

Sat-Chit-Ananda

Vladimir Antonov

Translated from Russian by Anton Teplyy
Corrector of the English translation —
Keenan Murphy

Sat-Chit-Ananda (Sanskrit) is the formula that reflects the advancement along the spiritual Path. Its literal translation is the following: Purity-Subtlety-Bliss.

The spiritual advancement starts with *Sat*, that is, the purity and clarity in the understanding of the structure of the universe, of the meaning of our lives, and of the ways of its realization. It also starts with the achievement of one's own ethical and bioenergetical purity.

As the result of such work over himself or herself, a practitioner, with the help of special methods of spiritual work, obtains the possibility to achieve *Chit*, that is, the subtlety of the consciousness (buddhi). Among these methods, there is emotional mergence with the subtle beauty of the harmony of nature, with respective works of art, and with harmonious and subtle people. To master the art of psychical self-regulation will also be of great help.¹

Those who have mastered everything mentioned develop the ability to see the Holy Spirits, to communicate with Them freely, including verbally, and to merge with Them. The Holy Spirits in this case become the Divine Teachers of such spiritual practitioners and guide them along the Path of further personal development and cognition of God in all His Aspects and Manifestations.

After this, a direct communication with God, the further cognition of Him, and the Mergence with Him give *Ananda*, that is, an increasing state of Bliss of the highest level, up to the states in which Those Who have achieved the Perfection and do not have to be incarnated again exist.

¹ See more details in our book *Ecopsychology*.