to the village or to the city, and some were brought by Me along the Great Trunk¹⁹ to the Primordial House²⁰. I helped all my passengers to traverse the Path — even if it was only just a small part of the Path — by giving talks and helping those

¹⁹ The Spiritual Path.

²⁰ The Primordial Consciousness.

souls to grow in awareness and love. I helped each soul even in the little that that soul needed at that moment. And every soul was clearly seen and understood by Me to the depth.

“That is how I lived. This is what I continue to do also now. I give to everyone who comes to My lake the beauty of sunrises and sunsets, the bliss of clear waters for swimming, and the pure golden sand of the beach... And sometimes it happens that a person begins to feel brightly and deeply the beauty of nature and moves a few steps towards the ability to love it, to protect it, and to dissolve in it! All of these are small steps towards God... And to those few, who can see and hear Me, I tell about God, about the expansion of the loving spiritual heart over the expanse, about the dissolution of a ‘small I’ into the Infinity of the All-Creating Living Divine Light-Fire and Transparent Calm!

“What I would now advise new travelers of the Great Path is to begin with the assimilation of the ethical universal principles of *non-harming*, as far as possible, to all beings and *love* as a function of the spiritual heart. Unshakable purity of emotions and ethical impeccability of thoughts, words, and deeds must be achieved. Those who follow this path receive, first of all, the Care on the part of Holy Spirits and easily become attuned to Their Divine Subtlety and Bliss.

“This is how I once perfected Myself and achieved success. Therefore, I advise you to attach this knowledge to yourself.

“Peace be in all of you!”

Excerpts from conversations with Divine Teachers in the Year 2022

Adler

“Merging with God means disappearing into God!

“Here I am — your God!

“Become Me!”

Sulia

“*Fascination with God* is a manifestation of your love for Him, and it can reach such a degree that you are willing to disappear into Him!

“Only the complete ‘burning out’ of the lower ‘i’ allows one ‘to be reborn from the ashes’, to be born again — as the Divine ‘I!’”

Wrestler

“Try to feel in your expanded anahatas My lake with morning mist illuminated by gentle sunlight! This can be a beautiful way to start your day, especially, for example, during gray November weather!

“And then experience: ‘I am the Brahmanic Light over the lake!’, ‘I hold the bowl of the mist covered lake in the strong and gentle Hands of My Mahadouble and send My Love from the *Depths!*’”

“When creating this image-meditation, try to reproduce all the beauty of the lake, even up to the smallest details: the reeds, the reflections of slender pines and

gentle birches on the water surface, the dance of mist over the water, and the circles of rippling waves from fish that surfaced for a moment.

“Recall Lao’s Ashram! The intangible world of His Ashram was manifested to you (as spiritual hearts) in stunningly beautiful details! In this subtle beauty, you learned from Master Lao those states of love with which these manifested images on the subtle planes were saturated.

“And now it is your turn to give such holy places to future disciples!

“Receive new guidance and instructions from the Masters! *The House of Masters* has opened its doors to you!”

Emil's Mom

“Total Reciprocity in the Ethereal Subtlest Eons creates a space in which Divine Teachers are pleased to manifest Themselves. (This is how the preparation of workplaces — new places of power — can take place with your help).”

Kayr

“Tomorrow, a new stage of your ascent begins: it is again being the ‘Sun of God’ but now on a macro scale!”

Adler

“An important criterion for evaluating the prospects of students of a sufficiently high level of development is the decision of every one of them to serve either Me or oneself.

“I protect those who are ready to live in sufferings in the world of matter for the sake of serving Me — those I protect from all sorts of troubles. And I also give them an opportunity to develop further.”

Babaji

“There are people who do not remember about God, do not know about God, or who even disregard their knowledge... They are beyond My direct guidance. Their way of life develops in accordance with their karma and according to the Divine Laws of Creation. But I change the destinies of only those who trust Me completely and choose Me as their life Purpose! I lead them by the Straight Path! Even when difficulties appear on all sides — I am near them! I help them to withstand the strokes of fate that are inevitable according to their karma, I alleviate all their sufferings and lead them out of the chains of earthly passions and problems to the bliss of life only with Me! And then, when they are ready, I immerse them into the Purest Light of Divine Existence!”

Sathya Sai Baba

“Do not try to live without Me even for a moment! Don’t wait for external situations to change for the better, saying to yourself “once this or that finally happens, then I will make time to meditate. Don’t cling with your mind to circumstances. Events are controlled by Me!”

Yes, the situation around your bodies is difficult now, but it is not at all critical. See how My Presence in you changes everything!

The external things have not changed: the uncertainty of the situation, bad news, bad weather... But you are absolutely happy when you are dissolved in My Love! Learn to live in and from Oneness! Do not tear yourself away even for a moment!”

Kayr

“Great *personal power* is needed to embrace Our boundless universal expanse — all the way down to the galactic ‘bottom’ — and to cognize Us in it.

“But if someone tries to continue being a super strong and big one for the sake of satisfying their own ambitions, We push them back ‘with a shove on their way out’. Such a one will have to incarnate again in order to develop humility.

“‘There is no me’ means that I am dissolved in a certain layer of the Absolute.

“Only then does the Power of the Primordial manifest Itself.”

Juanito

“You need to become *invisible* in God now!

“What does it mean to be *invisible*? It means to be identical to the Divine Consciousness, transparent, dissolved without a trace! Only from this Identity should the Divine ‘I’ of each of you be manifested! Then, anything done will be done in accordance with the Will of the One!

“So, here are the tasks for work:

“1. The energies of your bodies have to become *invisible* in Me!

“Divine subtlety has to fill your bodies inside, right down to the smallest fragments of each of them.

“2. The energies of your thoughts and emotions have to become indistinguishable from the Divine level of energy subtlety.

“Let me explain: when thoughts of God come in meditation, i.e., in Mergence with God — then the human “i” and God’s “I” are merged!

“This level of subtlety of thoughts and emotions has to be inherent in every Divine Consciousness all the time!

“There is some room for growth here: to learn to think so together with God — not sometimes, but always!

“3. Each of you already knows the states when *buddhi*, the energy of the consciousness, merges with the Creator for a long time. Now the task of mastering being Brahman constantly — has become real.

“4. Now it is necessary to master being in the state of Turiya-level Calm or the Fiery Activity — as the only two possible variants of being!

“5. The little “i”, which sometimes ‘wants to take a break from being God’, must gradually fade away!”

Sathya Sai Baba

“Meditation is necessary for learning to merge the soul with God. It is possible to cognize that someone’s “i” and God are *One* only through the experience of med-

itations of Mergence, Dissolution, and Transformation of the individual 'i' into the Higher 'I'!

"No amount of reasoning, reading of wise books, listening to the conversations with sages, etc. can replace the experience of direct cognition of God and, later, the experience of life in Mergence with God. Only in this way does the transformation of person into God take place!

"And then there is a period of time for 'displacing' the former perception of oneself as a human being separate from God — into the perception of oneself as the Higher "I", who is one with Paramatman. And here it is better to strengthen one's humility rather than one's wishful thinking...

"Growing into the Divine *We* becomes most successful through serving God and people when the small 'i' disappears in the Flow of Divine Love."

Odin, Matthew, Alexey

"Yes, a difficult time has come... But don't worry, we will get through it!

"Now is the time of a 'change of epochs' of the development of the Earth. This is a difficult time: the old, obsolete one is being destroyed and the new one is being born, built, and is striving to develop. But exactly at such times people need the Truths about God and those devotees who can bring this pure Knowledge to them!

"Now is the time for meditations, for Mergence, for Diving into the continuity of life in God!

"Sprout into the *Depths*! This is a necessary condition to come from Me, giving My Love and Tenderness!

"Sathya Sai spoke to you of Divine Tenderness as a condition that should be made permanent, a background condition now! Let the Transparent Tenderness of Divine Love embrace everything and everyone with It, like the breath of spring!"

Alexey

"Be a gentle Sun! Be a gentle Ocean! For this also is work for the Creator!"

Adler, Babaji, Mary Magdalene

"It is also important to understand that it will not be the same as it was before. It will be good, but in a different way. Events and interactions between all those who strive now to serve Me-God, will be different! Now, there comes the time for the creation of branches of the School. There will be intensive development. We will advise in what ways and to what extent one has to take part.

"One's personal power has to be completely purified and refined for the Mergence to take place so that one can bring God into the world!

"Those who have reached must pave the Way for those who go — with Peace and Bliss."

Adler, Babaji, Sathya Sai, Cairo and Others

"Now a serious expansion of all your work is coming. It is possible to reach many more people with the theme of psychic self-regulation. It is very important to teach people the ability to live with a spiritual heart, to live in states of tender love. This can be done, inter alia, through the beauty of nature!

“Work with people on the spiritual Path can be built according to the formula MAN—NATURE—GOD! The tender light of the morning sun is the state in nature which is closest to the description of the states of Divine Souls! Through love for the Divine Creation it is easy to fall in love with the Creator!”

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