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**Life After Life.
Notes of a Seeker Who
Found God**

**Translated from Russian
by Vadim Kastritsky**

*To my Master,
who has taught me how to LIVE.*

More than 20 years ago, I began searching for meaning in my life, and soon this desire led me down the path to discovering the Creator.

I outlined the key moments in my biography, which became part of the book *How God Can Be Cognized, Book 2*, edited by Vladimir Antonov.

The book was published a while ago, but I continued keeping journal entries and writing to this day. I've now accumulated material that may be of interest to those searching for God or wishing to embark on such a journey.

The following period covers 2012–2022, from the time I was left to “sail on my own”.

There were no more shared meditations with our group. However, I maintained contact with Anna — we occasionally met and meditated together, exchanging experiences and insights. When we united for meditative work, the Divine presence increased significantly. The merging of vast, developed consciousnesses allowed us to feel God more profoundly, to understand, and accept His guidance. Our Master did not interfere. We were connected too deep to part us “forever” — and for this, she has my heartfelt gratitude.

I've tried to select only the most important lessons taught by the Divine Teachers. This is my personal experience of the spiritual Path. Of course, everyone's journey will be unique. Nowadays, the internet is brimming with freely available materials on spiritual themes. It's possible that you've already encountered some similar teachings in various forms.

But this only further proves that God leads people to know Him through similar paths, speaking of the same Eternal Truths using different words.

You can read more about the Divine Teachers mentioned here in the book [Classics of Spiritual Philosophy and the Present](#).

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Part 1.

Learning from the Master¹

How God Knocks on Our Door

I had a dream that I remember in every detail:

I stand atop the ridge of a sharp roof of a high-rise building, holding onto a rail overhead (like those in public transport).

Ahead, to my right at the roof's level, a woman flies — joyful and radiant.

Ahead, to my left, on the side of the roof, another woman sits and calls out to me.

I take several steps forward along the roof, clutching the rail, and... it ends. At this point, I had to make the choice.

I longed to fly (as a child, I often flew in dreams) — all I had to do was step to the right. But fear gripped me: I could no longer fly.

To the left, I had to take a few steps along the roof, but everything there was shrouded in a dense gray fog, and I didn't want to slide down the steep roof.

In the dream, I remained standing, unable to decide, and then I woke up.

¹ Here and throughout this text, I will refer to my spiritual Teacher, Vladimir Antonov, as "the Master."

It became clear that the time had come to make a choice: to fly or to slide down and fall.

Soon, God led me to the Master — I made my choice.

When I finally joined the true spiritual School under the guidance of the Master, educational process began. It encompassed work across several directions:

1. Meditative practices within the framework of raja and buddhi yoga.

2. Ethical self-improvement: organizing emotions, thoughts, and actions.

3. Service to God: spreading knowledge about Him and helping individuals on their spiritual paths (to cognize God).

In all three directions, the Master seamlessly structured the work. He had the ability to turn any endeavor into a celebration. It was captivating, and every time something new unfolded. That's what I call masterful teaching!

Even His admonishments and “scoldings” were Masterful!

Parenting Lessons from the Master

The process of our discipline unfolded as follows:

When the Master noticed the manifestation of any vices in us, he would wait patiently for us to recognize them ourselves and correct them. If students displayed similar vices again, the Master would hint at it figuratively, using an example that did not direct-

ly point to the one at fault. If even this method failed, the conversation would take place in plain terms, yet it was never offensive. It hurt, but not humiliating, because everyone knew: it was the truth. There was nothing to argue, no point in excuses. Only self-improvement left.

* * *

— Yes, as of now, you are still essentially tied to an earthly profession. You know clearly what you should do while performing earthly tasks. That is easy and familiar to you.

At the same time, you allow yourself to forget the steps the Divine Teachers led you through.

You keep them in reserve for yourself, just in case. But this work has not yet become the meaning of your existence — and continuing on this way is impossible!

This Knowledge is an invaluable gift — it cannot belong solely to you. It has been given by God so that you can share it with other people.

Only by tearing out the “roots” of your earthly self can you move forward.

You can only possess what you give away. What you receive does not belong to you — it is not yours, it is a “loan” that must be repaid with “interest.” This is your debt. And most importantly, you can start doing this right now — paying off loans, settling debts.

Your old shell can no longer serve you. You either shed it or slide backward.

And you know well that another opportunity may not come in the foreseeable future. God does not force anyone — if you resist, you’ll (sometimes for a very long time) have to wait for another chance,

even if you desire it deeply. And you won't forgive yourself if you don't do everything you could.

You continue to measure yourself by human standards, deciding from this perspective what is good and what is bad.

But have you ever asked God about this? Even if you do ask, you rush to answer yourself, choosing the most convenient option for you.

Shift your focus to caring for others, completely forgetting about yourself—that is what is most relevant for you now.

* * *

— As long as you seek protection and support in people — any people — and make yourself dependent on them, nothing will work out for you. You will not be able to overcome doubts and fears.

Only God! God in everything! God in everyone! Hear this, remember it, accept it, understand! I don't know how else to appeal to you.

He is the Protector, the Support, the Master, the Lord of your destiny! Everything in this world depends on Him alone, and everything that happens to you is directed for your benefit.

Do not rush — give God the time to reveal Himself, for matter is inert. And then you will see Him in everyone and everything.

Accept everything that happens — even if not yet with joy, then at least with gratitude for His care for you. Isn't that fair?

Joy, complete acceptance and understanding will come if you exert not just effort, but supreme effort in this direction.

* * *

— Among all of you, God only responds to my call. The rest of you seem to have withered on the vine. This is understandable: on one hand — the law of cycles, on the other — physiological determined suppression of pineal gland function due to shortened daylight hours, and consequently altering hormonal balance and depressing emotional states...

But this should not affect our love for the Creator!

In the Abode, there is always Light, Joy, and Love — one should live There!

The question of serving God is multifaceted. The personal search for new meditative approaches is not solely the Master's task. Yes, you try and act, you work, you serve God's Mission in whatever ways you can, but it's not enough. You need to seek better meditative paths for merging with the Creator and strengthening yourself in these states.

I do not reproach you, I just want each of you to strive and yearn for God independently.

Your meditative difficulties are precisely tied to the fading of your love and aspiration toward God and your personal, relentless search.

I am not urging you to engage in the search right this moment, but you must work in this direction.

The Master is at Ptahhotep's Place of Power:

— Whoever answers the question 'Who am I?' with 'Natasha, Olga, Oleg...' will earn a failing grade!
I am Ptahhotep!

Whoever answers the question ‘Do you believe in God?’ with ‘Yes’ will earn a failing grade as well!

We study God in order to know Him, love Him, and become Him.

On the Correctness of Actions:

We were working in the forest, and I noticed a horsefly on the neck of one of the students. I wanted to strike and kill the horsefly but hesitated to hit hard, as the neck was delicate. As a result, I only lightly struck and merely scared the horsefly away.

The Master said: “Is that how you strike?!”

I replied: “The neck is too delicate.”

The Master responded: “You must strike the horsefly, not the neck!”

On the Responsibility of Expanding the Power of Consciousness:

— One thing is when there exists a small, unclean human with a consciousness the size of a cocoon — then the harm they cause is minimal. It’s another matter entirely when a large consciousness, through its coarse states, inflicts damage on those around it.

*** * ***

— Carefulness! If we have not cultivated this quality within ourselves, then there can be no talk of spiritual advancement.

God cares for every soul.

Ethical purity must become unconditional and intrinsic to the soul always, not just when you've been reprimanded.

— Answers are not imprinted if the student does not pose questions to themselves.

While learning to become the Creator, one must learn to create – in the process. If a person has not learned to create harmony and peace around them, becoming a center to which others are drawn, then they may simply 'cling' to goodness by finding harmonious individuals. If even this fails, then one should settle among the harmony of nature.

On Self-Control

— I'm tired of your impulsiveness, your rushed thoughts and actions. This must be corrected immediately! You are loosening your self-control, whereas it must be strengthened as your consciousness grows. If you do not control yourself, all that you have already achieved will turn to dust. Think of Elisabeth Haich — do you want that for yourself? We cannot live carelessly, we must not 'fold our hands.' As you grow as a consciousness, so too must grow your self-discipline and control over thoughts, words, and actions. Otherwise, you will lose this battle for your Liberation.

On Aspiration to the Creator:

— It is possible to degrade and lose all meditative progress very quickly if there is no passionate

love and aspiration toward the Creator, toward merging with Him in love.

You must always reach for the higher meditations. If you return to and consolidate in the ones you've already mastered, meditative degradation can happen quickly.

God must enter your life and become an active participant in all life situations — not just at places of power, but also in everyday life. Seek closeness, merging, and any opportunity to be with the Beloved Creator.

This is realized, among other things, through personal search and relentless efforts in striving toward the Creator.

— You must love God more than the School. Yes, here you have the best friends, like-minded individuals, and close people. But our task is to merge with the Creator, and this is achieved through meditation, yearning, and striving to merge with Him.

On Progress Along the Spiritual Path and Working with Students:

— It is necessary to keep the entire ladder of the spiritual path in mind at all times. If you only remember individual steps, it becomes very unstable, and if a step 'wears out' or wobbles, the person will fall.

But if they hold the entire ladder in mind, they can take precautionary measures and use another step to restore the damaged one.

Isolated fragments of the methodology bring no benefit; the entire ladder as a whole is important. Then it becomes clear what and how to provide to the students — not blindly following the plan step by

step, giving strictly what's written even though they cannot yet understand it.

I, for instance, reread the plan. If you have missed something, take the plan, sit comfortably, and meditate on the entire program from the beginning, fully understanding the development strategy.

When the strategy is clear, tactical meditative moves emerge, as well as the search for new approaches and the best ways to implement them.

You have to review the entire work plan from the beginning and not wait for someone to point out where you've fallen short and tell you to do this or that. No!

Work together with God, interacting with Him, understanding His Will, and addressing all meditative shortcomings.

There must be a complete understanding of the logic and beauty of the entire methodology, the entirety of the Path as we were led by God.

You must become the creator and master of your destiny with a full understanding of what God wants and in complete synergy with Him.

— In the morning, it is essential to immerse yourself in the anahata, in a state of total reciprocity. This must be hammered into the students' minds 'with a stick,' as soft methods will not suffice here.

Recommendations for Raja Yoga Teachers:

— If people attending a class for the first time are staring at you intensely and tensely from their ajna, it creates a very strained and unfavorable atmosphere.

You should seat them on the floor and ask them to close their eyes, then listen to the silence, for example, within themselves.

— You need to check for any synthetic clothing on their bodies, as some synthetic fabrics block energy flow, causing difficulties. Also, check the mats, as shavasana might not succeed (the consciousness may "fall downward" during shavasana). Check whether there are tight elastic bands on their pants, as tight elastics impair blood circulation, which also interferes progress.

— People might feel shy about natural needs, so this should be discussed before the class. If someone needs to use the restroom, they should absolutely do so now rather than holding it in. Otherwise, the individual won't be able to focus, nor will they allow others to. Explain that they won't miss anything since the others will simply practice the last exercise for a longer time.

— Let us remember — and emphasize this to students — it is vital to have a full night's sleep for successful meditative work. If students' work involves nighttime activities, this should be clearly communicated.

— The best way to fully understand and retain something yourself is to teach it to someone else!

How to Guide Meditation:

— Meditation should not be taught intellectually. Of course, you need a well-thought-out plan, but if something isn't working, you must improvise. You can go back, repeat the moment, yet only by doing it yourself with ten times the intensity as the others.

That's the only way to convey what you want to say — mere verbal explanations don't do any good. During the process of teaching meditation, God helps, offering the best moves and words for both the teacher and everyone present.

You shouldn't aim to deliver the entire pre-prepared and memorized meditation plan at all costs. If it's not working – stop, go back, repeat, or change the element. After all, there are many methods of work, and no one is rushing you — this is not a report or a time-limited obligation.

Meditation is a mutual gift of Love: your love and God's Love.

If meditation isn't working and you feel it's not coming together, try to relax and let God guide you. It might mean the pre-constructed plan isn't suitable at the moment. Be flexible and quick to adjust, improvise, and seek new options.

When guiding meditation, learn to speak without words! Convey your state so that others can feel it. Use few words — so few that people ask you to say more, rather than struggling with how to stop your verbal flow.

Learn to communicate directly from consciousness to consciousness. Since consciousness can love and think, it must also be able to speak. Grant it the gift of eloquence.

What matters most is not the teacher's words, but their energy. If you're out of strength, you can roar or shout from the hara, cleanse the manipura — and the energy will be restored.

Nuances of Meditative Work from the Master

Meditative practice during the stage of buddhi yoga:

— Meditations should begin from an expanded state of consciousness. You must become vast. And for this, we have the sea — the expanse above the sea, which we fill ourselves as consciousnesses.

Within the framework of raja yoga, we worked from the body and within the confines of the cocoon. But if we want to work as a buddhi, we must become vast; otherwise, nothing will succeed.

* * *

— Always feel the hands of your consciousness! If we do not work with our hands, we lose self-awareness: our sense of self as a buddhi. The Abode of the Creator has no use for the ‘handless’ beings.

— And what if I don’t feel the hands of my consciousness?

— It’s a psychopathology. Study it. Were you born without hands? Hands of one’s consciousness must grow strong.

* * *

— You must smile with your consciousness. Smiling should become a permanent state.

To achieve this, you can start learning by feeling your face in the anahata of the body, making funny faces at yourself (a joke), and then radiating the smile beyond the anahata of the body: upward, downward, in all other directions... This way, the smile on your physical face becomes natural.

* * *

— God is not Love only, but together with Wisdom and Power. Therefore, in the Ocean of the Creator, you must experience your anthropomorphism with the full transfer of all self-perceptions:

- The head as the vessel of intellect,
- The chest as the wellspring of love,
- The belly (hara) as the seat of strength.

— We perceive the wholeness of all three aspects present in the three dantians:

- The thinking — the upper dantian,
- The loving — the middle dantian,
- The nourishing of both above — the lower dantian.

It is necessary to learn thinking by the consciousness.

* * *

— There are two options of how meditative work could be managed depending on external conditions:

When we are tired and the surroundings are less than favorable:

- 1) Stretch the hands of consciousness from the lower back part of the anahata along the vector of the multidimensional scale backward, into the Depths, into the Abode of the Creator. The consciousness

flows after the hands. Even if it's not possible to fully enter the Abode and Merge with the Creator, you can scoop Energy with your hands from the Abode and send waves to your body. By working this way, you can strengthen your connection with Consciousness of God — this is far better than doing nothing!

2) When you have energy and a favorable environment: follow the plan.

There is one nuance: when immersing yourself in the Ocean of the Creator, you can turn the face of your consciousness inward. Just as you looked from the anahata back and inward, now gaze into the Depth, into the very Heart of God. In doing so, you shift inwards with your gaze, diving deeper into the Depths.

* * *

You must force yourself to meditate daily, gradually accustoming yourself to new states by living within them (through the latest meditations).

This cannot be done quickly, it takes months of effort.

You need to practice developing the latest meditative states. If you resort to the mind (*manas*) with “what should I do next?” you will inevitably get stuck in your head. It must be remembered and performed by buddhi. This makes transition from one meditation to another smoothly, easy to return to the beginning, and so on.

It's best to meditate in the morning, while you're fresh, and leave everything else for later.

If your hands of consciousness are weak, recall the “brachiation” meditation.

* * *

— If the meditation doesn't work the first time, grab the plan (if you've missed something) and repeat, repeat, and repeat — 1000 times if necessary. You need to extract all valuable experiences from the head into the Abode. And then stomp down the body with your own Mahadouble, descending upon it. This solves all the issues.

* * *

— It is foolish to dedicate your entire life, for instance, to constant fasting as a way to handle the body. Deeply ingrained stereotypes must be broken, and new methods and forms of work must be sought. It is equally foolish to spend your entire life at a single place of power just because it is Sacred!

You must forget unsuccessful attempts and imprint only the best experiences.

If you fall asleep during meditation, the consciousness will continue to work (it is better to meditate during the day, as fatigue accumulates by the evening).

You must learn to work while lying down — put in the effort — while maintaining the verticality of consciousness and positioning yourself behind the head of the body.

* * *

— Sometimes, dirt within the body can be cleansed immediately. However, when the tissues of the body have already been affected by inflammatory processes, the damaged areas of the body repeatedly

produce energetic pollution. In such cases, alongside medical treatment, it is necessary to continuously cleanse the body using various methods. This process can last sometimes long...

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— What are jiva and buddhi?

— Jiva operates through the mind (*manas*) within the body.

Buddhi, on the other hand, is the evolving, growing consciousness. The work of buddhi — meditation — is not thinking as some yogis (Hindus and others) believe.

You can explore this by experiencing your own mahadouble separately from the body.

Meditate according to your plan. Everyone must create their own plan and work accordingly.

* * *

— When the sun is shining, it is beneficial to expand yourself as consciousness, but when it's cloudy, it presses closer to the body. Then you must recall the sea, spread your hands with the effort related to the appropriate Atlantean meditation. In certain places, it is better to expand yourself via your mahadouble beyond the horizon.

That's why we've been given so many methods.

Master at the campfire:

— Would you like a meditation?

I am the forest: there is not "me", only the forest. I am on the planet Earth.

I am the Absolute. Moving further into the Abode, we experience our hands.

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— The key is to unfold the hands of consciousness. We feel like swaddled infants if we do not spread our hands. Meditation begins with activating the hands of consciousness, which means:

1) You must feel the hands.

2) You must use them actively — to cleanse the body, to hold and caress living beings, to seek others and assist them.

— Do not simply look at the surrounding world. As Don Juan taught Castaneda, listen to the space around you. And this works over far greater distances.

— If you ask, ‘How can I get rid of being in the head?’ — that is a matter of the indriyas. Watch your indriyas!

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— And remember: there is only the United Organism that is Everything!

There must not be the thought: ‘Here is God,’ and ‘Here am I.’ We are the One.

Revelations: How God Teaches

Jesus (February, 2001)

— Remember, the only motivation of all your thoughts and actions must be love!

Before you act, pause for a moment and feel where the signal is coming from. There's a STOP sign on the road — it's there for you right now. Before making a decision and taking action, recall it and ask yourself if love guiding you.

Act only out of love — and then you will act with love.

Acting otherwise is unacceptable.

Babaji (August, 2001)

— You must learn to show people God while remaining "in the shadow" and just pointing the Way. No violence is acceptable! Nothing personal! You can fully forget about yourself by dissolving in Me.

The trials of your devotion to Me and the strength of your spirit continue. Be a warrior on the spiritual Path! All your victories and defeats are merely illusions. Behind all of this — I Am! Seek Me everywhere, feel My Love in everything!

Do not look for Me far away, I am very close — in your spiritual heart. I am always near — simply stretch out the hands of your soul, fill your Anahata with My Love, and share it with everyone!

The possibilities of the spiritual heart are boundless!

Lao (September, 2001)

— It is impossible to convey to other person the art of life, just as it is with the art of death. Everyone lives and dies on their own.

My child, when you suffer from your own imperfections, know that this is yet another reminder that they are still alive.

In order to overcome them, you must act: act consciously, carefully weighing each action, each step.

While your vices still live within you, be extremely attentive and cautious in your thoughts, words, and deeds.

Sathya Sai (November, 2002)

— Every time it seems like there is no way out, like everything around you is falling apart, and despair tries to take hold of you, remember:

– Life is infinite! It is the old within you dying that fades away to free path for the new flow of life — that is Me manifesting Myself!

– Nothing external can crush the Power of Life, the Power of Love, dwelling within you — that is Me!

– Maintain complete calm, and you will win: you will conquer death, for death is merely a transition to a new form of life, nothing more — that is Me as well!

– Do not stop on the Path, thinking it is the end; keep flowing further — I am Infinite!

– Life like a full and endless river of Love, always flows!

– Trust Me completely, do not cling to anything: neither to your own body, nor to the bodies of others, nor to objects of the material world, and not even to life in this body.

All of this — is external, as I am — within the Depths. I sustain and nourish everything I have cre-

ated with Love, but I am not dependent on Creation, though I am inseparable from It.

Sathya Sai (November, 2002)

You no longer need a "home" on Earth (this is not about a roof over your head). Your "home" was once your body, where you hid from Me. Now your heart resides in Me, and only a tiny part of you continues to live in the body. There is just a little left to return it Home: by clearing and refining that small part of you to complete purity, uniting it with Me in My Abode.

Do not separate yourself anymore, do not hide from Me, there is no need for that anymore — remain always in Me!

When returning to the world of matter after meditation, do not close the "door" to your true Home behind you.

Let it always remain open, you are inseparable from Me!

In meditation, you must clearly be aware of where you are, how you got there, and what can and should be done there. However, this is not enough. You must lead others there. Only this is valuable to Me and taken into account for your karma.

Yamamoto

— Yamamoto, it seems we feel a little bored without disciples, without caring of them.

— Solitude is the destiny of those who've chosen Me. There must remain Oneness.

Lada (July, 2003)

— True joy flows from the Depths of the heart, rising in warm, gentle waves, spreading and radiating warmth around. It is quiet and boundless.

God does not always speak to people. Sometimes His silence is more eloquent than any words.

Jesus (March, 2004)

— You are free for Love! You are free to carry Love to people!

In the entire universe, there is nothing that could interfere this.

Jesus (May, 2004)

— Learn from Me! Behold My Hands — healing Divine Hands, emanating from the Abode and of One Essence with the Father!

Everything that I touch with these Hands is filled with the Divine Light of Love. Illnesses, nesting in bodies as dense, isolated entities, condensations, foreignness — they dissolve and lose their shells of separateness, losing the ability to continue their destructive work.

Your hands can also heal. Become the Vine — and through your hands, the Father will help people, healing their bodies and souls.

Kayr (July, 2005)

— Leave all thoughts of the earthly behind. Let Eternity enter within you!

The earthly plane is vanity. All will pass, and only I will remain!

Feel My Hands, caressing and embracing you.

They are everywhere!

Flow through life in harmony with Me, in a unified rhythm!

*** * ***

— Walk the Earth as the Ocean of Light! Warm souls with Love!

Pacify everyone around you with calmness and gentleness!

Jesus (October, 2005)

— Remember those, who are still in darkness: the millions of souls yearning for Light.

Remember those, who are still small as souls, and your efforts among other things will determine where they go: toward the Light or into darkness!

Apostle Andrew (November, 2005)

The Cross of Jesus... Each of you, who has taken up this Cross is obliged to go to the very end!

The Cross of Jesus is — above all — Love, it is not just service to God.

Adler (March, 2006)

He shows a forest bathed in sunlight. Light, Light everywhere: both on the material plane and beneath it.

— Life in the Light, being the Light, must become desired, most desired —and then it is possible.

Anastasiya, Elisabeth (July, 2006)

— Complete harmony in nature is now granted to you so that you may accustom yourself to the state of "God rests in Himself in absolute Peace and balance."

Harmony, balance, equilibrium — this state is active. This state is — I Am Everything!

You are now given the opportunity to feel and imprint the state of Living absolute Peace, balance, and the equilibrium of all living things within the Absolute.

One should master staying in this state to be sustained in it.

Toth-the-Atlantean, Adler, Pythagoras (May, 2007)

— One must learn the highest art: to bring harmony to the chaos of human emotions on Earth.

By starting with the organization of one's own life and establishing the Divine Harmony of the Whole Life within it, one can proceed to organizing the life around them.

But it is essential to remember that such Order is only possible "from within": the "external" is ordered by the "internal"!

Adler:

— I created this World for the joy of Cognizing Me!

The finiteness of earthly existence leads to the joy of knowing the Infinity of Life within Me.

Every earthly situation is suitable for this purpose.

Adler (January, 2009)

— Never cease intellectual development: think, reflect, and study before acting.

Every action is meaningful and has purpose if it harmoniously fits into the unified picture of the Whole and serves Its Evolution.

Continue to cognize Me! For what you know and can do now — is still insignificant compared to My Knowledge, but it is considerably great compared to many other people.

This is not a reason for pride or complacency. A full life within Me and true service begin from such a foundation.

Remember, I have nurtured you for centuries and I am now ready to release you into the Light for the great Service. Take full responsibility for this step upon yourself!

— What this Service is?

— You must become My Torches, carrying the Divine Fire to people. The Fire must always burn; the body must become the vessel of the Fire. With its help, it's easier to deliver My Fire to those in need.

— How can the Fire always burn?

— Constant connection with Me is required, a continual sense of Unity with the Source. Strengthen yourself in Me — the Source of the Fire! Develop strong Divine Fiery Hands.

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— Stand firmly on the positions of Love in everything! Otherwise, what you do will become violence toward others, to some degree.

You must forever leave the position of "I want." Replace it with unconditional love, wisdom, and objective appropriateness of actions.

Sarkar, Adler (June, 2009)

— Your main enemy right now is complacency! There is still so much to be done, yet you live as if you have already done everything.

I value your contribution to the common cause, but you yourself know how small it still is.

Do not think that I fail to notice or that I am indifferent to what you are doing. But burning with the Fire of love for Me and for others is an essential condition for further Service and Merging with Me.

I want to make you Perfect, and for that purpose you have to desire it more than I do and put forth your utmost effort to achieve this Goal.

I guide souls toward the Light! Grant yourself to God!

Krishna (on humility, May 2010)

— Place on the sacrificial altar everything within you that resists My Will. For if We are in Unity, in Mergence with Him, One with Him, then thoughts, emotions and actions — all flow from the One Source — the Creator, dwelling in Great Peace in the Abode.

Let go of petty thoughts, let them not cling to you. Let your attention be fully focused on Me.

I am your Goal, and I am the means to achieve the Goal also!

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— Separateness cannot help effectively, in a Divine way. Only through Union with Me can true help be given.

All "crutches" and "supports" of the material plane must be removed. And then, if you keep your balance and do not fall or wobble, that is your true self — that is Me within you!

Sophia (May, 2011)

— Everyone now can review their path forward not with a group, but with Divine Teachers.

Everyone knows that obstacles are placed before people on the Path, which cannot always be overcome in one leap, and one might fail spectacularly. But these aspects of one's destiny can be successfully overcome if they know in advance where and how God leads the soul.

Understanding how God is structured, how He functions Himself — is the key to successfully resolving such situations and preventing unpleasant (from a human perspective) turns of a destiny.

One who has understood, internalized, and directed themselves into the right course in advance, prevents all difficulties — that one is commendable!

Foreseeing the development of events considering various options is what God teaches each of His servants to make them part of Himself.

Divine Advice (August, 2011)

1) Hands of consciousness, palms upward, Hands of the United We — They are the Hands of the One Heart! Gentle, caring, strong, omnipresent!

My Love for all living beings is realized through these Hands!

2) Silence (hesychia), transparent Peace — these are the foundational principles of success in any good endeavor.

Babaji (September, 2011)

When you lack strength, you have to learn to maintain smooth transparent Peace. Control yourself strictly. If you lack strength, do not trick yourself trying to pretend being active or clever.

You lose control — and enter coarse emotional states.

Learn to be always Peace, and by My necessity — a Solar Protuberance.

In Elisabeth's field, do you remember how Lao-Tse showed the Model of Being Divine embodied on Earth?

Lao-Tse (November, 2011)

From Transparent Peace — Power is born!

From Transparent Peace — Light and Fire are born!

From Transparent Peace — the diversity of Life forms is born!

This is Me manifesting Myself!

Part 2. The End of Schooling. Living one-on-one with God

Divine parenting. Love rules everything!

“...Love covers a multitude of sins.”

1 Peter 4:8

The first years were unimaginably hard. After all, working in a group is far more effective and vivid than being on your own. I felt as though my Path had come to an end, that I was unworthy of God, and that He would no longer guide or nurture me... But I was gravely mistaken. God continued to teach me!

And I had to learn anew how to interact with Him, to listen, to obey, and to rely solely on Him. The Master also continued to guide me, though now our communication was out of body. At times, I felt his presence during meditations, when he offered advice, and at other times he mentored me in my dreams.

*** * ***

My left leg began to ache severely, swelling below the knee and at the joint itself.

— What is this, Lord? What for?

— Your habit of relying on the Master for everything must be eradicated. You cannot go on like this!

Only by fully relying on Me, attuning to Me, and interacting with Me will your further growth and perfection be possible.

This does not mean you must forget everything the Master taught you. But you must let go of all hope and thought of returning to the School as it once was — that no longer exists.

You will no longer have an embodied spiritual teacher. Your Teacher now is solely Me!

God Directs This Way

***"The presence of disciples
does not make one a Master.
The presence of a Master
does not make a disciple enlightened."
Lao-Tse***

From a conversation with the Divine Teachers:

— How can I understand what my purpose is right now? Help me figure it out, Father! What should I focus on, where should I direct my efforts, so that I can live the rest of this incarnation worthily, serving You and people?

— Stay calm and listen!

Your primary task is to immerse yourself in Me completely, to merge with Me. Too much Power and higher Knowledge have been invested in you. You cannot be content with the life of an ordinary worldly person.

I will not let go of you until you fulfill everything I have determined for you for this incarnation. Do not rush! Haste and unthought-out actions hinder you.

— But the rhythm of life set by the Master is so different, and I cannot keep up with it...

— I intentionally took you out of the group so that you could consciously organize all the knowledge you've received and put it into place on your own.

Always remember who you are! You are a consciousness made of an immense spiritual heart, tender and loving, capable of thinking and acting in accordance with My Will! You can merge with Me fully!

— What would you advise in matters of service?

— Write and speak about Me; seek out such opportunities. Create beauty, capture the beauty of nature, and share it with people. True beauty should make a person better, meaning its impact is always positive. Help people in all good endeavors. Love people wisely!

Elisabeth Haich, Danish Lady:

— Redirect the course of your life toward Me, do not scatter yourself, wasting energy on worldly affairs. You must belong solely to Me! Everything else is dust, earthly vanity, insignificant trifles that nonetheless consume My Divine Energy.

Remember that order and Divine harmony in the earthly cannot be established by external methods.

Harmony is born only from within, and only it can change anything outside!

Keep this in mind!

Kayr:

— Your love for Me must become like a mountain — unshakable!

"None renounce while in love" — these words from a song are profoundly true. If you truly love Me, nothing can ever shake that love.

Whatever happens around you — whether everything is good or bad — has no significance for true love.

Work diligently — it will help you overcome all hardships. A person who has learned to work with full dedication, not for themselves but for the benefit of others, is of great value! This skill will always be useful, no matter what they do. If, in addition, they radiate love, such people become priceless — they are My treasure!

Forge ahead!

From God:

— Learn not to disturb the harmony of the Whole. All thoughts, words, and actions must align with this principle of the universe's life.

Harmonize, pacify and nourish all living beings with love, and do not disturb the space with the worst parts of yourself that are still alive within.

Remember, you must learn to take responsibility for the entire universe! This is not a joke!

Every drop of aggression, hatred, anger, or irritation can become critical, triggering the process of destruction!

Remember! — that drop could also be yours. Do not let that happen!

Nikifor:

— You must train yourself, again and again, to enter new Divine states of consciousness patiently, until you learn to live as I, as We do.

Seek meditative practices that allow you to reproduce and enter such Divine states on your own.

And the hands of consciousness — they are essential! This is your weak point; they must become strong, sensitive, gentle, and skillful.

Babaji:

— I will teach you humility! Life one-on-one with Me does not mean complete isolation from the outside world.

If you listen to and rely solely on your mind, it will lead you into a world constrained by its limitations. You will live within the boundaries of its thoughtforms. The mind is incapable of grasping and comprehending the Eternal and Infinite Source of All Creation! It is not programmed for this.

Step beyond the mind — there true Life begins! Discover It together with Me. Use your developed consciousness and the methods I teach, as well as those the Master has taught!

Aum! Om!

Kim:

— Always, in all life situations, affirm yourself in goodness, seek manifestations of goodness. Even if you cannot find them in certain cases, calmly and lovingly accept everything as it is.

Do not step out of the state of love! Do not affirm yourself in evil, nor agree to acknowledge it! But the evil that enters your life — use it as a catalyst for goodness. Remember this!

Gather your strength again and move forward to Me. Even if only little by little, but keep moving!

Sufi:

— Why strain yourself so much when thinking about something? Thoughts should be light, transparent, and positive. Such thoughts will harm no one and offend no one.

Adler:

— Do not let the mind place the final point in decision-making. Let the final point always remain Mine!

If you seek those who might help you, you will waste your time.

If instead you seek those whom you can help, then God will surely help you!

Be attentive to My guidance, My signs. Listen and obey, without turning off your own intellect. Reflect, analyze, grow, and improve in all areas: ethical, intellectual, and psychoenergetic, as the Master taught.

Make and carry out decisions which you are ready to die for! This will increase your level of responsibility!

Eagle:

— You have to find and recognize the next step on the Path, the step where you need to place your foot to move forward.

It is useless to simply wander through the forest in search of places of power and its gifts. Always and everywhere, it's necessary to seek only Me!

Divine Teachers:

— We have spent great effort creating suitable conditions for the life and development of material bodies and souls on Earth. There are unique conditions for the growth and Perfection of souls here. Yet people constantly violate and destroy the Divine plan.

You must find yourself in Me: become Me in all Fullness. Your calling is gentleness, patience, understanding, care, tenderness, support, and helping those in need, while maintaining absolute steadfastness in everything concerning the Divine ethical laws.

Step by step, you will learn everything necessary for Divine service.

* * *

At home. Divine Teachers came over; there were many of them. They raised the topic of the meditation "Temple."

Teachers:

— Within your body there must be My Temple, too! It must always be bright and clean — a space of Silence, filled with reverent anticipation of My manifestation. Let it be filled with the light of joy and ten-

derness. In such a Temple, I will surely come and dwell!

From such a Temple within the body, consciousness can easily pass directly into Me, dissolve and merge with Me. In such a Temple, it is easy to hear and understand Me, to follow My instructions, fulfilling My Will!

* * *

At home. Adler came up.

He said:

— Only the human body, after appropriate preparation, can withstand the Primordial Stream of Divine Energy flowing through it.

The Creator spent millions of years of evolution crafting such a material body. No other material body currently existing on Earth can withstand It.

And understand this: you no longer have the right to anything except the manifestation of love and My Will. Even the right to defend yourself from all kinds of evil should be carried out as an expression of love and service to Me.

All other rights are merely illusions created by the mind, which, consequently, leads to the activation and manifestation of yet unconquered vices and the accumulation of karma.

The Master:

— You must train to constantly live in the anahata of the body and the Anahata of the Absolute, so this becomes your habitual way of life, rather than

wandering aimlessly from one idle thought to another in your head.

For this, it is not enough to simply enter the anahata and remain there (sooner or later, you'll drift out). From there, you must act: observe, think, speak, and work with the hands of consciousness, coordinating them with the hands of your physical body. Moreover, you must train this not only during meditation but also in your daily life.

Nikifor:

— Let go of everything you are still holding on to, everything that keeps you tied to the material plane.

Leave only one attachment — Me! Then I will carry you Home! You will return to Me, into Me — into Our shared Home!

— What about the body?

— Do not worry about it. If necessary, you will return to it and serve for the benefit of all, but this time from within Me and by My Will!

As long as you cling to anything or anyone here on Earth, you cannot achieve complete Freedom. And although there are few such attachments left, they still exist.

Love — without attachment!

Help — without attachment!

Give tenderness and peace — without attachment!

Care — without attachment!

Only I am — your attachment!

* * *

60 kilometers north of the city, there are wonderful places for spiritual work: spruce and pine forests full of mushrooms, berries, and places of power, of course. I went there. I spent a long time choosing a place to go and trying to align with the Will of God. Hopefully, I succeeded.

Matthew invited me to his workplace, and I went there.

Matthew:

— Hear the Truth!

Open the gates of your heart — and live this way, with your heart wide open!

Behind it, in the Depths — I am! Ahead — the world of Creation, which I nourish to cultivate souls. Love My Creation as I do, for Love is the only nourishment for My souls.

— How can I cleanse my soul faster, remove everything unnecessary?

— I will not tell you anything new. Work, do not be lazy! You already have all the necessary knowledge for this. Laziness corrodes the soul like rust. Reject laziness once and for all! Do not give it even the slightest chance to cling to the soul.

Only those who work diligently in My Field will overcome the Path and come Home, to Our shared universal Home — the Abode of the Primordial.

Start from the beginning; go through your entire plan for meditative work, and all the ethical aspects of My Teachings. And never be afraid to start over!

Such a rare opportunity for spiritual growth as you have now is extremely uncommon! Cherish it and remember: you are not alone — I am always with you!

He reminded me of lines from a poem He gave me:

There are Silence and Peace in My Embrace, solely!

Moments of Love turn into Eternity – and Here you're not lonely!...

* * *

I went north again, to Wrestler Lake, where He had invited me.

He met me with the Embrace of Love! I swam in His lake, lay on the shore, and He entered my body, working on it, adjusting something within.

Before the trip, God told me that this day would be significant.

I was trying to understand what its significance was.

I asked:

— What's next?

The answer was:

— Next time, you will go to new places to the north for meditative work solely.

— When?

— In a week.

— And now, what was this? What was I supposed to understand?

— This was a review of your past life, a summing-up.

The Wrestler invited you. He worked with you and did everything that was necessary.

From now on, work hard on your own. You might have forgotten how to really work?!

— Thank You, Father! You wonderfully arranged everything, even on the material plane — there were no problems with transportation or weather.

I love You!!!

God Supports This Way

From God:

— Do not grieve over being unable to accomplish everything immediately and quickly! Some make broad strokes, while others do delicate work in fine details. Without them, the entire Picture of Creation would not be complete or beautiful.

Learn to find Me even in the daily mundane! Create joy every moment!

You must learn to rejoice in the successes and achievements of other people. Add to this the joy of everything that God gives! Also, joy from overcoming obstacles on the Path, joy from victory over yourself, joy from life itself!

See, joy is everywhere!

Mahavir:

— Tell me, how should I live now?

— You are accustomed to living surrounded by people. Now, you need to live one-on-one with Me.

Creation and I — those are all your friends, Mahavir is joking!

This state must become desirable for you.

*** * ***

— SOS!

I need to get my life organized right away!

Matter is dragging me down like a swamp. My pitiful cries: "Lord, I want to be with You!" get stuck in the material plane.

With my mind, I perfectly understand that God must be the first priority in life, and all other things come after. What am I missing to live this way? Perhaps strength of spirit, aspiration, or love for the Creator?

Lord, how can I stay with You and, at the same time, not offend others, love them, and help them?

— You lack love. After all, everyone longs for love, so give it to people and to Me as well. Learn to love unconditionally, and meditative work is essential. Also, put your body in order. You start — and I will help. For I also love you and want to Live in you.

Amen!

Your God

*** * ***

From God:

— Transforming yourself, breaking the old shell of ego, is not easy. You must be a strong, focused, loving soul. But when you manage to break the "ice" of the next shell of ego from within, the stream of love bursts free and flows into the surrounding world.

You can enjoy this freedom until the "ice" of ego binds the soul again.

Then comes the next effort — and again, a bit of freedom!

And so it continues until you become One with the Ocean of Light and Love, overcoming the small ego. Now the small ego can no longer resist the Ocean or bind it with the ice of egocentrism. True Freedom becomes only then!

*** * ***

Today, I went to Babaji's places of power. He guided me. I wanted to go to His valley, but there was a lot of snow, and a sign had been put up indicating that it is now a reserve where fires are prohibited — and I had a backpack full of kindling...

So Babaji told me to go to the spruce grove near Imam, not far from His place of power, and I went. I lit a fire, had breakfast, and tried to meditate. But nothing meaningful came of it. It felt as though I had been invited not for meditation. Then why?

The weather was wonderful: sunshine, clear skies, and a small positive temperature—just perfect, neither melting nor dripping. Simply a miracle of goodness!

I stepped out of the spruce grove onto the road under the sun, and Babaji smiled. I walked leisurely toward another of His places of power. There, He stopped me and smiled again. It felt good, warm, and peaceful — it was like coming home.

He said He would continue to teach me.

This is how God, among other ways, teaches to listen and obey, fully interacting with Him. And sometimes, it's not about super-meditations but simply life in His constant presence.

Krishna:

— There is no need to seek difficulties, nor to run away from them. I create difficulties and trials; face them boldly, meet them, overcome them, fight them — this is how you will develop the qualities of the soul that I need.

And always keep your heart open to contact with Me!

Adler:

Feel it — for within your body
Lives but a tiny part of you!
You are a vast and sacred heart,
With arms outstretched in love so true!

So give your care, your love, your grace,
To all Earth's beings, great and small!
Be wise and strong — let love embrace
And live this way — your call.

In Union with Me you'll find
All answers, strength, and peace within.
If you fulfill My Will aligned,
No harm can touch, no dark begin.

You are My daughter, in My Love
Forever firm you ought to be!
I am your Father-Mother, Guide —
With you for all eternity!

— You no longer need to fight for justice in the material world. It is far more important to observe the laws of inner justice and the harmony of the Whole!

Do not fuss or scatter your energy on trivial matters and disturbances; focus on the Essential.

Remember, you do not have much time left in this incarnation.

Nurture the flower of Divine Love in your heart and let It blossom, bringing warmth and bliss to everyone!

*** * ***

Conversation with God:

**— I want to live the way You live!
To breathe as You do, free and true!
To love as only You can love!
To be the Light and the Fire of Love!**

**Answer me, Father, what should I do?
How should I live my life on Earth?
What can I do to help everyone?
And how can I overcome myself?**

**— You wait for guidance, but in vain!
All you need, you've learned from Me!
No matter how few days remain,
Live them with honor-dignity!**

**Do not lose what you've gained so far:
Your knowledge, skill, and hard-earned
Growth. Serve Me sincerely, truly, and
Share love and care with all!**

**You will succeed, and I'll just help
And guide you, comfort, give a kiss,
Wrap you in Light and Tenderness,
Embrace and merge within My Bliss.**

**I'll grant you bliss, I'll gift you joy!
Just stay the course and do not stray.
I'm waiting for you — and you'll arrive!
Your love will lead you all the way!**

*** * ***

I tried asking God about my past lives, aside from the incarnation as an ancient warrior He had already revealed to me. I wanted to better understand myself and uncover the roots of some of my flaws. After all, how can I overcome them if I don't eradicate them at their core?

Then He showed me a powerful warrior — very strong, ruthless, but not aggressive. War was his work and his life. He had no family, no children. His existence was spent in constant military campaigns.

This helped me gain insight into certain aspects of my current incarnation. But God didn't not wish to show more.

I asked:

— And what came next, after the life as a warrior?

Babaji:

— Then you met Me! And from that moment, your true life began — the journey of knowing Me and Merging with Me!

Though before that, there was another significant incarnation among the Native Americans of North America. It was a female incarnation in an indigenous tribe, where you were the chief's wife. During that time, you learned to love and respect other lives — the lives of plants, animals and people. You learned to love the Earth and experienced great human love.

And then, I entered your life!

Never lose faith in Me, under any circumstances!

Faith is the bridge on which you can walk over the abyss without fear.

It is the anchor that prevents you from being swept away by storms.

Faith is the shield behind which hardships and trials are not terrifying.

Faith is the guarantee of resilience and courage.

It strengthens love!

But only faith based on true knowledge is unshakable! Therefore, know Me, study and love Me — this is the main purpose on Earth. Everything else is merely a supplement to the Main!

* * *

Conversation with God (early in the COVID pandemic):

— Do you wish to avoid bodily suffering?

— I want to strengthen the union with You so much that no suffering could ever destroy it!

And also, for Peace, Calm, Love, and joy to reign on Earth; for people to finally turn to You, to understand that happiness lies within them, in their spiritual heart — in the Temple of Love!

In this difficult time, I feel Your support in everything. Thank You — my Beloved, Unique, Gentle, Caring, Wise, and Strong Creator!

In response to my anxious thoughts about the COVID pandemic, He said:

— Do not fear external enemies — I will deal with them — but rather the internal ones.

The battle with them is not yet over; you have not achieved complete victory over your inner enemies. Do not relax; constantly control them; do not give them the slightest chance to manifest. After all, every manifestation of your inner enemies, even insignificant ones, is a step backward on the Path to Me.

You know well how much effort it takes to make each step forward on this Path.

I will help and guide you!

— Thank You, Father!

*** * ***

I visited Jesus in the forest, at His place of power. He spoke to me.

I wrote down:

— A person and their body are self-restoring and self-educating systems. They can become whatever they wish to be. The key is to make the right choice.

You have made your choice, and I, and All of Us, are happy for you. Your trials are not yet over. Much work remains, but the solid foundation of life in Me, for Me, has been laid and has stood the test of time!

I called you to tell you this, as well as: no matter what happens around you, remember — I am with

you, We All are with you! You will be the vine connecting the souls of people with the Father!

— What is most relevant for me right now, what should I work on?

— Strive to bring your physical body into order as much as possible. It will serve you for a long time yet in fulfilling your mission.

— What is my mission?

— You will learn later. For now, keep working in the same direction. Are you waiting to hear something grand? In vain. You already know that all of God's Being is Love, Simplicity, Harmony, Peace! Live this way!

Work on three main directions: HUMILITY, SERVICE, OVERCOMING!

Amen!

Then Jesus entered my body with Divine Fire, filling it completely, and said:

— The process of restoring the material of the body must begin — it is possible. I will help you.

Pythagoras:

— Do not chase words, but strive to grasp their essence. Immerse your consciousness in the Source of Truth and drink from It, draw knowledge only from there!

Do not exalt yourself, but also do not diminish yourself to nothing!

You learn, strive to be diligent. Show diligence in the sciences of the Spirit and attentively follow My instructions!

Then, gradually, the fullness of Truth will be revealed to you! Strive!

— Can the human body truly become the Temple of God?

— Yes, the body is a Temple, a Divine vessel! But people often turn it into unnecessary clutter. Yet, immense possibilities are hidden within it for the evolution of the soul toward God.

And those who sincerely strive to become pure souls find these possibilities and transform their body into a Temple.

To such seekers, to such ascetics, I open the doors to this Temple: I give the keys to the locked doors. Having opened these doors, you will learn to manage the processes of all Life in the universe. Yet only when you achieve full purity of soul — then you'll acquire Wisdom, Love and Power!

God Explains

From a conversation with Jesus:

I asked:

— Your Teaching about God the Father been known across the Earth for over 2,000 years. Though mass media emerged only recently — how so?

Jesus answered:

— This is thanks to My Apostles. They became the global network through which Knowledge flowed to the world, reaching different nations. They became My hands, eyes, mouths, and hearts. Many of them repeated My path, enduring harsh trials with honor. Each of them faced their own Golgotha, and people believed them; many followed them to My Abode.

More than two thousand years have passed, yet the Flame we ignited has not dimmed. People continue their journey toward the Light, each on their own path. Through mistakes, pain, obstacles, and trials, in constant overcoming and daily standing before the Father, they tread the Path Home — to the Light — to the Abode of the Unified Father.

My Apostles are not just the 12 chosen by Me but also many other people unknown to history. The seeds of Truth sprouted in them, and they dared to sow these seeds into human souls further.

Every person has the opportunity to become My Apostle and carry the Truth about God the Father to the people of the Earth.

Elizabeth Haich:

— God greatly needs reliable, strong, and capable hands on Earth, hands He can trust to care for the souls of embodied promising individuals.

Where can a person, living in a body on Earth amid religious ignorance, find the right path for their development? After all, without understanding the essence of existence and the processes occurring in the universe, it is impossible to properly structure one's earthly life. It would be more like drifting from one mistake to another. Even with the necessary knowledge, it is hard to avoid mistakes. But without knowledge — how?!

All the fuss in the material world, if a person does not understand the reasons for their actions, will bring them nothing when they find themselves on the threshold of transitioning to the world of out-of-body existence.

One must learn to live consciously! This is very important!

Then, the life experience gained — both positive and negative — will become most beneficial.

From a conversation with Divine Teachers:

The weather was gloomy—rainy and cold. I sat down at the computer and suddenly heard an explanation about the theme of Unity of the Whole and each soul's place within this Unity.

I asked:

— What needs to change in me? What should I become? What am I lacking, and what prevents me from achieving life within the Unity of the Whole?

They said:

— There are actions necessary for the Evolution of universal consciousness—these are where I participate.

There are actions necessary for maintaining the body's livelihood — these are where I do not directly participate, but I always support them.

There are actions useless and harmful in the eyes of God—these are performed by humans themselves and shape their karma.

One must always live with the feeling of being part of the Whole—the Great Unity. One must also live and act in accordance with the needs of the Whole, never falling out of Unity.

All people move through life in the unified flow of the Evolution of universal consciousness. Any deviation leads to disruption of the Harmony of life in the Whole.

The key is to follow simple principles: harmony, love, peace.

*** * ***

At Volkhva's place of power:

How beautiful, tender, and strong She is! I asked Her to fill my body with Divine Fire, and I tried to help myself. Then I asked for embracing.

What an Embrace it was! I am certain that in ordinary earthly life, nothing like this can be felt. The key is to have an open and loving soul. When this happens, a miracle occurs — the merging of consciousnesses in the Embrace of God's Love. Words can hardly describe it. It is supreme bliss!

I asked:

— How did you learn to be so strong and tender in the most refined Love, and how did you develop wisdom? After all, you lived in the forest without people.

The answer was:

— Your modern society is overloaded with unnecessary and useless information and material objects. People invent all sorts of things to satisfy their material needs.

This isn't bad, but only when each person has a main Goal — God — and spiritual improvement to merge with Him.

But in today's human society this is absent, and as a result, material corruption of souls occurs. This is a total disaster!

If this continues, destruction on the material plane will be inevitable. This includes natural disasters and wars.

How can people be made to understand that they themselves are the source of these troubles? To live in love, simplicity, truth, and harmony, one does not necessarily need the Internet, gold, oil, gas, nuclear weapons...

If only people would turn their gaze inward and restore order within themselves, restore harmony. Then life on Earth would become beautiful.

One must seek not new oil fields, gas reserves and other material resources, but the Living God-the-Father and Creator — and all else will come to you!

* * *

From a Conversation with Divine Teachers:

I went to the forest at the invitation of Mary Magdalene, to Her place of power. Mary told me to invite Anya. I did. From then on, God guided everything.

At the place of power:

She met us at a considerable distance from Her working space, embraced us, and immersed us in dissolving, gentle Tenderness. Her smile gave us warmth and peace! She is magnificent!

Mary began to speak:

— My Love was not only for Jesus. Love for Him allowed me to generously share love with everyone around!

It is very important to learn to understand one another, to understand everything that happens, to understand God.

If people wanted to learn this, how harmonious their lives would become. Even the attempt to understand another person is already a step toward success in harmonious communication. Some misun-

derstand, some interpret things in their own way, completely different from what the speaker intended. From this, conflicts and grievances arise, and both suffer equally — the one who misunderstood and the one who was misunderstood.

Apostle Mark joined the talk:

— Attentiveness toward one another and toward God is the beginning of understanding. It is also important to learn to formulate thoughts correctly, clearly, and concisely, without unnecessary words. Then there will be no room for speculation and distortion. One must respect the interlocutor. This is a matter of feedback connections.

Wordiness is the cause of many troubles. Understanding a person who expresses their thoughts in a verbose manner can be very difficult, sometimes even impossible.

To master brevity in speech, one must develop intellect, learn peace and love.

Mary Magdalene:

— Love, peace, gentleness and tenderness will always triumph in any battle — whether on a real battlefield or in verbal disputes. They disarm without the use of brute force.

Apostle Andrew:

— We give you Standards of Divine states through Ourselves — and you carry Them to people by activating your love, touching souls, igniting

hearts. The transformative touch of God upon a soul can be immensely significant, even if it happens only once.

Transform souls with love!

To achieve what I have said, the hands of consciousness — the hands of the spiritual heart — are essential. They are the instruments of giving love!

Mary Magdalene:

— **Feel Me now! I am in your body and looking through the eyes of your body. But you have not disappeared! You are Me now — we are One!**

Recognize yourself as Me, realize — I AM!

We all live this way — in the Great Unity!

* * *

Working at places of power near home. These were vast fields of grass.

Pythagoras came. He entered my body, and even my gait changed — it became calm and measured.

He said:

— This is how I walked along the seashore, contemplating the Eternity and how to explain It to people.

After all, Creation exists for people could realize the Eternity of Being, the Unity, and the Harmony of the Whole.

And this is something that all people, entangled in the trivialities of material life, should know. They'd better strictly follow the Supreme Law of Harmony of the Whole, as the principal Law of Being.

You can be absolutely happy only when the happiness of each person is more important to you than your own.

You can be absolutely free only when you strictly honor the freedom of each person and do not encroach upon it — neither in thought, word, nor in action.

Harmony and love in the small are Harmony and Love in the great, for the Whole is composed of its parts.

By violating the Supreme Laws of life, people may cross the permissible threshold — and then they begin to destroy themselves. All accumulated evil starts to destroy its creators — this is the Law of Balance of the Whole.

Eagle:

— One can live in Merging, feeling the overlay of the material plane upon the Ocean of the Primordial Consciousness.

In this state, one can live as a witness: without being involved into earthly events.

I am Eagle. Layer by layer, year after year, century after century, I cleanse the layers of "dirt" from human souls. This is My work — and yours, too!

Let's seek opportunities and ways to do this work.

Think, create!

Adler:

— The human body is a complex instrument. It is designed to fulfill My special mission in the material world. But people, identifying themselves with their bodies, forget Who created them. They are like small children who, having received a toy, consider it their own and try to take it apart or break it while playing.

Look around — people are completely different, yet one thing unites them all: they are all My children and are equal before Me.

Maenuel:

— Do not fear living in the state of a full-flowing river, smoothly and calmly carrying its waters into the Ocean. Do not mistake this for weakness, laziness, or inaction. This stage of being must also be mastered on the Path to final Merging with the Ocean.

Yet you continue to long for mountain rapids, streams, waterfalls — for life in those states... Let that part of life remain in the treasury of your destiny.

Step into the open expanse, spread out powerfully, smoothly, beautifully — carry yourself into My Ocean of Pure Love!

Jesus:

— People did not just crucify My body on the cross.

More importantly, they crucified the Love of the Father that I wanted to give them. In doing so, they condemned themselves to suffering.

For the Love of the Father is Life that flows in every creature.

By killing Love, people destroy themselves!

Sathya Sai Baba:

— Enjoyment of material objects is merely the interval between two sufferings. By striving for such pleasures, we inherit suffering as well. And if we wish to rid ourselves of such an inheritance, we must renounce *the desire* for enjoyment.

Maida:

— Give people the Flower of a Divinely fragrant soul!

Live always in a state of Divine refinement!

People who eat slaughter food become like predators, but the Creator did not make them as predators. Only predators feed on the bodies of their victims.

Parents who feed their children the flesh of slain animals raise future predators.

*** * ***

I went out to work near my home and felt the presence of a Divine Teacher. He was an immense Ocean — boundless, mighty, tender, permeating everything with Himself!

He completely filled the shell of my body, and... my body was no more — only Him, only the Ocean! I am the Ocean! The feeling of infinite Space and absolute Freedom! That is how we met.

He said that Pythagoras was His Teacher, but He did not reveal His name.

I asked:

— What should I do so that You feel as good with me as I feel with You?

The answer was:

— I feel good when "you" are not there! He *Laughs!*

He also said that Pythagoreanism is a way of life. It is based on the Law of Harmony of the Whole. The way of life of the Pythagoreans was very simple — the Truth was it. There is nothing complicated in Divine Truth, everything is Divinely simple.

Each one decides for themselves how to live and what to fill the vessel of their soul with.

Lao Tse came:

— If you are affected — either saddened or pleased — by the opinions of others about you, it means you think of yourself as either worse or better than you truly are.

If you evaluate yourself realistically, keeping under control the vices and weaknesses not yet fully conquered, then the opinions of others cannot influence you — you already know everything about yourself!

What new things can others tell you about you?!

Adler (a year when Special Military Operation started)

— There is no point in grieving over possible upcoming disasters and cataclysms. For now, it is just information.

What, where and when will happen on My planet Earth — I will decide!

People, wake up! Gather all the strength of your souls and direct it toward Light, goodness and love.

The movement of the energies of goodness from many souls can change the balance of forces in the Universe and redirect the flow from destruction to creation.

Then, many catastrophes — including natural ones — will not be able to manifest in the material world.

Peace, Harmony and Love will reign on Earth for many years.

What was said above may seem like an impossible task: for one person — yes, but the united efforts of all people can accomplish it!

Our life strategy:

— One can build their life guided by tactical tasks: obtaining an education, starting a family, buying a home, engaging in sports, learning a craft, etc.

But it is incomparably more effective to be guided by a strategic life plan: to become Perfect and Merge with the Creator, becoming Him.

Then all tactical tasks align with the Main Strategy of life. One can obtain an education, start a family, engage in sports, and raise children.

All of this gains a higher meaning, and life becomes full and harmonious because God actively participates in such a life.

On free will:

Humans do not have free will. Only the Creator, the Maker of All, possesses it!

But humans always have freedom of choice!

It is determined by the inner qualities of the soul and never by external circumstances. External conditions only help reveal the inner essence of a person.

Time Keeper:

— Time is a Divine substance through which, among other things, God governs the destinies of people.

All events in human lives are not random, as they follow the strict law of time distribution.

Time is not a constant value. For each being, it is individual.

Odin on responsibility:

— The captain is the last who leaves a sinking ship. He strives to save the people on board, and this is his duty, among other things. He takes full responsibility for the lives entrusted to him.

To ensure that responsibility does not become an unbearable burden, one must acquire much useful and necessary knowledge, learn many things. Only then will responsibility not be an overwhelming load but the greatest gift of higher service to people and God.

One must learn to take full responsibility for every step, every action, every deed.

Master this, and I will entrust you with the destinies of people.

From a conversation with Divine Teachers:

We met with Anya at home. Alexey, Rada and Blagoslav — unembodied Divine ancient Slavs — came.

Blagoslav revealed His appearance:

Long white hair down to His shoulders, a beard, a knee-length white shirt belted with thin twine. He radiated the Wise Love of an elder, carrying the fullness of Responsibility for every being in Creation.

He said:

— Responsibility is wisdom in action!

Blagoslav's responsibility lessons:

Lesson 1. Responsibility for Your Own Life

— Your life is the most important lesson in responsibility! Know that only you are accountable for your earthly life and everything that happens within it.

No matter what occurs around you — events, interactions with people, and so on — it is solely your decision how to act and respond in each situation.

If you rely on others' opinions when making decisions and blame people or circumstances for your mistakes and failures, then you are not truly responsible for your life. You become like a drifting piece of wood in the ocean, carried by the waves.

By shifting responsibility for everything in life onto others and circumstances, a person places

themselves in dependence on these external factors, losing the ability to grow and develop.

By fully accepting responsibility for every step, thought and action, one can avoid many troubles and mistakes. However, this is wholly possible with a developed intellect.

Lesson 2. Responsibility for the Task at Hand

— Complete responsibility in this case requires full concentration on the task, without distractions about payment, results, without pressure against yourself or others, laziness or despair. Work as if this is the only task in your life — the first and the last one.

And remember, no matter how difficult or impossible a task may seem at first glance, there is a wise rule: step by step. Every great achievement consists of small parts.

Responsibility is, among other things, wise labor! And the driving force behind responsibility is love!

Love is the only force that does not disrupt the harmony of the Whole and therefore does not harm the world. The results of such actions are always correct, positive, and harmonious.

Lesson 3. Responsibility for Thoughts, Words, and Actions

— This is a crucial aspect of responsibility that must be mastered.

Sathya Sai Baba said:

"Let your thoughts, words and deeds be one. You must speak what you think, and you must practice what you speak.

Love is very important. Love must be present in your thoughts, words and deeds.

This is true humanity."

Lesson 4. Responsibility for Others

— Here, it is necessary to fully implement three key elements: love, wisdom and strength — along with the previous three lessons.

Then the responsibility will be complete and beneficial to all.

*** * ***

From a conversation with God:

— Something is wrong in my life... What is the reason for my current state and circumstances? Help me understand, Lord! What am I still not seeing in myself? What needs to change? Guide me in the right direction! These endless illnesses and weakness — what is the main cause? Or is this simply the way my body will always be as I age, and I must prepare to leave it?

— No, not that. I never abandon those who strive toward Me, into Me! I only give people the opportunity to realize their aspirations in the best possible way.

But you know this is not a quick process — it takes time. Even under the most favorable conditions, it takes years and years.

Learn patience, learn to interact with Me, learn to merge and dissolve into Me, learn unconditional

love, learn My wisdom — and then I will grant you My Strength.

There should be no personal actions or thoughts left in your life. You will truly become My inseparable and united Part then. Your life will flow in Love, Peace, Harmony and Accord.

I bless you, Amen!

*** * ***

On silence:

I came to work at Adler's space. I tried to tune into Him, waiting for the conversation to begin... He was silent!

I asked:

— Will you give me recommendations, advice?

Adler replied:

— Let's just be silent together!

What a SILENCE it was! It was Divine!

The whole world sparkled, resonated with various sounds, all in perfect Harmony. And everything seemed to sound within me — a Divine symphony of Life!

Time Keeper on silence:

I asked:

— Why do You not speak to me?

He said:

— I do not speak, not because I have nothing to say to you. I want you to learn to be silent and not interrupt Elders with your stream of thoughts.

Inner silence, the quieting of the mind — this is extremely important for life within Me. Those who can-

not be silent are carried to the surface of material existence — where words matter more than Silence.

* * *

I was watching *The Little Prince*. Antoine de Saint-Exupéry came bringing with Him the state of infinite starry space, filled with gentle peace and quiet love.

He said:

— The sky became My home more than the Earth during My last embodiment. The endless space of Heavens always called Me. I knew that He — the Creator of all — dwelt there, and I longed for Him with all my soul, with all my heart.

And now We are together forever! I and the Father are One, as Jesus said! And with Him — I am also together!

You understood the essence of *The Little Prince*, what I wanted to tell people, and that is why it is easy for Me to speak with you. You may ask questions.

— How do You live now? How do You serve the One?

— I work for the good of all people. And I call everyone who is ready to fly — from the finite and enclosed into Infinity and Boundlessness. You could say I try to give people "wings of the soul" for such a flight.

— How did You achieve Perfection, come to know the Creator?

— I do not wish to speak of that now. Perhaps another time...

Never close the gates of your heart! Let Infinity and Eternity of Love always dwell within it.

Cultivate the garden of your soul, fill it with love, peace, tenderness, care! And protect it from external influences — for there lies the Kingdom of Heaven!

Walk through life as an infinite soul, free from material chains, expressing love for all living beings — but do so wisely!

*** * ***

I was working near my home on a distant field when I suddenly felt and then saw, an ancient Slavic warrior — bogatyr. He introduced Himself as a Bogatyr of Rus Land.

He said:

— Here stands Our Host — Divine Warriors who once defended these lands from foreign invaders. We stood on love for the land and the Power of Peace — and we had won!

From the Abode of the One Father, We now ascend to the incarnated people, bringing with Us the One True Power: the Power of Love, the Power of Peace, the Power of Wisdom of the One Father.

It is essential to convey to people that strength is not rage, not aggression, not hatred and not merely the physical power of muscles. It is Love, Peace and the Wisdom of the One Universal Organism. Strength can and must be kind bringing goodness and peace to all, providing confidence in tomorrow.

In modern society, strength has come to be associated with violence, leading to anger, wrath, and aggression... But this is not true! People need to know and understand this.

Such violent strength destroys the world designed by the Creator, and therefore, bearers of such force are doomed to self-destruction.

Jesus:

— People themselves create a chasm between Me and them in their minds. And you are no exception. You have not fully worked through the sexual aspect of love. This is due to the upbringing in an environment where intimacy between a loving man and woman was considered shameful. In Soviet Russia, it was not customary to speak on this topic.

Intimacy between two loving souls is beautiful—but only if they are equal in the subtlety of their souls. No lust! Only tenderness and the giving of love to one another. Then—it is a divine act of union! I bless such love!

Adler:

— You live *discretely*, moving from one event to another. And because of this, you become much more involved in each than necessary.

But life is *continuous*! One event follows another in an unbroken flow.

You can observe the uninterrupted stream of life without engaging in events, remaining in Me, with Me. This allows you to make wise decisions and manage your life effectively.

Go for it!

* * *

It rains washing houses, roads, plants, people...

I sit on my couch, trying to attune myself to the presence of God — Divine Teachers, Holy Spirits! After all, life without God is devoid of true meaning. It is not life, but existence at the level of plants and animals. Though even here, things are not so simple...

— Tell me, *Babaji*, those who develop only through positive emotions, actions, and deeds — are their spiritual achievements truly strong? Without knowing evil, how can one gain stability in goodness and find the golden mean?

— To understand evil, one does not necessarily have to become a villain. Over many lifetimes, souls go through various lessons and gain different life experiences. And ultimately, the direction in which the soul strives — toward good or evil — becomes the decisive factor in its journey.

Life is continuous. In reality, there are not many lives — there is only One! Events replace one another; birth and death of the body are also just events in the uninterrupted flow of the Life of the Whole.

Matthew:

— Why do you think that thinking is only possible through the brain? Not at all!

It is time for transition to another way of thinking — through consciousness. Use these abilities to their fullest, and you will become 100% free from the body.

Right now, when you need to think, you return to the head of the body — but that is unnecessary! Transfer the function of thinking to consciousness.

To see the Creator in everything and everyone, it would also be beneficial to possess the vision of the soul. Not only the function of thinking but also the function of seeing must be entrusted to *buddhi*. Then, the instrument — the body — undergoes a transformation and begins to reflect Divine Being. Yet, the perception of the material world remains intact.

Huang Di:

— Record all the highest Knowledge you receive on the tablets of consciousness memory. Material carriers will disappear over time. Nothing in the world of *prakriti* is eternal²!

From God:

— To love only Me is not selfishness! By loving Me you will truly love all. This IS unconditional pure Love.

It is the Unity of everything in the world.

It is My Love that creates and sustains the Unity of all elements in Creation — both manifest and unmanifest.

This Love IS Eternity and Infinity — the true Life!

² The Primordial Consciousness creates islands of material world (*prakriti*) from the existing in the cosmos stocks of protomatter (*protoprakriti*). More details can be found [here](#).