

# Pythagoras and His School

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This book presents information about the spiritual knowledge left to people by great Divine Teacher Pythagoras and by His followers who attained higher stages of spiritual self-realization.

The book can be useful to those interested in history and spiritual self-development.

[www.pythagoras.name](http://www.pythagoras.name)  
[www.swami-center.org](http://www.swami-center.org)

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## Preface

*“To cognize the Divine Essence –  
this is the highest purpose of a soul  
sent by the Creator to the Earth!”*

Pythagoras

“For a long time I pondered on how to lead souls to knowing the true essence of man, to knowing the Whole, how to lead them to Love, to knowledge of nature and Mother-Earth, how to show them the Divine Fire and to illuminate them with the Light of Wisdom... All My non-incarnate Teachers helped Me to create that which was called later the Teachings of Pythagoras...

“I subdivided the Teachings into a number of stages, so that minds which are weak do not get overburdened.

“I made Morality, Love, and Beauty the basis of the first stage and called it *Quietness of Soul*.

“Only after quieting the mind, mastering the ability to suppress wicked qualities in oneself, to transform oneself as a soul, to grow love and wisdom in oneself – only after that an aspirant could be accepted as a student.

“I transformed the tradition of spiritual initiations into a science: the science about soul development. In this regard, your activity inherits and continues the Work that I performed on the Earth at that time.

“Wisdom is the spiritual knowledge about the Highest.

“There is no much value in knowledge which just trains the mind and memory: it is like a game with a ball for training the body. Only that knowledge is valuable which leads man to cognition of the Truth and Laws of the Life of the Whole.

“The knowledge is useless if there is no spiritual transformation!

“The knowledge is dangerous if there is no morality!

“I liked your idea to create a site<sup>1</sup> about My School. I suggest adding to it the material of your lectures and making a photogallery *Lessons of Inner Quietness* with a meditative caption below each slide.

“I suggest that you make this site an open, acting School of Pythagoras!

“I – Pythagoras – open again My School on the Earth! Here and now with your help, My friends, this work has begun!

“Let the materials of this site become the first stage of initiation for those who yearn for Wisdom and Love!

“I want to draw the attention of the youth to the Laws of existence and to the meaning of life, and help them to develop the love for Wisdom!

“I want to make Love and Goodness the basis of human life!

“I want to open wide the door to the world of Divine Love, Calm, and Bliss – for all yearning souls!”

Pythagoras,  
January 2007

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Pythagoras lived on the Earth about 570-500 B.C. He is known as a Greek philosopher and mathematician. He was a strict vegetarian. In the town of Croton in southern Italy, He founded the theological brotherhood, which became widespread with time. The purpose of the Pythagorean brotherhood was the ethical renovation of society, purification of religious views, and imparting confidential

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<sup>1</sup> [www.pythagoras.name](http://www.pythagoras.name)

methods of spiritual development to deserving students. The brotherhood was a monastic community consisting of both men and women, who regarded Pythagoras as an Incarnation of God. The activity of that great School ended due to a massacre perpetrated by primitive people...

... Pythagoras composed works on philosophy, mathematics, astronomy, and music. He knew about the sphericity of the Earth and that inside it there is the *Central Fire*. He also taught about the immortality of souls and about their gradual development in a series of incarnations.

... At present, Pythagoras manifests Himself as a non-incarnate Divine Teacher, a Representative of the Creator. He supervises the area of the Mediterranean Sea and its coast.

\* \* \*

... Pythagoras was born on the island of Samos in the Aegean Sea. His birth was predicted. Through a prophet God told the parents about the birth of a boy who would grow and become glorious thanks to his wisdom, beauty, and great deeds.

From childhood Pythagoras displayed abilities and interest in philosophy and other sciences. He studied medicine, biology, astronomy, and mathematics, learning them from famous scholars of that time; He learned also music and painting. Then He continued His religious education in Egypt, where He was initiated into priesthood. Then He went to Persia, where He continued studying the mystical knowledge.

At a mature age, Pythagoras founded His spiritual School in the city of Croton. We know about the work of this School from stories narrated by several great Disciples of Pythagoras, Who also attained Divinity in Mergence with the Creator thanks to Pythagoras' help.

\* \* \*

And now let us become acquainted with a translation of the ancient text *Golden Verses of Pythagoras*, which was studied by beginner students in His School.

## Golden Verses of Pythagoras<sup>2</sup>

### Preparation

Worship the Immortal Gods<sup>3</sup> by making your sacrifice: keeping your faith, honoring great heroes, living in harmony in the world.

### Purification

Honor your mother and father, and your relatives.

Choose for yourself wise friends; heed their advice and learn from their virtues; do not quarrel with them for trifle reasons.

Remember about the law of cause and effect in your life.

You are given the ability to overcome your passions: greed, laziness, lust, and anger; use it and restrain yourself!

Do nothing shameful, neither in the presence of others, nor when you are alone! Preserve your honor!

Practice justice in your words and deeds; follow the dictates of the mind and the law.

Remember that all people are destined to die.

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<sup>2</sup> Based on the Russian translation of E.P.Kaznacheeva.

<sup>3</sup> Pythagoras means here the Holy Spirits.

Remember that the earthly boons can be easily given to people and so easily they can be taken from them.

As for the misfortunes that are sent to people according to their destinies, you have to endure them patiently. Strive nevertheless to alleviate the pain as much as you can. And remember that the Immortal Gods never send to people trials above their strength.

There are many possibilities people can choose from. There are bad and there are good ones. So, look carefully and choose for yourself the noble Path.

If among people delusion prevails over truth, the wise steps aside and waits until truth reigns again.

Heed to what I am going to tell you:

Do not let deeds and thoughts of other people confuse you; let them not prompt you to do or say anything evil!

Listen to others' advice and deliberate yourself! Only fools act thoughtlessly, without consideration!

Do not try to do work of which you are ignorant, but learn first what is necessary – only then will you succeed!

Do not neglect the health of your body. Give to the body food, drink, and exercise in measure – so that it will strengthen and know not surfeit and slumber!

Keep your life in order. Abandon any luxury, for it can make other people envious.

Be afraid of becoming a stingy person, but fear also to squander goods like careless people do.

Do only that which will not bring you to destruction! Therefore, before acting, deliberate on your every step and deed.

## Perfection

Before sleep closes your eyes, remember thrice your deeds of the day. Consider them as an impartial judge and ask yourself: “What good did I do? What did I fail to do that I should have done?” Thus review everything you did throughout the day. Reproach yourself severely for all wrong deeds! Be glad about the good ones!

Reflect on these instructions and practice them! With their help you can approach Perfection! The warrantor of this truth is He Who put in us the basis for Divine Realization and higher virtues!

Address the Gods with fervent request for help and get to work!

Standing firmly on this Path, you will know everything about the Immortal Gods. You will know also about people, about the difference between them, about the One Who contains them in Himself, being their Foundation. You will know that the entire universe is a Single Whole, and that in the Eternal there is no dead matter.

Having known this, you will make no mistakes, for nothing will be hidden from you!

You will know also that people themselves cause their calamities due to ignorance! They are free in choosing their destinies!

Wretches! They do not see that the desired happiness resides in them, in their own depths!

Only a few can cast away afflictions with their own efforts, for most people are blind to the law of the formation of their destinies! Like wheels they roll downhill carrying the burden of their past misdeeds towards others, the burden which controls their destinies until death comes...

Instead of seeking occasions for a quarrel, people should avoid it, conceding to each other without arguing...

O omnipotent Zeus, are You alone capable of saving the human kind from afflictions by showing them the veil of ignorance which blinds their eyes?!

But we should not abandon hope of saving people from the darkness of ignorance – for every human has a Divine root and the nature can reveal to people its mysteries. Once you know them, you will realize what I foretell you!

Heal the soul! This will reveal to you the way to Liberation!

And abstain from eating flesh: this is contrary to your nature and will prevent you from purifying yourself!

So if you want to become free from the earthly fetters, follow this understanding given to you from above. Let it control your destiny.

And after you transform the soul completely, you can defeat death and become an Immortal God!

## From Conversations with Pythagoras and the Pythagoreans

### Pythagoras

“Tell us please about Yourself: how did You receive Initiations, how did You teach?”

“The harmony between the development of love, wisdom, and power – this I would call the *Golden Law* in the art of raising souls.

“In that last incarnation I was a Soul that already had an experience of cognition of God in many past lives. The main purpose of that incarnation was to reestablish the truth about God for many generations of people on the Earth.

“One can say that I was the last one of those who received an initiation in Egypt in the traditions which had originated from Thoth-the-Atlantean but had been perverted with time.

“The priests, who taught Me, possessed large personal power and knew many magical mysteries. But they got obsessed with growing their will and power, and thus they lost the Divine *Light* and the purity of their souls. Their desire to rule over others, the feeling of being chosen – obscured love in them. They considered their personal will a manifestation of God’s will... They believed that their powers were the highest possible for man... They lost love, there remained only an aspiration for power. They had much knowledge remained from the Atlanteans – about the Earth and cosmic bodies, about many other things... They possessed the ability to influence bodies and souls...

“But without Divine Love the power is dead... Only a soul transformed with Love can become wise! Only the spiritual heart is capable of walking completely the entire Path of Cognition of the Creator without stumbling – and of merging into the Divine Essence which controls the Universe!

“... I am grateful to them. Later, I gave them everything I could – when they embodied again...

“... For many years I had been learning from them, but I had not lost the purity of My aspirations and My love for the Creator. I studied the science of life. I mastered the methods of growing and expanding the consciousness in different eons. I went through the ritual of initiation, in the form it existed at that time. In that ritual, one experiences death as reality. The soul has to go through the entire scale of universal emanations – from hell to *Light* – and has to choose the *Light*.

“But the *Light* was not known to the priests.

“Therefore, this last step was revealed to Me by Divine Souls Who met Me in that *Light*. They initiated Me into the laws of soul’s life and into the Divine Essence. While My body lied in a stone coffin used in initiations, I stayed in Mergence with the Highest...

“I was given a choice: to remain in the *Light* and not return into the body – or to come back; to come back and become a Guide, to restore for people the knowledge which I perceived in the Purity of the Great Origin of Everything. I chose the second, because this choice was already made by Me as the purpose of My life.

“I decided to create a system of initiations different from this mystical ‘whirlpool’ that I had to go through.

“... Many years had passed before I gained an opportunity to create a School... I was taken captive among priests when Persian invaders came to Egypt and other countries.

“During the years of captivity, I strengthened My Mergence with the Primordial *Light* in the conditions harsh for the body.

“In those years I studied also other religious rituals and sciences... I devised mentally a project of the School, which I realized later in Croton.”

\* \* \*

“The Divine justice is not like people imagine it. Nothing wrong comes to lives of people but only that which *must* come: what they have attracted by their own thoughts and past deeds.

“God is the Creator of these Laws! And no affliction can fall unjustly upon man! There can be no undeserved, unneeded joy; only self-conceit, self-pity, and envy make one see it so in others!

“The justice of God is great: everyone receives and partakes of the fruit which they themselves sowed and

grew. The result can be bitter, but one can develop in oneself other qualities to make the fruit sweet and beautiful!”

\* \* \*

“What does one need to do to retain the feeling of happiness?”

“The *Sun of Happiness* rises on the *inner firmament!*”

“By making efforts will you traverse the Path! By overcoming obstacles will you increase your strength and grow your wisdom!

“Love that shines from within cannot be darkened by obstacles of the *world of consequences!*”

“By purifying ourselves can we approach Him – the Creator, the Source of everything. And one has to become the Primordial Purity in order to be able to manifest Him!

“Everything you see is made by His Love, and every atom was manifested from His Love and Power.

“Everyone who received initiation has to shine with the *Fire* received and to ignite new light – the light of knowledge and love for the Creator of everything!”

\* \* \*

“Learn purity of thinking!

“When listening to someone, do not oppose him or her in your thoughts!

“Respect the thoughts of your interlocutor – with your silent attention and deep comprehension!

“In this way people manifest their love towards each other in their conversation. In this way man manifests love for God when conversing with Him.

“Only when your mind is silent and listens, and your heart is full of love – only then God talks with you.”

We asked:

“Tell us please, did Your School use techniques similar to Hatha Yoga asanas for purifying the energies of the body?”

“I was familiar with such methods; they were used in Egypt, in particular. But I did not use them in My School, because they attract the attention of students to the body more than to the soul.

“The initial stages of learning in the School were *purification* and *preparation* – when the soul acquired knowledge about morality and purity, about the harmony of the Whole and the meaning of soul’s life in the body, the knowledge that man is a soul and the body is but soul’s temporary dwelling. Teaching students kindness, love, calm, morality – this was a preparatory stage before the next stage of Raja Yoga, as you call it. Our harmonious way of life also contributed to this: life at the expanse of the seashore, in a pleasant climate with moderate heat and cold, with good nutrition. The students of the School used soft gymnastic exercises for their bodies and swimming in the sea.

“The stage of work with the energies of the body began when the soul-love grew in size larger than the body, thanks in particular to life at the seashore and to the harmony of the sea expanse.

“Always the first step in mastering every new stage was done by the soul, and the body followed it by attuning to the new state of the soul. In this way the body purified. Any problem of the body went away when the corresponding problem or the vice of the soul disappeared on the causal plane.

“The soul-love, much larger than the body, attuned the body like an instrument which has seven chakras and the ‘strings’ of meridians so that to sound in harmony with the universe. This instrument allows the human soul to create the Great Music of Life and Harmony.

“On this stage we paid much attention to music and dance, which can imprint and convey to people elevated states of the soul.

“Students in our School usually performed meditations when walking slowly.

“The stage of Buddhi Yoga began when the soul could naturally live as a Mahadouble, speaking in your terms.

“I did not have many disciples ready for this work. But those who had mastered this stage continued then the work of the School. They supported the spirit of the Pythagorean Brotherhood in branches of the School created by them throughout the entire Mediterranean region – for more than 500 years. They all are willing to help you now with spreading and introducing your knowledge, Our common knowledge.

“You asked Me some time ago about materialization and dematerialization. I can answer this question now.

“I never tried to master dematerialization of the body; I never had such a goal. Immortality of the soul in Unity with the Highest Divine Consciousness – this was the task that I set for Me and for My disciples. If the soul manages to realize this task and lives in this state, serving the Creator and people – then the material body becomes Divine thanks to the Divine status of the Soul.

“After fire destroyed the building of the School, I had to support My disciples, who escaped persecutions but were dejected because of My death – and I easily created a material body and appeared before them. This gave origin to legends that Pythagoras escaped death. Creating a body was necessary to support the disciples who had to continue My Work and bring higher knowledge to people to help them develop successfully on the Earth.”

## Konstantinos

“Tell us please about Yourself!”

“I was a disciple of Pythagoras. There was once a Greek town on this place, and there was My School. I created it at the request of My Teacher. I tried to keep all traditions and principles of His School.

“Our selection of aspirants was as strict as His. There was a certain trial period with lectures, which helped the initial ethical transformation of those who wanted to join the Pythagorean brotherhood – in accordance with its highest moral norms. Only then the aspirants could be accepted as students.

“One of the most important points of the initial stage of learning was to master *hesychia*. One had to learn to stay in inner quietness not for minutes or hours but for days and weeks – until this state became a quality of the soul.”

“Tell us, Konstantinos, did You use *places of power* at that time? For example, this wonderful place of Yours?”

“Yes and no. I did not know such a concept as *places of power*. However, we chose places for meditations taking into account the place’s energy, which we could feel, of course.

“Contemplation of the sea expanse, the measured sound of waves helped the students to stop the mind, to become submerged into inner quietness. The students began to live in the *space of quietness*. In this state one feels that the body is but a tiny grain in comparison with the expanse of the sea, and the life of man is but a moment in comparison with the eternity of the rocks and sea...

“The literary works of Pythagoras and His disciples helped the students at the first stages by giving to the mind formulas for submersion into inner quietness.

‘Your personality is like a grain on the bottom of the ocean. But any tiny part can become aware of its *unity* with the Whole... Thus we can approach the Truth...’ – this worked in the same way as selections of excerpts from your books.

“Then, in the state of *calm*, the students learned to listen – to listen to their incarnate Teachers and then – to non-incarnate Ones. Thus the students gained the ability to listen and to perceive information not only with the mind of the body but with the whole consciousness.

“And, of course, from the beginning of learning, the students were taught the art of working with their energy structures: to cleanse them, to move the concentration of the consciousness between different chakras and meridians. The students learned to place the concentration of the consciousness into concrete energy structures and to achieve the beauty of the *sounding* of oneself-consciousness in harmony with the *Whole*: feeling and radiating the states of love, calm, joy, strength, confidence, tenderness, etc.

“They trained these abilities also in singing, reciting, dancing, playing musical instruments, studying harmony in music. Improvisations-meditations with concentration, for example, in the front meridian, sushumna, or other chakras – were works of art, examples of *svara*<sup>4</sup>.

“As a result, the students developed the ability of controlling the body – as a *musical instrument*, which can sound in harmony with the Divine Subtlety and Purity.

“Then, judging from the results of learning on this stage, we selected a few students for the higher stages – the stages of Buddhi Yoga. It was the stage of meditative work from one’s own Mahadouble.

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<sup>4</sup> See lecture *Art and Spiritual Development*.

“As for the others – we created for them the best conditions for developing the consciousness’ abilities to think and to show creativity through various forms of service, through the development of thinking skills by means of studying mathematics, logic, architecture, rhetorical art, etc. After all, it is creativity that is the best way of developing the ability of the consciousness to think!

“On the higher stages of work, our meditations were similar to those you perform. Of course, they were called differently but similar to yours in essence.”

“And what about the control over matter?”

“For gaining this ability one needs mastering fully the Divine Thinking. Also – full transfer of the process of thinking into the Atmic Consciousness and full mastery of the meditation *Absolute*.

“But My main task was different: I led souls through the stages of cognition of the Divine and strove to spread among people the knowledge about the Laws of the *Whole* and about the stages of cognition of the Creator.”

## Larisa

Close to the Mahadouble of Konstantinos – there stands a giant Mahadouble of His Divine Disciple Larisa.

“Tell us please about Yourself, Larisa!”

“Let Me tell you about Konstantinos – what I know about Him!

“Konstantinos was one of those disciples of Pythagoras who – before the destruction of His School in Croton – went to different towns at the request of the Teacher – to found there branches of the School, which could become sources of Truth and Wisdom for a large number of people.

“Konstantinos began here, on this new place, the work done by Pythagoras. He kindled here a new Fire of Love – by telling people about the Wisdom of the Creator of the universe, about the life of the Whole, about Pythagoras.

“Many people came to listen to Him, asked questions. Those who came not only out of vain curiosity remained with Him. I was among His first disciples.

“I listened to Him with the open eyes of the soul – and great love arose in My heart – love for Him and for everything that He manifested with Himself, for the knowledge which He shared! Also the meaning of human life became clear to Me!

“Konstantinos asked those living in wealth to contribute to the foundation of the School: anything they could. I was ready to give everything I had. Thus My house on the seashore became the first building of the School.

“Many of the noble citizens gave gold and men for construction. One of the Konstantinos’ conditions was that all slaves who wanted to work on the construction and were sent for this work by their masters had to be released from slavery and to receive the status of free citizens. And people gave their slaves and valuables, and the School grew!

“The School had, in particular, classes for education of children. It was quite unusual – and this made the School desirable to local nobility; also this ensured the support of the authorities.

“Once per week Konstantinos delivered public lectures for everyone interested. Many people came even from far lands, sailed over the sea – those who wanted to know about the Teachings of great Pythagoras.

“Konstantinos and we, His disciples, spent every morning in meditation, then had breakfast and began to work on constructing the buildings of the School.

“The harmony of life, which was the basis of the School, made our life and work so elevated and wonderful that people who remained in the School did not seek a better lot and a better destiny!

“With time, the lectures of Konstantinos were supplemented with the performance of some disciples who developed capabilities of the soul which could be expressed in music, dance, declamation. This attracted even more people. The School grew and developed!”

“Larisa! Tell us please a little about Yourself!”

“It was easy to learn when you were burning with love for Him Who manifests God on the Earth! A soul burning with such love grows and develops very easily!

“With the help of meditative methods taught by Konstantinos, the spiritual hearts of the disciples grew and expanded! We learned to flood with the spiritual heart over the expanse of the sea! The fire of cordial love grew larger – and embraced all lives, all the beautiful! Shining with love, the souls approached the threshold of the Divine!

“We learned also to control our emotions: to live always in the state of love!

“Then we learned to be a Flow of Light, similar to ‘solar wind’, streaming over the expanse of the sea and blowing ‘the canvases of the souls’!

“Then we dissolved ourselves so that every drop of *myself-Light* merged with the Light of those Divine Consciousnesses which you call the Holy Spirit or Brahman. And one could *disappear* in Mergence with Them – and exist only as *Light*!

“In this United Light we could feel ourselves giant, living, and free from the body!

“I learned to be a Soul-Light – with a real face, with smiling lips, with eyes radiating Love and Light, with gentle hands caressing everything! With the tips of My fingers

I could touch bodies of incarnate people – to heal them, to caress!

“With My fiery heart I aspired to the Creator of everything – and learned to live with His Living Fire of Love!

“Konstantinos, Pythagoras, and Adler guided Me! And now I – together with Them – from the Eternal Oneness – shine at the Creation with the Light of Divine Love!

“... I may add that I became the wife of Konstantinos.”

“Tell us please how did You and Konstantinos end these earthy incarnations of Yours?”

“Both Konstantinos and I dissolved everything earthy in Ourselves, including Our materials bodies – fully, completely! Konstantinos achieved this state several years earlier than I.

“Later I had another husband – one of the promising disciples of Konstantinos. He was much younger than I.

“He did not manage to achieve Divinity in that life...

“Now he is embodied – again in this land. You have met him. He has a remarkable anahata! This time he is embodied in a female body. His name now is the same as Mine!

“I look after him. And I ask you to help him once he becomes mature!

“... One achieves full Freedom only thanks to unceasing work on transformation of oneself as a soul!

“... In ‘usual’ conditions one learns the lessons of karma in many corporeal incarnations, where – by going through pain and trials – the soul ripens and transforms, acquiring this experience slowly, painfully, with difficulty.

“But meditative work – if organized correctly and combined with ethical self-correction – allows one to go through this transformational stage of growth much more

harmoniously and quickly! This was taught by Pythagoras and Konstantinos. And all true esoteric *Schools of Soul* are based on the same principles!

“But no meditative ‘techniques’, even well-mastered, can allow the soul to infuse into the Ocean of the Creator if there remain states of the consciousness not identical to Him! Until one gets rid of these ‘shadows of the past’, that is of ungodly qualities and states – the soul cannot achieve the final Mergence!

“In particular, there can be some qualities of the soul which have been useful for its growth but have to be discarded now – when the stage of human life has to be replaced with the stage of Divine Life!

“The Creator lets enter Himself only those who are identical to Him!

“Therefore, one of the tasks of a spiritual Teacher consists in finding such qualities in the disciples and helping them to become aware of these qualities. And the task of the disciples is to direct all their efforts to final transformation of themselves and to Mergence!

“... One has to create Schools on the Earth – according to the principles established by Pythagoras!

“I want very much to explain to embodied people that if you strike indignantly again and again with your hand against a sharp stone that wounded you – trying to revenge this wound – you bring only new suffering to yourself!

“While the principles of living in harmony with the Whole are very simple:

“– Cordial love!

“– Calmness of the mind and inner quietness!

“– Benevolence towards everyone and doing good to all the living – in deeds, emotions, and thoughts!

“– Gratitude to the Creator for all His lessons!

“The one who manages to keep to these principles in life – advances significantly to that quality which God wants to see in all people!”

## Carthage

“I am glad to have an opportunity to tell My story. Through it, the Divine Teachings will send one more ray of Light to the world of incarnate people.

“In one of My incarnations I met great Pythagoras and became His disciple.

“Let Me start from the beginning. I was born in Carthage. My mother was a daughter of a rich and noble person. My father was a Nubian prince. My parents loved each other, though were not officially married.

“I had never seen My father, but I inherited from him a strong body, darker-than-Phoenician color of the skin, and the feeling of being chosen due to My royal origin.

“Then My mother was given in marriage to a wealthy Phoenician merchant. After the death of the mother, My stepfather sent Me to a temple for receiving education. This temple was dedicated to Baal Hammon, Who was worshipped as the God of the Sun. Thus I became a student of priests.

“My enormous physical strength and tall body made Me noticeable among people. I had an inquiring mind, large ambition, and striving to be superior in everything. In studying and in learning this striving was quite useful.

“Thanks to these qualities I was nicknamed Carthage – by the name of the great city where I was born.

“The aspiration to know everything and to learn all the secrets of the existence brought Me later to Egypt, where I studied in several temples. I wanted to know all the Divine secrets and to become equal to ‘gods’ in wisdom and power!

“Yet I was so distant from the understanding of the true Power and Wisdom!

“... In that time, a Persian conquest of Egypt happened. It turned out to be a great boon for Me: I was lucky to meet great Pythagoras! We both travelled as very valuable captives of the Persian king – and this became the main travel in My life: a travel to the *depths* of Myself, and then – to the *depths* of the universe. It is then that My true Initiation happened!

“... Only a few of those possessing certain esoteric knowledge are able to bow their heads before the All-Embracing Truth and to continue learning... I deemed Myself a knowing priest and a powerful magician – but when I met Pythagoras, I recognized in Him the very Purity of the Great Truth, Love, and Power.

“It often happens that a small knowledge deems itself a great one – and does not want to listen to the words of Wisdom and to recognize the greatness of the Truth. This failing of many those possessing large personal power brings them to new incarnations. Such a feeling of self-sufficiency and power is a trap for those who do not know Divine Love! The one who accumulates power of the consciousness, even out of good intentions, can fall into the trap of being separated from the Divine Guidance! Many times this was a dead end for priests of various religions: having lost their connection with God, they continued to act allegedly on His behalf...

“At first, My self-conceit did not allow Me to take humble attitude and to understand the insignificance of knowledge which is not rooted in God. But Pythagoras helped Me go out of the limits of Myself – to the All-Embraciveness of the Whole. He showed to Me that beyond one’s personal power there is the Power of the Primordial One. You cannot control this Power; you can only merge with it according to the law of Love.

“Many magicians, priests, philosophers, and foretellers gathered in the Persian king’s court. Many of them were not ready to look farther than the limits of their little knowledge and to see the greatness of the Unity of the Divine Consciousness, which controls everything in the Creation.

“It was Pythagoras who began to demonstrate the purity of the Divine Truth to these people!

“He was great! His greatness consisted, in particular, in the fact that He continued to learn despite He knew the Primary Source, the Creator! Pythagoras sought and collected everything that could be useful for creating United Teachings and for the methodology of the School of cognition of the Primordial One. Every branch of knowledge, which could look self-sufficient, was given appropriate place in the wholeness of the Pythagoras’ knowledge! For Him there were no sciences separate from the Harmony of the Whole.

“I have mastered everything taught by Him. I was lucky to be one of His first disciples, and He could try on Me many of His methods of teaching – in order to test their effectiveness. I was a witness and a participant of the process of formation of the principles of teaching in the School, which He just decided to create at that time.

“I learned from Him the Wisdom which never stops in the process of further cognition of *depths* and in radiating the Light of Truth to incarnate people.

“That His School was conceived by Him as a synthesis of science, art, and ethics leading to purification of the soul which is necessary for cognition of God. This greatest work allowed attracting many souls to the PATH OF LIGHT!

“... After liberation from the Persian captivity I, as well as My Teacher, came back home. I founded a School according to the principles established by Pythagoras. I did not manage to realize this task on the same scale as

My Teacher did. But it was the first ‘offspring’ of His School in the Mediterranean region. I had only seven disciples that I managed to bring to the Light of the Creator; some other of My disciples managed to master preliminary stages.

“In near future, I hope to take part in realization of one intention of Pythagoras. This story, told by Me now, can become the basis of a new book: ‘Lessons of Pythagoras or Initiation of Carthage the Phoenician’”.

## Rose of Love

We are on a visit to a southern city. In the suburb area with many houses and gardens, we see a Mahadouble of a Divine Lady.

It is springtime! Apple trees and other fruit-trees bloom everywhere in the gardens. Many insects crawl around in the tree blossoms. Merrily chirping sparrows fly from one branch to another and examine the blossoms. Their faces became yellow of the pollen. At first, we could not even recognize them as sparrows: we decided that this is a bird species unknown to us!

It turns out that birds (not only hummingbirds) can be pollinators of garden trees. Why does it happen? They seek flies in the blossoms! And thus they pollinate the blossoms!

We enter with the consciousness Her Mahadouble. Inside It we find overwhelming Bliss and a strong (non-material!) fragrance of spring flowers!

“Who are You? What is Your name?”

“Rose. You may call Me – Rose of Love!”

“We are glad to meet you! You give to us so wonderful spring Divine Bliss! You look like a Goddess of spring fragrance! Will You teach us something?”

Rose shows the following meditation:

There is Her Great Anahata. In it there are many caressing hands. With these hands one can touch flowers, trees, birds and give them Divine Love... These touches are like mutual kisses with those you kiss... The kisses make the emotional field of Love more intense! It grows and grows!

“It is wonderful, dear Rose! Thanks to You we had a good rest after our long trip! We will try to master this meditation of Yours!

“Will You tell us about Your personal life? How did You attain Divinity, how did You learn to create so intense field of Love?”

“In My last incarnation I taught this meditation in Japan and Korea. Before it I was embodied in the land of Iran and worked in Sufi tradition. And yet earlier I had a male incarnation among Buddhists and was already a Master of Buddhi Yoga.

“But I approached the Divine status even earlier – in the School of Carthage. He told you about His disciples. I did not manage to become one of the seven Masters: I had not learned all of My karma lessons.

“Next time I was incarnated in this land. You know how auspicious for spiritual growth this place is: the expanse over the sea favorable for development of the soul and the presence of greatest Divine Teachers! Sulia showed to us Divine States; Carthage, Pythagoras, Larisa helped us!

“Try to retain the meditation that I showed to you: it will be very important for you in the most near future! And yet it is but an intermediate link in the series of new stages of your further growth!

“I wish you success! Surya and Sarkar will show to you tomorrow the next steps you have to make!”

## Carl Rossi<sup>5</sup>

“The beautiful patterns of snow delighting you now will thaw in a few hours... My buildings of stone will fall after centuries... While *harmony* and *beauty* will never cease to be!

“But there is also That which is superior to the beauty of the Creation: it is the Eternal Consciousness of the Creator! Seek His Love and Mergence with Him – and then – *from within Him* – you will be able to create the *Divine beauty!*...”

“Tell us please about Your path to Divine Perfection! How and when did it happen?”

... Rossi shows seashore, white porticos of temples, columns of white marble, many stairs bringing to buildings standing on the top of a hill... Rich verdure of south. Soft, azure waves of the warm sea lap against the shore at the feet of a young man in Greek clothing... Inner quietness, contemplative calm, harmony...

“What is this, Carl? Greece?”

“No... This is Italy, My dear Italy!...”

“... Once I was a disciple of great Pythagoras. It was in Croton in southern Italy.

“I went through many stages of spiritual initiations...

“The education there consisted of many steps.

“The higher moral norms, vegetarianism, mastering *inner quietness* – these were the initial steps that had to become the basis for further learning of a very broad spectrum of knowledge. The students studied many sciences and arts, the laws of numbers and the laws of harmony. The students could become then philosophers, poli-

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<sup>5</sup> In the last incarnation, He was an architect, the author of many architectural monuments of Saint Petersburg.

ticians, musicians, architects... The School had higher purposes of moral transformation of the society, creation of laws of high moral standards and introducing them into the worldview of all people...

“But only the most deserving ones were initiated into the higher knowledge – the knowledge about the soul and the Spirit, including direct cognition of the Origin of the Universe – the Creator.

“In this incarnation I was very close to achieving self-realization. I needed a bit more time, but people of hatred destroyed the buildings of the School. Pythagoras and most of His disciples, including Me, died...

“... In the last incarnation I was a son of a famous Italian ballerina. My mother moved to Saint Petersburg to live and work there.

“I spend the years of My youth in Italy learning arts.

“Again sea waves were lapping at My feet. It seemed that the sun rising over the sea was about to awaken memories about similar sunrises which I watched every day when I was a Pythagorean. But it did not happen...

“Russia became My second native land. I loved the expanse of the Baltic sea, the power of the Neva river, this city...

“I became an architect and created a new appearance of Saint Petersburg. I created ensembles which united in harmony the buildings and the space around. When creating, I first visualized in the consciousness the design with all its details; after that, I just had to reproduce it in pictures and then – in stone!

“When I worked, the state of joy would overflow Me. I loved every architectural child of Mine!... The ideas of a new application of the antique laws of harmony endlessly emerged from Me: as if My past was coming out in a powerful stream...

“I called it ‘a passion for antiquity’, but, in reality, a connection with the Atmic potential of the soul<sup>6</sup> was taking place...

“In that incarnation no one could explain it to Me. I did not realize with the mind the nature of My abilities. Yet, the bliss of creativity filled all My life! I could work tirelessly, finding inspiration, beauty, and harmony, which lived in Me!...

“... When I built palaces, I dreamed about enlightened rulers...

“When I designed buildings for statesmen, I believed that inside the harmony created by Me they would create wise laws...

“I created park ensembles and believed that the unity of buildings with the beauty and majesty of *nature* would create places where people could be filled with love for this *beauty*...

“When I had money, I spend it helping those who needed help, and I never thought about Myself...

“The moral norms of the Pythagoreans remained a part of Me...

“But I was not prepared for the cruel laws of the material world...

“... Dismissed, I became almost penniless... My creations – a symphony of stone – stood in the city on the Neva river... Ungrateful rulers lived in them... and continued to create injustice...

“... And I – forgotten by everyone – would go to the sea and ask from the bottom of My heart, without even knowing whom I was addressing:

‘Why did I live here?’

‘Who needs everything that I created?’

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<sup>6</sup> I.e. with Kundalini.

‘Why am I alone now?’

‘What did I do wrong?’

‘Why does no one show even a little of gratitude for everything that I have been giving to others during all My life?’

‘And once I received the following answer:

‘Look: this is the sea, this is the sun over it, this is the earth which you walk...

‘How often did you thank Me – their Creator – for their harmony and beauty, for their existence?’

‘You ask for what did you live on the Earth?’

‘You lived to ask Me about this and to receive an answer, for instance.

‘But of course, you lived not only for this...’

‘... I believed in the existence of God. I used to go to temples and pray... I believed but not in such a God – living and real! – Who suddenly began to talk to Me as a Friend and a Teacher...

‘Now I could feel Him! Youthful easiness, joy, love, and gratitude overflowed Me!...

‘... In these last years of My life, God helped Me to remember...

‘My *hands* – the *hands of the consciousness* – were huge! I used to hold in these hands all landscapes and expanse, when I was creating My architectural projects...

‘And now it was easy for Me to learn to caress with these *hands of the soul* – the sea, the earth, and all the living.

‘I began to feel Myself vast – like a *pyramid* consisting of the subtlest *Light*. I stood *over* the Earth and in the *depth* there was *Light*... And then I could submerge into this *Great Light*, which had no bounds at all, and become it...

“When I had mastered this, He allowed Me to enter Him and become *One* with Him.

“... Unfortunately, My body was too old, and I could not achieve more...

“I thank you for your desire to tell about Me to people living on the Earth!... Let those yearning – come to Me, in Me... I will teach them how to cognize Me, how to enter the Creator...”

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“The School of Pythagoras... – you have to create such schools throughout the Earth!

“If you remember it, once I talked about spiritual art. This subject is important in the work of serving people, in the work of educating new generations. Ecology and art are two directions which one should use in work with masses.

“Ecology – freedom and harmony of nature! And anahata – expanding, overfilling the spiritual heart with subtlety and beauty!

“Also – art, which can give these states to people, which can emphasize the beauty and harmony, and show them to the soul. This work may include park and landscape views, creation of a harmonious environment in towns and cultural centers. You can recall the ashram of Lao and what Huang told about handmade beauty...

“Let people delight at the views which unite fountains, reflections in glassy waters, buildings, flowers, trees, stones, and even the rays of the rising or setting sun! This was known in China, and in ancient Greece, and in the epoch of Classicism...

“This can be developed and cherished in the people of art; one can teach this to children... One has to develop in people the ability to see the true beauty! This can be done little by little, starting from small things – from

handmade beauty which people learn to admire. This can be also supported even at the scale of the government!”

“How do I realize this? Should I engage again in park design?”

“No, this is the task of students of your students and their followers. Yet, it is you who have to lay the foundation of these ideas in human minds and to kindle the flame of inspiration in their hearts! Listen, watch – I will help you! After all, you, too, are Master of Arts! So, become a true Master!”

“You are kidding!...”

“No, I am serious!

“You should simply give these ideas to professionals. Ideas are a wonderful thing: they begin to live and become realized by people who have never read your books! Good ideas can spread as intensively as the flu virus: they are ‘in the wind’ and eventually they find like-minded consciousnesses! So, let the dark epidemics be replaced with the waves of Light and Purity!”

“Carl! Please tell us about Pythagoras.”

“I knew Him a little when I was embodied in Italy. Perceiving Him as a Consciousness – this cannot be expressed in words... He is God!

“... I can tell only that little which was at the earthy level of communication; try to feel the rest without words. Now, listen...

“I dreamed a lot about entering His School and prepared Myself. In temples, the priests worshipped and taught to worship ‘gods’ that people’s fantasy endowed with power and with not the best of the human qualities. It was an echo of ancient tales about the spiritually degraded descendants of the Atlanteans: about people who possessed the power of the consciousness and... human passions. With the same passions people’s ignorance painted the memory about the Others...”

“The philosophy of the aristocrats was almost atheistic; it combined reasoning and ‘exquisite sayings’ – with emptiness of souls and justification of vices. Most of the nobility adopted the outlook of consumerism and self-gratification, which they called ‘freedom’ – in contrast to the life of slaves, who worked hard to provide everything for this ‘freedom’ of life...

“... The School of Pythagoras... – even these words seemed to fill Me with Purity and with the Light of Truth! I wanted to enter the School most of all!

“I saw Pythagoras for the first time on the entrance examination. That time I was so agitated that I could not remember His face. Usually He did not come to the examination of aspirants, so it was a surprise for everyone when He came, made a gesture as not to interrupt the conversation, and sat down aside to look at the process of testing.

“I had the feeling that in the presence of God the soul shed all the protective envelopes and was standing naked in front of Him. I could not display exquisite rhetoric or gestures, though I had been preparing for a long time... Everything non-sincere in Me was destroyed by the mere fact of His presence. Probably, My answers to the questions asked by the School’s students were also not the best.

‘What will you do if you are not accepted to the School?’ He asked Me suddenly in a soft voice.’

“... I thought that I failed and hardly could answer:

‘I will prepare Myself and will come again next time...’

“... To My astonishment, the next day a young man in white clothing, reciting the names of accepted people, said My name too...

“Later I learned, as a miracle, that Pythagoras Himself proposed to accept Me to the School.

“After, I saw Pythagoras only from a distance. Sometimes, I saw Him walking slowly on the trails in the garden for meditations; but we all tried not to disturb Him in vain. Sometimes, I saw Him on general discussions when we, immersed into the *Light* of His Consciousness, listened to His lessons.

“The presence of Pythagoras by itself illuminated the life of the School with unearthly *Light*. Everyone gained the awareness of connectedness with the *Whole*, the awareness of participation in realization of the Creator’s intent on the Earth. All students felt themselves participants of the Great Work – though little ones, but contributing to the common cause anyway, like small leaves on the giant Tree of Life. Work and development of everyone had now a meaning and value for the life of the *Whole*! It was not only within the walls of the School; it was the essence of the Pythagorean brotherhood. All its members kept this state of connectedness, the state of *acting on behalf of the Whole*. This made all spiritual children of Pythagoras viable and steadfast. The Students retained this spirit ages later. Ask Nekrasov, He can confirm it.”

“Carl! Please tell us what You see as the most important thing in the art of educating souls.”

“The most important quality of a soul is love! It was developed, in particular, through friendship, devotion, trust between the students of the School.

“The best way of developing the ability of the consciousness to think correctly is creativity. It could be logic, mathematics, music, sculpture, and architecture. The most important point is to ‘switch on’ the creative aspiration of the soul and to direct the flow of *gifting, giving away*. In this way, souls become naturally united with the Atmans in the process of their growth.”

“How do You help people at present?”

“Do you remember how you stood in delight on the Palace Square, when you, a school girl and later a student

of university, came there? How you were overfilled sometimes with delight at the expanse and beauty of your city on the Neva river? It was Me teaching you to love! This is also one of the aspects of influencing souls of people who learn to love handmade beauty...

“Now also I try to convey to creative people new ideas of the development of the city.”

Carl shows new channels and ponds, which continue the traditions of the water symphony of Petersburg. Channels and brooks, pits created during building construction are not hidden under asphalt but are transformed and create a unique appearance of every new district. Large parks have their own unique features in each district. In some parks – pines and granite surround glassy waters, in others – birch grooves and meadows of flowers appear in the frame of bubbling springs... The parks are inhabited not only by ducks, swans, squirrels, but by many forest birds, and even hares, roe deer willingly approach walking people...

“Do You think that people will decide to spend money on something that does not yield a profit? Formerly, palaces and parks were built at order of czars...”

“If one builds as I suggest, then you will need less hospitals and police! *Beauty and harmony* will raise healthy souls!... Of course, this is not enough but... this is also My small contribution. Unfortunately I can give My great meditation *Pyramid* only to a few people in centuries...”

## Nikolay Nekrasov

We are in the night forest. It is December in our northern latitudes. A lot of snow has fallen, but now it is thawing. The snow on the ground becomes denser. And the snow on branches thaws; drops fall everywhere around us. This creates an illusion of a spring rain.

The forest is filled with fragrant mist, which emanates from the thawing snow, and – with quietness.

The dawn has not broken yet. The bright moon shining in the sky makes mysterious patterns of shadows on the snow.

Beauty of the night forest!

The words from a poem of Nikolay Nekrasov come to mind: “Everything is good under the shining of the moon!...”

We have come to His *place of power* in the forest.

We build a fire, as we usually do in such cases, sit around it, take a rest after walking many kilometers over forest trails covered with snow, and have a snack.

Gradually it begins to dawn. Now we can begin the work for the sake of which we came to this place.

Here – over a clearing and over the entire forest stands, in a Mahadouble, Divine Nekrasov. One can see overhead His Face, which is easily recognizable from His portraits. Below is His giant Anahata, which is kilometers in size, containing in itself the forest with its inhabitants. And in the Primordial Depth – the rest part of this Great Divine Soul abides.

... We mentioned in the video film *Places of Power. Three Steps of Centering* that on *places of power* one can encounter unique botanical phenomena. Here on the place of Nekrasov, we see an abundance of lichen of certain species. It grows on dry branches of spruces. With its threads, which resemble hairs, this lichen forms numerous likenesses of the small beard worn by Nekrasov during His earthy life; this beard is seen on His Countenance now as well...

... We ask Him to relate about that part of His life which remained secret for the people who knew Him in those years...

“I attained Divinity not in the last incarnation known to you, but in the previous one. I was a follower of the Pythagorean School and learned from the disciples of Pythagoras and Socrates.

“In that School, they knew also about the multidimensionality of the universe, about how one can cognize the Creator, enter into Him forever, and become a Part of Him.”

“Were You aware of Your Divinity in the last incarnation?”

“No. That life of Mine, in many aspects, was not like a life of an Avatar... It was designed so by God: so as not to tempt persecutors...

“... Only a few people in the next millennia understood the Pythagorean tradition, recognized the greatness of that School. The incarnation of Pythagoras was an incarnation of God!”

“Where does Pythagoras work now? Can we communicate with Him as we communicate with You? Are there His Mahadoubles, His *working sites* in these lands?”

“One can find Him in Sicily and on the south-east shores of the Mediterranean sea.

“Pythagoras was a Messiah in that part of the Earth, similar in His significance to Jesus Christ. If you dig in the history, you will manage to decipher a lot of interesting material on this subject and publish it.”

“For us and for our readers, for sure, it would be interesting and useful to learn more about Your next to last incarnation and about Your apprenticeship with the Pythagoreans...”

“I lived then in the region of the Mediterranean sea. I was a Roman citizen from a noble aristocratic family. I sailed a lot over the sea with diplomatic missions...”

“The sea is wonderful! In the early morning, when the giant disk of the sun rises from the horizon and the entire space gets suffused with goldish gentle light – the soul becomes enchanted by the greatness of the Creator! In such moments, one can very easily expand with the consciousness over the sea, open the arms of the consciousness, feel the joy of freedom – and blend with the sunlight, with the wind, feel oneself a giant free bird soaring over the boundless waters!...

“... I was an educated man thirsting for new knowledge. I heard a lot about Pythagoras, about His Teachings, and dreamed of finding His followers who continued His work. I knew that His disciples, who remained after the carnage, went to all corners of the Mediterranean region and founded Pythagorean Societies.

“I was lucky to become a member of one of them! It happened like this:

“... Once I met a man who talked to Me... very interestingly! The questions asked by him touched Me very deeply... He easily drew Me to such openness which I usually did not allow Myself! All My innermost views about the purpose of life, about how one can live honestly and righteously, how one should guide people, – I told him everything! I talked sincerely and passionately!

“... Now I understand that he could ‘read’ Me like a book. With the help of the remarkable skill of conducting a conversation, he learned everything about Me!...

“... I was interesting to him: a young educated man with a clever mind and pure aspirations – a good candidate for learning. The same problems attracted us: reformation of the society, moral purity of people, Divine laws, personal cognition of God.

“He invited Me to a meeting where they discussed these subjects...

“In that way I came to the Pythagoreans.

“They tried Me out for some time as to become confident of the purity of My intentions, steadfastness of My views, My honesty. After that, they began acquainting Me with the work of the Society. Then they offered Me to learn.

“In the Society, they taught the laws of the higher justice expounded by Pythagoras; they also observed the principle of the multistage giving of the higher esoteric knowledge – according to the student’s level of development.”

“What were the meditative methods used in that School for cognition of the Creator?”

“On the higher stages, they gave knowledge about the multidimensional structure of the universe. And the students – with the consciousness developed as a spiritual heart – learned to move using the arms of the consciousness through all the strata of multidimensionality: from dense – to the subtlest ones. In that way, the students cognized the Abode of the Creator, then mastered it and accustomed themselves to live in it in Mergence with the Creator.

“We had incarnate tutors, but Pythagoras and His closest Disciples were for us quite real non-incarnate Divine Teachers. They directed our spiritual advancement.

“In the tradition of the Pythagoreans, the theme of transformation of the society’s life was the most important one; to Me, the most important in My life was cognition of the Creator.

“Though I attained Mergence with the Creator, I had not managed in that incarnation to turn the look of the soul from Him to incarnate people. This became the task of My life in Russia: I had to develop in Myself Divine Love for people.

“In Russia, My civil activity of a publicist and a poet was aimed at changing the moral norms of the society by

drawing its attention to the awful life of common people... I tried to raise *compassion* for common people in the powerful of this world...

“This became My service to Him.

“I did this in the country where everything was perverted: where drunk priests taught about God, where people-slaves died of hunger on the land which could produce plenty of food, where landlords amused themselves by birching their serfs, where the industrial progress created just another slavery – the slavery which bound workers to factories and deprived them even of the possibility to breathe the air of the land where... *freedom* and *beauty* live...

“I lived by the spiritual heart, and it ‘bled’ watching everything that was taking place in Russia: arbitrariness of officials, ruthless attitude of landlords towards serfs, darkness and ignorance everywhere around...

“I loved the Earth, loved people, loved the great tenderness and harmony of nature... And I learned to love people not abstractly, but by fighting for them...”

“What would You advise us and everyone who goes to the Creator?”

“The first thing to do when one enters on the Path is to learn to live by the spiritual heart which is open towards people and towards all the living and radiates love. The second thing is to bring to people the true knowledge, the pure Teachings about God.

“One has to raise free citizens with the help of the true knowledge about God! Only this will allow creating a moral structure of the society auspicious for spiritual evolution of all people.

“But one should not expect a quick success in the work of the transformation of the Russian society...

“... Why did in Russia during the last centuries everything develop so badly despite the fact that there were

many bright, outstanding personalities who tried to instill in the society the ideas of Love and Good?...

“Yes, God sows through such people His seeds... But other members of the society decide themselves what they want to do with these ideas. This constitutes their freedom of choice...

“The purpose of God is not to make the life of people safe and happy by all means. God helps everyone by constantly suggesting right decisions to them. But He also gives them the possibility to choose their path and to grow as they want. Only in such conditions one can have the true freedom of *creativity*, i.e. when one can grow as a *creator*: as a *creator* of oneself, to start with...

“... And the work of your School has to develop according to the known principle: God wants a new spiritual hearth to grow on the Earth, a hearth similar to the Pythagoras’ School. He wants, in particular, that politicians and scientists of different countries receive confidential knowledge through you.

“Yet, this process will take not years but decades.”

## Admiral Nakhimov

During one of our conversations with Pythagoras, Konstantinos, and Larisa, another Representative of the Creator came to us.

“Will You tell us Your name?”

“Admiral Nakhimov.”

“Could You relate Your biography?”

“Yes, if it is interesting to you.

“I was embodied in the Mediterranean region at the time when there existed branches of spiritual knowledge created by students of Pythagoras. Thanks to this knowledge and practical methods of development of one-

self as a consciousness, I achieved significant transformation of oneself-soul.

“And this allowed Me in the next well-known incarnation to become a leader for very many people and to be remembered by the next generations – though not as a teacher of higher knowledge but just as a positive hero: a sea strategist who had parental care for his people. Being a giant soul, I could perceive with Myself-consciousness the disposition and actions of the fleets – and could take correct strategic decisions in military combat.

“I was a disciple of Babaji in both of His Incarnations known to you; I lived also in Mozambique and Cambodia, where I learned medical and healing knowledge.”

... At present time Nakhimov, if one addresses Him, appears as a sea of the Divine Consciousness approaching from the Mediterranean region and inviting to submerge into Him, to become Him...

Once, in the very beginning of our spiritual work, we mastered the exercise called *shavasana*: lying on the back in deep relaxation, one had to learn, among other things, to fall down from the body and then to purify the body from coarse energies with the use of the hands of the consciousness. Now it became possible for us to perform ‘super-shavasana’: having infused into the sea of the Divine Consciousness of Nakhimov, having become Him, one can feel one’s own body floating on the surface of this sea and can purify it from everything non-Divine...<sup>7</sup>

And *deeper* than this ‘Sea of Nakhimov’ – there is the Ocean of the Primordial Consciousness, from where Na-

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<sup>7</sup> This meditation is similar to the meditation *The Wall*, suggested by Sathya Sai Baba. The difference between them is that the latter meditation is performed in standing position of the body with the help of Sathya Sai Baba and some other Divine Teachers.

khimov rose to the more superficial – Brahmanic – layer of multidimensionality...

... Today Admiral Nakhimov helps incarnate people from the state of the Holy Spirit: as a Divine Teacher and a Divine Healer.

Let us learn from Him!

## Boris

Over the sea, there stands a giant, kilometers in size, Mahadouble of a Divine Teacher unknown to us.

We merge with Him – over the sea.

And then – from Him, being Him – we can look at our bodies standing on the shore – and support them with the giant hands of the Divine Consciousness... Here one can also train oneself in being the ‘Sun of God’...

... Then this Teacher Himself comes to our bodies and fills them.

“We are glad to become acquainted with You! What is Your name?”

“Boris. It was My name in My last incarnation. First I was a fisherman, lived in this region, enjoyed sunrises and sunsets, expanded with the spiritual heart – in this expanse!...

“You know this meditation very well, so there is no need to explain it to you!

“Then I learned about the teachings of Leo Tolstoy and became a vegetarian. And then My former Teacher Pythagoras took Me again as His personal disciple. Thanks to Him, I became what you know Me now.”

“Please tell more about Yourself!”

“The sea! The sea taught Me in My last incarnation! The sea was My strict father and tender mother! The sea

taught Me to work hard, taught Me to be disciplined and resolute, taught Me power and fearlessness!

“I lived at the seacoast. The life of fishermen depended completely on the sea!

“I was in love with the sea! I always wanted to sail far away, beyond the horizon – where there are new lands, kind people, and happy life... It was a child’s dream...

“The sea raised in Me the desire to learn: without learning one cannot become a captain of a ship! Thus God guided Me.

“I was a son of a fisherman, therefore the only education accessible to Me was studying in the parish school.

“Yet, I was lucky. A young priest, seeing My thirst for knowledge, decided to teach Me more than just reading and arithmetic. He did not have deep knowledge and erudition, but he had sincere love for God. It is his lessons that for the first time turned My attention to God.

“Of course, the aspiration for cognition of God came to Me later...

“I went to a big town with the purpose of enrolling at a naval college but failed to pass the entrance examination in this elite institution where they did not want to see sons of fishermen.

“Then I enrolled at free courses at university – and joined the student community, which was ‘boiling’ with various ideas of freedom. There I got acquainted with the diversity of spiritual searches and attended different esoteric groups.

“There I came to a group of the Tolstoyans – followers of Leo Tolstoy. The ideas of freedom of soul, the preaching of love and non-making evil were most close to Me.

“The main principles that I accepted for Myself were the following:

“– To direct the attention of the soul to seeking God, to everlasting values, to the *Eternal*.

“– To live *here and now*, that is not dreaming about the future and not grieving about the past; also – to accept everything coming to Me as that which must happen.

“– To try to walk evenly the life path.

“– To cause harm to no one.

“– To treat every one whom I meet on My life path – with love, without attachments, with respect and care, without violence.

“– To stay in great *simplicity* in everything – in the way of life, in solving problems, in being satisfied with little in the ‘outer’ – and with much in the inner world.

“... Fulfilling the principle of Good and of non-causing distress and disharmony to the outer world – this is how I tried to live!

“I went out of this town and began to live in solitude on the seacoast. I lived in harmony with everything around Me: with nature, with people...

“And on this background – God began to manifest Himself to Me!

“... Of course, I lived many past lives developing love – as a quality of the soul; otherwise all ideas of goodness would remain for Me just as something to talk about... In My past incarnations, I knew the Teachings of Pythagoras – and this time He continued My education!

“Learning directly from Him, I began to see *Light* inside My expanding spiritual heart. I began to hear directions of God. It is from this stage that My initiation into Buddhi Yoga began: the spiritual heart had to transform into a *Temple* containing the Love of the Creator!

“Thus – *God living in My heart* – became a cognized reality for Me!

“And you know well what happens then! It was with Me and with you!”

## Appendix: Art and Spiritual Development (lecture by Vladimir Antonov)

What is spirituality?

A number of people believe that spirituality is about... going to the cinema, to the theater, attending concerts of classical symphonic music, which was created, by the way, in the epoch of the Inquisition...

But in reality this word originates from the statement of Jesus Christ: “God is Spirit” (John 4:24). It concerns those processes and phenomena which *spiritualize* people, that is contribute to bringing one closer to the Divinity – in the quality of the consciousness, soul. Therefore, only those people can be called spiritual who achieved significant success on this path.

Art can and must play an important role in the process of positive evolution of consciousness. But does it always happen this way?

For example, movies that “savor” violence and killing, where it is presented as a natural way of life and is imprinted by young souls as a *norm of conduct*... – the work of creators and *distributors* of such anti-art should be considered criminal – in the face of God and humanity.

As for the example given above, to reasonable people everything is quite clear about it. But there are cases not so obvious. So the question arises: what can be the objective criteria for judging such cases?

For instance, it happens that insane people try to express themselves by the means of art! They can share their sick experience with other people very vividly! There are plenty of such cases. Let me give just one ex-

ample — not so grotesque but very illustrative in this respect.

One of my acquaintances, an artist, once showed me the works of his teacher. They were pictures for wallpapers. I looked at them and asked him if his teacher was sick with schizophrenia and committed suicide? The artist was astonished and said to me that it was so indeed!

These pictures were truly awful! Their patterns affected the viewer in a weird way, causing coarse confusion of the consciousness. I hope these pictures have never been used in production. Had they appeared on room walls it would have caused much harm to people!

It also happens quite often that works of art express depressive or aggressive states of their authors! Where do they bring people who listen or view them?

There are also more simple examples, not from psychopathology. Let us recall the battles in the past century regarding abstract art! Was it good or bad? There were also hot discussions regarding rock-n-roll or even the charleston! Was it good or bad?

Always there are people who support something new. And there are others who oppose anything new. Both sides present their arguments. But what is the truth? How can one distinguish subjective factors influencing the evaluation of an innovation or of work of art — from objective ones? How can one discriminate them?

There was a person who, for the first time, spoke about the existence of objective laws of art. He was George Gurdjieff — a bright man well-known in the spiritual field.

He worked in Russia in the beginning of the twentieth century. He was born in the Caucasus, in a Greco-Armenian family. Grown up, he taught in Moscow and Saint Petersburg.

The civil war in Russia made him move abroad together with his school. His students went to different countries: some went to France, others to England, still others to the USA. And there they created branches of the school. The literary works of Gurdjieff and of his students were published in all main European languages.

Since the early childhood Gurdjieff grew as an uncommon man. From the very beginning he chose a purpose: to learn everything that people can do. And he resolutely lived for this purpose for many years. He learned to dive, to trade, to battle, to darn carpets, to repair all kinds of home appliances existed at that time. For example, when he needed a large amount of money for organizing an expedition, he would come to the city, rent a room, and put an announcement that he repairs everything. At daytime he accepted visitors and at night mended all kinds of things: from gramophones to bicycles, umbrellas, etc. He even collected parts needed for repairing at the city scrap-heap.

Having collected the money needed for the expedition, he hired assistants and went to seek spiritual knowledge.

He visited a lot of spiritual schools, monasteries — Sufi, Christian. He managed to collect much knowledge that allowed him to develop an integral worldview and to establish his own school.

One should not idealize Gurdjieff though. Many things which he did are far from being exemplary. Many ideas of his teachings have only historical interest at present: more perfect knowledge replaced them now. However, there are certain key points in his teachings which are important today as well. And now we can use this knowledge thanks to Gurdjieff.

In particular, Gurdjieff postulated that there are objective laws of art. He did not formulate them though. At least we could not find a list of these laws in many books

of his school that we read. There were only some hints. Nevertheless, Gurdjieff contributed a lot even by declaring that there are such laws. Further development of this idea of Gurdjieff allowed formulating these laws. Now we are going to discuss them in detail.

The most important principle (or law, as Gurdjieff put it) is the *necessity of following the path of refinement of the consciousness*. It is the use of this principle that can help us to become competent not only within the material world but also within the whole multidimensional universe. It allows us to achieve the Primordial Consciousness and to merge with It.

For this purpose we must, in the beginning of the learning, undergo the process of refinement on the physical plane, abandon the coarseness in which most people live.

The easiest way to do it is by means of emotional attunement with the subtlest phenomena found in nature. For example, when the morning sun rises and sends its first rays through the mist to the water, to the grass, to the flowers, to the leaves; when the first morning birds begin to sing, when fishes begin to splash in the reed and above this reed illuminated with tender morning sunlight the mist dances and floats about – so wonderfully subtle are the states that nature gives us in such moments!

I should note right away that it is impossible to establish oneself firmly in such states without learning and applying to ourselves the ethical principles suggested to us by God and without mastering the art of psychic self-regulation, which includes the ability to control one's own chakras.

One of the concepts suggested by Gurdjieff is very important for us in this regard. It is the concept of the *scale of hydrogens*. It is one of the most interesting concepts in the history of spiritual search!

What are these “hydrogens”? This term originated from alchemy. At the time of Gurdjieff, there were also schools whose knowledge was not open for everyone. And the adherents of these schools enciphered their secret knowledge.

Mathematicians use a special language of letters. And at that time there was an alchemical language, which used the names of chemical elements for enciphering.

Probably many of us, affected by ignorant atheistic propaganda, laughed at alchemists who tried to transform lead into gold and to become rich. But in reality, by lead the alchemists called not metal but the basic state of man who has not started the spiritual practice yet. And by gold they called the perfect state of man who had succeeded on the spiritual Path. *Golden Elixir*, by the way, is that goldish Light of the Holy Spirit which we observe in the meditation *latihan* and with which we can fill our bodies.

And all those unusual reactions described by alchemists were but symbols of different stages of the spiritual transformation of man.

These are, for instance, some alchemical symbols: “carbons” are active components of reaction, “oxygens” are passive components, “nitrogens” are the third kind of components – factors like catalysts, which are needed for reaction. And “hydrogens” are those elements or states which are considered outside of the reaction. This is where the term *scale of hydrogens* originates from.

So what does the concept of the *scale of hydrogens* consist in? Its main postulate is that all substances, phenomena, states in the universe can be arranged in order according to their level of *coarseness-subtlety*. On this scale there is a place for minerals, planets, stars, different kinds of food – from corpses of animals that many people eat – to, for example, wood strawberry. On this scale there is a place for the state of the chakras, for our emotional states, etc. That is – virtually for everything.

“Hydrogens” have numerical values; this allows finding some sample states by which we can evaluate our advancement along the *scale of coarseness-subtlety*, that is, along the *scale of hydrogens*.

For example, the morning sun and its light is H-6; it is one of the most subtle phenomena in nature.

Or, take the emotions that occur in harmonious blooming of the reproductive function: sexually tinged tenderness, love for children, those manifestations which we see in plays of young animals, and the energy states peculiar to buds opening in spring – all this is H-12.

There is a very interesting state in our organisms – the energy plane of the *chitrini* meridian (its other name is *Brahmanadi*, the meridian of the Holy Spirit) – it is H-3, one of the main states of the Holy Spirit.

And H-3 is very close to H-1. H-1 corresponds to the plane of the Primordial Consciousness, the Creator.

It is absolutely impossible for a person living in the coarse states pertain to ordinary people to change immediately to the subtlest state, to “dive” into the *depths* of the multidimensional world, to cognize the primordial plane of the universe, to cognize the Creator! It is not possible!

One can only move gradually along the *scale of hydrogens*. First one has to traverse that part of the path of refinement which exists within the material world – and only then one can “dive” into other spatial dimensions.

In some occult schools, students practice exiting from their material bodies without switching first to ethically and energetically pure nutrition (i.e. *killing-free* nutrition), without getting rid of their initial coarseness (some of them even intentionally strengthen it for the sake of suppressing other people and controlling them; this is the feature of black magic schools). If such students succeed – where do they go? They find themselves in the coarse

astral plane, in hell. They find there anger, lie, fear pertain to this plane. They get confused, frightened... Moreover, they develop “friendly relations”, so to say, with the representatives of that plane, very obtrusive sometimes. Many such people go mad, as a result...

Therefore, the most important principle of spiritual growth and of the spiritual art, which contributes to spiritual development, is the principle of walking the path of the refinement of the consciousness.

In the art, man can be a creator and a viewer or listener. Both these cases can provide favorable opportunities for development.

Let me draw your attention to the fact that any work of art can be assessed according to the *scale of coarseness-subtlety*.

And every high-quality work of art should be used for refining attunement. Or, at least, it has to show the way from *tamas* (that is, from the initial coarseness, dullness, ignorance) – through *rajas* (the stage of active search of the way out to the light of Truth, when man transforms from a dully suffering person into a fighting one) – to *sattva* (purity, harmony, subtlety) – and higher.

In relation to the above said, let me emphasize that on the path to Perfection one cannot skip the stage of *sattva*. One cannot become perfect at once, starting from *tamas* or *rajas*! One cannot “leap” over the stage of *sattva*! The path of refinement, development of inner harmony and the ability to love – is necessary for everyone! No one should think that “it is not for me, let *others* be engaged in this, but I will achieve Perfection in another way”. No! The law of the evolution of man expounded, in particular, by Krishna in the Bhagavad Gita *consists in gradual advancement through the stages-gunas mentioned above, so that one may come then to higher stages of work on oneself*.

With the help of art one can also train energy, vigor; this corresponds to maturing at the stage of rajas. Let us take rock, for example. Non-coarse, dynamic dances of youth – who opposed them? The people of tamas, who are far from real pure energy! Opposed those who are angry about everything new, or inert, irresolute people who lack energy themselves! Had they danced rock’n’roll or similar dances in their youth, they would live their lives more actively now.

Non-coarse energy (vigor) is very needed on the spiritual Path, because it develops the *personal power*, allows one to accumulate strength that can be used for various needs, for meditative work, for example.

So, with the help of an adequate dynamic music and dynamic dance one can develop in oneself these missing qualities.

With the help of other kinds of music and dance one can master higher states: calm, inner quietness (*hesychia*).

Painting, poetry, oriental kinds of art such as ikebana, “philosophical landscapes”, etc can also be helpful in mastering these states.

Yes, one has to master calm, not energy alone; this is essential on the spiritual Path! That is, one has to become universal: to be able to relax and to be maximally active when necessary.

With the help of works of art one can also exert a directed energy influence on the audience.

There are several possibilities of that kind. One of them is icons. Many people know from their own experience that through some icons one can receive flows of subtle energies. Different icons transmit different flows – different both by their intensity and by their level of *coarseness-subtlety*. By the way, I saw icons of some

pseudo-saints which radiated very coarse, devilish energies...

There are also non-icon pictures that radiate energies. Such pictures are necessarily created by a strong artist. For example, such are the paintings of Nicholas Roerich. All such paintings can be assessed according to the *scale of hydrogens*, and they can be assigned corresponding numerical values. By the way, the paintings of Roerich are rajas. On a certain stage of development, they can have a strong positive influence, but later they have no such an effect.

There can be more directed influence through art — the influence not on man in the whole but on man's bioenergy structures. Through music, vocal, or dance, one can induce resonant states in a particular chakra of the listeners or viewers, or in a certain meridian. In particular, these structures can be developed simply by letting into them the vibrations coming from the artist.

For example, if we listen to a vocalist who concentrates in anahata, then our anahatas passively attune with vocalist's anahata and this produces the corresponding emotional state.

This phenomenon is called *svara*; this is a Sanskrit word. There is a book by R.Menon *Indian Music: The Magic of the Raga*. It describes *svara* as a mystical phenomenon, whose mechanism has not been understood yet. In fact, the mechanism of *svara* consists in work of the performer with the bioenergy structures. The performer simply moves the concentration of the consciousness into a certain chakra or other energy structure and if this is done strongly enough, then the listeners enter the resonant states.

The same mechanism works in dance when we watch a dancer who possesses *svara* mastery.

It is quite interesting that through sounds produced by musical instruments one can create resonant states in the

chakras and meridians of the listeners. An example of this is the tango of Oscar Stroke, the “tango king”. He empirically found this effect and created his musical compositions in such a way that all the notes in his tangos affect the vishudha chakra, activating it. Due to this, the vishudhas of the listeners get “overflowed”; his music evokes pungent, strong emotional states of ecstasy, joy.

Now too there are musicians who use no single note that can cause resonance in the head chakras. To listeners such music is relaxation, freshness, especially to people who do intellectual work.

... Spiritual seekers who have established themselves in the state of *sattva*, who have got rid of the possibility of entering coarse emotional states – such seekers can try using the method of *laya*.

There is a direction of Yoga called Laya Yoga. *Laya* means disappearance, dissolution of oneself in the Harmony of the Absolute. This implies turning off the mind, which resides in the head chakra ajna, – so that the organism may begin to act not under the mind’s commands but under the control of God. An example of this is spontaneous dance performed in the state of the *latihan* meditation, which is the most typical example of training in Laya Yoga.

There are other methods. For example, one can “yield to laya” one hand holding a dowsing rod and with the help of this rod discover that which cannot be seen by the eyes or heard by the ears: to get answers about ore deposits or about underground communication lines, to perform medical diagnostics, and do many other things. Dowsing is also Laya Yoga, its particular case.

In the same way, you can learn to paint – when your hand as if by itself draws a pencil or a brush. In the same way, one can learn to write texts... In all such cases the hand is controlled by some spirit, and if we deserve it, then it can be the Holy Spirit.

I mentioned about dance. There are special methods that can help learn to yield the body to *laya*. For example, if the arms are raised, then it is easier for the body to begin moving, for the backbone to bend. Then it is very easy! On the contrary, if the arms hang down, then it is difficult to begin dancing in this state.

It is the same with any direction of art where we want to apply the principle of *laya*: one has to know the basic methods, to be an expert in this area to some degree. For example, in order to paint, one has to know how to mix dyes, how to apply them on the canvas or paper. Of course, in order to dance, one has to know the principles of plasticity of the body. And one has to be able to hold a pen to write with it.

In regard to *laya*, I have to warn the readers about the non-critical attitude toward what we do in this state. The loss of critical attitude can easily make us a laughing stock. This happens when one violates the ethical principles, because the ethics is the foundation of Harmony. On the contrary, if everything is all right with ethics, then Harmony with everything and everyone including God can become perfect.

... With the help of art one can stimulate the intellectual process as well. Let us think: how to do this?

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