

Taoism

(Compilation of the Texts)

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Taoism is a great and true philosophical and religious trend, created by God in China. Its foundation was laid even in ancient times by the Divine Emperor of China – Huang Di. But it was designed by Divine Disciple of Huang Di – Lao Tse – in the form of the book *Tao Te Ching* – “Book about Tao and Te”.

By the word *Tao* in Chinese is called One Universal God (God-the-Father, the Creator, Ishvara, Allah, Sva-rog – by these and other words people call Him in different languages).

Te are the Holy Spirits emanating from the Abode of Tao, including, in the form of the Divine Light-Fire.

This collection contains the text of *Tao Te Ching* and other materials compiled by Lao Tse and other Divine Teachers of Taoism.

The book is designed for everyone who aspires to the spiritual Perfection.

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Foreword

The main theme of the methodology of Taoism is identical to Christian Hesychasm and other healthy religious trends. It consists of the recommendation to all reasonable people to develop themselves precisely as the spiritual hearts. Only this way gives the possibility to cognize God and achieve the fullness of spiritual self-realization.

In the following millennia from the creation of Taoism, these Teachings were, in great measure, distorted by human ignorance, as it always happens with the Teachings given to people by God [1]. Even the word *Tao* itself has been interpreted as a “path”, although from *Tao Te Ching* it is quite clear that “... Tao is a Being...” (Tao Te Ching, 32). The study of the Path of improving oneself and practical cognition of God were replaced by the meaningless chatter about, for example, the dividing of food and everything else into the categories of *yin* and *yang*, as well as about thousands of good and evil spirits supposedly living in the bodies of people, etc.

But let's return to the Source!

More detailed theoretical and methodological information on this topic can be obtained in the materials, listed at the end of this book.

Tao Te Ching

1. One cannot cognize Tao¹ only by speaking about It.

One cannot use a human name to name that Origin of the sky and the earth – that Origin, Which is the Mother of everything.

Only those who are free from worldly passions can see It. And those who have such passions can see only Its Creation.

Nevertheless, Tao and Its Creation are One in essence, though They are called by different names. The passage which exists between Them is a doorway to all that which is miraculous.

2. When people know beauty, they then understand what is ugly.

When people learn what is good, they then realize what is evil.

In a similar way, existence and non-existence, hard and easy, long and short, high and low are pairs in which, by knowing one – a person then knows the other.

In a similar way, there is a harmony that can be found between all preceding and succeeding pairs.

The wise prefer *non-doing*² and live in *quietness*³. Everything happens around them as if by itself. They are not attached to anything on the Earth.

¹ Synonyms of this word of Chinese origin are Primordial Consciousness, Creator, God the Father, Ishvara, Allah, Svarg, etc.

² That is, the calm of mind and body, which includes the stopping of the flow of thoughts. It allows one to master the art of meditation and to develop oneself as a consciousness. (Those who are not accustomed to the word *non-doing* can

The wise do not think that anything they have created belongs only to them. They do not feel attached to their own creations.

And since they do not exalt themselves, do not boast, and do not demand special respect from others, people find them pleasant to be around.

3. If the chosen are not exalted, no one envies them. If material treasures are not praised, no one steals them. In other words, if the objects of passions are not shown off, there are no temptations.

The wise ruler does not create such temptations for people, but ensures that people have enough food. This eliminates passions and strengthens people's health. Yes, by preventing temptations and passions in this way, even a deeply depraved person does not feel the need to commit evil acts.

The absence of all such passions and temptations brings calm.

4. Tao looks like a void and might be mistaken as being nothing. Yet, appearing to be nothing, It is omnipotent!

It is in the *Depths*.⁴

It is the Origin of everything.

It controls everything.

It pervades everything.

It manifests Itself as shining *Light*.

mentally replace it with the word *meditation* when reading this text).

³ Here Lao Tse means *inner quietness*, which is called *hesychia* in Greek. Hesychasm, an ancient tradition of the Christian mysticism, is named after it (see [5,6]).

⁴ In the depths of multidimensional space. In other words, at the *subtle* end of the multidimensional scale.

It is the *Subtlest!*

It is the Main Essence of everything!

One cannot describe Its origin, for It is Primordial.

5. Matter – both in the sky and on the earth – is dispassionate towards all creatures, be they plants, animals, or people; however, it is the base of all of them.

In the same way, the wise are dispassionate towards others.

The space above the earth is void and free, much like the space inside a bellows or a flute. And the more space there is for action, the more efficient the action can be.

The one who interferes with the actions of others and talks too much becomes unbearable for other people.

Therefore, it is always better to follow the principle of non-interference and keep inner calm.

6. The life and development of the *Subtlest*⁵ are eternal and infinite.

It is the *Deepest Base* of everything.

On It the material world exists.

It acts without violence.

7. The sky and the earth are lasting. They last long because they exist not by themselves and *not for the sake of themselves*; they are created by Tao and exist *for It*.

The wise put themselves behind others; thus, they do not hinder other people and can lead them. The wise do not treasure the lives of their bodies; nevertheless, their lives are guarded by Tao.

⁵ Tao.

This happens because the wise, too, exist here *not for the sake of themselves*. This is why their personal needs get realized *for them*.

The wise exist *for Tao* and serve It.

8. The wise live like water. Water serves all beings and does not require anything for itself. It exists *below* all things. In this respect, it is similar to Tao.

Life has to follow the principle of naturalness.

Follow the *Path of the heart!* Be friendly!

Tell only the truth!

When guiding others, follow the principle of being calm!

Every action has to be realizable and timely.

The one who does not strive to be ahead of others can avoid many mistakes.

9. One should not pour water into a full vessel. And there is no sense in sharpening the edge of a knife too much. And if a room is overfilled with gold and jade, who will guard it?

Excessiveness in anything causes troubles.

When the work is finished, one should retire.

Such are the laws of harmony suggested by Tao.

10. In order to maintain calm, one has to feel *Unity with Everything*⁶. Then, in particular, false egocentric desires cannot arise.

One has to refine the consciousness. Let one, in this respect, become similar to a newborn baby. The one who becomes this subtle becomes free from delusions.⁷

⁶ To feel oneself as an integral part of the Absolute.

⁷ Only through this can one cognize Tao.

One has to rule the country and the people with love for them and without violence.

The gate from the world of matter to the hidden world is open when one stays in calm. The understanding of this truth comes in *non-doing*.

To educate without violence, to make something without boasting, to create without feeling conceited about what was created, to be senior to others and not command them – this is the true righteousness of Great Te⁸!

11. Thirty spokes are united in one wheel. But the use of the wheel also depends on the space between the spokes.

Vessels are made of clay. Yet, their usefulness depends on the empty space inside them.

Buildings consist of walls, doors, and windows. Yet, the building's usefulness also depends on the space in it.

This is the relation between the usefulness of objects and *emptiness*.

12. The one who sees only five colors in the world is like the blind.

The one who hears only the sounds of the material world is similar to the deaf.

The one who partakes of only material food and feels only its taste is deluded.

The one who, in pursuit of prey, races at full speed is insane.

By accumulating jewelry and adornments, people act to the detriment of themselves.

⁸ I.e., the higher ethics suggested by Te, by the Holy Spirit (Brahman).

The efforts of the wise are directed at having enough food, not at accumulating many objects. They, being satisfied with having little in the world of matter, choose *the Primordial*.

13. Glory and disgrace are equally feared. Fame is a great distress in life.

What does it mean that glory and disgrace are equally feared? It means that people fight for glory and then fear to lose it.

And what does it mean that fame is a great distress in life? It means that one suffers great distress because one treasures one's name.

When one ceases to treasure one's name, one will have no distress.

Thus, the wise do not seek praise from people. They just serve people self-sacrificingly; therefore, they can live among people in peace. They do not fight against anyone for anything; therefore, they are invincible.

14. If you try to look at Tao, you cannot notice It immediately. This is why It is called hard-to-be-seen.

If you try to listen to Tao, you cannot hear It immediately. This is why It is called hard-to-be-heard.

If you try to grasp Tao, you cannot hold on to It. This is why It is called hard-to-be-caught.

In Tao, are Those Who fill you with delight!⁹ And all Those in Tao are merged into *One*.

Tao is equal above and below.

However, Tao, infinite in size, cannot be called by the name of any One of Them.

⁹ Holy Spirits Who come out from Tao and Who are consubstantial to It. In the Christian tradition, They are called, in the aggregate sense, the Holy Spirit.

They come out from Tao manifesting Their Individualities, then come back to the state without individual manifestations when They are again in It.

Tao has no corporeal image or face. This is why one regards It as hidden and mysterious.

Meeting Tao, I do not see Its face. Following Tao, I do not see Its back.

By strictly following the primordial Path of transformation of oneself as a consciousness, one can cognize the *Eternal Origin*. This Path is the Path to Tao.

15. Since ancient times, those who were capable of achieving spiritual Enlightenment successfully cognized the hidden and hardly recognizable small and large steps of this Path.

Such seekers were hard to recognize. I will outline their appearance: they were cautious like a man crossing a river in winter, they were circumspect because they were wary of strangers, they were alert because they knew that one's time on the Earth is limited, they were watchful as if they walked on melting ice, they were simple, they were vast like a valley, they were hidden from idle looks.

They were those who, in calm, could transform dirty into pure.

They were those who contributed to the Evolution of Life.

They worshipped Tao and they needed little in this world to be satisfied. Not desiring much, they were content with what they had and did not seek more.

16. Make *emptiness*¹⁰ in yourself complete and achieve full calm! Let everything around you move by itself! Let everyone bloom spiritually and advance to cognition of their true Essence¹¹!

Those who have cognized their true Essence achieve full calm. Thus, they attain the common *Abode of All Those Who Have Attained*¹².

One's presence in this *Abode* has to become constant. The One Who has achieved this goal is called Enlightened, Perfect, and the Possessor of the Higher Wisdom.

Those Who have attained that *Abode* represent the *United We*, which is the *Highest Ruler*. That *Abode* is also called *Heaven*¹³. This is the Abode of Eternal Tao.

Tao is intangible. It cannot be “caught” by anyone. And therefore, It is invincible.

17. The *Highest Ruler* provides all Its people with the opportunity to develop themselves, as consciousnesses. But It does not seek to reward them with something worldly. It also does not try to inspire fear and awe in them.

Those who believe foolishly do not know about this. But those who have cognized It do not believe foolishly anymore.

This truth is so profound!

Having achieved success, I go even further, and a greater understanding about *Everything* opens up to me.

¹⁰ Here, it means the meditative state Nirodhi. In this state, the individual “I” completely disappears by dissolving in Tao.

¹¹ Atman, Higher Self, Tao.

¹² The Abode of the Creator.

¹³ Or Heavens.

18. If people in a country deny Great Tao, they begin to talk about ‘humanism’ and ‘justice’... But in this situation, these talks are nothing more than hypocrisy!

In a similar way, when there is discord in the family, then there arise demands of “filial obedience” and “parental love”...

And when in a whole country there is such disarray, there appear slogans of “patriotism” and “love for the motherland”...

19. When falsity and hypocrisy of this kind are removed, people are much happier. Falsity, thirst for profit, theft, and cruelty towards living beings disappear when people possess true knowledge. It is so, because the reason for all people’s vices is a lack of knowledge. It is knowledge that makes people understand that it is in their personal interest to be simple and kind, to control one’s own worldly desires, and to liberate oneself from pernicious passions.

20. Cease to adhere to the objects to which you are attached, and you will be free from grief and self-pity! Only by living so, can one find the true *Base*¹⁴ in life! Isn’t this goal worthy of renouncing common beliefs and habits?

How great is the difference between good and evil!

Do not do anything undesired unto others. With this single principle, one can reduce chaos and establish order in society.

But now... all people indulge in vanity and society is immersed in chaos...

I alone stay calm and do not elevate myself over people. I am similar to a child who was not born in this world of vanity...

¹⁴ Tao.

All people are bound by worldly desires. I alone have abandoned everything that they value. I am indifferent to all of this.

All people live in their egocentrism. I alone chose to get rid of it.

I flow as a Stream of Consciousness in Space and do not know when I will stop...

I cognize Tao *in my heart!* Oh, how *subtle* It is!

I am different from others in that I value That Which created our lives.

21. Te comes out from Tao. And Tao abides in the *Primordial Depths*.

Te is That Which acts and drives. It is as mysterious and hidden as Tao. Yet, It also exists!

It can assume a form.

It possesses Power. Its Power is superior to everything existing in this world.

Te can be seen. From ancient times to the present day, the Voice of Te sounds and tells the Will of the Creator of the entire material world.

Where can I see the countenance of Te? Everywhere!

22. Being satisfied with little, you can gain much. Seeking much, you will go astray. The wise heed this precept. If only all people would do so too!

The wise trust not only their material eyes; therefore, they can see *clearly*.

The wise do not think that they alone are right; therefore, they know the truth.

They do not seek glory, yet people revere them.

They do not seek power, yet people follow them.

They do not fight against anyone; therefore, no one can vanquish them.

They do not feel pity for themselves; therefore, they can develop successfully.

Only those who do not seek to be ahead of others are capable of living in harmony with everyone.

The wise care about everyone, and therefore they become an example to all.

They do not praise themselves, yet they are respected.

They do not elevate themselves, yet they are esteemed by others.

In ancient times, people said that the imperfect moves towards becoming perfect. Are these empty words? No! Truly, by achieving *Unity*, you will achieve Perfection!

23. Speak less and be simple!

Strong winds do not blow all morning. And strong rain does not continue all day long. What does this depend on? The sky and the earth.

The sky and the earth, though huge, cannot give birth to anything *eternal*. And neither can man. Therefore, it is better to serve *Eternal Tao*.

Those who serve Tao with their deeds receive the right to attain Mergence with It.

Those who have refined themselves¹⁵ to the state of Te become coessential to Te.

Those who have refined themselves to the state of Tao become coessential to Tao.

Those who are coessential to Te gain the bliss of Te.

Those who are coessential to Tao gain the bliss of Tao.

¹⁵ As a consciousness (soul).

But the unworthy one is deprived of this possibility.

It is unwise to doubt this truth!

24. The one who stands on tiptoes cannot stand for long.

The one who walks with long strides cannot walk for long.

The one who is seen by everyone cannot keep power for long.

The one who praises oneself cannot win glory.

The one who lives pitying oneself becomes weak and cannot develop.

The one who is envious cannot achieve success.

The one who exalts oneself cannot gain prestige.

The one who indulges in gluttony, does meaningless acts, and becomes irritated by everything cannot find peace.

Looking from Tao, one can see that all this is caused by vicious desires. All this is absurd behavior. Everyone turns away from such people.

On the contrary, the one who aspires to Mergence with Tao does not do anything like this.

25. Oh, That Which was born before the sky and the earth, living in calm, having no form, the Subtlest, the Only Existing One, Abiding everywhere, Boundless, Invincible, the Mother of everything, – You are called Tao. I also call You the Greatest! For You are eternal in Your infinite development!

Man, earth, and the sky depend on Tao. But Tao exists by Itself.

26. Hard work allows one to achieve an easy life in the future.

Yet, we also know that calm is the main thing in movement.

Therefore, the wise work hard all day long and do not avoid hard work. Nevertheless, while performing actions, they stay in the state of perfect calm.

They can even live in luxury and not get deprived by it.

So, why then is the owner of ten thousand chariots haughty and disdainful towards the entire world? Disdain destroys the soul!

And the absence of calm leads to a loss of the *Base!*...

27. The one who knows the Path can find the right direction even if there is no well-trodden trail. The one who knows how to speak does not misspeak. The one who knows how to count does not miscount. The best treasury has no lock, yet no one can open it. The best fetters are those which bind by nothing material, yet cannot be broken.

The wise know how to save people and save them constantly. The wise know how to help and do not leave anyone in trouble without help. Thus acts the deep wisdom!

The wise also instruct evil people so that such people can find the *Base*.

But if evil people do not value this help and do not want the *Base*, the wise leave them: the wise do not value relations with such people.

This principle is very important and profound!

28. If you are brave, be humble! And then the entire nation will follow you.

If you become a leader among people, let Great Te be your Guide. And be a pure, gentle, and subtle soul, like a child!

Abiding in good, do not forget about the existence of evil! And be an example of righteousness for everyone!

The one who becomes such an example for everyone in everything that has been said, no longer differs by the quality of the soul from Great Te and then moves to Merger with Eternal Tao.

Such a person, though knowing about his or her personal achievements and merits, chooses to be unknown, and thus becomes a wise leader.

It is favorable that such a wise person be a leader among people; then there will be order in such a country.

29. Some people have a great desire to rule the entire world, and they try to succeed in this aspiration. But I do not see how it can be possible, since the world is a container of wonderful and invincible Tao! And no one can rule Tao!

The one who aspires to this will surely fail!

Everyone has a choice: to oppose the harmonious flow of events or to follow it. The former struggle and lose strength, the latter bloom in the harmony and strengthen.

The wise never aspire to power, surfeit, luxuries, and prodigality.

30. A ruler faithful to Tao will not send an army to a foreign country. This would cause calamity to such a ruler in the first place.¹⁶

And the land through which an army passes becomes desolate. After a war, lean years come.

A wise commander is never bellicose. A wise warrior never gets angry. The one who knows how to defeat an enemy does not attack. The one who has achieved victory stops and does not do violence to the defeated ene-

¹⁶ At least, according to the *law of karma*.

mies. The victorious do not praise themselves. They win but do not feel proud. They do not like to wage wars. They win because they are forced to fight. They win even though they are not bellicose.

If a person, in the prime of life, begins to weaken and gets ill, this happens only because of living in disharmony with Tao. The life of such a person ends before the due time.

31. Weapons are a means that cause affliction; they must be discarded.

Therefore, the one who follows Tao does not use weapons.

Good leaders are yielding. They use power for defense only. They exert every effort to maintain peace.

To glorify oneself with a military victory means to rejoice over killing people. Is it right to respect those who are glad about killing?

Respecting virtue leads to wellbeing. But if one respects violence, then this leads to afflictions.

If many people are killed, it is a grievous event. The victory has to be “celebrated” with a funeral ceremony.

32. Tao is eternal and has no human appearance.

Though Tao is a tender Being, no one in the whole world can subjugate It.

If the nobility and rulers of a country lived in harmony with Tao, the common people would be peaceful and calm, the sky and the earth would unite in harmony, prosperity and wellbeing would come, and people would quiet down without orders!

For the sake of establishing order in a country, laws are created. Yet, the laws must not be too severe.

Leaders should be like Tao. Tao is like the ocean. The ocean is lower than all rivers, yet all rivers flow into it.

33. The one who knows people is reasonable. The one who has cognized oneself is enlightened.¹⁷ The one who knows how to conquer enemies is strong. The one who has conquered oneself¹⁸ is powerful.

The one who has material wealth is rich. The one who acts resolutely possesses willpower. But the one who indulges one's own desires is weak and foolish.

The one who attains Mergence with Tao and does not lose it also attains the Highest Existence. After the death of the body, such a person continues to live in Tao as truly Immortal.

34. The Eternal Tao pervades everything. It is present to the left and to the right. Thanks to It, souls arise, live, and develop.

Though Tao is so Great and performs such great work, It does not seek to glorify Itself.

It raises all beings with love. It does not exert violence over them. It does not insist that people realize Its desires.

It is Great, though It does not insist on this.

Wise people aspire to It – to the Great!

35. All the Perfect Ones flow into Great Tao.

Follow this Path! By doing so you will not cause yourself any harm, on the contrary, you will achieve calm, harmony, and the fullness of life.

I, in the state of *non-doing*, travel in the Infinity of Tao. One cannot convey this with words! Tao is the Subtlest and most Blissful!

¹⁷ I.e., the one who has cognized one's own multidimensional organism.

¹⁸ I.e., the one who has conquered one's own vices, including their origin (the lower self with its egocentrism).

36. Worldly passions make man weak. Resoluteness fills man with power!

Worldly passions cripple man. Resoluteness elevates man and strengthens the consciousness!

Worldly passions enslave man. Resoluteness makes man free!

That which is dispassionate, gentle, and yielding conquers that which is passionate, hard, and coarse!

37. Tao does not act directly in the world of matter.¹⁹ Yet, the entire Creation is a product of Its creativity.

Act in the same manner, and then all the living around you will develop in a natural way!

When you live with simplicity, not paying attention to gossip and hostile attitudes, and being in harmony with Tao, you then come to the state when you have no attachments and passions!

The absence of worldly desires brings one to the state of inner calm, and then order is established all around.

38. Those representing Great Te do not force Themselves to do good deeds: behaving righteously is natural for Them.

Those who are far from Te force themselves to perform good deeds: righteousness is not natural for them.

Those representing Great Te do not aspire to activity in the world of matter: They act in a state of *non-doing*.

Those who are far from Te live in vanity and act under the influence of their passions. In the religious aspect of life, their activity is reduced only to rituals. But believing in the “magic” of rituals signifies the degradation

¹⁹ It is Te that acts.

of religion! Such people also force others to act like them.

This happens only to those who do not have Tao in their lives. They cannot be trusted. They have betrayed Tao and can betray anyone.

The wise who have cognized Tao are capable of distinguishing people by these features. They choose to communicate only with people of goodness.

39. There are Those Who have been living in Unity with Tao since ancient times. Thanks to Them, the sky is pure and the earth is stable, nature is gentle and rivers are full of water, valleys are covered with flowers, all living beings multiply, and the heroes of the spiritual Path are paragons of virtue. All this is provided by Those Who Have Achieved the Unity!

If They did not help, then the sky would cease to be pure and the earth would crack all over, nature would cease giving its beauty to all the living, valleys would stop blooming and turn into deserts, all living beings would stop multiplying and disappear, and the heroes of the spiritual Path would not be paragons of virtue and would be ridiculed and banished..

People are a base for their rulers. Therefore, those earthly rulers who elevate themselves do not have a strong base. This happens because they do not consider people as their base. It is their mistake.

If you disassemble the chariot that you ride, what will you be left with?

Do not regard yourself as precious, like jade! Be simple, like a common stone!

40. The interaction of opposites is the sphere of Tao's activity.

The *Highest Subtlety* is one of the most important qualities of Tao. The opposite of This is the coarse qualities of evil people.

All the development of incarnate beings happens with the interaction of these opposites.

However, the world of matter itself originated from the *Subtlest Source*.

41. The wise, having learned about Tao, aspire to self-realization in It.

The unwise, having learned about Tao, sometimes remember about It and sometimes forget about It.

Foolish people, having learned about Tao, ridicule It. They regard Those Who have cognized Tao as insane... They regard wisdom as insanity..., higher justice as vice..., righteousness as depravity..., great truth as falsity...

Yes, the greatest square has no corners, the greatest sound cannot be heard, the greatest image cannot be seen...

Yes, Tao is similarly hidden from idle looks. It leads only those to Perfection who are worthy of it!

42. Once, One came out from Tao; after a time, He invited two Others; and those Two invited Three more. And all of Them then engaged in the creation on the planet of various forms of life.²⁰

All creatures are subdivided into pairs of opposites – *yin* and *yang* – and are filled with *chi*. All further development comes from these interactions of opposites.

Everyone is afraid of *loneliness* and views it as suffering. This concerns earthly rulers as well.

²⁰ Here, Lao Tse tells about several Holy Spirits (Te) Who guided the evolution of souls on our planet.

They care only about themselves and refuse to help others.

However, the correct decision is to dedicate oneself to *caring about others*, thereby forgetting about oneself.

Wise spiritual seekers who dedicate their lives to the good of all will not be conquered by death. I prefer these words to all the other precepts of all the sages!

Those Who have attained Tao are merged into *One* in It.

43. It happens that the weakest defeat the strongest. The reason for this is that Te is present everywhere, pervades everything, and controls everything.

This is why I view *non-doing* as beneficial.

There is nothing in the world that can be compared, by its importance, to the teachings about *inner quietness* and the benefit of *non-doing*!

44. What is more necessary: life or glory? What is more valuable: life or wealth? What hurts more: gain or loss?

If you accumulate much, you will lose much!

Show moderation and you will avoid failures. Show moderation and there will be no risk. Thus, you can live life in calm, without worries!

The one who shows moderation does not suffer failure. The one who knows when to stop avoids affliction. Thanks to this, such a person can manage to cognize Primordial and Eternal Tao.

45. People may confuse the Greatest Perfection with insanity, great volume – with void, great curvature – with straightness, great humor – with foolishness, a great speaker – with the one unable to speak.

Intense movement overcomes cold. Stillness overcomes heat.

Only calm and harmony can ensure a correct understanding of everything that happens in the world.

46. If a country lives according to the laws of Tao, then horses are used for tilling land.

But if a nation renounces Tao, then war-horses run in the fields.

There is no greater affliction than uncontrolled worldly passions! And nothing destroys man more than the desire to multiply worldly treasures!

Those who know how to be content with what they have are always happy!

47. The wise cognize the world without leaving home. Without looking from a window, they see Primordial Tao. To learn more, they do not need to travel far.

The wise do not travel, yet know everything. They do not look, yet can describe everything. They seem to be non-acting, yet achieve everything.

In their *hearts*, they find everything that is necessary.²¹

This is why the wise know those things that are beyond material reach, without having to go and reach them physically. And they can see that which is invisible to the common eye.

48. They are those who learn to increase their knowledge every day. They are those who serve Tao decreasing their worldly desires. And by constantly decreasing worldly desires, one can achieve *non-doing*.

²¹ Here, the author means not the material but spiritual heart, which is developed through the methods of Buddhi Yoga to a large size. Inside this heart, one cognizes Tao. From this heart, one finds ways leading to other beings.

Only in *non-doing* can one master all the mysteries of the universe! Without *non-doing*, one cannot achieve this.

49. The wise have no selfish motives. They live in caring about others.

To good people I do good, and to the unkind I also wish good. This is the goodness of Te.

With honest people I am honest, and with the dishonest I am also honest. This is the honesty of Te.

The wise live in calm in their country. Yet, in the same land, other people live: both good and evil, honest and dishonest, reasonable and foolish, selfish and selfless, those who listen to Tao and those who deny it.

The wise, nevertheless, view all these people as their children.

50. People are born on the Earth and die. Out of ten, about a third continue onto paradisiacal existence, a third go to hell, and a third are those who have not succeeded in the development of the soul due to attachments to worldly affairs.

Those who have mastered the *true life* while living on the Earth are not afraid of rhinoceroses or tigers, and in battle, they are not afraid of armed soldiers. A rhinoceros has no place to plunge its horn into them, a tiger has no place to fasten its claws onto them, a soldier has no place to stab them with a sword. It is so, because to them there is no death!²²

²² The one who has become a large spiritual heart (with the help of the methods of Buddhi Yoga) or who has even merged with Tao, quite naturally feels oneself as non-corporeal. Such a person — as a large consciousness — cannot be wounded by animals or weapons. Such a One is Immortal.

51. Tao creates beings. Te nurses them, raises them, helps them to develop and mature, takes care of them, and supports them.

These beings gradually grow (as souls), develop, and achieve Perfection.

Therefore, there is no person who would not be obliged to worship Tao and Te.

Tao and Te coerce no one, They give all beings the possibility to develop naturally, according to their own freedom of will.

To create without feeling ownership of what was created, to make something without boasting, to be older than others and yet not command them – these are the principles of life of Great Te.

52. Everything in the material world has its Source, Which is the Mother of the material world.

When the Mother is cognized, it is easier to recognize Her Children²³.

Knowing the Children, one should not forget about the Mother. Then one lives life without troubles.

If one abandons personal desires and becomes free from worldly passions, then one lives without getting tired.

On the other hand, if one indulges in passions and becomes immersed in worldly affairs, then troubles are unavoidable.

To see the *Subtlest* is the true *clearness of vision*.

The preservation of the *subtlety of the consciousness* ensures true power.

²³ Te.

Contemplate the Light of Tao! Cognize Its *Depths!* It is the true Treasure! Do not lose It, and you will avoid many troubles!

53. The one who possesses true knowledge walks the Straight Path.

The only thing that I am afraid of is to be absorbed in hustle and bustle.

The Straight Path is absolutely straight. Yet, people prefer... meandering trails.

If earthly rulers direct all their attention to the luxury of their palaces, then fields become overgrown with weeds, and granaries become empty. Such earthly rulers wear luxurious clothes and sharp swords, they are not satisfied with simple food, they accumulate too much wealth for themselves. This is equal to robbery and is a violation of the principles of life that are suggested by Tao.

54. By cognizing yourself, you cognize others. By helping others, you will cognize everything.

The one who can stand firmly cannot be overturned. The one who can lean against a support cannot be knocked down. Yes, such a person will be remembered by descendants!

When you achieve a similar stability in Tao, you will shine on others with Its Light, like the rising sun!

And help others to achieve the same stability; help your family, the people living in your country, and all people everywhere! By doing this, you will gain great power of the consciousness!

How have I cognized all this? In this exact way...

55. Those who live in Mergence with Great Te are pure, like newborn babies. Poisonous insects do not sting them, snakes do not bite them, wild animals and birds do

not attack them. They have refined themselves as consciousnesses and are firmly merged with Tao.

They evaluate people not by their gender or by other outer qualities, but by looking at people's essence: at the soul.

They also perceive others as integral parts of the *Whole*²⁴, as parts of the *Absolute*.

And They possess the ability to initiate spiritual growth in people.

They can preach all day long without straining their voice, because They stay in constant Mergence with Tao!

Such a life as this, is filled with happiness!

Common people, on the contrary, having reached the prime of life, immediately begin to fade into old age. It happens because they have not achieved Mergence with Tao.

56. The truth cannot be conveyed only through words! The one who does not understand this cannot fully understand this treatise!²⁵

Those who abandon personal desires, who become free from worldly passions, who reduce personal needs, who achieve clear understanding, who do not aspire to glory, who stay in the subtlest state of the consciousness, represent Primordial and Deepest Tao.

They cannot be tempted, offended, forced, or persuaded to seek glorification. No one can harm Them!

They shine like the sun! They are like a source from which everyone can drink!

They are the Highest Treasure among people!

²⁴ More details can be found in [6].

²⁵ One can fully understand the truth only by realizing, in practice, everything that is described here.

57. From Tao, emanate calm, harmony, and justice.

Yet, among people, there is selfishness, guile, falsity, and violence...

One can enter Tao only through *non-doing*.

When people strive to accumulate a multitude of unnecessary things, they become poor spiritually.

When they produce too many weapons, then robbery and disorder unavoidably arise.

When skilled craftsmen direct all their efforts at creating material valuables, then miraculous phenomena cease to happen in such a country.

When laws become too strict and repression becomes too great, then the opposition and the number of dissatisfied people grow.

This is why the wise abandon material fuss and let everything happen by itself.

One has to begin changing the world by changing oneself. If I aspire to quietness and calm, others become calm observing me. If I do not aspire to possessing many material boons, people around me also begin to be satisfied with having little. If I live without worldly attachments and passions, people around me also begin to living simply and naturally.

58. If earthly rulers rule in calm and harmony, the people, too, are calm and peaceful, and they do not feel the need to seek out better life conditions...

On the contrary, if earthly rulers act with irritation and aggressiveness, then the people begin to suffer. Then wellbeing is replaced with troubles and calamities. And people begin to seek a way out, and some of them find it by entering the state of *non-doing* and becoming immersed into the Light of Infinite Tao. Thus, luck and happiness may result from affliction.

As we can see, happiness and unhappiness give birth to each other...

The wise are always calm, gentle, and just. They do not want to take anything away from anyone. They are selfless and do not harm anyone. They are honest and live in harmony with Tao, nature, and other people.

They are bright but are not flashy.

59. In order to serve Tao successfully by helping other people, one needs to be able to preserve and accumulate one's power of the consciousness. This requires renouncing everything that wastes this power.

Such a renunciation at the higher stages of the Path helps one to grow one's own *Power of Te*, which can become inexhaustible and can help one to cognize Tao completely.

And Tao is the Eternal and Infinite Primordial Foundation of every person and of the entire material world. The *pathway* that unites man with this Foundation is called the *root*.

60. The activity of Tao and Te in relation to numerous individual souls of different ages can be likened to cooking a meal of many ingredients in a large cauldron.

In relation to the majority of people, when carrying out the destinies that these people deserve, Tao and Te use spirits, including spirits of lower levels of development.

But if one approaches Tao by the quality of the soul, then such a person goes beyond the sphere of influence of these spirits.

61. The Great Kingdom of Tao²⁶ is located as if *behind* the mouth of a river.

²⁶ Also known as the Abode of the Creator.

The *Ocean* is below all rivers, therefore all rivers flow into It.

The *Ocean* is calm and patient. It *waits* for Those Who will approach It and enter It.

The *Ocean* is the *Great Kingdom*. And on the Earth, there are small kingdoms composed of people.

The *Great Kingdom* takes care of satisfying all Those Who enter It.

So, let the rulers of small kingdoms also ensure that all their people are satisfied.

Then, all people will receive everything that they want, both in the *Great Kingdom* and in the small kingdoms.

And let us remember that those who are great should always put themselves below others.

62. It is Treasure of those good people who aspire to It. But, there are also evil people, and Tao acknowledges their role too.

Yes, one has to preach to all people about purity and kind behavior. However, are not evil people necessary?

Do they not help one to cognize the ephemerality of worldly treasures and the illusoriness of the hope to eternally stay on the Earth in one's present body?

Through interactions with them, do people not then desire to follow the path of goodness, desiring to become as unreachable to evil as possible? Indeed, in order to become unreachable to evil, one must perform concrete actions on developing oneself as a consciousness...²⁷

Many people would not strive to become better if evil people did not "help" them!

²⁷ Such examples are given in [5,18].

Earthly rulers, possessing absolute power, and those closest to them value jewelry and luxurious chariots. However, in reality, they are not better than those who live in solitude and calm and who walk the *Deepest Path* to Tao! Would it not be better for those earthly rulers to start leading a calm life dedicated to cognition of Tao?

People say that in ancient times no one aspired to worldly wealth, and criminals were not executed. This is so, because, in those ancient times, people worshipped Tao.

63. Rid yourself of the bustle of the mind and unnecessary actions, keep calm, and be satisfied with simple food!

In this way, one begins walking the Path towards cognition of Great Tao, Which is *the One Whole* consisting of many Great Souls.

There are also many small souls that get incarnated into bodies.

Having understood this, the wise know that one should respond to hatred with kindness.

Start difficult work with an easy beginning. After all, every great work consists of small components. In this way – gradually – one fulfills great tasks.

If someone promises to perform great work quickly, then one should not trust the words of such a person...

But the wise never start “great undertakings” in the world of matter! This is why they can perform great work in the spiritual world. It is not hard for them.

64. It is easy to help those who have mastered harmony.

It is easy to show the way to a seeker who has not found it yet. However, one has to remember that a weak person can easily fall off the Path, and the one who is a weak soul will run away from difficulties.

It is better to begin constructing where you do not need to destroy old walls. It is better to introduce spiritual knowledge where you are not attacked by angry and foolish people.

And then, a great tree grows from a small sapling, a nine-story tower begins to be constructed from just a handful of earth, a journey of a thousand *li* begins with a single step.

In the world of matter, entrepreneurs go bankrupt, and property owners lose their property. This is why the wise do not act like this; and thus, they do not suffer failures. They possess nothing, and thus have nothing to lose.

The wise do not live in worldly passions. They do not strive to gain something material that requires much effort. They live in natural simplicity and are satisfied with what is refused by other people.

They walk the Path to Tao.

65. Those who have cognized Tao do not seek to put themselves “on display” in front of the ignorant. They also refuse to “rule the crowd”; and therefore, they can continue their personal development and continue helping deserving people.

Confidential higher knowledge about the methods of developing the consciousness can be harmful to people who are not ready to receive it.

The wise who know about this and act according to this knowledge, become examples for others.

Thus acts Great Te.

In order to understand this, one has to recognize that Great Te is the Opposite of evil people. Great Te is located at an unreachable distance in relation to such people.

This is what Great Te is! It possesses the Highest Power and takes care of all the multitude of beings! It unites and separates people. It controls everything! It is the Ruler deserving the strongest love and respect!

By learning from It, you will achieve the highest wellbeing!

66. Great rivers are so powerful because they flow down into the sea, accumulating in themselves water from all around.

Likewise, the wise who desire to help people have to put themselves below others. This is why, despite being superior, they are not a burden to people. And it also why people do not seek to harm them. People gladly follow them and do not turn away from them.

They do not compete with anyone; therefore, they are unconquerable.

They constantly advance further, yet people do not envy them.

They do not struggle against anyone, and thus no one in the whole world can force them to act against their will.

67. Tao is Great and has no equals or anything similar to It!

It resides so *deeply* and is so *subtle* that no one can “catch It” or force It to do something!

I possess three treasures that I value: the first is love for people, the second is frugality, and the third is that I do not desire to be ahead of others. I love people; thus, I can be brave. I am frugal; thus, I can be generous. I do not desire to be ahead of others; thus, I can be a wise leader.

All those who are brave but do not love, who are generous without being frugal, or who try to be ahead of others and push others away, suffer failure.

On the contrary, those who are full of love achieve victory and become unconquerable because Tao constantly guards such people.

68. A wise leader is never bellicose. A wise soldier never gets angry. The one who knows how to win does not attack first. The one who knows how to lead people does not humiliate them, but puts oneself in a lower position.

Such are the laws of Te about rejecting anger, self-praise, and violence. This is how act Those Who represent Te and guide people to Primordial and Eternal Tao.

69. Military art teaches: I do not begin first, I have to wait. I do not advance even an inch, but rather retreat a foot. This is called acting without action, winning without violence. In this case, there will be no enemies; and thus, I can avoid wasting power.

There is no affliction worse than hating enemies! Hatred towards enemies is the path leading to the loss of the most important One: Tao!

Therefore, those who avoid battles come out victorious.

70. My words are easy to understand and realize. Yet, many people cannot understand them and cannot realize them.

Behind my words, there is the *Origin* of everything. However, since those people do not know It, they also do not understand me.

The one who has cognized Tao is quiet and unnoticeable, yet behaves with dignity. Such a person wears simple clothes and hides the treasure²⁸ within.

71. The one who possesses knowledge, but knows how and when to keep silent about it, is honorable.

²⁸ Wisdom.

The one who has no knowledge, yet pretends to know, is not healthy.

Those who are wise heal themselves. The wise never fall ill because they rid themselves of the causes of illnesses. They abide in Tao. How can they be ill then?

72. The one who lives in fear cannot become strong. The strength of the consciousness can only be gained if one lives without fear.

Also, rid yourself of the ability to despise others! The one who despises others is despicable in front of Tao!

Rid yourself of violence in relations with others! The one who does violence to others will be subjected to violence.

Renounce the ability to deceive people! The one who deceives others, deceives oneself.²⁹

Live in love!

Do not strive to show yourself off! The one who has cognized one's own Higher Essence is not engaged in self-admiration and does not elevate oneself above others.

The one who has rid oneself of egocentrism gains an opportunity to achieve Tao.

73. The one who is brave and bellicose will be killed. The one who is brave but is not bellicose will live.

What is the reason for disliking bellicose people? Even a sage has difficulty explaining it.

Great Tao abides in calm. It does not fight against anyone. It wins without violence.

Great Tao is silent, yet It answers questions and comes to those who call It.

In calm, Great Tao controls everything.

²⁹ Because such a person does not take into account God and His principles of the formation of people's destinies.

Great Tao selects worthy people into Itself.

74. It makes no sense to threaten to kill a person who is not afraid of death.

But the one who threatens others with death and takes pleasure in this will be destroyed.

Life and death are under the control of Tao alone. No one is allowed to control this instead of Tao! The one who decides to do such a thing only harms oneself.

75. Looking at the majority of people, one may think that they are constantly hungry. For they are always concerned with the accumulation and multiplication of their supplies and they cannot stop in this activity!

In all affairs, they aspire only to personal profit, by any means!

They do not understand the principles of life suggested by Tao about loving others and caring about them. And they also do not understand Its principle about *non-doing*.

They live without looking at Tao, ignoring Tao, wasting their vital force doing things that have no true value. Their “love for life” is too strong; therefore, they die too early.

On the contrary, those who pay little attention to their own earthly lives, being so completely engaged in the common good, increase the value of their lives before Tao.

76. The human body at birth is gentle and flexible, but after death it becomes hard. All vegetal beings are also gentle and flexible at birth, but after death they become dry and brittle.

A powerful tree either breaks in a storm or is cut down by an axe. A flexible and gentle tree has an advantage here.

The one who is gentle and flexible walks the path of life. The one who is not gentle and flexible walks the path of death.

77. Let the Life of Primordial Tao be an example for us!

The one who does violence to people, who humiliates and robs them, opposes Tao.

But the one who never acts selfishly, who gives one's own surplus to others, who performs deeds not for the sake of glory, who lives with calm and without worldly passions, who submerges into the tender and subtle calm of Tao and helps deserving people on this Path, – such a person becomes similar to Tao.

78. Water is gentle and yielding, yet it erodes away that which is hard. Nothing compares to it in overcoming that which is hard.

Gentle and tender overcome hard and coarse. Only wise people understand the essence of this statement...

79. A big emotional disturbance has consequences. That is why calm can be regarded as good.

And, therefore, the wise give an oath not to condemn anyone.

Kind people live in accordance with this rule; evil people do not.

Primordial Tao is always on the side of kind people.

80. About the state structure, I think the following:

It is good if a country is small and its population is sparse.

Even if there are many weapons, they should not be used. War ships and chariots should not be used either. Warriors should not wage war.

It is necessary that life in a country be such that people do not seek to leave the country.

It is good if everyone has tasty food, beautiful clothes, cozy houses, and a joyful life.

It is good to look with love at neighboring states, and to listen to how roosters crow there and dogs bark.

It is good if people, having reached an old age, recognize Perfection before leaving this world, thus no longer needing to return here again.

81. The right words are not necessarily elegant. Beautiful words are not necessarily trustable.

A kind person is not necessarily eloquent. An eloquent person is not necessarily kind.

The one who knows – does not argue. The one who argues – does not know.

The wise are not selfish, they act for the good of others.

Great Tao is concerned about the welfare of all living beings. Everything that Tao does towards living beings does not contain violence and does not harm anyone.

The wise also act without violence and do not harm anyone.

Lao Tse

Treatise on Virtue

Written down by Anna Zubkova

1. Most people are characterized by spiritual myopia. This is because small souls look only at the small, which is close, and do not notice the Great!

But even small souls can learn to see the Main and distinguish the significant from the insignificant. Tao, infinitely great, is not only in the distance, It also is always in close proximity to everyone!

2. Most people tend to see other's shortcomings and not notice their dignities.

But the dignities of others do not cause any inconvenience, they, on the contrary, are convenient for those living nearby!

Only after losing their beloved ones with the death of their bodies or with a long forced separation do people understand how they could love and appreciate them!

Do not put off love, respect, reverence and gratitude – to a time when there will be no one close to whom we could give it!

By loving and respecting each other, we help grow our best qualities. And then the weeds of vices will occupy less space in the soul.

Harmony of relations between people favors harmony in the whole universe.

3. Anyone who sees in others only their shortcomings and thinks all the time and talks only about it – will never be beloved!

The mind of a person, inclined to see only the bad, is not prone to calm and generates anxiety around itself.

Negatively colored thinking prevents living in harmony for both the individual and everyone who surrounds that one.

4. When you are helping a friend to see his or her problem or vice, you should make sure that this is done for the benefit of this person and for all other people who suffer from the same issue. But you need to do this when your friend is ready to hear your words and when it will not diminish the love and harmony between you both.

How wise it is: to create harmony and love and to cultivate virtues in people!

One, who has acquired many virtues and intelligence, will want to get rid of one's own shortcomings! And then it is easy to help him or her!

One, who does not have good intentions in one's mind and does not feel love in one's own spiritual heart, will not accept help, but will repel the good that comes to him or her.

Learn to live – spreading around the fragrance of love and tenderness, peace and care! Then Tao and Te will naturally enter your life!

5. Respect the intentions of your friends!

Anyone who, even if only in one's own mind, opposes – by one's disagreement – the plans of another, carries on the invisible battle against that other. It breaks the harmony and wastes the forces – of oneself and of friend and companion.

As the wind cannot blow in opposite directions at the same time, so intentions, directed to the opposite objectives, extinguish the strength of both partners.

Action cannot be done correctly and fruitfully – if there are contradictions between those who want to act together.

Not having mastered the skill of living and working harmoniously among people, – one cannot enter the world of Te, Who have no contradictions in Their thoughts and deeds.

Between the Perfects, there is only Unity and harmony in understanding the Will of Tao for all existing in general and for each being separately!

6. Do not try to subordinate another to your will! And do not become a slave of another's will!

Observance of this balance allows you to feel freedom!

It also leads to the realization of the law of non-harming other beings and helps in learning to perceive the Will of Tao.

People can connect to each other with strong attachments. So, sexual passion or other similar strong emotions – like chains – put their owners into slavery of false unilaterality. This also deprives harmony in those whom such people, as they believe, love.

True love does not make those, who love, and those, who are beloved, the slaves of each other!

True love is tender and caring! It inspires and makes beautiful both those, who love, and those, who are beloved!

True love does not impose restrictions on those whom we love. And the one who loves is not captured by his or her own affection to the beloved either.

Truly, this is how Tao loves all beings! And therefore, they are free for growth and development!

Many people live, wasting their lives in vain.

But those who have found calm – collect the *treasures of life in love*, which leads the soul to Immortality!

7. Sadness, despondency, resentment, and fear – weaken a person. These states waste senselessly the energy of the organism, and this, among other things, destroys health and leads to illness.

Love – heals all wounds of the soul and builds bridges over the abyss of despair, frustration, anguish.

Happy are those who go through life, feeling a firm foundation, consisting of the Love and Peace of Tao! No problems and troubles of the material world will shake them on the Path to Tao! All problems for them are just pointers to their own mistakes, the correction of which facilitates the advancement along the Path.

As a weary traveler, climbing a mountain, discards unnecessary load and goes on easily and freely, so we, when we leave our grievances, fears, sorrows, and anger forever, – will feel great relief and freedom! The lightness, which the soul will find then, becomes similar to the weightlessness and transparency of the non-incarnate Immortals, Who are not burdened with anything in this world and act freely by the Power of Te from Great Tao.

But the speech about gaining the Power will be addressed only to those who have reached absolute purity of the soul!

8. Anger or fury seem to many people as manifestations of power.

But, even if the soul is strong in rage, anger, hatred, and violence – then this force acts in the direction leading away from the Purity and Peace of Tao. This power draws them into the abyss of the abode of the owners of evil vices, from which it will be very difficult to get out.

Sometimes many earthly lives are spent by the soul for understanding this. Brute force makes a person like a blind man. Such one sees only oneself and one's own

“rightness”, feels only oneself as the “law” regarding others. By this, he or she isolates himself or herself from life in accordance with the law of calm and harmony, which is laid down by Tao – as the basis of the true existence of all that exists!

The payment for misconduct of this law is heavy. This one is carried away from the main Purpose of human existence so quickly that one does not even notice this fall into the darkness of lower worlds, in which one will remain both during the life in this body, and after its death, and with a new birth in the world of matter – until such an existence will not make this one rush to the Light!

However, all mistakes are for the benefit of a soul, if one notices them and seeks to correct oneself!

9. Do not be sad, having been defeated. And you should not rejoice in defeating others. The waves of life are like waves of the ocean: they lift up and down. All of them have a reason: to give life experience and teach how to find and maintain love, purity, subtlety, and peace. As a result, it becomes possible to learn the Great Calm of the Ocean of Tao, Which reigns from the Depths of the universe.

10. What does it mean: to take care of others? The one, who knows this, truly can be called the wise man!

If one learns to act towards others in the way, in which they would like to be treated, – this is only a small beginning in the cognition of caring. But it is completely right to help others, if it would be for their benefit – in the understanding of Tao and Te.

It is not always pleasant for a person who brings healing to the soul. Medicines for diseases sometimes are bitter.

So, how should one, who preaches the knowledge of Tao and Te, bring up disciples?

If one only praises their progress, then crowds will gather around such a preacher. But the fruits of his labor will be harmful. Souls with vicious properties will grow up – and it will be like a huge garden, the fruits in which are poisonous.

If, on the contrary, one scolds and reproaches them without measure, then the preacher will remain alone. And then the lifeless desert around such a preacher will not become fertile.

Only by encouraging virtues and by eradicating vices in disciples, it is possible to lead them along the Path to cognition of Tao!

But where there is no one who is worthy of learning, there the knowledge of the Path will not be preserved, no matter how hard you try.

11. One, who has undertaken to teach others and speaks the right words, but does not fulfill in one's own life what he or she has said, – this one depreciates the teaching.

If this one lives, driven by one's own desires and passions, but speaks about the benefits of non-attachment, love, and peace, – then who will believe this speaker?

It would be better if one with defects is silent and eliminates these problems in oneself! You should not talk about love – not loving, about beauty – not knowing the real beauty, about the necessity of goodness – without showing kindness and compassion, about tenderness – remaining rude and haughty, about calm of mind and inner silence – continuing to remain a slave of intrusive thoughts and having a restless mind.

12. If one says the words about Truth at an improper time – these words will not be heard. Such words will then fall like dry autumn leaves from a tree, instead of rooting and producing shoots, as is in the case with seeds thrown on damp fertile soil.

Only by observing calm of mind, one can learn to feel the time when it is reasonable to speak or act.

The Calm of Tao, acquired by the zealot, allows achieving blamelessness in what has been said. Then words or silence, action or its absence – are only the manifestations of Will of Tao.

The Will of the Great *United We* then coincide with the thinking, vision, and understanding of such a Zealot. And the Will of the *United We* is manifested in any of that Person's actions – as a display of the Perfection of the Wise, Who has learned the *Oneness* with Tao.

13. If someone has acted rudely and unfairly with you – this is not at all an occasion to react in offence against the injustice or to respond in rudeness to rudeness. A good attitude towards everyone is your input into the great Peace that you create for yourself and for everyone!

One, who knows how to extinguish the flame of enmity, ignited by others, as well as one, who brings peace and love to the world, are worthy of respect. The role of these persons in the world is good, even if he or she extinguishes hostility only between several people but not between states.

One, who brings peace to the world, receives a great reward: Love and Peace of Tao will grow in his or her spiritual heart!

Great is the joy of One Who has cognized the Calm of Tao within oneself and is giving It to all beings!

14. By looking extensively at the vice of revengefulness, you can see that a person commits revenge – even by just answering in annoyance, resentment, anger, screaming, contempt or condemnation – to the person who caused him or her anxiety.

Even if you cut air with a sword, some disturbance will be created. But one who has found peace – does not create any concern in the space of the universe!

How wonderful is one who never takes revenge on the offender! Soon, this one becomes invulnerable – and no one can offend him or her! Because how can this person be offended if he or she has become unable to take offence?

Even a word that can hurt the soul – will be met with calm and love! And then you will see how you become invulnerable to hatred!

15. Nothing serious can happen to a person if he or she does not deserve it and if it does not serve towards his or her benefit.

Injustice is just an illusion.

The action of the laws of Tao provides the best course of events in each situation in which this person is involved.

One, who wants to never lose the Unity with Tao, can learn to see the expediency of grief and the benefit of loss.

16. Let us leave aside – those who keep in mind the evil committed towards them! They remain in their past, and for them there is no future! Black clouds of their own anger and enmity bring back to their lives the situations of betrayal, resentment, hatred, violence, and enmity! Circle after circle, the situations, in which those people acted wrong, are repeated in their lives!

How simple, looking from the position of Tao, to see the preference of someone who is invariably friendly to everyone!

17. Many would like to become unreachable by evil, but they do not know how.

The answer is this: you need to defeat the evil in yourself! Then the evil from outside will no longer touch you!

It may seem that such well-being does not exist in this world. But the one who chose the path of love in life, will not consider as evil – any such event coming into his or her life. Because it is only a lesson to be learned.

One, who has firmly chosen Te as his or her Helmsman and Tao – as the Aim, such one will no longer be captured and enslaved by the problems of things and events in the material world!

The fact is that the attainer of Truth also responds in calm and patience to what he or she cannot transform into goodness.

In doing so, a person grows in wisdom, comprehending the laws of life and spiritual evolution.

You could start this by transforming your attitude towards events and changing yourself – as a soul – into love! And then Love of Te and Tao will gradually fill the whole world inside and around – with Calm and Bliss!

18. One, who is able to forgive others completely, without a shadow of dislike, – this one easily leaves the vicious circle of resentments and other evils!

It is better to learn not to be angry, not to be offended, not to have unkind thoughts and never wish anything bad to anyone!

So simple is the law of causes and consequences: everything that we do to others returns, in time, to us: good returns good, evil returns problems and sufferings.

Therefore, the sage, who does only good and wishes only good for everyone, is always happy!

19. You should not get carried away finding faults in others, especially while your own imperfection clouds your eyes.

Tao realizes each person's own "book of life" – in the events this one perceives and in which one participates, as well as in the people whom one meets on one's way.

One, led by Te, can understand one's past and present, and also learns how to build the future. It is like the whole universe gives one instructions for this! One only has to learn to understand the "language of life", in which Te give people advice on how and what to do.

One, who is wise doing so, soon learns to see Faces of Te and hear Te Who explain and direct.

Everything that one sees and perceives is predestined for teaching him or her wisdom. In everything you can see are the lessons of Tao!

20. Only by dissolving the boundaries of the individual self man can comprehend the whole-extensionality of the Light of Te, Who shines for all beings, and also the Power of Tao, Which generates everything in the Creation.

This is a great step – when one realizes that there is a *Great One*, and one empirically begins to interact with this *Whole One*, as a drop of water in the ocean interacts with the ocean.

Every thought, emotion, and action are visible in the transparent Ocean of Te. All the aforementioned emotions, intentions, and deeds affect the environment – and return back to the person, like an echo.

It is just the capsule of the self that does not allow a human to see this clearly. All creatures live in such capsules until they grow up, evolving, acquiring wisdom and strength in human bodies – to then remove these capsules and enter the world of the *United We!*

21. Anyone, who successfully realizes this, lives, transforming oneself and the world around – by every action and thought, by every message of good and quiet!

Thus transforming oneself, one fulfills human predestination. One flows into the Ocean of Tao, like the Great River, and dissolves in the Infinite Tao! Now He or She becomes One of Te, Who Create in the Creation, proceeding from Tao and not losing the Oneness with Tao!

Lao Tse

Treatise on Health of Body and Soul

Written down by Anna Zubkova

Bodily health is good.

Keeping the body in a healthy state is a boon for the development of the soul that dwells in that body.

Disharmony of energies in the body leads to diseases.

Whereas, harmony promotes health.

Restoration of harmony quickly leads the patient to recovery.

It is appropriate to begin treatment before a disease begins to destroy the body.

And it is worth thinking about bringing yourself into harmony before illness and old age render harmony unattainable.

* * *

It is necessary to take measures against diseases — before their onset.

It is wise to prevent the pain of the body and the suffering of the soul by behaving righteously and by cleansing and bringing to harmony both the outer aspect, that is, the bodily one, and the inner aspect, that is, the spiritual one.

However, for some reason, not so many people are in a hurry to do this before the pain comes. And such pain is

an indication of the downhill process of energy imbalances in one's body and of one's violations of harmony.

Even upon realizing that pain and suffering can be the result of one's own wrong actions, people, nevertheless, choose to continue indulging in passions and vices!

And how much more so is this true for those who are still completely ignorant of the laws constructing destinies!

* * *

The health of both the soul and the body are interrelated.

By healing the soul, the recovery of the body can be accelerated.

By influencing the body, it is possible to improve the state of the soul.

Good health, both of soul and body, generates bright thoughts, cheerfulness, and joy. Then, both rest and motion – smoothly flow into each other in the life of such a person, depending on what is needed in each particular circumstance. Energy is not wasted in this case, and there is enough energy for everything that is needed.

The vice-oppressed state of the soul gives rise to gloomy thoughts and excessive lethargy; or, on the contrary, to excessive activity and even aggression. Instead of natural rest or motion, apathy comes from the lack of energy or fussiness from its excess. Calm and joy are lost. All the organs of the body go into disharmony – and a disruption of their functions or illness can be the consequence.

* * *

Bodily health should not be an end in itself!

The main aspiration of the soul, namely, to transform itself and cognize Unity with Tao – should not fade into the background!

But a sick body has a bad effect on the life of the soul, which dwells in it, and creates obstacles on the Great Path.

Furthermore, the Path must be travelled while in a material body. It is for this purpose that souls – according to the Will of Tao and under the fulfillment of Te – receive bodies; that is, in order to do the work of cognition, improvement, and service!

It happens that a disease is given to spiritual zealots for admonishment or purification. These are those obstacles and lessons, overcoming which the students of wisdom become even more purified.

It's good if a disease is successfully avoided. If, however, an illness has happened, then one should not rely only on medicines or on external treatments from doctors. All illnesses originate from inner causes. External remedies treat external manifestations, but it is also necessary to resolve the hidden causes, which consist in violations of the inner harmony of the soul.

Having understood the reasons, one should thank Te and Tao for the given understanding – and then it is easy to remove both the causes and their consequences in one's body.

* * *

When a person is sullen, depressed, unjoyful, or subject to anxiety and fear or resentment and anger – this

disharmony of the soul tells the body to begin self-destructive processes.

It is important to feel the bliss of life! This bliss comes from keeping oneself in harmony with the Whole!

This must be understood! This is important to follow!

For each level of development of the soul, there is a corresponding level of expected compliance to the Laws of Harmony of Tao.

For the devotees of spiritual labor, the bliss of life is born from Unity with Te and Tao.

For someone who is just beginning the spiritual Path, it is important to start learning bliss. This can come from admiring the beauty of nature or from the skillful management of one's own healthy and flexible body. Such bliss can even come from delicious food or from living a peaceful and quiet life. And it is appropriate to appreciate such bliss and give thanks to Te and Tao for it!

* * *

Often, it is not until one loses health that one thinks about how valuable it was...

And, usually, it is not until one has destroyed calm and peace in one's own life, or until one has brought disaster to others, or until one has violated the harmony and purity of nature, that one notices the priceless treasures that could have been possessed!

And it is difficult to bring back what has been lost!

It is not easy to restore what has been destroyed!

It is good to gain wisdom from small mistakes and, thereby, prevent great disasters!

* * *

Many people knowingly or unknowingly send their energies to each other and to other beings around.

Everyone also influences the universe as a whole, because everyone is an integral part of it.

A person can give to surrounding beings either love and calm – or anger, depression, and other negative states.

Everyone chooses: either to be healthy and righteous and to bring harmony to everyone – or to indulge in a vice-filled way of life.

The one who strives to destroy harmony inevitably destroys oneself. It's unavoidable!

The world order is maintained by the work of Te. It is They Who, in accordance with the Great Laws of Development established by Tao, help souls to purge themselves of dirt.

* * *

So, cleanse your thoughts and emotions from hatred and all evil! Fill yourselves with love and peace!

Create a habit of living in love and harmony! This will be a good foundation for the health of the body and soul!

You build your own destinies, and the future of the Earth!

Huang Di

Treatise on the Power of Calm, Love, and Achieving Immortality

Written down by Anna Zubkova

Listen to the Divine Silence – and My words of Great Calm and Great Love will come to you!

I'll talk about Tao³⁰ – at least, to the extent that It can be expressed in words. As for those truths that are beyond words, I am ready to present them to everyone who reads and listens to Me.

I would like My words to be heard by all people of the Earth!

But not everyone is ready to hear the advice of God. Not everyone is ready to change one's life – according to My words.

But the one who does follow these words, receives great benefits on the Path to Tao!

Regardless of whether a person wants to follow this or does not want to follow this, or whether he or she knows about the Path or is unaware of It, simply by being embodied on the Earth, he or she becomes a participant in the process of the evolution of souls.

While the soul is small and weak, its development easily succumbs to external influences. This is because

³⁰ The Chinese word "Tao" means the Primordial Consciousness. "Te" means the Holy Spirit or the Holy Spirits, Brahman.

willpower and the ability to use discrimination are gradually accumulated through experiences in the conscious life of the soul.

However, even if the soul is unaware of the changes that are happening to it during the process of evolution, it, nevertheless, is still following its own path of growth and development.

And, on this Path, the qualities that are positively significant are the qualities of Love, Wisdom, Power, and Peace.

* * *

Look: a tiny human body is on the surface of the Earth. It is negligible – in comparison with the size of the planet. But, if one looks from Tao, then the Earth itself is only a tiny speck in the vast space...

A little lump of consciousness, commonly called a soul, is connected to a body – and, thereby, receives an opportunity to grow and develop.

A human soul has the ability to cultivate different abilities and qualities.

In particular, a person can aspire to the attainment of the Perfection – such as That of the Immortal Divine Te!

But for this, it is necessary, in particular, to grow to the size of the planet and even larger.

Yes, a human soul which was initially a little spark of consciousness – can become the *Fire of the Divine Love* and the *Ocean of Transparent Calm*, a Focal Point through which the Wisdom accumulated in the universe may be shared in material world, and also a Tool of Power of the Eternal Tao!

Yes, an incarnate soul can grow and grow, eventually receiving the right to become a Part of the Great Ocean of Consciousness, Which manages everything in the universe!

This is the achievement of the Immortality of Te!

This is the yoga of acquiring Immortality!

This is the Path of the transformation of the human soul – into the Divine Soul.

At the first stage of such Immortality, the Achiever finds a life among the Immortal Te.

But there are Those Who go a step further and Divinize Their bodies. They can live in such immortal bodies as long as is needed. And the bodies of such Persons do not need to die.

Such Persons will not have to be born on the Earth again.

These Persons will always be able to come – materializing their bodies or coming without them – to help those who seek the Path to Oneness with Tao.

* * *

Merged with the Ocean of the Subtlest – They become Invincible! Those Persons obtain the *Power of Calm of Tao* and can also be the *Power of the Creative Fire*.

This Power belongs to Everyone in the *Ocean of the United Consciousnesses*, in the *United We*, Which is the Primordial Essence of all that exists.

But words cannot describe this Great Creating Origin, Which exists in a state of absolute Peace.

The Divine Fire, although possessing Great Strength and being capable of creating islands of life, is only a Part of the Universal Power.

The Power of Tao cannot be grasped by the ordinary human understanding.

Only Those, Who have mastered the Oneness with Tao, can understand It completely!

* * *

Human beings are able to transform themselves, as souls, consciously. This is one of the differences between the lives of souls in human bodies vs. the lives of souls in plants and animals, which grow and evolve unconsciously, being subject to the circumstances of their lives.

Nevertheless, a person can also live like a plant or animal...

But, in reality, a person is capable of accomplishing incomparably more!

Tao has endowed people with great opportunities for development!

A person can grow, as a soul, and start understanding what is happening to and around him or her!

A person, in particular, has the ability to discover and remove those inner qualities which disturb the peace and harmony within and around himself or herself.

A person can find those inner “blemishes”, such as, excessive desires, manifestations of fear or anger, violence, or lack of willpower – all of which prevent such a person from living in harmony with Tao .

In particular, a person can remove from oneself the mess of the mind and the ripples of the perturbed ego.

All this can be mastered by learning to live in the spiritual heart.

And then, fears and doubts cease to exist; rather, there is the joy of interaction with the Will of Tao and Te! Such life is simple and full of joy!

Great Te watch over and assist those people who follow the Path to Tao, even if these people are still only at the very beginning of the Path.

* * *

What should be of primary importance in people's lives on the Earth, is no longer so... Something else now dominates, even though people think that they are "far advanced in their evolution"...

They have learned to cultivate the land – but have forgotten how to love the Earth!

They have learned to extract metals and melt them into instruments of labor and war – but have forgotten how to understand why the labor is needed and what are the consequences of wars!

What kind of people exterminate members of their own kind? Does the person, who does this, have the right to be called *man*?

Wild animals hunt to survive. The nature of the predatory animal permits it to feed on the flesh. Nevertheless, the beast-predator will not meaninglessly destroy its fellow animals!

Only people, to whom Tao has given freedom of choice, can either sink, as souls, to levels below the animal kingdom – or, on the contrary, be transformed and ascend to the levels of the Divine world!

Many now believe that they have developed their minds and learned how to make unique devices... They are proud of this...

But not many of them think about what these devices are used for...

During the bustle of the everyday life of people – they forget why they live on the Earth!

Behind a multitude of opportunities – the main thing is lost: for what purpose should such skills and achievements of technical progress serve?

* * *

The one who is able to listen – acquires the respect of others.

The one who is able to understand others – accumulates wisdom.

The one who knows the nature of wind movements – can predict the weather and steer a sail.

The one who knows the nature of the development of plants – can grow a large crop.

The one who knows the body's structure and the energy channels in it, and who can also see the causes of disease in a body and in a soul – can be a good healer.

The one who knows the Love and Calm of Tao – knows the most important thing in life!

The one who knows the Truth and is able to talk about it at the right time and with the help of wise words – gets the right to relay to people the wishes of Te. Te replenish the wisdom of such a person from the Source of Perfect Knowledge.

The one who knows the Laws of Tao – can live in harmony and receives an opportunity to learn flawless interaction with everything in all worlds!

It is from the Calm of Tao, that is, the Great *United We*, that the Intentions of Tao are born. And They are indestructible!

* * *

Everyone already belongs to the Will and Power of the *Ocean of Tao*, because nothing exists outside His Authority.

Everything in the evolution of souls on the Earth goes on in accordance with the Will of Tao.

One's personal will can coincide or be in opposition to the Will of Tao.

But every madman, who tries to resist Tao, becomes an accessory of destructive forces, without which, however, the evolution of souls would not be possible in the material world.

* * *

The great ability to understand the Will of Tao and the instructions of Te is acquired through small and simple thoughts and actions. By applying the knowledge of Tao to one's life, one can actively and consciously learn from *the school of life*, instead of just unconsciously "going with flow", being guided by only one's own desires, and emotions.

Even if one has still been unable to hear the words of guidance from Te, one can, nevertheless, learn to recognize the hints of Tao, which come in the forms of various circumstances and events in one's life.

Having learned the laws of *non-harming* and *respect for harmony*, one can then strive to follow these laws. Then, soon each of one's mistakes becomes obvious to

such a one – because it will fill the soul with sadness and remorse.

Each step in the right direction will also be noticeable as well. This is because every correct action will be rewarded with joy and bliss given by Te.

Soon, such a zealot learns to hear the words of Te, which will fill one with understanding of how to live.

What must you do to make this happen?

Immerse your mind into the *silence of the spiritual heart!*

It is in the *spiritual heart*, filled with love, that a meeting with God happens!

An open spiritual heart becomes a bridge between these worlds! In this way, a path is opened from the world of people – to the Abode of Divine Te.

And then, Great Te will help bestow the Unity with Tao upon those aspirants who strive with love to Him!

* * *

People seek happiness in their lives.

The state of happiness, which the soul can experience, is always of the nature of unity, of fusion.

One loves rice – and feels happiness when eating rice.

Another one likes nice clothes – and is happy when wearing them.

A third one likes to travel – and finds happiness from the beauty of the new places which he or she is exploring.

But such happiness is small and fleeting!

The pleasure of nice food and fun company quickly ends, clothes soon wear out, the same places become boring, and an aimless journey begins to bore too... And this person begins seeking new pleasures...

When two souls love one another, a happiness arises in them when they are *merged* together!

Their mutual love creates this *mergence*. And their feelings of tender and subtle mutual love are what give them bliss!

The true essence of love is a *giving*, a *radiating*, just like the *radiance of the sun*. Anyone, who has learned to love, feels happy by *giving love*!

So, gradually, souls learn to fill *others* with happiness and lavish care! The desire to benefit *not oneself* but others, as well as the ability to be happy because of the happiness of others, is the first step towards the attainment of the Great Love-Care, which is the main characteristic of Te.

Love for Tao and Te is never left unrequited! Therefore, the greatest happiness is acquired by the soul in Mergence with the Divine Love.

This is the Path that leads to the Union with Tao!

This is the possibility to enter the Great Happiness of the Divine Life!

* * *

Throughout the ages, many people have dreamed of bodily immortality.

They dreamed of the eternal existence of their tiny “shells”, in which tiny “lumps” of souls are clothed... And they sought to achieve this through material means, creating various elixirs and tablets...

Why does a person want such a primitive form of “immortality”, wanting to just take a pill and live forever?!

One wishes this due to ignorance of the world where souls live without bodies. This is also because of the fear of death, of disembodiment, or due to attachments to earthly possessions and pleasures! That’s why so many people wanted and continue to want the infinite extension of the life of their bodies!

But souls do not die! And life continues after death!

And then, every soul takes on a new body. Then, those bodies die too... But the soul still lives on!

All this is intended for the process of development of souls, which occurs here, in the material world, according to the Will of Tao and under the care of Te.

In search for the immortality of their bodies, people have discovered much! They invented postures and movements to strengthen the health of their bodies, and they also studied the properties of plants and minerals...

But there were also seekers who cognized the True Immortality of the soul, because they, with the help of Te, went in their quests into the *Depths*. There, they were cognizing the other “worlds” – in addition to the world of dense matter. They cognized the “ladder of a multitude of steps” leading to the world of Subtlety. There, they gained immortality in Mergence with Eternal Tao!

* * *

One can accept the Will of Tao – as one’s own destiny and choice.

In this way, such a soul gets the opportunity to learn to live in the *United We* of all Te. Gradually, this soul

learns to live in Mergence with Tao and is given the possibility to come from Him into the Creation as One of Te.

Those for Whom this has become a reality, have nothing to lose with the death of their bodily “shells”. Rather, such a “death” gives them freedom from the material world.

And those individual skills, which were developed over the course of many embodiments by each of Those Who gained Oneness with Tao, can also be included in the Work for Tao, even while being in an unembodied state.

The freedom of the soul, which results from no longer being tied to the world of matter by the emotions and desires of the ego, may be attained only during life in a body.

* * *

The Supreme Rulers of Life sometimes come onto the Earth, incarnating in or materializing bodies, to help people to understand the meaning of their existence on the planet and the meaning of the existence of the entire universe. They tell people about the Path of cognizing the Great Love and Great Peace of Tao.

They talk about the Laws according to which everything develops in the created world: such as, the *law of retribution for the good and evil done in life* and the *law of harmony*.

They tell about how to find the happiness inherent to paradise worlds, by following the path of kindness, caring, love, and non-violence.

They talk about what is good and what is evil – from the point of view of Tao. As well as, what contributes to the correct evolution of souls, and what prevents this.

They also tell how – as a result of the development of incarnated souls up to the Divine Perfection – the Great Primordial Ocean of Tao is replenished with new Great Souls That have attained the Immortality.

And, having learned about all this, people have a choice: to live by these Laws – or to transgress them...

* * *

Tao lives in Great Calm.

Therefore, the ability to be calm is helpful for a soul.

Movement is naturally inherent to incarnate life. Actions, both of the soul and of the body – serve the Evolution.

But bustle, which deprives one of inner calm, prevents the growth of awareness.

Such fuss is usually the result of an uncontrolled mind, which cannot be in peace and therefore forces the body to take actions – including those that are needless and pointless.

The one who has mastered calm of mind and the silence in the depth of the developed spiritual heart, and who has studied the rules of harmonious life, can distinguish what is important – from what is insignificant, and what is required – from what is senseless.

* * *

Great wisdom, fearlessness, peace, determination – all this is gained as a result of cognizing the Divine Love!

A soul cannot immediately live such a life. That is why souls need to live many lives in material bodies – so that love can grow in them!

The Divine Primordial is Love, possessing an endless all-creating Power and Wisdom!

By the *Fiery Power*, It carries out and manifests Its Will for the Creation.

This is how Great Te, Which control all the processes in the universe, manifest Themselves in the Creation.

* * *

Many people dream about possessing the Might of Immortal Te. They think that it is very desirable for themselves to have the Power of the Great Ones and the ability to perform miracles.

But the one who has not yet got rid of vices, should not look for power!

To have power while possessing an impure mind, which is impure due to ignoble thinking and selfish desires, and while also having a coarse inclination to lose inner subtlety, falling into negative emotional states, – all this is dangerous for the person who possesses power.

It's hard sometimes for one, who revels in power and strength, to consider one's own vices! The evil that this one does seems to such a one as impunity and being beyond punishment!

Therefore, only that Consciousness That is capable of complete Unity with Te, can be called truly Wise.

And only those Souls, Who have Great and Wise Love, can be given the right to have the Divine Power!

And only that One Who has mastered impeccability and absolute purity in the Eyes of Tao and Te, can cog-
nize the Greatness of the Divine Power!

* * *

In the Ocean of Tao – the Ocean of all Those Who have merged as Equals in the Divine Oneness – human individuality disappears, being replaced by the Divine I. And from this point on, the new Divine I gets the right to use the Universal Power under the wise guidance and consent of all Those Who Have Attained.

For this, it is necessary to give up one's worldly desires and attachments, become cleansed from blemishes, and master the love and wisdom of the spiritual heart – and then the whole Infinity of Tao can be opened before such a seeker!

Only that one who no longer has any personal desires – including the desire to be able to perform miracles – receives the right to use the Divine Power.

And the manifestation of miracles by Avatars for a crowd, is only a “calling card” of Tao, allowing people to be reminded about the Divine Omnipotence.

* * *

Many people may be surprised that I, Huang Di, am speaking to them right now, in present times.

But those who believe in the fact that this is a reality, will have advantages over those who doubt and do not believe.

Those who have learned to accept My Direct Guidance, have a chance to become the Winners on the Path to Me.

People who remember My name, honor Me as the Great Immortal, possessing the Higher Power and Higher Knowledge, the Emperor-Sovereign of the Celestial Empire. Is it accidental?

Do those who consider Me Immortal, believe that I am Alive and can speak with everyone right here and now?

Will those who call Me the Owner of the Highest Knowledge, believe in what I am talking about? Will they want to accept this Knowledge? Will they want to apply the wisdom of Tao and Te into their lives? Will they want to follow My Advice?

In a great difficulty are those who do not want to know about the existence of Tao and are not ready to listen to the Advice of Te.

Hard is life for those who revere the small and insignificant as being self-existent. They do not know about Tao, the Great Wisdom, Love, and Power, Which is the Original Cause and Purpose for the existence of everything!

Bright and beautiful is the Path to Tao!

And happy is the one who consciously walks this Path!

Parables of Lao Tse

Written down by Anna Zubkova

Foreword

Lao Tse was riding on a donkey. He was not in a hurry. He was riding and *listening*, and if the words came and formed into complete sentences, he wrote them down.

Lao Tse was not choosing his way but let God and the donkey do this. The Boundless Ocean of God surrounded him and his donkey and whispered to the sensitive animal where to go.

The Heart of Lao Tse was filled with the Great Transparent Calm. He *listened* to this Calm since the *Great Silence* became filled with the words of Tao and Te³¹ when necessary.

In this way Lao Tse was learning Wisdom about the meaning of human life and about the laws according to which people can live without disturbing the harmony of the earthly and the Heavenly, as well as about the steps of the stairway that leads “from the earth – to the Heaven”, that is, to the Divine, to the Primordial.

He listened about the Great Love, under the Guidance of Which the interaction of yin and yang takes

³¹ *Tao*, in Chinese, is the Primordial Consciousness (the synonyms of this word are the Creator, God-the-Father, Ishvara, Allah).

Te is the Holy Spirit (or Brahman). A Chinese word *Te* can mean one *Te* (one Holy Spirit), several of Them or all of Them in the collective sense.

(See *Tao Te Ching*, under the editorship of Vladimir Antonov).

place, about how Tao loves every being, about how Te nurses and nurtures all souls, about how to cognize Tao and about how that one should live who wants to know all this on one's own experience and achieve the *Supreme Ultimate* – the state in which there is only the Primordial Ocean That creates everything and includes entirely in Itself every one who reaches It. This Living Ocean of the Subtlest Primordial Consciousness is Tao.

Lao Tse wrote down what he *heard*. Thus the book *Tao Te Ching* was forming gradually...

... Long time ago Lao Tse had left his honorary position of an archivist, which used to bring him the respect of the people and good income. Now he kept a solitary life, which allowed him to be always with his Teacher – Huang Di.

Although Lao Tse lived in the material world, he did not look at it, but at the *Depths*. He looked from the world of matter into that *Depth* from which all the material was manifested. It was the World of the Divine Light and Great Transparent Calm.

There his non-embodied Teacher and Friend Huang Di was always waiting for Lao Tse.

Lao Tse could see Huang Di not with the eyes of the body, but with the eyes of the soul – the eyes of the developed and loving spiritual heart.

Only that soul which has become Luminous Love and Transparent Calm is able to see Te as well as the subtlest and infinite Tao and communicate directly with Them.

Sometimes Lao Tse saw the Face of his Teacher Huang Di. Sometimes he felt the presence of the Divine Master as Love and Peace, which embraced the soul from outside and permeated everything inside it. Sometimes Huang Di appeared as the Transparent Flow of Power rising from the *Depths*.

Now they were always together – the man with a name Lao Tse and the Representative of Primordial Tao with a name Huang Di.

For Lao Tse Huang Di was the closest Friend, the wisest Interlocutor, and the most important Teacher.

Sometimes images from the past of China rose before Lao Tse, and he perceived himself as a participant of those ancient events of his life on the Earth when he was a personal disciple of the Great Emperor Huang Di.

Sometimes the words of the Revelations flowed like a river.

Yet it also happened that throughout the day, Lao Tse managed to write only one sentence. Nevertheless, this sentence gave him the possibility to dive during several days into the meditations of Mergence with Te and of Dissolution in Tao.

Lao Tse gradually got accustomed to living always with Huang Di – in the indissoluble Unity with Him.

From that moment on, Lao Tse looked at the world through the Eyes of Huang Di, assessing people and events from His position.

Sometimes they both stayed in silence... Sometimes questions gave way to answers in a living dialogue...

They were and are always together – the disciple and the Divine Master.

... Do you want to know how all this began, continued and ended?

The First Parable: Let the Ant Pass!

The archivist of the imperial library called Lao Tse was walking along the road and thinking about what he

had read that day. He was completely absorbed and was not looking at the road.

Suddenly, he heard: “Let the ant pass!”

Lao Tse looked down and saw that his foot was over a little ant hurrying to an anthill. He carefully stepped over the insect and looked back to see who had spoken with him. But he could not see anyone around!

“Is there someone here?”

“Yes!” – said the Invisible One.

“Who are You?”

“Your Teacher!”

“Are You the Immortal Who has cognized Tao?”

“Yes!”

“Why can’t I see you?”

“Because you are looking around only with the eyes of your body and even forget to look under your feet!”

“So, how can I see You?”

“You need to look with the eyes of the heart – the spiritual heart!”

“But how?”

“Don’t hurry! Let’s start from the beginning. We were talking about the ant...”

“Does it matter?”

“Yes! Everything has its meaning and purpose! The life of every ant, worm, bird, and plant is not a “pointless fortuity”. They – just like you – are here by the Will of Tao! Their lives also contribute to the development of the universe! The one who hasn’t learned to respect lives of all incarnate creatures won’t be able to take the next step on the Path of the cognition of Tao.

“At present many people on the Earth have become insane, so to speak! Heartlessness predominates in the world: they kill animals, devastate bird nests, and catch all the fish from the lakes, rivers, and seas to eat their flesh! They destroy trees, cutting and burning them without necessity! Senseless destruction of innocent creatures leads to the transformation of cruelty into the ‘norm’! People have begun to consider those things that are harmful for them as “useful”! On the contrary, what is really useful ‘does not make any sense’ for them...”

“Thus the Truth is lost! Thus the memory about the Harmony, laid by Tao in the *Law of existence and development of everything*, is lost! Such behavior of people is contrary to their real interests, but they don’t know about this!

“Yet people can correct their lives, following the principles of Love and Harmony!

“You, if you want to, can help them to get to know about the Law of Tao, about the principles according to which people should live in the universe. Anyone who knows this Law may find peace, joy, and harmony in life.

“Why did You choose me?”

“A lot of things from your past life on the Earth connect us! Later on, I’ll remind you about the most important of them.

“The one who has already traversed the entire Path can easily remember everything! You will need little time and effort for this!”

“Why was I born here again? Why don’t I remember the steps of the Path?”

“You have come into this incarnation with a special purpose. You have the Mission: you will help a large number of people to learn about the meaning of their lives and about how to live in a correct way! You and I will write the book about Tao and Te! Do you agree?”

“How can I say ‘no’ to God?!”

“Quite easily! A lot of people do this, turning their eyes away from the Heavenly. They look only at the benefits from the material life and thus become prisoners of material things...

“So, do you agree to help Me?”

“Yes! With great joy!”

“I’ll take you at your word since it won’t be easy!”

“Let me see You! Tell me Your name!”

“My name is Huang Di. I am – forever – your Teacher! I was your Teacher many centuries ago when you lived in a body near Me and learned from Me!

“Now I am ready again to be with you as long as you want it, even until the last breath of your body!

“Together we can do a lot of useful things on the Earth! You will write a book – and My ancient Teachings will be heard again among the people of China! Your words, like arrows from the Abode of the Secret Knowledge, will be hitting destined targets for thousands of years!

“This doesn’t mean that the emperors and generals will begin to follow our advice immediately. This doesn’t mean that the peasants, the officials, and the traders will change quickly their lives in accordance with these wise principles. Nevertheless, those who will hear and understand them will get the possibility to find the Path of cognizing the Greatness of Tao and walk this Path till the end!”

... Lao Tse was listening to Huang Di and was being born anew, so to speak! That love which connects the Teacher with His disciple flooded his heart with Calm and Bliss. He saw the soft iridescent Light that, shining like the sun’s rays in the purest transparency of water, took the form of the Great Teacher Huang Di.

Lao Tse wanted to rush to the feet of the Master, but his ability to see Huang Di left him as suddenly as it had appeared...

“Don’t worry! It’s enough for today! We will continue tomorrow. Now take a rest...”

The Second Parable: Build the *Heavenly Palace* in Your Spiritual Heart!

Lao Tse was walking down the path unhurriedly.

Invisible for strangers, his Teacher Huang Di was near him all the time.

None of the casual passers-by could hear their conversation.

No one who observed them could note anything unusual.

Lao Tse was recovering gradually his ability to see and hear his Master.

“How do You come here from the Abode of Tao?” – asked Lao Tse.

“This is easy!” – Huang Di laughed in response. – “This is much easier than to *come in* the Abode of Tao!”

Huang Di continued with a smile:

“Love unites so firmly that even the death of a body cannot break this union! All that we love sincerely is securely stored in the memory of the soul!

“I remember you! Now you should try to remember your life with Me in your past incarnation. Try to remember the *Universal Home* where All Those Who have cognized Tao obtain the *Unity!*

“Anyone who at least once has entered into this Merger in the *Abode of All the Perfect Ones* retains this

skill forever. One day this memory will awaken the soul and call it again to stand on the Path leading to the Mergence with Tao and to the consolidation of this Mergence! Just as a river rushes to the sea, so such a soul, after being born again in the material world and matured there, rushes to the Boundlessness of Tao! Such souls look for the *Unity*, in which they find their Ultimate Happiness! If we take all the pleasures of the material world and put them on a scale, they will not be able to match with this Greatest Happiness!

“The wise chooses the Jewel of the Mergence with Tao! The wise prefers this Happiness to all the pleasures of the material world!”

“Can You recreate Your body so that I can embrace You?” – asked Lao Tse.

“I can do everything, but it will be better if you embrace Me without our bodies! Do this with the arms of the consciousness, of the soul! I’m not going to indulge you with the ‘miracles for the babies’! Soon you will recall everything, and the events that you now perceive as miracles will be your usual knowledge and style of life.

“Meanwhile embrace Me tightly, My beloved!”

... Great Huang Di, in His Transparent Appearance, stretched out His Arms Himself to embrace Lao Tse.

... Keeness of this contact of the souls was much stronger than similar embraces with embodied people...

Now the Teacher and His disciple merged as souls.

Anyone who has experienced this understands the importance of such an event.

And to the one who has not experienced it yet, it can happen some day...

... Huang Di continued His lesson:

“Now recall what you should do to stay firmly in the *Heavenly Palace*, which you should create from your

middle dantyan. There you will be able to see Me and feel Me any time!

“Always remember that the innumerable multitude of the material objects and the sequences of the events are just the outward manifestations of life. A human mind wanders from one external object or event to another. It looks at the past or dreams about the future... Still it’s possible to subdue the mind and to teach it to be in calm! For this, one needs to switch one’s attention from the external to the internal...

“This is possible when the mind is immersed in the middle dantyan or, what is the same thing, in the chakra anahata.

“Then one can clear the space and create the *Heavenly Palace* of the soul in that chakra. Only after this, the Infinite Divine Consciousness called Tao can live there by the Part of Itself.

“In other words, the *Heavenly Palace* for Tao should be built in the vast *depths* of the human developed spiritual heart!

“Then one also can live in the *inner chambers* of this Palace without grieving over misfortunes and without rejoicing over successes but knowing the Base of everything – Tao!

“If you invite Me to this home, then I will come there from *My Home* – the Abode of Tao. I’ll come to you again and again until you yourself can come to *My Home* and settle in it forever! This is the *Infinite Divine Home* of all Te! There They all are *One*, and this *Unity* is called Tao!

“Thus your spiritual heart can become a *home* for Te, Tao, and you yourself!”

... Now Lao Tse began to submerge himself in his spiritual heart consciously, and not spontaneously, as it had happened before during his contacts with Huang Di when

the emotions overflowed him and the entire soul turned into love.

Yet at that moment, this area in his chest was not large and transparent enough...

Huang Di continued:

“Feel the arms of the soul, i.e., the arms of the spiritual heart that are consubstantial with it. You can use these arms to clean this space so that you can invite Me there!

“You haven’t cleaned there for a long time. That is why the *inner chambers of the soul* became like a house in which no one has lived for many years...”

... Huang Di left His disciple for a while and Lao Tse began cleaning his *inner chambers*.

Soon they became like a crystal glass room shining like a diamond in the light!

“You have worked well to be able to invite Me!” – Huang Di said manifesting Himself once again.

Then He continued:

“At the beginning, the spiritual heart may occupy little space, but the one who strives to merge with Tao should *deepen* it and then expand it again and again, trying to make it as infinite as Tao!

“Expand your *Heavenly Palace* with the arms of the consciousness so that it can be decent to invite Me in it and so that you can contain as much of Me as possible!”

... Lao Tse pushed the transparent wall of his *Heavenly Palace* with his arms of the consciousness, and – oh wonder! – it yielded and moved easily towards the infinity... He did the same with all other walls, then with the floor, and then with the ceiling... He repeated this many times and soon the Freedom, the Expanse, the Light, and the Bliss were all around!

“Now this is truly the *Heavenly Palace!* – Huang Di said with approval. – “You’ve done it in a very short time, but you should not forget that it will be much more difficult to do the same for your disciples. Some of them will need months for this work, if not years. Now I just have helped you to recall what you already knew in your former life on the Earth. That is why it was possible to do all this so quickly and easily.”

“What should I do next? How should I live?”

“You should live with Me, recalling and studying further the Great Path!”

“Where should I go right now?”

“Now turn to the left. There you will buy for yourself a white donkey. Then you should gather writing instruments and set out on a journey. We have a lot of work to do!”

In fact, having turned to the left, Lao Tse found a road leading to a market. He reached it and found himself in the midst of bustle and hubbub of that place. Yet, surprisingly, all this did not disturb the calm that reigned now in the *Heavenly Palace* of Lao Tse.

Feeling the presence of Huang Di, he was walking among buyers and sellers.

Soon he saw a man selling a donkey, but Huang Di said:

“Not this one! Keep going!”

... Lao Tse wondered at his new feelings: he spoke with the Immortal so easily as with an incarnate person! He perceived the presence and the words of Huang Di even more clearly than the noise of the market!...

Finally, they found a cute white donkey.

Lao Tse began bargaining with a seller... and lost the sensation of the presence of Huang Di...

At last, the donkey was bought.

“You overpaid! The former owner was cruel to this kind animal and didn’t deserve such a payment!” – Lao Tse heard suddenly. – “Well, for the first one of our concerted actions, it is not bad...”

... Being guided by Huang Di, Lao Tse quickly finished all his affairs and disposed of his property. Then he gathered writing instruments and some food for the road.

The Third Parable: Listen to the Revelations of the Great Silence!

Lao Tse was sitting motionless, leaning his back against a tree. Birds sat close to him without fear and were pecking at rice from his dish. The white donkey was nibbling the lush grass nearby...

Lao Tse was sitting and *listening* to the Great Silence.

Sometimes this Silence became filled with the words of Huang Di.

He talked about Tao, Which is cognized with difficulty by people who are immersed in worldly concerns:

“They do not know that everything here is created by the Will of Tao and exists for It.

“If you speak to these people about Tao, they don’t believe you, because they believe only in what they see with their eyes and touch with their hands. However, their eyes cannot see Tao yet, and their hands cannot touch It, since the eyes of the soul have to be opened and the arms of the spiritual heart have to be obtained in order to see and touch Tao!

“Only if one is looking for the meaning of one’s own and universal existence, then Tao and Te reveal Them-

selves to this person. Such a soul then starts walking the Path, and gradually – as it makes spiritual efforts – the Great Invisible becomes visible, the Great Imperceptible becomes perceptible, the inaudible words become audible, and the Great Knowledge opens itself for understanding!

“The Appearances of the Immortals become evident only for the developed spiritual heart!

“There are numerous possible roads in life, but only one leads to the worthy end of the evolution of the individual soul. This is the Path of cognition of Tao with the purpose of submerging into It, becoming *One* with It, and then acting from It!”

“Why haven’t I been able to recall anything for such a long time? I’ve been searching! I’ve been looking for the purpose of my life and of the lives of all other creatures... I’ve been looking for the causes of the injustices and evils that happen to people... I’ve been looking for that which, as it seemed to me, could bring wisdom and peace and fill the internal emptiness with boundless joy... I haven’t succeeded, although I kept believing that there was the meaning for me to live here...”

“All this was necessary for you, since it helped you learn to understand other people, who live only in the midst of the material things and endless bustle of events and desires. Even if some of these people want to find a way out, they don’t know where and how to search it. Having experienced their problems in your own life, you can now help those who are seeking the way to Me.”

“Yes, I’ve been looking for You all my life! I reread so many treatises but haven’t found that one which would give me the opportunity to find You!”

“The spiritual Path starts in the spiritual heart of a seeker. Love that is born there stimulates the spiritual search and growth and allows one to see and choose in

life the reference points of Goodness, Wisdom, and Truth!

“I come to those who search and walk!

“I help those who aspire to the ethical purity!

“One should avoid causing harm not only to an ant walking its way. Killing animals to eat their bodies is also causing harm. Surely, for people there is a lot of other – really beneficial – food! For example, by growing and harvesting fruits and seeds that are intended for nourishment, one does not violate the harmony, hurt anybody, or sow death!

“If someone kills animals or at least contributes to this, that person becomes similar to a wild predatory beast. Yet what is normal for the inner nature of a predator is inappropriate for a human being! Those who live in this way descend to the lower stages of the Evolution, since they can’t perceive the subtlety and purity of Tao and Te!

“A large number of people honor their ancestors, but the fact is that more simple beings were also their ancestors. Each person grew – as a soul – in the bodies of plants and animals once! So it would be good for people to honor all positive manifestations of life, taking care of them and avoiding causing them unnecessary harm! Let this be the respect for ants, fish, birds, and all other peaceful incarnate beings!

“Tao was the One That gave all them the opportunity to live on the Earth for the sake of the development of the soul and the Evolution!

“The meaning of the existence of everything in the Under-Heavenly World consists in that each soul gets an opportunity to grow and to perfect itself during an incarnate life. Having achieved the Perfection, this human soul flows into Tao, enriching It with itself. Therefore,

Tao is directly interested in the situation when nothing hinders the development of every soul.

“The one who wants to progress on the spiritual Path should choose for one’s life, being guided by the kindness of the heart, only those things that are right from the standpoint of Tao!

“For example, by following the principles of pure nutrition, let this person strengthen both the body and the soul, obtaining the clarity of the consciousness that stops being obscured by coarse energies associated with pain and death!

“If that person sees something wrong in others, let he or she avoid interaction with it!

“Thus the purity of life, calm, and harmony of emotions are attained.

“There is a very simple rule for living in harmony with Tao: do good to others! Then the good in you and in the whole world will grow!

“In this way, the Treasure that doesn’t disappear with the death of the body accumulates gradually in such a person.

“In this way, the soul gets accustomed to living in love.

“In this way, peace is multiplied in nations.

“Those who accumulate virtues accumulate the real Wealth!

“Those who do evil destroy the supports of the ladder that could help them to ascend ‘from the earth to the Heaven’!

“However, the ethical perfection of a soul can’t be achieved immediately.

“To abstain from the evil and contribute to the good is the simplest beginning that is appropriate for every

person. It is easy to learn these rules: don't fan the fire of quarrel, forget offences, forgive, take care of others, doing for them the best you can...

"The ethical beauty makes one valuable for Tao and pleasant for other people!"

"Huang Di! What You are saying is really important!"

"Yes, and you will write a book about this!"

"How? I never wrote any books! I only kept the manuscripts of others!"

"I will help you! I will suggest ideas to you and formulate phrases! Just don't forget to listen to Me and write down the most important!"

"You yourself should never insist that people act on My advice. Let everyone, having heard the truth, follow only his or her own understanding!"

"You can't prevent errors of the fools! You can't stop the pride of the arrogant people! You can't replace with your knowledge the 'knowledge' of the idlers and loafers, who merely speculate about the Path!"

"Only the reasonable people, having cognized the Truth, want to follow it! Yet you will not find many travelling companions even among them..."

"Despite everything, your book about Tao and Te will be the source of wisdom for thousands of years! Everyone who is ready will be able to hear My instructions as you hear them now! This is your great service for Tao!"

The Fourth Parable: Look over the Horizon!

Lao Tse continued his journey.

That day he got up before the dawn and sat comfortably on the back of his good, white donkey. His big-eared

friend rested well all night and now was trotting merrily alone the path.

Soon they came to a beautiful place. It was the top of the gently sloping hill similar to a huge turtle shell.

Magnificent expanses opened in front of them!

The sunrise was visible from that place!

Lao Tse stopped to admire the beauty of the sunrise and got off his donkey.

The sun was rising slowly, lighting up the misty distance with its gentle light...

Huang Di said:

“Yes, many thousands of years ago, people saw the sunrise like you now...

“Today I suggest you to start a new life with Me! For this, you should know Me better!

“Be attentive to what I will offer you to do and feel Me all the time! Let your arms of the spiritual heart embrace your Teacher constantly! And the Teacher opens for a worthy disciple a passage into the worlds of the Transparent Calm and of non-material, Fire-like, and Divine Light. This Light is similar in its color to the light and tenderness of the morning sun that you are contemplating now.”

* * *

“Look, in a distance, where the sky touches the earth, there is a line that is visible for the eyes but non-existent in reality. This is the horizon. You can try to approach it with your material body, but in this way you will never get to the ‘end of the Earth’.

“However, this line can open for the soul a passage into the worlds of Light – into those spaces where Te abide.

“If you, as a soul formed of the spiritual heart, look beyond the horizon of the material world, to that place from which the sun rises, a passage into non-material world of subtlety and Light will open! This is the Divine Light!”

Lao Tse perceived himself as a soul free from the material body and found himself in that place where the Light is born! This Light was rising as if from “the abyss behind the edge of the flat Earth”. In that “abyss”, in the *depth*, there was the Infinity of the Divine Light similar to a giant boundless Sun...

“What should I do next?”

“Jump into this Light!”

... The Infinite Light embraced Lao Tse... He submerged deeper and deeper into It with the help of his huge arms of the great soul... He became this Light and looked from It, being It, to the direction where his material body was standing at the boundary between the world of matter and the worlds of Te...

... Lao Tse made an effort and looked again through the eyes of his material body. He didn't see any abyss... Only the rising sun was caressing and warming everything...

... Then he returned to the state of the meditation given by Huang Di. The shining Infinity appeared before him. Having submerged into It and become It, he himself now could be the Source of the Living, Divine, Fire-like Light of Love!

... Trying not to lose this state, Lao Tse continued his way.

The Fifth Parable: Huang Di – the Great Emperor of the Under-Heavenly World

The donkey was trotting forward slowly.

Sometimes it stopped to refresh itself with another portion of grass. Then Lao Tse got off and let it graze.

Lao Tse strove to cognize all that Huang Di opened for him as rapidly as possible.

He often asked Huang Di about his past incarnation, about those lessons of discipleship...

That day, when they again made a halt, Huang Di allowed Lao Tse to see pictures of that distant past in which Lao Tse was one of the disciples of the incarnate Great Emperor of China.

* * *

... The procession was moving slowly and solemnly. The Emperor Huang Di, sitting still in a ceremonial dress on an eminence, contemplated it. Masses of people were passing by like a river. The solemn procession seemed to be endless.

“An incarnate God has come out to people! How can He bear such endless ceremonies? Will I be really admitted to a personal meeting?” – Lao Tse recalled those events as clearly as if they were happening to Him again at that moment.

The ceremony ended. The guards led a few invited people into the inner chambers of the palace of Huang Di.

Only many years of meditative practice allowed Lao Tse to overcome agitation and enter the room calmly... Several disciples were already there.

Huang Di tenderly looked at the newcomer. He seemed to be different, not that deity from the festive ceremony. Although the Divine Greatness and Calm were like Transparent Ocean around His body, He was also just a wise and kind man.

Huang Di said:

“I am glad to greet you all here! The fact that you were invited indicates your substantial progress on the Path of cognition of Tao. I hope that they didn’t forget to accommodate you and feed you in the bustle of the festivity!”

... It was quite surprising to observe how His Universal Greatness combined with an understanding of the common human needs of His students.

... Very soon new disciples of Huang Di got accustomed to His corporal appearance and to the living presence of God in a human body. His presence near them was no longer a heavenly miracle that caused stupefaction because of piety... They could ask questions and listen to His answers, and they did not lose their power of speech when the Divine Ruler of the Under-Heavenly World addressed any one of them personally.

... During the learning process, He sometimes invited them to the room for conversations. Other times He carried all of them together with their bodies – by His Power – to other places of China, to the mountains, valleys, or to the ocean shore, and then His lessons took place there.

... Now Lao Tse saw himself among the disciples of Huang Di. They were in the room for conversations and were listening to the words of the Great Master.

Huang Di was sitting next to them like an equal among equals and spoke. It was as if there was no distance between the Immortal Master and His disciples. By

this, He also helped them to ascend to the heights of His Divine Awareness.

The Ocean of the Living Light of Huang Di was above and below in relation to our planet... His Boundlessness stretched throughout the whole Under-Heavenly World! Yet He was also in His body by a Part of Himself. He was sitting with His disciples in one room, explaining to them the fundamentals of the Path. The Great Soul, Which permeated everything that exists with Its Living Light, was fixed to a human appearance!

As soon as any of the disciples opened the gates to his or her spiritual heart – the *Heavenly Palace* of that disciple became filled with the Love of Huang Di!

Here He was – the Divine Emperor of the whole Under-Heavenly World and the Emperor of their lives!

His eyes were calm, and when He smiled slightly, His Bliss embraced them all.

“Whenever you lift your eyes to the sky, remember that the Heavens exist around all the Earth and within it. I fill them!

“I embrace everything with My Heart!

“Such is My Omnipresence!

“No matter from where you call Me – I immediately can come at your call!

“I am above everything and under everything!

“I am not the only One! There are other Greatest Souls! Yet it is always easier to call that Friend Whom you know well!

“Now you may ask questions – and I’ll answer to you.”

One of the disciples asked:

“Why do almost all people live their lives as if Tao and Te didn’t exist?”

“The Appearances of Te are not visible for a person with an ordinary sight! Only loving, gentle, refined and great spiritual heart gains the ability to see Them!

“Diseases and other afflictions can easily overcome a body that carries inside it a little soul.

“Those who do not feel joy and Light but look only at their problems and sorrows, seeing only darkness, are also unstable in their lives.

“People should study and practice the ways of the purification of souls and bodies! Only then joy will come into their lives!

“The art of living and growing by soul – stable in subtle and tender love – becomes the great support in life! A person who lives like this will be able soon to see Immortal Te and rely on Their Guidance on the Path of the cognition of Them and Tao!

“Such people, as souls, begin to blossom and obtain for themselves the unshakeable Base of all things – Tao!”

... Huang Di looked at another disciple and he asked:

“How should we help people? I ask this because only very few of them want to hear sage advice! Moreover, even those who have heard it usually object and don’t do the things that could benefit them!”

“Those who are weak and irresolute, those who haven’t matured on the terrestrial roads, and those who seek only self-assertion and are obsessed by the passion for the worldly should be left to their fates. Don’t try to help them to reach those peaks which are beyond their strength!

“At first, every person develops slowly. People experience what they wish and need to experience. Through this, they obtain – life after life – a lot of different experience: sweetness of success, bliss of happiness, bitterness of defeat, sadness of disappointment... Only af-

terwards, the time comes when nothing attracts them inside the world of things; nothing can evoke in them a desire to possess something else material.

“Then such people start seeking the meaning of their existence and turn their eyes of the soul to Tao! In that case, Te bring them to the road of knowledge.

“Not all people need the Truth about Tao, since not all of them can withstand it right now! A soul has to grow in its personal evolution up to the stage when the passion to cognize Tao rises in it! It’s impossible to teach this!

“You should learn to see and find those who really need the Path.”

... Another disciple asked:

“I want to know if one should renounce worldly riches and if the material wealth is an obstacle on the Path.”

“As long as worldly wealth doesn’t ‘bind’ a soul – it can be useful. However, how many of those who, owning gold and silver, palaces and lands, jade and jasper, are free of those material objects?

“On the other hand, a poor person is also not free from the worldly. The poverty fetters one’s personal development even more, since the one who is poor is constantly concerned about what to eat and where to get money for living. This ‘attachment’ to the worldly causes even more harm to this person than the excessive possession of the worldly things!

“To be truly free from the worldly, such a person has to acquire it first...

“Moreover, those who have never obtained anything important of the worldly things haven’t learned yet to use correctly their property... That is why there is little hope that they will be able to accumulate spiritual treasures and use them properly! For example, they won’t be

able to give the accumulated sacred treasures to Tao, Which sent them to the Earth for their education!

“That is why souls don’t come to the Earth only once. By incarnating many times, they should learn a great deal both in the material world and in the worlds of the Divine subtlety.

“Among other things, they should cognize love in all its manifestations. The one who is skillful in the earthly love can become skillful in the heavenly love. On the contrary, the one who is not skillful in the worldly love will not be able to comprehend and manifest the power of the transforming spiritual love!

“For this reason, people first learn to love in small things, where joys alternate with sadnesses.

“On the other hand, the one who really has cognized and realized in oneself the Divine Love cannot be upset by anything! It is so, because that person acts according to the Will of Tao!

“... As for those who are not ready yet for the Great Path – they can serve Tao with their deeds. It will make their lives even better now, and their future destinies excellent! By serving in this way, they will plant good seeds in their destinies: the good that is done now will produce fruits for them in their future lives on the Earth.

“The destinies of those who serve Tao by every possible means are pure and beautiful!”

The Sixth Parable: Find the Treasure!

One day, riding on his donkey, Lao Tse saw people digging zealously under the ancient walls.

“What are you looking for?” – asked them Lao Tse.

“If you are a sage who can see through all things, then tell us where the treasure is buried here.”

“Is it worth to spend so much effort on a treasure hunt? Gold and other jewelry will not make you better or happier! If you dug up the ground and planted some seeds, the land would reward you with the harvest for your hard work. You would be well fed and happy and be able to live in calm. Why do you want to obtain what you haven’t created?”

“We don’t need your sermons! If you can’t see through stones, then don’t play wise and go away!” – the treasure seekers became outraged.

... Lao Tse realized that these people did not need his words and went his way.

However, he recalled that once he read about the great Treasure that must be found by a person who seeks Tao.

“Huang Di, tell me about the Treasure mentioned in the ancient tales. They say it has to be found on the Path of cognition of Tao. They also say it is like a spring that lifts the mortal to the cognition of the Immortality.”

“You’ve asked a good question! It’s just the right time for it,” – replied Huang Di.

Lao Tse dismounted from his donkey and wanted to start writing down the words of Huang Di, but He stopped him, saying:

“Don’t write about this Treasure now. Just hear Me out.

“The time has come for you to know this. It will also come – when it should – for every seeker of Tao. Then they will hear My words and see the priceless, sacred depository of the energy of consciousness that they have accumulated during many lives in many bodies...”

“Every person, living in the world, begins to collect – incarnation after incarnation – precious particles that make up this Treasure gradually.

“By loving unselfishly and tenderly, souls grow as the spiritual hearts, preparing themselves for the life in paradise. By giving bliss to others and admiring the beauty, they become subtle, approaching gradually the Abode of Tao. Thus the consciousnesses grow, enriching themselves with the best, subtlest components.

“To prevent spending all this real wealth of the soul on worldly affairs only, some of this energy is saved for the future – for the activities on the Path to Tao.

“A lot of people have this Treasure, but only few of them know about it.

“Some people have more of it, others less...

“If a treasure is buried under a house, but the owner of this house doesn’t know about it, that owner can’t get any benefit from this treasure. In the same way, if a person doesn’t know about the real Treasure, that person can’t get any benefit from it!

“And there is no point in trying to find this Treasure in order to use it in the material world.

“Only the one who knows the essence of this Treasure and is able to use it for one’s own real spiritual progress can be its owner.

“People don’t need much in the entire material world, but they don’t know about this. They are looking for a lot of things but of little significance, whereas the great Treasure is near them! This Treasure gives the power on the Path to the worthy one. In India, yogis know it as *Kundalini*.

“However, if people who are unworthy because of their negative qualities of the soul try to use this ‘spring’ – the great power of this Treasure– to dominate others,

then this force will throw them to the foot of the stairs that lead to the Heavenly... Their existence will become miserable and their destinies sad... They will fritter away their lives and have to begin accumulating this Treasure again...”

“Do I understand right that a person who has found this Treasure can’t return to a usual worldly life?” – asked Lao Tse.

“If a good person chooses a worldly life and wants to return to the external, Te will never stop this person. Everyone is free to make his or her own choice...”

“Nevertheless, it is impossible to take into a material life those riches that were intended for the Path to Tao. If not, they will disappear, become elusive, so to speak. This is similar to the situation with gold and pearls, jade and jasper, which can’t be brought into the worlds of Tao and Te! *There* different ‘gold’ shines!

“The Treasure that is lost by a person because of the wrong choice is saved for him or her in the Absolute, and later on that person will be able to find it again in the next incarnations.

“When the soul is ready, I give it this Treasure, and all Te are always glad about the successes of everyone on the spiritual Path!”

... Huang Di continued His explanation, directing the attention of Lao Tse to the subtle worlds:

“Look, here is your Treasure! All your anterior subtle states of the consciousness – drop by drop – have created this sea of diamond light, which is stored in a special huge container that extends in the depths of the multi-dimensionality. Now unite yourself with this Divine part of you!”

In the *depths under* his body, Lao Tse saw – with his sight of the soul – a huge reservoir that was filled with radiance and that looked like some diamonds sparkling in

the sunlight. He touched this Treasure with the arms of consciousness – and the bliss overflowed His body... He perceived that the diamond radiance was turning into the flow of radiant and transparent Heavenly Bliss and was uniting with the embodied part of the soul...

Huang Di recommended:

“Now make a comfortable place to lie down and let this Heavenly Bliss pass through all parts of your body. Whenever you unite with the Divine part of yourself, you will be able to use all the power and all the skills of the soul that has been accumulated by you during many lives, during all the time of learning from Me!”

Lao Tse spread a rush mat and lay down comfortably.

As soon as he placed his arm of the consciousness into the container with the Treasure, the flow of Bliss filled again his body up to the top of his head and poured from there... It was as if his body had become a transparent hollow vessel, and the diamond shining stream was flowing through it like a spring river that has broken the ice...

For several days, Lao Tse lived in this Blissful Merger interrupted only briefly.

Now he could experience himself like the Great Te, by becoming a huge consciousness consisting of Light. This consciousness could take the form of a human body and had a face and arms. Thus he could stand above the earth, touch and cleanse his material body with the arms of the soul...

It seemed to him that he had achieved the complete Divinity and that nothing would ever shake this state!

It seemed to him that he had cognized everything, that the Perfection had been attained and that the Supreme Ultimate had been reached!

Huang Di did not “open his eyes” since his disciple really was in the state *similar* to that of the Great Te. Yet... this was only a small separate “drop” of the Great Ocean of the Divine Consciousness – “drop” with name Lao Tse.

To flow completely, together with the obtained Treasure, into the Ocean of Tao, Lao Tse still needed to work hard.

The Seventh Parable: Trials Will not Cease until the Very End of the Path

Time passed by. Daily meditations became a usual work for Lao Tse.

Nevertheless, at some point he noticed that his ceaseless efforts did not bring him the same joy and satisfaction anymore...

On top of that, the weather had changed: the rain had been falling for several days already...

Even the donkey did not like the gusty wind with the rain and the slippery clay under its hooves.

The cold penetrated the body of Lao Tse wearing wet clothes, and the nights spent under the open sky did not give him any rest.

It was harder and harder to meditate, although he tried his best.

Lao Tse could not understand what Huang Di wanted from him, and when he asked the Master about this situation – the silence was the only answer...

Lao Tse tried to overcome fatigue, but...

Finally, Huang Di said:

“So, are you tired of all this? Do you want to return to your old life and forget about the Path to Tao?”

“No! Of course, no! But why is everything so bad?”

“The fatigue or the diseases of the body hinder the spiritual work. It’s necessary to maintain the body’s energies in good conditions.

“Enter the house and take a rest! After that, we will discuss all your problems.”

... Suddenly, an old and abandoned house appeared before the weary travelers.

Lao Tse came in and looked around. It was dry and quiet. The dampness and the wind did not enter here. Only the steady sound of rain was heard through the walls that were damaged in some places.

A large pile of fresh hay was in the corner. Thus Lao Tse got a warm bed, and the donkey a good supper under the roof...

“Thank You, Huang Di!”

“I accept your gratitude and, answering your question, I will say that it was just a little test.”

“But I thought that all tests were over a long time ago because I am totally with You!”

“Testing doesn’t cease until the very end of the Path. A possibility to fall, to abandon further efforts or to make a wrong choice is also a part of the Divine ‘roasting’ of the soul, which it must pass in order to achieve the Divine Perfection!

“Well, now take a rest!”

... The donkey began eating its supper.

Lao Tse also chewed and swallowed some rice flatbread and then fell asleep.

He dreamed about the space of the Blissful Light in Which he was soaring like a bird and resting as a soul. Meantime, his body also restored its strengths...

* * *

Closer to the morning, Lao Tse saw himself among his friends during one of the lessons of Huang Di.

They met again in the room for conversations.

Huang Di said to His disciples:

“Today we will talk about some important aspects and conditions of mastering the stages of the Path. It will be useful both for you and for your future disciples.

“Routine and monotony of spiritual exercises and efforts directed to the service can hide Me from a seeker. This is similar to the situation when gray thick clouds hide the light of the sun for a very long time...

“However, even in such situations one should never forget that all spiritual efforts can produce the correct results only if they are made by the soul that persistently transforms itself into Love!

“I don’t come to those who don’t love Me!

“So that one who forgets about love will embrace only... the dead emptiness in the meditations. That person won’t get satisfaction from such spiritual work and may even consider as wrong the methods and the very formulation of the Purpose and of the tasks of spiritual efforts...

“The problem in these cases is rooted in the loss of love for Tao. If one loses the state of this love even for a moment, then that Sacredness which was almost in the hands becomes imperceptible.

“‘I’ of the soul and the Infinity of Tao can merge in the indissoluble Unity. Yet the only way to achieve this is love!

“Therefore, one needs to return again and again to the state of love for Tao, especially in difficult situations.

“As a result, the state of Mergence with Tao may become habitual.

“On the way to that state, one should learn not to oppose oneself to the Will of Tao in anything, neither in large issues nor in small!

“After that, on the next big stage of self-perfection, a practitioner should learn to live coming out from the Infinity of Tao. But this also can’t be achieved immediately.

“Initially, each soul evolves being an individual. This is necessary for its qualitative development and quantitative growth.

“And only that soul which has become very large and has obtained all Divine qualities can dissolve itself completely in My Transparent Calm!

“At the beginning, those who explore Tao come to Its Abode as guests. The Great Te, on the contrary, come and disappear in Tao, because They return to Their common Home! This means that They have become the Hosts since They have learned how to be in Unity with Tao all the time! They can also *proceed from* the Abode of Tao to act in the material world.

“Let Me add that while a human body hasn’t been filled completely with the Divine Calm of Tao, it can be affected by adverse factors.

“The destruction and death of a body – by themselves – don’t cause harm to a soul. So don’t be afraid of the death of your body!

“Yet bodies are given to us as a means that allows us to grow and perfect ourselves. That is why we should make effort to keep them healthy and strong. One should eliminate fatigue and illnesses, without yielding to them!

“A material body is necessary for a person to traverse the spiritual Path. Therefore, a body should be treated with care as some sort of dress given to one by Tao for one’s entire life on the Earth.”

* * *

At that moment Lao Tse woke up. The joy because of the gained understanding overflowed him!

The sun was shining outside and water drops were sparkling on wet leaves.

Lao Tse washed his body under a small waterfall flowing from a mountain ledge.

He felt truly awakened and began washing himself, like with water, with the streams of the Light of Love coming from the Heavenly Source. Sparkling streams, which gave Bliss, were flowing and flowing through his body and around it...

Lao Tse realized once again that the Great Te are always ready to help abundantly to those who seek purification!

The Divine Light of Love pervaded the body and the soul so that Lao Tse felt the unquenchable desire to give this Light to all living beings, including all the people who live without knowing about this great Light of all Te! These Te are always ready to help with the healing and transformation of the bodies and of the souls and to open the great Path of the cognition of Tao!

Lao Tse saw a peach tree in bloom. Its flowers opened themselves to the sunlight and were giving their

beauty and fragrance to everyone. Lao Tse experienced himself like a similar tree, which just yesterday stood bare and was absorbing with its roots the moisture from the depths but today bloomed with fragrant flowers!

He used this image as the basis for a new meditation: he stepped into the depths of the Light-Fire, already cognized by him, dissolved himself in It and began to ascend, being this Light-Fire, to his own body and to pass through it.

The streams of life-giving Divine Love were flowing inside and started opening in the chakras like buds full of bliss and purity.

A minute later the energy channels of the body became filled with this radiance. Lao Tse felt as if the spring and fragrance flowed into every corner of his body! Now the Light-Fire ran freely inside all energy channels.

Lao Tse experienced himself filled with the Light – and this Light was longing to radiate outside!

A not young body of Lao Tse acquired incredible lightness, youthful flexibility, and mobility and started radiating Light so that the halo of Love-Bliss covered all the space around!

Huang Di praised His disciple:

“Well done! You’ve demonstrated your creativity and come really close to mastering the meditation ‘Tree’.

“To do it, you should see now how all living beings on the Earth get the life strength from Tao, like growing plants. This meditation should be started from the Sea of Light-Fire or from the Ocean of the Great Calm of Tao. As you master it, you will experience all the beings of the Under-Heavenly World as small branches of the great Divine Tree.

“By mastering this meditation, you will be able to restore the work of the internal organs of your body and make them function harmoniously. You also will be able to heal other people.

“Still you need to remember that energies flowing inside the bodies of different people are not equal in the levels of their subtlety but correspond to the state of the soul that lives in that body.

“If the level of subtlety of these energies inside the body corresponds with the Transparent Calm of Tao, the matter of that body will change gradually as well.

“When all chakras and main meridians are purified and all three dantians are developed and refined – you can fill completely, by using that image of a tree, even the smallest energy channels of your body. In that case, the Divine Power of Tao will permeate the entire body from inside, saturating its flesh with the Divine state.

“Thus, after a while, the matter of this body will become totally Divine. Such a body then will obtain the immortality, and the owner of this body all the qualities of Tao, that is, Love, Omnipresence, Omniscience, and Omnipotence!

“In this way Tao gets the possibility to act through our bodies inside the material world in the most effective way.

“However, you still need to work hard to achieve this.”

The Eighth Parable: Huang Di’s Lessons of Healing

This time Huang Di stopped Lao Tse near a village. He pointed to a poor and rickety old shack on the outskirts of it and said:

“Today we will spend the night there.”

“Why? We’ve always shunned villages, keeping the solitude, since the calm of the life with Tao shouldn’t be perturbed by the vanity of a worldly life!”

“What was good for a certain period of time not necessarily will be good always! It is wrong to be too attached to certain rules – either in meditation or in your daily life!

“Ask the owner to let you stay overnight in this house – and you will know the reason why we came here. It is time to change something in your life: now you can start learning to help people.”

Lao Tse knocked on the door, but there was no response. Only after a long period of silence, he heard shuffling footsteps, and a haggard old man opened the door.

Lao Tse came in and saw a woman – evidently the wife of that old man – sitting at the bedside of a sick young man.

Lao Tse guessed that this young man was their son and that he was seriously ill.

The old man said:

“He is our only hope and support in our old age... But now he is dying! We prayed to all gods whom we know; we evoked the spirits of our ancestors; we gave all our savings to the healers, but no one could help...”

“Could it be that Heaven finally heard our prayers and you came to save him?”

... Lao Tse did not expect such a reception and such a course of events...

He called Huang Di for help and got His answer:

“Give him My drink and immerse yourself in meditation. I’ll teach you how to heal this young man...”

Lao Tse took from his bag a vessel with a potion made of mountain herbs, which Huang Di taught him to prepare, gave it to the parents and told them to give some of it to the young man from time to time.

The old thanked the guest as if the miracle already had happened!

“What can we do for you, holy traveler?”

“Now I will ask Huang Di to help me with the healing. If you take care of my donkey, that will be enough...”

Then Lao Tse submerged into the meditation of Merger with Huang Di...

Yet, instead of direct instructions on how to heal the sick man, Lao Tse again saw the pictures from his past... The material world disappeared completely from his perception...

* * *

They again were having a lesson in the room for conversations.

“Why Lu isn’t with us today?” – asked Huang Di.

“His wife fell ill and he stayed with her,” – one of the disciples replied.

“But if he had come here, You would have helped him to learn how to heal her. What will happen to her now?” – said another.

“Will You help his wife, Huang Di?” – a third disciple asked.

“I will, but not right now... All events – troubles and joys – don’t come into one’s life by chance, but in accordance with the Will of Tao and by means of Te! They can teach a lot of things to the one who is willing to learn.

“Until a person learns lessons from all these situations, it will be very difficult to help him or her...

“Lu knew a lot about the Supreme, and it was his right to make this choice. The consequences of this choice will form his future destiny.

“As long as one person is attached to another rather than to the Infinity of Tao, this person should stay among the worldly, in the circle of births and deaths...

“To find the real Immortality, tenderness, care, and the help to other beings should obtain another Base – Divine Primordial Tao.

“If now any of you manages to convince Lu that his love for Tao should be stronger than his love for his wife, and even if he follows this advice and leaves the worldly because of the *external indication*, but not because of the internal choice of the soul, then the similar situations will repeat again and again in his life.

“It is wrong to pull people to Tao! Each flower blooms in its own time, and the fruits also appear when they should!

“Tao patiently waits for the time when each soul blooms!

“... And now we can practice our healing abilities.”

Huang Di pointed with His Arm of Consciousness to a shepherd who fell from the mountain and injured his legs severely.

“Let’s visit this place all together!” – said Huang Di.

In a moment – by Huang Di’s Power – they were carried to the place in the mountains where the body of the shepherd was.

Huang Di approached the moaning man and passed His hand over him. The shepherd became quiet...

“Is he dead?” – asked one of the disciples.

“Not at all! Look closely! He just has fainted. The soul left the body for some time, but this is not death. Now he won’t feel any pain.

“Look at his body with the consciousness and find the places of fractures as well as of other injuries.”

... Huang Di observed how His disciples joined the broken bones...

When it was done, He said:

“Observe now that a body has numerous energy channels through which vital energy flows. Connect these channels in the sites of injuries by using your arms of the soul. Try to make this so that energy can flow freely inside all channels.”

... Huang Di kept explaining while His disciples were working, and half an hour later, the shepherd stood on his feet!

He started looking anxiously for his flock and became slightly scared after seeing the strangers. However, when one of the disciples pointed to the herd of goats, he calmed down, thanked with a bow, and went away...

“Huang Di, why have You made it so that he couldn’t remember the miracle of healing?”

“It wouldn’t have helped him. He wouldn’t have become better due to this, since his mind isn’t capable of understanding how he was healed.

“This lesson was for you rather than for him.

“You saw how you can use the Power of Te for healing.

“At the same time, you should remember that it can’t be done without the consent of Tao!”

... They came back to the room for conversations in the same miraculous way.

* * *

Here they met Lu who was waiting for them...

Feeling guilty and sad, he fell at the feet of Huang Di.

“Huang Di, help me! My wife is very ill! No remedies could help her! Save her if possible!”

“Get up, Lu! You are still My disciple, so behave with dignity!”

Lu, wiping his eyes, stood up and made an effort to calm down his emotions. Finally, he managed to do so and, being in the deep inner silence, bowed before Huang Di.

“That’s better...”

“Love for individual creatures is truly beautiful, Lu.

“However, it should be developed into the Divine and infinite Love devoid of human attachments and conventionalities!

“This kind of Love knows no barriers! Its possibilities are enormous!

“Besides, as you’ve heard many times, the death of the body doesn’t mean that someone parts from you or that someone’s life ends. Now you can really understand this...”

“Yes, Huang Di! While I was waiting for You here, I understood a lot...”

“Yes, you’ve learned a lot and it is good! But you’ve missed the lesson of healing, Lu, and we all have to repeat it for you.”

Huang Di addressed all His disciples:

“Look, we don’t need to be close to the body of a patient to heal that person... We can just — being merged with the Light-Power of the Great Te — bring, from be-

low, the Arm of Consciousness close to the body of that person...

“Here is the wife of Lu...

“Act attentively! Now we can cast out all the energies affected by the disease from her body and replace them with Light.

“There is the Will of Tao for this...”

* * *

At this point, Lao Tse realized that he was again in the room with the sick young man...

“Now do the same by yourself” – he heard the approving voice of Huang Di. – “When I say ‘yourself’, I mean that you – as a spiritual heart with gentle arms – should feel the Infinite Divine Power that flows and works through you. Don’t worry, I will help you to understand what to do and how...”

Lao Tse began working.

Half an hour later the young man opened his eyes and uttered his first words.

... After that his parents started believing in the existence of miracles. They were not capable of something more yet, but love-reverence for Tao and gratitude to Huang Di and Lao Tse filled and lit up their lives from that moment on.

... The next morning, Lao Tse wanted to leave the house where he healed a person for the first time, but Huang Di stopped him:

“Through you, Te prolonged life of this young man in his body. Now you should teach him something I taught you. This is especially important for him! If not, he will become a debtor of Tao and Te.”

... Thus Lao Tse found his first disciple.

The Ninth Parable: Pearls of Wisdom are the Seeds that Can Sprout

Lao Tse began explaining to the recovering young man the laws according to which everything in the Under-Heavenly World lives.

He told him:

“Tao is the First Cause of the existence of the Earth and of the creatures that inhabit all worlds, both material and immaterial ones. All this is created by Tao and develops according to Its Will...

“Yin and yang live in harmony. Their mutual attraction can be called love. This love is the greatest motive force in all that exists.

“Te permeate with Their Light and embrace with Their Love everything in the Creation. They maintain order and control all events, but They don’t intervene in all of them.

“The destiny of every person is created by him or her through the thoughts and actions of that person. The destiny of everyone is the result of the manifestation of his or her free will.

“The Great Te carry out destinies, creating educational situations for incarnate people.

“The first direct contact with the Immortal Te, the first immersions into Their Love and Bliss overwhelm the soul by the great miracle of touching the Divine!

“However, after this a seeker can move to the Perfection only through personal ceaseless efforts.

“It’s not possible to reach that place where the Great Te come from by common roads! The real Path is hidden

from the eyes of fussy people and inaccessible for those with impure thoughts.

“Only the one who is full of love, steadfast during difficulties, and moderate in desires has a chance to traverse this Path fast!

“The Heavenly, Which is hidden from the ordinary eyes, is not a half of the world but much more!

“Tao manifests Its Will in everything that exists, but only those people who dedicate their lives to the cognition of this are capable of cognition of Tao.

“This process should be started with the comprehension of the difference between good and evil, as Tao understands them. Such comprehension will become the guidance in life and allow avoiding many mistakes and losses.

“The Path to Tao can’t be found through searching in the material world.

“And it is very important on what you will spend your life here!

“Have you ever thought about what will happen when your life in this body comes to the end?”

“Yes, when I was sick, I thought about this. When I almost died, it seemed to me that I had glanced at the worlds where the souls live without bodies, where our ancestors live... I realized then how important it is to find the meaning of life in order not to waste our years on the Earth on idle concerns or amusements.”

... When the young man fully recovered, Lao Tse taught him special techniques that allowed one to develop the energy of consciousness.

He said:

“A human body has seven chakras-cavities. They are like vessels in which vital energies are accumulated and then directed to the different parts of the body.

“These cavities and the channels through which energy flows should be clean and bright. In this case, a human body will be healthy.

“Learn to move yourself as soul to each one of these seven cavities and to look forward and backward from each one of them like out of a window.”

... When the young man mastered this, Lao Tse showed him the next exercises:

“The energies inside and outside of our bodies can be perceived like air-light. If you inhale and exhale this air-light through your arms, legs, trunk, and head – you can make everything inside your body pure and filled with the radiant light. Then both the soul and the body will obtain purity and strength.

“The inner purity changes a person and gives him or her health and longevity, among other things.”

... The young man was an able disciple and learned quickly how to control the movement of the consciousness. From that moment on, he could easily direct the flows of consciousness – like streams and rivers of light – and make them pass through his body.

After this, Lao Tse explained to him new methods:

“Have you ever observed the apparent motion of the Sun around the Earth? This is an illusion, but it can, by analogy, help you to learn to rotate your energy through the orbit around and then inside the body, filling it with light.

“Place your body properly and let the shining light rise behind your body and fall in front of it.

“Do this until the whole space around and within your body becomes filled with the light and starts emitting it.”

... Then Lao Tse taught his first disciple the most important, that is, to expand the spiritual heart, by trans-

forming it into a huge *Heavenly Palace* in order to be able to invite Huang Di and other Te into it.

* * *

Many people from the surrounding villages got to know about the wise man and came to listen to the conversations of Lao Tse and to learn from him the miraculous methods of healing bodies and souls.

He often asked questions to his audience, and people began to think first by themselves before getting a ready answer from another. For example, he asked:

“Why do we consider some events as evil, others as good, and to some of them we remain indifferent?”

“Have you ever thought about what should motivate people to act in a good way?”

“Everyone has heard that a person doesn’t need only food for the body but also the nutrition for the soul. What kind of food feeds the soul?”

... Lao Tse always taught to understand the ethical laws of Tao first, and only then he offered the meditative techniques that helped to master these ethical laws:

“Changes begin from the inner. When one changes the state inside oneself, changes start happening in one’s life and around that person.

“The equilibrium and quietness of mind are achieved through submerging the consciousness into the spiritual heart.

“The usefulness of the inner calm is great! When it’s achieved, no anxiety from the material world can shake the inner calm of this seeker! No noise, discords, or talks can perturb the silence that was attained inside!

“Those who are capable of learning transform calm into power, adversities into lessons, and successes into the mastered steps of the Path.

“Joyful harmony and bright serenity are obtained by those who accumulate virtues instead of earthly gold.

“Happiness is a quality of the soul dwelling in its abode – the spiritual heart, where only love can be born!

“Grief can’t penetrate into this heart since that place is already occupied by love!

“If one has chosen the way of love and mastered it, then one will withstand any difficult situation, without losing the Essence, since this Essence can be perceived only in the purity of the spiritual heart!

“Those who know about the true meaning of life won’t engage in what is meaningless and useless. On the contrary, they will do only what is useful, that is, only those things that bring good, as Tao and Te understand it!”

... Soon the small shack on the outskirts of the village turned into a place where people came from distant and nearby lands, looking for the answers to their questions, as well as for the healing of souls and bodies.

The old parents of the healed young man now took care of the guests who visited Lao Tse. Their lives became filled with joyful labor, and their old age was lit up with love and gratitude of many people, as well as of Tao and Te...

* * *

Nevertheless, the time arrived for the lessons of Lao Tse to come to an end, and he had to leave his transformed disciple.

The young man learned to perceive the Great Te and to listen to Their advice!

He began – as he could – to do what Lao Tse did helping people.

However, he was really sad, saying goodbye to his Master:

“I still know very little and can’t do many things! How then can I help others?”

Lao Tse answered:

“You’ve learned everything that you need now. In due time, you will get to know all that I know and, perhaps, even more. It is so, because now you know the way to learn all this. You can do this most successfully through helping others. All secret knowledge will be revealed to you by the Great Te when you are ready to understand Them correctly and use it properly!

“Don’t deviate from the Truth in your life! Follow the principle of good and justice! In this case, Tao will guard your peace, and your actions will be guided by the wise Te!”

“Huang Di used to tell me this:

‘We should learn to experience the coessentiality with everything, trying to see situations through the eyes of Tao and Te.

‘In this case, you will experience everyone whom you meet as clearly as yourself. You will see the thoughts of this person and understand his or her desires and abilities.

‘Moreover, you will know the attitude of Tao towards that person and see what good you can do for him or her.

‘It will be clear for you if you should help this concrete human being in his or her good intentions – or just allow him or her to do foolish acts and leave that person to his or her own destiny created by himself or herself.

‘This is how people’s destinies are formed. Destiny “follows behind” the thoughts and actions of each one.

‘There are no accidental significant encounters in life! Through these encounters, the Will of Tao comes to people.’”

... Then Lao Tse continued his journey on the donkey.

The Tenth Parable: About Pride, Humility, and Ability to Dissolve Oneself and Merge with Tao

Lao Tse kept traveling.

Now he often stayed in those villages or towns to which Huang Di pointed. His fame of a healer and wise man grew and spread...

Huang Di taught His disciple:

“Don’t reveal the great secrets to the unworthy!

“Besides, you should not rejoice too much over the glory that surrounds your abilities at this moment! Don’t forget that you’ve learnt all that you can do now through the communication with Me, thanks to Me!

“Only great humility and great love allow one to obtain the Great Power, Which is the same as the Power of Tao!

“A disciple should never lose impeccable humility! It is the guarantee of great victories over oneself! It is the basis of the correct achievements in the transformation of the soul!

“You should agree with Tao completely. If you do this only partially, this will result in a dangerous breakdown.

“If a person starts presenting his or her will as the Will of Tao, he or she stands on the path that leads to

the downfall, which will absorb imperceptibly all previous achievements of a soul.

“Only complete humility before the Supreme Will is the cure for this deadly disease – pride.

“The proud and selfish are ‘heavy’. They drown in their own vices, which entangle them with their ‘weight’. Thus they lose a major battle of life!

“On the contrary, the humble and selfless are ‘light’. Thanks to this, nothing in their lives can be a serious obstacle for them! They can quickly achieve the transparency of the body and subtlety of the soul.

“Sadness and anger are companions of pride.

“Calm and joy are companions of impeccable humility.

“Being in the state of great calm, always accept the inevitable!

“Everything in the world of matter is possible for the One Who lives in the Mergence with Tao.

“This Person has no desires that are different from the Will of Tao or opinions that are different from the opinions of the Great Te.

“There are many people who only heard about wise and helpful things, but who never made of them the foundation of their lives. In spite of this, they consider themselves knowledgeable and are proud, thinking that they have no equals... See how ridiculous their pride is in the Light of the Truth!

“Proud people with the vicious minds tend to see defects of others and condemn everything around. Yet they don’t notice their own imperfections!

“Truly intelligent people, on the contrary, seeing defects of others, will eliminate the same bad qualities in themselves, as if they were looking in the mirror placed before them by Tao.

“It’s possible to help others only if they strive for self-transformation.

“It makes sense to speak to those who are willing to hear.

“You shouldn’t interfere in the destinies of people who rejected the recommendations of Tao.

“The wise look at all creatures from the position of Tao, that is, with the eyes full of love.

“The wise act maintaining the Mergence with Tao inside Its Great Calm.

“The actions of the wise are perfect because they come from Tao. That is why the reproaches of vicious people don’t affect the wise.

“The wise are immune to hatred and condemnation! Such emotions can’t touch them since they live in Tao!

“Even bodies of the wise can be hurt only if there is the Will of Tao for this.

“To help people understand is a hard and thankless task, but it serves for the good of Tao.

“Even if only 9 people out of 9000 really hear and understand you, and if only 1 of those 9 manages to accomplish what he or she heard – even in this case, the benefit will be great! It is so, since this 1 will achieve more than 9000 taken together.”

* * *

Once Huang Di said:

“Now it is the time for you to return to a life of solitude. Go to the mountains...”

“But, Huang Di, so many more people still need my help!”

“Well, do as you wish...”

... Lao Tse directed his donkey to a valley where a next village was seen in a distance... He began to submerge into meditation but noticed that the donkey had changed route by itself and had started climbing a hill slowly.

Lao Tse asked Huang Di:

“Why don’t You approve my desire to help people? You Yourself recently have advised Me to do so!”

“There are different ways and possibilities of helping people. I am, for example, doing this right now too, and not only with you. I can help a lot of people at the same time, because I have the Great Power of Tao in Its totality.

“One shouldn’t oppose oneself to Tao even in the smallest things! It is important to learn to feel the Will of Tao always!

“Total submission of the developed human mind to the Will of Tao is one of the points of education.

“If you completely cut off your ability to think – I will laugh at you, since I don’t need fools! On the other hand, if your mind puts up resistance to My Will – then I will step aside and wait until you finally start wanting to merge with Me again...”

“Do we need to find the ‘golden mean’?”

“Yes. Only by observing carefully the ‘golden mean’, you can remain on the Path to Tao! On this background, I teach you to feel every nuance of the Will of Tao and Te!

“Now for you the time has arrived to become fully connected with My Great Power!

“However, in order to attain the full Mergence, you should master the ability to dissolve yourself. You should learn to disappear in the boundless Ocean of Tao!

“Just as a drop, falling into a large volume of water, loses its boundaries and becomes the inseparable part of

this water, just as a river, flowing into the ocean, loses its current and shores – so the soul should be able to lose completely its individuality and isolation when merging with Tao, so that only one united Love, united Wisdom, and united Power remain!

“You’ve learned to be in the state of dissolution in Me.

“But now you should go deeper in comparison with your usual perception of Me!

“I Myself have beaten the Path from a developed human spiritual heart to the Abode of Tao! Having traversed it, you will be able to live forever in the Mergence with the Subtlest!

“Feel what I am! All that is not I – is like a dress on My Limitless Universal Body of Consciousness!

“Feel My Universal Greatness and Power!

“The slightest movement of My Arms can change worlds! Yet when there is no immediate need, I maintain the Great Calm.

“Tao exists in the state of Great Calm.

“It is only by the Will of Tao that a *movement* begins from Its Abode – *movement* that creates a new reality.

“This *movement* is the Creative Divine Fire of the Great Te. They have Power to create or destroy parts of the universe, as well as to control and direct everything that exists.

“Thus I rule over everything, remaining in the Mergence with the Transparent Calm of the Ocean of Tao, Which lies in the *depths*, deeper than the Creative Flame.

“Regardless of whether I have a material body or not, I always experience the entire Absolute.

“My body – when I create it – is like a little finger on one of My numerous Hands. I can act with that ‘finger’, but it doesn’t limit My self-perception to such a small piece of the universe.

“You too can gradually expand your self-perception inside this world and inside the subtlest worlds, by embracing with yourself as a soul consisting of love and peace increasing volumes of the multidimensional universe.

“At first, you won’t be fully merged with the Divine Power. But by gaining more and more experience of life in the Mergence with Tao, you should grow in Love and Wisdom! Through this, you will gradually develop your capacity to manifest the Great Power of Tao.

“Be *One* with the Infinite, Transparent and Subtlest State of Primordial Tao!

“Remain the Ocean of Tao even when entering your body!”

The Eleventh Parable: Lessons of the Achievement of Immortality

This day Lao Tse made a long way on his donkey along the mountain trails. On steep slopes, he often got off and walked. Thus they climbed very high.

Exhausted, they chose a place to stay for the night.

The donkey began its supper with fresh grass, while Lao Tse gathered some dry brushwood and built a small fire. He started looking at that fire...

Huang Di also was looking at it...

Vivid memories from the past life again displaced the reality of that moment...

* * *

Huang Di and His disciples were on the peak of a mountain. A night sky, studded with stars, embraced them from all sides. There was no wind. It was silent and calm!

Yet it was cool.

Huang Di reached out His hand – and a huge fire blazed up! It was remarkably beautiful! Tongues of this flame seemed to be dancing some sort of special dance, and sparks flew to the night sky as fiery threads, from which the fire stars were falling down into the space of the night...

Disciples warmed up... They were looking at the fire, which fascinated them with its beauty!

Huang Di began to speak in the transparent stillness of the night. His soft and deep voice united the listeners, the Speaker, and what was said – in one. The understanding was penetrating into the souls as the words sounded.

“Remember this fire! For you it will be enough to recall its image – and, regardless of the situation, you will be able to feel Me, My presence!

“Just as the endless marquee of the starry sky over the whole Under-Heavenly World can always remind you about My existence – so this fire can remind you about Me and about the Great, Infinite Power of Tao, Which, like Tao Itself, is everywhere, *under* all the manifestations of the material world. It is My Creative Fire.

“You should accustom yourself to seeing and recognizing diverse Manifestations of Tao in everything on your Path. Tao is the invisible Sustainer of all that exists. People come to the Earth, being born, and go away, leaving their bodies that have fulfilled their purpose, but Tao always exists *on the other side* of the material world.

“The One Who has cognized Tao can’t be entangled by doubts anymore!

“The Wise Who have cognized Tao can serve people as an ideal. These Wise show – by the examples of Their lives – how it is possible to bring order and calm into the world, where discords and hatred reign. They also show how to maintain and multiply love and purity in the midst of the chaos. The Wise can do this because They remain in the Unity with Tao!

“The Wise Who have cognized Tao can show the Path to others.

“They – by Their work – contribute to the process of the perfection of everything and everyone!

“They flow into the Ocean of Tao and enrich Its Infinity with Themselves.

“They obtain the Great Calm of Tao and may proceed from It in order to accomplish great deeds.

“Each thing or event has its meaning. The Wises make it so that things occupy better places and actions happen in their due time.

“Tao is Omnipresent, and those Immortals Who have reached the Unity with Tao are omnipresent too!

“One can obtain the Immortality, but it is not granted by My miracles. The hard work, which is not miraculous at all, has to precede the acquisition of great achievements and abilities!

“The one who is cognizing Tao develops oneself through practicing meditation day after day, year after year and can, eventually, obtain the state of Immortality.

“It can be said that the life in a body is the cause of a death. However, the one who has died – or, rather, left one’s body – knows that it is not the end, but the beginning of another life – life without a body. Such a

life can last for centuries, but the state in which it occurs can vary greatly. The soul remains on that level of subtlety or coarseness to which it was accustomed during its life in the body...

“Those who learn to meditate, following the Path to the Subtlest, also cognize life without bodies. Leaving their bodies during meditation, they don’t die but learn about the life of the consciousnesses free from the material. Returning to their bodies after that, they guard the memory of the Heavenly and learn to maintain and develop their relationship with Te and Tao.

“A developed and strong soul can easily come out of its body when it wants to, leaving only a small part of itself inside it. In this case, the body can continue walking, sitting, lying and reacting adequately to everything that happens around it.

“If one does so, then nothing bad can occur to the body, as some fantastic stories about the Immortals narrate. Such a body can’t be eaten by animals or buried by shepherds or farmers who found it accidentally.”

... Huang Di proposed to His disciples that they begin filling their bodies with His Creative Fire.

“Fill all your chakras and meridians with this Fire. Let your bodies and consciousnesses become this Fire!

“Each of you can fill with this Creative Flame the whole body and its smallest details as well.”

... After some effort, the bodies and cocoons of the disciples became filled with the Divine Fire.

A little deeper than this Great Flame, they perceived – as Living, Deepest, Endless and Transparent Calm – the Ocean of Tao.

Huang Di helped His disciples to enter It for some time.

Lao Tse heard the words of Huang Di that were seemingly addressed only to him:

“While everything superfluous in you hasn’t been burned by this Divine Creative Fire, and while the one who *enters* and *becomes* this Fire exists – these are just training meditations.

“But when the one who does this meditation disappears – only the true United Existence of all Te in the Infinity of Tao will remain.”

... Lao Tse submerged into the Boundless Calm of Tao and dissolved himself in It.

Huang Di continued:

“We – as souls – can live being submerged in the Flame of Te or in the Transparent Calm of Tao.

“Let’s enter the Transparent Calm all together! Now let’s try to look *from there* at our bodies and begin to fill our chakras and meridians with the state of Tao.

“Through this, you can start learning to control your bodies from Tao, replacing gradually the part of the consciousness that you have left there to control them.

“Against the background of the Transparency of Tao, you will be able to see clearly all the energies of the consciousness that are not identical to the Subtlest yet!”

“How many years will this work take?” – asked one of the disciples.

“About 100 years, not less, and for the lazy even more. Therefore, not all spiritual practitioners live until the immortality of their material bodies,” – Huang Di joked. – “Yet the most important thing is the immortality of the soul, which obtains properties and qualities of Tao and Te.

“Only very big Te can disappear fully in Tao and then manifest Themselves again in the Creation.

“The Transparency of Tao is completely immune to any negative influences! So learn to be transparent!

“By rotating the energy of the consciousness through the microcosmic orbit, technique that I’ve already taught you, you can cast out from your bodies everything that differs from the Transparent Calm of Tao. Then only Tao will be present in your bodies, replacing them by Itself more and more.

“Remember this moment! Now you are in the state of Te, Who exist in the Mergence with Tao! You are ‘tasting’ the Immortality!

“However, in the future, you will have to learn all these gradually by yourselves!

“So, let now the deepest *Depths* be for you the only world you perceive! Listen and feel here – inside the Ocean of Transparent Calm! From this state, you will be able to hear if someone calls you from the Earth for the help! You will be able to appear before the incarnate people as the Souls That rise like Light-Fire Mountains from the Ocean of Tao!

“Afterwards, I will teach you how you can transport yourselves together with your bodies.

“You should also remember that our aim is not to teach people to believe in miracles. Without us, there are enough writers of fairy tales about the immortals who can do whatever they want. This is what many people dream about – to be able to fulfill any of their whims and desires.

“Yet the one who serves Tao never fulfills *one’s own* desires! For that person only the Desires of Tao and Te are the guide for action!

“The real Taoist will not try even to save his or her own body from the death if there is not the Will of Tao for this... Such a Taoist will just accept, being in great

calm, the death of his or her body and merge — as Soul — with Tao in the universal Abode of all the Perfect Ones.

“Having left forever Their worn-out bodies, Te serve Tao and people by showing Their Divine Appearances for the contacts with the embodied seekers of Tao, by giving advice and by controlling the course of the destinies.”

* * *

Lao Tse found himself again sitting near the small fire. His white donkey was eating grass peacefully near him.

Now Lao Tse could easily maintain himself in the Great Ocean of the Transparency of Tao for a long time.

Huang Di continued their conversation, as if it was not interrupted by a gap between the incarnations of Lao Tse:

“Let’s continue the lesson that we didn’t finish in your previous incarnation.

“I’ll tell you a little more about such Unity with Tao that is called the achievement of Immortality.

“First, the soul achieves the Great Unity with Tao. Leaving on the Earth his or her material body for the time of meditation or forever, such a spiritual warrior flows easily into the Boundless Ocean of Tao.

“Nevertheless, as I’ve already said, it is also possible to make the body immortal. This requires new efforts and a long life of the soul in the Unity with Tao. A human body can become then like a wonderful vessel that is always filled with Tao and carries Tao in itself!

“This is the Wealth that is really worth obtaining!

“An ordinary human body is fragile and subject to all possible influences; it can be easily damaged; it gets old and dies.

“However, you can create an immortal body filled with the Immortality of Tao. Such a body carries Tao in itself, and Tao freely projects Its Power through it. This body is not subject to aging and diseases, and it can be dissolved and recreated without effort.

“Yes, it is possible to live in such a deep Mergence with Tao and still have a material body.

“When you live so, you can easily explore the mechanism of the creation of any forms from the formless³² and, conversely, the mechanism of their dissolution in the formless. In this case, you will be to participate – with the Power of Tao – in these processes.”

The Twelfth Parable: Birth of the Immortal Lao Tse

Lao Tse was sitting in a deep meditation.

The flame of a non-material fire was lighting up Huang Di and other Immortals Who gathered near this fire.

Lao Tse said:

“That’s all. The work of my life is finished; the manuscript of the book about Tao and Te is left in good hands. Scribes have already started copying it to guard for centuries.

“I finished everything and I am ready for the death of my body. I am fully prepared to leave this world and pass to the life with You, among other Immortals in the Abode of Tao.”

Huang Di replied:

³² That is, protoprakriti – the cosmic building material from which the matter (prakriti) is formed. (You can find more details in the book *Ecopsychology* by Dr. Vladimir Antonov).

“Good! Come with Me into the *Depths!* I accept you!

“Now dissolve yourself completely in the Great *United We*, Which is called Tao.”

... It seemed to Lao Tse that he had left his material body forever.

He became both the Transparent Calm of the Ocean of Tao and the Fire That comes from It.

A former Lao Tse did not exist anymore. He became one of the Immortal Te Who abide in the Unity with the Power That creates material worlds and controls them.

... It was a total surprise for Lao Tse to get back into his body. Yet this body was no longer the same. He could easily remove it by dissolving it in the formless or recreate it anywhere.

The body of Lao Tse became filled with the *United We*, and the Ocean of Tao moved together with this body as if carrying it on the crest of Its Wave.

Thus, from that moment on, Lao Tse should carry the Great Wisdom and show the Power of Tao and Te to the incarnate people, perceiving everything that happens with them from the Unity with Tao.

Conclusion

Lao Tse achieved the complete Immortality and for centuries helped people to cognize the Truth. His body didn't change any longer and was not subject to diseases and death.

He did not try to leave His name in the history forever but wanted to give people that Wisdom the Bearer of which He became. This was the Greatest Knowledge about Tao and Te.

People did not know much about it... But thanks to Lao Tse, what is known at present as *Taoism* rooted and became strong in the Under-Heavenly World.

... Sometimes He heard how people talked about Him and smiled...

... Once He approached a group of people who were carrying on a lively conversation:

“Those who saw this Sage on a white donkey say that He was riding sitting on it backwards and even didn’t look where He was going!” – said one of those people.

“They also say that His donkey could pass any distance during one day, even a thousand miles, and that when the Sage stopped for the night – He folded the donkey like paper, and when He had to go again – He unfolded it – and it came to life!”

“No, He rode on an ox!” – said the other.

“Not on an ox! On a buffalo!” – objected the third.

“Of course, on an ox! And He carried a cart with manuscripts with Him!”

“No! Not a cart! Ten carts! He was a Sage after all!”

“Yes, He was the Perfect One! He read people’s thoughts, knew past and future, and cured any disease with a single remedy, which He carried in a bottle gourd! He could even raise people from the dead!” – blurted out without a pause the first speaker, who was proud of his deep knowledge about the lives of the Immortals.

“Some call Him Chang Kuo-Lao, while others Lao Tse or Lao Tzu!”

“No! Lao Tse wrote only one book, while this Lao, when He became Immortal, flew up and disappeared. His clothes fell to the ground, and His disciples buried them!”

“Why is He painted with tree branches on His head?”

“He isn’t painted so!”

Lao Tse came closer to these arguing people and greeted them.

They were very happy and said:

“You are, as seen, a well-educated man! Judge us! Tell us which one of us is right!”

“Does it matter if the Sage rode on a donkey or just walked? What is really important is what He taught. Have you read the book about Tao and Te?”

“No, we can’t read...”

... Then Lao Tse told these people some of the things He knew so that they can practice those truths in their daily lives. However, He did not say His name.

... Thus He lived, appearing and disappearing in different parts of China and helping in a little way to a large number of people. He also could help very few of those who were ready for the higher achievements, by giving them the knowledge about the Path of the cognition of Tao.

... One day Lao Tse heard how young men from a Taoist monastery were discussing His book about Tao and Te. They were arguing for a long time about words.

Lao Tse modestly sat down near and started listening.

One girl came closer to the debaters and began listening too. At that moment, the young men stopped talking and told her that the lot of women is only to wash dishes and nurse children.

Then Lao Tse began to speak. He reminded them that the Path of Knowledge exists for both: for men and women, and He opened them the first simple steps of this Path.

They all were listening breathlessly to what He was saying, since the Truth was in each one of His words, and it was impossible not to feel this.

And afterwards, some of them had the courage to become the disciples of the Immortal Lao Tse.

... This happened again and again, and Lao Tse led a lot of worthy seekers to the Abode of Tao.

... Maybe it's your turn now?

Parables of Huang

Parable on Golden Flower, River of Love, and Immortal Gardener

Many legends are stacked about the secret of the Heart Flower. Some legends call it the Flower of Life, some speak of it as the Golden Flower, others claim that it is the Flower of Immortality. All these names are not accidental: they reflect the blessed fragrance of this flower and reveal the veil of secrecy surrounding it...

... One man once lived in a small valley, hidden in the mountains. He lived lightly! Many called him a saint, others – a monk, others – an Enlightened One.

But he did not say any such thing about himself and did not even think this way.

He sometimes called himself *a gardener*. Although... he did not have a garden. He cultivated only one single flower – the Golden Flower of the Spiritual Heart, which gives Immortality.

That man lived – simply. He lived – and rejoiced in being, which he was contemplating! He was friends with the mountains in which he lived, with the winds that swept over his small valley, with herbs and flowers that blossomed there in spring and adorned his abode all summer. He was friends with the stars that smiled at night, and with the sun that shone during the day. He was friends even with the clouds and snows that sheltered his rest in late autumn and cold winter.

Sometimes animals came to him or birds arrived – they, too, were his friends. Or people came, who needed help and healing. And he helped everyone, never refusing anyone.

For a long time that man lived. And then, when he grew his flower and the time came, he departed to other Immortals and became the Gardener, Who sows seeds and grows sprouts, from which new Golden Flowers appear.

And he had retained for people the memory of his Golden Flower, which gives Immortality, and the Source of the River of Love, which flows and nourishes growing Flowers.

... The secret of the Golden Flower was attractive to people. They went up to the mountains to find the Flower of Immortality. They found there different flowers, ruthlessly tore them up, made from them powders and infusions, decoctions and ointments... But these potions did not make anyone an Immortal...

Others believed that the magic force lurks in the roots. And they dug up roots and in vain destroyed these tender creatures...

So no one could find the Golden Flower... Its secret remained unsolved...

... But one day the young man had come to that place, whose beloved was seriously ill. He was told that she was dying. But one healer said that she could get better if he would give her the Flower of Life.

The young man went to the mountains and there had found a beautiful flower. So tender was its corolla that the young man had decided that this is the very Flower of Life! He knelt down before the flower on his knees..., but he could not break it: compassion for life did not allow him to destroy this beauty!... The young man dropped his hands and whispered: "Forgive!" And it was unclear whether he was addressing his beloved, or the flower...

At that moment, the Voice sounded: "Man, who respects life, is worthy of help!"

The voice belonged to the Divine Gardener. Like all Immortals, He could appear at any time and in any place.

He Himself fully consisted of Light and Calm. The Bliss originated from His every movement and word.

“I’m glad that you spared this flower!” – He said.

“The girl, whom I love, dies...” – the young man whispered, barely audibly.

“They told you to give her the Flower of Life. But the Flower of Life cannot be torn down and carried! It can only be grown from one’s own heartfelt love, nourished by the River of Love!”

“But my beloved is dying right now... And I will not be able to help her...” – the young man answered.

“Do not grieve, I will help you. Over there – is the source of the River of Love. And there – the clean brook flows. Put water in your palms and say from the spiritual heart to this water: “I love you!” Then pour on this flower and say to it: “I love you!” After a while, dewdrops will appear on the petals. Collect the dewdrops from the flower – this will be enough to heal your beloved! And while you wait for the appearance of dewdrops on the petals, enter the River of Love – and try to understand the Laws of Love, according to which man can live happily on the Earth!”

The Gardener explained to the young man how to immerse himself in the Flow of Living Light of the River of Love – and disappeared.

The young man stayed for a long time in that Flow and listened to the Living River, the singing streams which told about the mysteries of being – that is, about the Laws of Tao.

And he understood how love transforms human life!

But one who does not have the love of the heart, cannot enter the River of Love! Souls, in which the light

of love does not burn, are unable to come into contact with the Flow of Living Love – and therefore they are deprived of happiness.

Those who live by giving their love away – they live and grow in the Flow of the River of Love, in which Light, Joy, Bliss are streaming! And they can be happy – only they!

And when, filled with happiness, the young man realized all this and had transformed himself – he saw transparent droplets on the petals of the flower. He carefully collected those dewdrops from the petals – and went to his beloved. She took the Gardener’s medicine – and was healed.

... They lived in peace and happiness: because in the River of Love their life flowed!

... When their son had grown up and become a young man, he decided that he should thank the Immortal Gardener for the miraculous healing of his mother: for the life given to her, which means his life too.

And he set off to find that small valley in the mountains.

He rose ever higher – and admired the beauty that opened before his gaze. The majestic mountains welcomed him with their sun-lit peaks. He was embraced by a gentle wind flying over the open air. He was presented with a fragrance of flowers decorating valleys. He walked – and the stars smiled to him at night, and the sun shone by its light on him, every day shining his way.

He had found both a small valley in the mountains where the Immortal Gardener once lived, and the Source from which the River of Love originated.

And he then thought: “How much I would like to grow myself the Flower of Life – and then tell people about the Path to true happiness!”

And then he saw the Immortal Gardener. The Gardener said: “Let your wish come true! Because you dream not only about your own personal good, but about the good of other people! I will show you how – from the Silence of Tao – the Flower of Life blossoms in the human spiritual heart! I will show you the depths, out of which its root comes! And then – you can grow your Flower and tell people about the secret of the Flower of Life – the Flower of the Heart, which grows out from Infinite Tao and blossoms in the human soul! You, too, can become a Gardener!”

Parable about Master Heavenly Heart

*The path of a thousand miles
begins with a single step.*
Lao Tse

There was a master. He was called Master Heavenly Heart. He was called so because His spiritual heart was connected with the Infinite Tao and opened for the worthy – the gate to the Abode of Tao.

When He walked – Tao was with Him and in Him.

When He stopped – the pass into the Infinite Tao opened in the place where He stood.

When He was thinking – Te were there and illuminated His thoughts.

When He submerged Himself into the calm – He dissolved and disappeared in the infinite Ocean of Tao.

When He acted – the Great Te directed His actions, and Primordial Tao gave Him the power to fulfill them.

It was so with any activity in which He participated. And He did not waste His thoughts but rather kept peace

and silence in the mind – so as not to interfere unnecessarily into what was already done. Yet if He participated in the creation and implementation of any plan – there was no force that could stop this plan from being realized.

A sage sees all the connections between things and events in their unity and from the Calm of Tao. And He acts only when Tao prompts Him to act.

Such was Master Heavenly Heart.

I say “was”, following the custom of people to name as “existing” only that which takes place in the material world, and as “non-existing” what is not dressed in the material cover.

But to be honest, everything should be called vice versa.

The Immortal Masters live *on the other side* of the things and phenomena of the dense material world. But this does not mean that They do not exist.

They may have bodies or may not have them; it does not affect Their awareness of Their existence and Their ability to act anywhere as needed.

Master Heavenly Heart is one of the Immortals. Therefore, He is always everywhere.

He comes to those who really need this and are ready to learn from the Immortal Masters.

At the same time, He always lives where things and phenomena of the material world do not have power and where vanity and worldly desires cannot perturb peace.

Where is such a place? It is in the Infinity of Tao!

Even now it is possible to hear the stories about His great and small deeds. These stories about wisdom remain in the world, where ignorance and disorder reign. They help those who travel from this world to the cognition of Tao.

* * *

A young man was looking for a Master Who could help him understand the meaning of human existence on the Earth and cognize the mysteries of Tao.

He heard about the Master Heavenly Heart and decided to find out whether what was said about Him was true or not.

And it was said the following: “He is never in a hurry and never rushes anywhere. He stays all His life in one place but knows everything about everything. He is everywhere and acts only when Tao orders Him. He walks, remaining motionless *inside*. He speaks, maintaining *inner silence*. His peace is transparent, and this allows the Greatness of Tao to be manifested through Him.”

The young man found the modest dwelling place of Master Heavenly Heart.

He saw the Master sitting near a lotus pond and being submerged into the Unity with Tao.

The young man did not have the ability to see Tao and Te, so he decided to make sure that the true Master was in front of him.

He came up to the Master and asked Him:

“Master, can You be wrong?”

“What do you want Me to say in response?”

“If I say: ‘No, I’m never wrong!’ – then you will... worship My words and My body instead of working yourself to achieve the Mergence with Tao.

“If I say: ‘Yes, I can make a mistake’ – you will torment yourself with doubts about what I could teach you and about My knowledge of Tao – and then you will go to look for another master.

“Yet I will answer to you the following: ‘If Tao wishes, I can make a mistake. But it will be that mistake with which Tao will fulfill its plan.’

“Is it enough for you?”

“In order to cognize the Primordial Source of everything, Great Tao, – your aspiration for Tao is needed, and not miraculous properties of a master! Your success depends on your personal efforts! Even the Greatest of the Immortals cannot make a disciple Enlightened! You yourself should work, transforming your essence!

“First of all, you need to master the peace of mind, submerging it into the spiritual heart. Then you will live without being tormented by the crowd of thoughts; you will not be burdened by many things, and a series of mundane events will not overly involve you, nor enslave you!

“Clear the space for Tao in your spiritual heart! This will be the start of the creation and growth of the Heavenly Heart!

“The one who has mastered the peace of mind and become the love that originates in the spiritual heart – obtains the first achievement: the vanity of thoughts doesn’t overcome this person, wild outbursts of desires have no effect, and love for all creatures and Tao leads this seeker through life.

“If you want, tomorrow we can go to the mountains to start learning...”

“Master, why do we need to go to the mountains if you possess the power of Tao and Te and can move the mountains right here?”

“I wouldn’t like to bother other creatures by moving mountains because of your insignificant desire to see a miracle or because of your laziness that prevents you from making personal efforts.

“There is an easier way: we can begin to move our bodies to those mountains.

“We will set off, and every day you will see how the mountains become nearer, and how the distance, which separates us from them, reduces.

“This is the same with the Spiritual Path: no matter how great is the Master, His disciples themselves must traverse the road! Many times I passed this Path next to My disciples; I won’t give Myself the trouble to pass it again with you.

“The Enlightenment is not a gift from a Master to a disciple. The disciples should gain wisdom, love and power on the Path to Tao through their intense work and indomitable courage.

“Learn to work diligently and recapitulate what was already done! String the pearls of wisdom, given to you, on the thread that connects them!

“All that you will master on this Path may become your property only if you learn to use this wisdom in the life of your body and soul.”

Parable about Passing Through Walls

*“The life and development of the Subtlest³³ are
eternal and infinite.*

It is the Deepest Base of everything.

On It the material world exists.

It acts without violence.

*... The gate from the world of matter to the hidden
world is open when one stays in calm.*

The understanding of this truth comes in non-doing.

³³ Tao.

... By strictly following the primordial Path of transformation of oneself as a consciousness, one can cognize the Eternal Origin. This Path is the Path to Tao.”

Lao Tse – Tao Te Ching (6,10,14)

A boy named Wen worked as an apprentice of a potter. He was an orphan.

He, supposedly, should be glad about the kind of work he had, about the everyday food he received, even though it was poor, and about the roof over his head...

But Wen did not like this monotonous life: he did not like to make the same pots and bowls every day from morning to night.

He was doing it well, he was trying his best, but he dreamt about another thing...

He wanted to be a disciple of a Master of Tao, and not of a potter!

He wanted to leave that small world of the workshop with high clay walls, which separated him from the rest of the world! He wanted to break free from the monotonous circle of life!...

... Once the potter caught Wen doing something strange. The boy molded a human figure out of clay, dried it a little, then submerged it into the water – and it disappeared...

“If I too could disappear, if I could dissolve and become invisible – I would run away from this place and find a Master of Tao,” – thought Wen.

In these dreams, he was found by his owner. And the punishment, of course, was not long in coming.

The potter was beating Wen with a bamboo stick and became more and more exasperated by the fact that the stubborn boy was not asking for mercy...

And Wen, trying to hold back his moans, was imagining that his body... would dissolve, disappear now in the air in front of the amazed potter... He knew that the Immortal Masters of Tao could do this: They disappeared and then reappeared elsewhere!...

At that time, a man appeared in the yard. About how he passed through a well locked solid door or through high clay walls around the workshop, and got inside – the angry potter and Wen speculated much later...

It was Master Heavenly Heart. He said:

“Let this boy go with Me! I’ll pay you the price that you will name.”

“... Uh... He is a very good worker and I appreciate him,” – the potter started.

He stopped punishing Wen and began to think frantically about how much money he could ask from the strange traveler. He increased the highest price ten times, expecting haggling, and called it out... For his total surprise, the visitor calmly laid out the named quantity.

From that moment, Master Heavenly Heart no longer paid any attention to the agitated potter, as if he did not exist, and talked with the boy only:

“Pack up your things, Wen!” – He said. – “You wanted to learn what the Immortal Masters of Tao know. If you go with Me, I’ll show you the way to the Abode of Tao.”

... Everything had happened so fast that Wen did not have time to wonder that the unusual Traveler knew his name... He hastily packed up his meager belongings.

Wen was still a bit afraid that this miracle was only a dream and that he would wake up soon and open his eyes... before a potter's wheel...

But Master Heavenly Heart was real!

So Wen set off with Him.

Thus he became a disciple of Master Heavenly Heart.

* * *

Many years passed. Wen's new life as a disciple of Master Heavenly Heart was not easy, but it gave him incredible happiness of deeper and deeper cognition of Tao and Te!

... Once Master Heavenly Heart talked with His disciples who had been cognizing under His leadership the Radiance of Te and the Infinity of Tao for many years.

That time He was explaining to them about the death of the body, and the disciples were listening to Him attentively:

“Those who never think about the moment when they leave their bodies forever – may find themselves confused, especially if they leave their bodies unexpectedly and under adverse circumstances.

“You've already known that souls continue to exist after the separation from their bodies.

“When the soul is dressed in its body, people are used to calling this *life*. When the soul leaves its body forever, they call this *death*...

“But when we put on our usual clothes – we are not less or more alive than when we take them off...

“Souls without their former bodies continue to exist in the state to which they were accustomed while living in their bodies. That is, they find themselves among the

souls similar to them in the worlds of corresponding coarseness or subtlety. Coarse and evil souls live among those who hate and do violence. On the contrary, gentle and tender souls live in the abode of peace and caress...

“Those Who have learned to live permanently in the Mergence with Te – acquire Oneness with Te.

“And Those Who have consolidated themselves in the Mergence with Tao – obtain the Highest Abode of All the Perfect Ones.

“In youth, it seems to us that we have an infinite quantity of time ahead... Thoughts about life and death usually visit us at the end of our earthly travel. But it’s not wise! In old age, a person almost has neither time nor energy for spiritual attainments! Therefore, it makes sense for us to be always ready for the *transition*.

“With the loss of the body, a soul loses its ability to change itself. That is why, every moment of life in the body should not be wasted!

“For Those Who have cognized Tao – the death of Their bodies is not something terrifying! It does not take away Their achievements and wisdom!

“Thus the Perfect Ones, Who have flowed into Tao, leave the material world.

“The one who has cognized the Infinity of Tao – can accustom himself or herself to the life in the Mergence with Tao. In this case, this person will feel no fear when the time to leave the body comes. Having left the body, He or She will submerge into the Bliss of Tao!

“All of you have already started learning to enter the Mergence with Tao. And you know that Tao is endless and omnipresent.

“This is a great achievement to live in the stable Mergence with Tao.

“How can this be mastered? You can, for example, in meditation, perceive Tao as the Infinite Wall behind the anahata of your material body. And you can lean against this Wall, merge with it, and disappear in it.

“To achieve this, you, as souls, need to have the same level of subtlety as Tao.

“Moreover, since Tao is omnipresent, this Endless Wall is right here...”

Master Heavenly Heart leaned against the invisible Wall consisting of Peace of Tao and having no boundaries on the left, on the right, above and below... With the movement of the Arms of the Soul, He entered the Merger.

Now the body of Master Heavenly Heart was filled with the Transparent Calm of Tao. His body became like a protrusion from the Infinity of Tao to the world of matter. It allowed the Master to be present simultaneously in both worlds: in the world of the Creator and in the world of the Creation.

Having showed this exercise, Master summed up:

“This is, more or less, how you can learn to live now. If you meet the death of your bodies in this state, this will mean that you haven’t learned from Me in vain!”

... After a while, when the disciples, tired from the new exercise, were having a rest, Wen asked Master Heavenly Heart:

“Will You teach us to pass through the material walls?”

“People have invented many ways of creating and destroying different walls... They either build walls to protect themselves from the weather or attacks, or destroy those defensive walls which were created by others...

“Today I’ve showed you the Greatest and Indestructible Wall of all walls!

“And if you ever need to go through the material wall with the body, I will surely teach you to do this.

“That Mergence which I showed you, you should learn to achieve not only while walking in meditation around the pond with lotuses, but also in any place. You should strengthen this Mergence and make it the habitual state in your life. Besides, you should learn to submerge into this state immediately, including under adverse circumstances, although it will take much time to master this.

“Only that one can unite himself or herself with the Great Power of Tao who has transformed everything within himself or herself into the Calm of Tao. For you, this is still a distant future. But remember that for those who have worked hard on this Path – nothing is impossible anymore!”

And Master Heavenly Heart disappeared, having moved slightly His Arms of the Soul and stepped back into the Infinite Wall consisting of the transparent Peace of Tao.

... And His disciples began to master the meditation shown to them.

* * *

Years passed...

Wen was a successful disciple.

On the instructions of Master Heavenly Heart, he himself founded a small monastery in the north part of China and began to teach there what he had learned from his Master.

That evening, Wen again recalled the lesson on the acceptance of the death of the body through the direct

achievement of the Blissful Mergence with Tao. This filled his body with Great Peace...

“But still what a pity that the Master did not teach us the ability to pass through the material walls!” – he thought. – “This would be very useful now!”

The invasion of nomads swallowed their province, and the monastery was captured...

Wen fondly looked at his young disciples. They were sleeping on the earth floor of a dungeon and were sure that he, Wen, would save them...

A cruel leader of one of the detachments of the attackers decided to show to all the locals the strength of the new power. He wanted to show that his “gods” were “more powerful”. For this purpose, Wen and his disciples should be executed tomorrow in front of all people...

Wen did not fear the death of his body. He was sure that he would be able to meet it as his Master taught him. But his disciples... They didn’t have enough time to master many things!...

... Just five years ago, Wen had founded his small school. He had gathered there children-orphans left without parental care. He had become for them a strict father, a caring mother, and a wise teacher. He had taught them ethical principles, reading, writing, and the development of heart love for all beings. He also had taught them to make pottery. The lessons of the potter were not learned by Wen in vain. The ability to work hard and to do things needed for people had helped his little abode to always have the means of subsistence.

But all that he could teach to his pupils was only the initial stages of the Path of the cognition of Tao. He did not have time for more.

Wen again recalled the words of Master Heavenly Heart: “If you ever need to go through the material wall, then I’ll surely teach you to do this!”

Wen even smiled at the brightness of the memories... It suddenly seemed to him that he was, as before, next to his Master...

And, verily, Master Heavenly Heart filled all the space around with His Presence. And then His intangible Light became visible to Wen: thus the Immortals can manifest Themselves.

“Yes, you’re right, it’s time to fulfill My promise!” – Master Heavenly Heart said.

“There are several ways of passing through the material walls,” – He continued. – “Now it makes sense for you not only to penetrate the masonry with your bodies, but to be far away from this place.

“Come here to Me. Do with Me what I’m going to show you...”

... Wen repeated exactly the movements of consciousness, being in the Mergence with his Divine Master. His hands touched the prison walls...

He suddenly saw the smiling Face of Master Heavenly Heart... on the other side of the wall... The corridor appeared between his hands and the Hands of Master Heavenly Heart...

The disciples of Wen woke up:

“Master Wen, why is it so bright? Is it morning already?”

“Here is Master Heavenly Heart! Go to Him!...”

The disciples saw Master Heavenly Heart and passed through the corridor opened by the Power of Tao. Wen passed last – and the passage closed up.

They found themselves in another monastery – in the south of China.

The Shining Light and Master Heavenly Heart disappeared.

Han was coming joyfully to meet Wen and his disciples. He was one of the old friends of Master Heavenly Heart. Here, in the southern part of the country, there was a monastery created by Him.

* * *

The next morning, Han found Wen near a house wall. He was trying to go through it, repeating the same sequence of yesterday's movements. He tried to do everything exactly. But the difference was that there was not the smiling Face of Master Heavenly Heart on the other side of the wall!

Wen repeated his attempts again and again until the laughter and the gentle voice of Han interrupted his efforts:

“There is one small condition about which you forgot. This condition is the Will of Tao! The actions of this type can be fulfilled only in accordance with Its Great Will! Only under this condition, the unbelievable and impossible may take place!”

* * *

The same morning in another part of the country, the guards found an unknown man in the prison instead of the monk Wen and his disciples.

Because the other prisoners were absent, He was brought to the leader of the detachment to be executed.

“Where are the others?” – the commander of the invaders asked the guards.

“They are where you can't find them!” – Master Heavenly Heart answered instead of them.

“Who are you? And how dare you speak without my permission?” – without holding back his anger and indignation, the commander shouted.

“I am the One Who knows how things are created from the formless and how they disappear in it. I am the Perceiver of the Will of Tao and Te. I have come here to stop this senseless cruelty!”

“Well, then you are the one who will have to die!”

“It is impossible!” – Master Heavenly Heart replied with a gentle smile. – “You can’t kill Me because I am Immortal!

“However, you, as a soul, are immortal too, although you don’t understand this yet. This is why, you are the one who will die again and again as a body until the knowledge about the soul and the love for Tao becomes for you more important than the life filled with a thirst for power and material things!”

... Having decided that a mad monk was before him, the leader did not want to listen anymore and gave the order to kill the prisoner. He was very annoyed by the fact that everything was not as he expected...

Yet when the guards tried to execute Master Heavenly Heart, their weapons passed through His translucent body without causing Him any harm. The guards became horrified, and their leader felt his complete feebleness...

Calmly smiling, Master Heavenly Heart said:

“Never show your strength over the vanquished!

“Cause no harm to innocent people!

“And tell your superiors what you have seen and heard!

“Fulfill all that I have said – and only then you will be able to live your life with dignity!”

* * *

After this incident, the nomads, who seized the majority of China, did not cause harm to spiritual abodes anymore and honored the wisdom of Those Who cognized Tao.

This continued even when those nomads later came to power in all of China.

It happens that the one who is considered defeated may be stronger than the conquerors.

The spiritual knowledge about Tao and Te remained in China and passed from one generation to another, from Masters to disciples.

And always there were those who were willing to devote their lives to this cognition.

Parable of Han

Parable on Power and Love

In ancient times in China, there lived a boy named Yunshen.

From childhood, he dreamed of becoming an invincible warrior, unequalled in sword-wielding and able to defeat any opponent with or without the aid of weapons.

At that time, martial arts were in great honor. One skillful in battle was admired by all.

Yunshen studied for several years under several famous masters who owned different styles of combat. But he wanted more.

He participated in many competitions, perfecting his skills. He always tried to notice and learn anything new.

But one day, Yunshen lost the fight with one opponent, who was far superior to all participants of the contest – by his cool demeanor and power. His skills impressed the young man.

Yunshen asked him:

“Who trained you in the skill of warfare?”

“I had a mentor who has no worthy adversary. His name is Shenli. But do not dream that you will be able to learn from him and become stronger than I!

“It’s not reason to walk to him. His treatment to students is violent. And he shows these special techniques, only to six disciples elected after years of prior training. The rest of them are just kicked out with contempt, called unworthy of power and waste of time.

“He lives in the mountains and requires austerity and complete obedience from the students. He takes the very few to study.

“Every six years, he arranges competitions for those who want to learn from him and selects a few people for preliminary study.

“And for the closest disciples – after several years of study – he conducts the final exam. First, they fight among themselves. The winner of all will fight against the teacher himself. And whoever bests the teacher – he will be the successor and will lead the school.

“But still none of the students could surpass him.

“And when the best of the students is defeated, Shenli expatriates him as well.

“I learned from him not long, but I do not envy those who were stronger than me and stayed to study further.”

... This story interested Yunshen, because, even if after a short training in combat skills the student of Shenli differed so much from all those Yunshen met before – how great is the skill of the teacher and his best students!

And he went in search of the mentor Shenli. It was fortunate because just this year he selected candidates as students.

... In the qualifying contest, Yunshen won one combat after the other and had become the best. He was among the selected few who were accepted by Shenli for training.

* * *

But the joy of this success began to fade quickly.

Living next to the coach was filled with a cold sternness such that enjoying anything was impossible.

The better success the student achieved, the harder he was criticized so that pride of achievements could not arise in him.

The body pain of blows received during training was a mere trifle compared to the pain, which was caused by the communication with Shenli.

Yunshen long time could not get used to how the mentor ridicules any mistake of a student! And it happened always, whether it was at mastering methods of combat, or when cooking, or cleaning the school grounds. His caustic verbal comments were stronger and sharper than the sword blows!

The friendships between students, mutual aid – were punished at the school. Each would be responsible only for himself. But damage to anyone because of envy or resentment – was instantly nipped.

Only cold unflappable calm under any circumstances, an iron-hard self-control with no emotional outbursts was cultivated. Steel will was to send any blow or to parry any attack.

One day, Yunshen allowed himself to ask the teacher: why ridicule and humiliate the offending student? Is it not simpler to speak privately about this? Everyone is striving to become better!

Shenli replied:

“It is necessary! If insults and humiliations bring the student out of balance, he is not a warrior! He will lose the fight, giving in to emotions, if his opponent were to offend him!

“This world is cruel, and only the fittest can win in it!

“And each of these lessons is always useful for everyone, not for just one!”

... Gradually Yunshen developed an iron will and endurance. He ceased to feel compassion for those who were near. He no longer tried either to protect from the wrath of Shenli other students, or to try to help them. He

calmly looked at how, broken and unable to withstand the test, the student left the school. “Well, such is the fate of the weak! Perhaps, this will be my fate...” – calmly thought Yunshen.

Yunshen used to comply in peace when Shenli mocked him, turning his slightest weakness into a subject for sarcastic comments. This continued up until such errors were eliminated completely.

He had accustomed to the despise of cold silence of the mentor, to rare and dry words of approval, which could not even be rejoiced, because the atonement instantly overtook the student’s extra emotions.

... So Yunshen’s skills in the control of his body and arms during training increased manifold.

But, it took six years. And, the last exams at Shenli’s school approached when the best student had to be selected, who was to fight against the mentor.

Yunshen became this best by winning all the fights between students.

The fight between the instructor and the student started. Yunshen suddenly realized that he is stronger than his mentor, he saw how to defeat Shenli... But for a split second, he allowed himself to stop and feel sorry for the one who taught him all this... At the same moment, he was plunged to the ground by the blow of Shenli...

“Wimp, away from here! You have not learned anything in all these years! How much efforts I spent on you – and all in vain! And you could be the best! You were tempering your spirit and learned to have the will invincible! You never will become the winner, because you have not learned the law that the strongest can be only one! You still are governed by the emotions of an insignificant little man!”

... Yunshen felt the familiar flow of hatred in speech of the coach. But it seemed to him that Shenli felt great relief that he had not been defeated by now...

... Well, that was the end of study at the Shenli...

Yunshen bowed and walked away.

Mentor spat after him and turned to the other students, who were now dreaming to take his place...

* * *

Many weeks Yunshen went without a goal, not knowing where to go. He knew, he had mastered the great skills of warfare, but it did not bring him satisfaction.

The dream of his youth was, like, achieved... But it was crowned by a defeat, not a victory...

Something important was not understood...

He also thought: was it right that he spared Shenli?... But no: he understood that he did not want to take his place, becoming the same as Shenli...

But how and why to live now?

Yunshen... was just walking. Emptiness of indifferent and cruel world surrounded him from all sides. And it made life... meaningless.

Lifeless mountains were all around. The blue sky was cold and indifferent. Blades of grass looked on the edges of mountain trails as submissive and contemptibly weak...

“The world around you looks the way you’re doing it yourself!” – he heard a soft, deep voice.

Yunshen saw the Master of Heavenly Heart, Who went to meet him.

Certainly, Yunshen did not know Who was in front of him. But the Strength and Peace of the Traveler were so great that it was impossible not to feel them.

The Stranger continued:

“Your world is empty, because your heart is devastated and does not know love!”

“Who are you to lecture me?”

“I am the One Who could be your Teacher. But you’re not ready to learn yet, although has learned much already.

“Failures teach us more than victories.”

“Well, then defeat me! Let’s get to the sword!” – Yunshen said, thinking that he had met his adversary.

He offered the Master of Heavenly Heart his second sword, because Master was unarmed.

“I do not need weapon to win,” – said calmly Master of Heavenly Heart.

“But how can I fight against one unarmed?”

“I am not unarmed! Try to cut me by any weapon – and you will see how far you are from the perfection in the knowledge that you possess!”

... The fight was unusual. Yunshen dealt severe blows, but the Master of Heavenly Heart reflected with palm any impact, and the sword could not even touch His hand, possessing an unknown Power.

And then the Master of Heavenly Heart did not reflect the impact – and the sword of Yunshen passed through His body without causing any harm.

“Love triumphs even where nothing else can win! Those who are *One* with Tao, cannot be killed, and nothing can harm Them! Their Love is infinite, and It coincides with the Ocean of Tao!”

“I would like to be your disciple!” – Yunshen said and bowed to the Master.

“My name is Master of Heavenly Heart. I will teach you, but not now.

“You liked the fact that the air at the behest of the Consciousness can become dense, like a shield, and human flesh – permeable, like water! But this is... just a spray of the Ocean of Power!

“Now you must find out what love is, and learn the lessons of love in the life of this world. Then – come to Me, and I will teach you Love Which is the Creating and the Enduring Power of Tao!

“I’ll wait for you, Yunshen!”

* * *

Yunshen was used to performing the job perfectly: he learned – over many years of study – discipline in the execution of each task. His will was the will of the winner, which reaches any set goal!

Yunshen set a goal – to find out: what is the “worldly” love.

He remembered everything he knew about kindness and love. He went and tried to be kind to those who, according to his ideas, needed it. For example, he lived for a few days in the house of a lonely old woman and has done all the work, which required strong men’s hands.

Now he liked to bestow people with a disinterested help.

... Soon he got to the big city. There he found a hotel where women – for a fee – gave men pleasure and affection.

He lived there for more than one day.

“It was very nice, but can it really bring to the Perfection? Is that the love?” – Yunshen thought.

Once, when Yunshen came out of that hotel, he saw the hostess and a very skinny and pale girl.

The hostess told her:

“Do not make me laugh! I will not take you for the work! Your bones will not be attractive for any visitor!”

“But maybe I could wash the floors or dishes?” – the girl uttered gingerly.

“Go away and do not disgrace my public house! It is – for solid clients!”

... The girl sadly lowered her eyes and began to leave.

Yunshen felt sorry for the poor girl: “Apparently, she is long hungry! And not all is well in her life!”

He called out to the girl:

“Wait a minute! What’s your name?”

“Siuli.”

“Come with me, let’s have lunch over there!” – he pointed to the tavern.

Siuli looked up in surprise:

“I have no money, sir! I have nothing to pay...”

“That’s why I invite you. Do not worry, I’ll not hurt you!”

... They ate rice...

Siuli tried to eat slowly, and almost did not take her eyes away from the bowl. Only sometimes she, for a few seconds, raised her eyes to Yunshen.

“Do you have any relatives?”

“Yes, in the city over those mountains my uncle lives. He does not know that I’m all alone since my father died. I know the way there...”

“I’m going there too!” – Yunshen said.

“Would you like, sir, to be so gracious to let me go with you? Uncle must be a good man, and I could give you the debt.”

“You do not owe me anything, Siuli! And I could walk with you to your uncle. The road over the mountains is hard and not close. I’ll take you with me, but on one condition: you will tell me what you know about love.”

“That which you have done for me, sir, can also be called love! You are ready to help a completely unknown girl!”

“I do not think that love – is so easy! For many years, I was taught how to forget what is kindness and compassion. But I, it turns out, can still remember it. And it is very nice!

“Better tell me about yourself: if I help one whom I know – I will not confidently assume that I have known what love is!”

Siuli smiled for the first time since they met:

“You, it seems, know how to joke, sir! But currently, I have little to say. I know calligraphy and how to draw. My father taught me, and he was a good artist. But he was ill for a long time before his death, and, for the debts, we have lost all our property. And now, if not you, I would die of starvation.”

“And my name is Yunshen. I know how to fight with any kind of weapon and without weapons. Today, this city will hold a contest. I will win the prize – and we will have enough money for the journey! If you want, I’ll buy you accessories for writing and drawing.”

“I do not allow myself to ask you this: it’s very expensive!

“But why do you believe that you will win all?”

“I know only one Master Who can defeat me. But I do not think that He will now challenge my prize, because you and I need money for the journey!

“Our meeting with that Master is still ahead, and you will help me to realize it!

“And please, do not dignify me as ‘sir’: because you’re not my servant, and we have a long road together!”

* * *

And, in fact, Yunshen has won all. Siuli, closing her eyes in fear, just waited until the end of competitions.

Under the enthusiastic cries of the crowd of spectators, the prize was delivered to Yunshen.

“Well, now let’s go to the market!”

Yunshen bought food and everything they needed on the way: because they had to travel over the mountains. Then he gave Siuli the opportunity to choose the brushes, ink, and paper.

They stopped to spend the night in the hotel – to the next day early in the morning to go.

“Today you did not tell me anything about love...”

“Can I answer without words?”

“How?”

Siuli quickly made a remarkable drawing, on which was written the hieroglyph “thanks” and the branch of a blossoming peach tree.

Yunshen looked long at the picture. It seemed that even the empty space on the paper was full of tenderness, and each flower petal was opened like a kiss away.

Yunshen knew how the power of the soul can be collected in a single lump, to then be sent as an irresistible blow on the enemy.

But here, in this picture, – too, it was a special power of the soul, which, however, sounded like... a gentle melody...

... When in the morning, the owner of the hotel had seen the drawing, he asked to stay it in lieu of payment. He told Yunshen that such a great artist had never before stopped here.

Yunshen wanted to contend that it was not he – the artist, and that he will not give up the drawing, but Siuli passed ahead and whispered to him:

“Let him take: the drawing will hang here for many years in memory of our meeting. It will please many people! And I will draw more! And do not tell him that I drew: you will not be believed!”

They left, leaving the drawing to be placed in the hotel.

“Why did you not permit to say that it is your creation?”

“Once previously in my life, I tried to sell my drawings. But I was accused of stealing them, and they took away everything. Woman is not supposed to be able to do something that should make a man...”

* * *

They went to the pass by the mountain trails. Already by noon Yunshen had seen that Siuli began to lag behind.

“Now I’ll catch up!” – she cried every time when Yunshen stopped to wait for her.

Soon Yunshen realized that unaccustomed to travel Siuli has worn her feet to bleeding in straps of wooden sandals.

“Why did you not say at once?” – he shook his head to Yunshen. – “Now we have several days when you cannot walk!”

He scanned the surrounding area and found the leaves, which help in the healing of wounds.

He seated Siuli on a flat rock and bandaged her feet.

“Now hang on my back, otherwise we will lose a lot of time.”

“No-no! I’ll try to go myself!”

But Yunshen urged Siuli to obey. She grabbed him by the neck and clung to his back. He picked up her legs under the knees. So they continued on their way.

* * *

One night, instead of the story about what love is, Siuli said:

“I love you, Yunshen! And now I myself know exactly what love is! But I can not explain it...”

He kissed her lips.

“You are a good mentor, Siuli! Thanks to you, I gradually understand it myself.”

... The next morning, they went again over the mountains. The sky was singing them songs of love, gentle mountain flowers smiling at their happiness, the wind played with their hair and caressed their faces with transparent kisses. The world around was filled with happiness! Life now had the meaning, since it was lit with love!

Yunshen recalled the words of the Master of Heavenly Heart: “The world around you looks – the way you do it!”

“What a wonderful world is, if it is full of love!” – Yunshen said.

... During this time, Yunshen told Siuli how he studied under mentor Shenli, and how he met the Master of Heavenly Heart.

He offered to find the Master of Heavenly Heart, instead of going to the uncle of Siuli. She agreed.

“Do you think that I, too, can learn from Him?” – Siuli asked with some trepidation.

“I think so: He suggested me to cognize what is love, and you have given me this treasure!”

* * *

Once in the mountains, they were found by a heavy downpour. It caused landslides and avalanches.

Having noticed the safest place, Yunshen dragged Siuli there – and in time: hail of stones and clay fell on the spot where they had stood.

“Hurry! Over there we can be saved!” – Yunshen pointed to a steady jut of the solid stone monolith ahead. They rushed there, but all the time Siuli was slipping and falling. Then Yunshen asked her again to climb on his back and clasp his neck. Up to a safe place, they were only a few meters away, when the trail under Yunshen’s legs collapsed... He held the ledge with great difficulty, the hands was slipping. They were hanging over the precipice. And suddenly he realized that Siuli, to save him, released her hands. A small fraction of a second – and he grabbed her with one hand, almost fell into the terrible abyss... He gathered all his strength of consciousness and

body into one – and accomplished the impossible: they were able to get out...

He was now grateful to Shenli for that strength and agility, the instant reaction and the ability to see the space around, which Shenli taught him!...

They reached a safe ledge and were able to take shelter there from the rain, wind, and streams of stones and clay, falling from the mountain slope.

Yunshen hugged trembling Siuli and realized... how fragile and insecure was the happiness that was granted to them by Heaven in the last few days...

Questions about the purpose of life and death stood before him...

If before his life and the lives of other people seemed to him as only insignificant episodes in the life of the Land under Heaven – now the life of this fragile and delicate girl meant to him so much!

And what would happen, if he did not catch her?

And where would they be now, if their bodies would have died?

What will the Master of Heavenly Heart be able to teach them? Does He have the answers to these questions?

And the main question: how to find Him?

* * *

Much time Yunshen and Siuli spent in search of the Master of Heavenly Heart. But it was to no avail.

None of the local residents had even heard about Him.

Once Siuli said:

“If the Master of Heavenly Heart is Immortal, He can hear our thoughts and knows our intentions. Apparently, we do not understand correctly something. When we understand this – He Himself will be next or we will find the way to Him! It costs nothing for Him to come to the place where He is needed!”

“Yes, you’re right, Siuli!

“Try to formulate: why do we want to find Him? Imagine that He is now standing in front of you and you talk to Him.”

“I always wanted to learn to paint so that an spectator, seeing the picture, hears the birds singing in the silence, also the rustle of leaves, and even to perceive how fragrant flowers are. And – looking at the portrait, one could see the character and thoughts of man who is drawn. And – seeing the image of the mountain brook, one could strive together with it in the valley and reach the sea. And – for the beauty of the Earth, from the dizzying heights to the depths of the sea, to be seen for the souls!

“I want Love to live in each line of a drawing and be illuminating to those souls which know how to love.

“But do I maybe dream of the impossible?

“My father told me that One, Who has cognized Tao, creates Beauty, drawing it from the Infinite Source!

“He said that Tao can manifest Himself in the Creation – with the help of Those Who have cognized Tao.

“I did not dare admit even to myself that I dreamed to be like Those Immortals Who can tune people’s hearts to Love and turn them away from evil thoughts and deeds...

“And now – it’s your turn, Yunshen! Speak, as if the Master of Heavenly Heart hears you: why do you want to learn from Him?”

“Before, I wanted to be a warrior and did everything for it. But I met the Master of Heavenly Heart and learned how imperfect were my skills!...

“He instructed me to cognize love. And you gave me the knowledge of it!

“But I have realized also how fragile and insecure is that which we love in the Creation and try to keep!

“You and I need to cognize that Love that is connected to the Power of Tao – to understand the purpose of life and death, action and non-action.

“I would like to serve Tao by everything that I already know, and that I can continue to learn!

“It is said that there is a spiritual alchemy that transforms both the body and soul. And – all that is cognized as the internal energies in the art of combat, those are only small traces of that Knowledge, which opens the *Great Ultimate*.”

... They fell silent.

They were surrounded by an amazing sounding and transparent Silence! It was like the whole universe listened to their words and intentions...

But nothing happened.

... Yunshen and Siuli continued their quest and their journey.

* * *

One morning, Yunshen said:

“Today I had a dream. It was like floating in the most subtle and gentle Fire. And my every movement in this Heavenly Fire joined this Fire Space with the space within my body. And the Master of Heavenly Heart smiled and said something to me, but I cannot remember His words...

“Perhaps, we ourselves must seek the Truth and, as far as possible, help others to do the same.

“Since we cannot find the Master of Heavenly Heart, let’s open a school for children. You will teach them to read and draw. I’ll try to teach how to make the body healthy and clean.”

“How can we teach, when we ourselves do not have the Knowledge?”

“Let’s suppose that we are now able to share a little: only with that which we ourselves have already learned. But in an effort to help others – love lives! After all, you taught me this!”

... And then Yunshen and Siuli felt like clear air around filled with the Great Silence and Peace. In the area around, there was the presence of the Living Light-Love. Then, this Light gained a huge form of smiling Face, beaming with Tenderness. Then the outlines disappeared, and the Master of Heavenly Heart stepped to them from the Light. His body acquired a visible and tangible form, like an ordinary human body. And yet – this body was unusual: it was filled with unshakable Calm and emitted the Light.

The Master of Heavenly Heart said:

“I am pleased to welcome you, Yunshen! And I am glad to introduce Myself to you, dear Siuli!

“You both have very quickly and successfully passed the tests and lessons, which the soul must pass to enter the Path of Cognition of Great Mysteries of the Creator and the Creation!

“You both have found the heart love, which is needed on the Path of cognizing the meaning of life and cognition of Tao and Te!

“Now the ancient Teachings of Tao is forgotten by most people. People do not remember about the recti-

tude that was taught by Lao Tse! And man is looking for how to win and excel others – in wealth, strength, ability to fight...

“But the power of the consciousness must not serve this! Dangerous is the way of striving for strength, power, and glory that now people seek for! The strength, growing in a rough and ill, – distracts from the real meaning of life!

“Not many, who were starting their search of the force, may, in the end, cognize Love!

“Thinking about how to destroy, attack, kill... – how much time these people spend in vain for it!

“Having understood this, you can come closer to understanding the Laws of Tao.

“Human lifespan on the Earth has become short. But people waste their lives! They are finding the pleasure for themselves... – in fighting each other! Then they grow old and die, not comprehending why they came here and where they go! Bodies become decrepit, minds weaken... – and earthly lives pass in vain, without bringing to the Truth!

“All ‘morality’ is now reduced to worshipping dead ancestors and sacrificing to them...

“Yes, surrounding with care and respect for the elderly – is commendable, as well as taking care of wives and properly raising children!

“But the worship to dead, who were unaware of Light, – this cannot bring to the Light!

“There is a benefit for themselves, for their own families. There is a benefit to the entire state... But even for the rulers among people – there are higher laws! The decline of the ethic foundations by people and their rulers – could lead the country to ruin...

“Clear Teachings of Lao Tse now is studied only in some monasteries...

“And how much distortion is in the interpretations of the Teachings of Tao! Mentors teach of emptiness and non-action, but they do not know, do not understand that which they decided to teach!

“I would like to return to the pristine purity the doctrine of Tao to people on the Earth!

“The great alchemy of souls is needed to bring them to the cognition of Tao. This is a huge labor for souls and bodies. Understand: if the bodily energies are rough – the Light of Tao is incognizable. To reside and act in a body which contains rough energies – this is the way to gain a foothold in the rough and heavy state of a soul!

“The Light of Te and Peace of Tao are the *Subtleties in the Great!* Tao is the *Subtlest* of everything in the universe! Therefore, cognition of Tao is sometimes called the comprehension of the *Great Ultimate!*

“And you now have to work hard on soul and bodily energies to transform them and make them similar to the Light and Fire of Te, and then – to Transparent Calm of Tao!

“There are simple basics of the spiritual knowledge.

“Just as the meaning and spelling of hieroglyphs are needed to be able to read and write – so the basics of the structure and life of a soul and a body will be needed for you to explore, to master the Path of cognition of Tao!

“Tao takes in Him Those Who have reached His Great Peace.

“Tao also creates everything by the Fire Power. And He maintains and operates – through the Great Te.

“To start on the Path of Knowledge, it is necessary to purify and disclose the spiritual heart that allows the soul to cognize the worlds of Light, Purity, and Subtlety!

“It is necessary to know and to clear the seven centers in the body and meridians, connecting them. This will give the ability to manage your emotions and other movements of the soul. This can be achieved by means of specific exercises.

“When the bodily energies have become pure, also when the soul has become the mistress in the space of inner silence of the developed spiritual heart, when man is now effectively managing his or her desires and emotions – then it is possible to start and more! Those are the great accomplishments of the soul!

“I will only lightly outline the milestones of the Path.

“It is necessary to:

‘Connect your love and Love of Tao.

‘Connect the will of the soul with the Will of Tao.

‘Connect thinking with the Wisdom of Tao.

‘Connect the fire of the soul’s love with the Fire of all Te.

‘To serve all beings of the Land under Heaven by those skills that you have obtained.’

“Do you agree to devote your earthly lives to this?”

... Yunshen and Siuli said “yes” in high regard.

... So the studying started. It is revealed to those who fully dedicated their lives to cognition of Tao and serving Him!

Parable of Lin

How to Take in Beauty Along with Me

One person had seen the beautiful flowers that blossomed in the valley. He was filled with enthusiasm! He wanted to take and carry away at least a piece of this beauty, to possess it!

He tore off the flowers as much as he could carry. He brought them home and placed in vases... But very soon, deprived of their roots, they died...

“What a pity that the beauty is not eternal...” – grieved that person.

* * *

An artist had found himself to be in the same valley with beautiful flowers. He was admiring the marvelous beauty that had appeared before him. And he had remembered the delightful view!

He had imprinted in the soul both the beautiful play of colors in corollas of bloomed flowers, and the whole valley, and bluish pierced by morning sunlight haze of light mist in the distant mountains...

He took away with him this beauty – as a great treasure! He hurried home, trying to remember everything and sketch what he saw!

And really – he was able to convey in his painting that beauty!

Subsequently, many people came to enjoy the picture. They were happy, admired!

... Flowers faded, times a year replaced not once, but the memory of the beauty was living in the picture and pleased, ennobled people – even centuries later!

* * *

A Traveler passed through the same valley. He was also fascinated by the amazing beauty created by God! He had gathered the ripened seeds of the flowers and took them with Him.

And everywhere in suitable places, where ran His way, he sowed the seeds.

And the beauty of the Earth was multiplying. Every year ascended sown seeds were waking up, and wonderful flowers blossomed!

... A Traveler was walking on the land, driven by God, and sowed the seeds of Beauty, Wisdom and Goodness in the hearts of people.

And it was not only the beauty of flowers that He had cognized on His way!

He walked on the land and sowed the seeds of ever reviving and developing the great Beauty of the spiritual life that He had cognized and therefore had a right to multiply wisely!

Messages of the Divine Teachers of the Taoist Tradition³⁴

Huang Di

“Now I like chess very much...

“Nowadays, when on the Earth there are no Divine Rulers³⁵, like the wise calm and foresight of a chess player who knows the future for many moves in advance.

“My Son grows now in China. He will teach people of the Earth the Wisdom of God – on the basis of the deepest Calm and Divine Strategy of life...

“I want to tell a little about that which is eternal – as eternal as the shining of the stars in the universal space...

“The eternal is Love! Civilizations come, flourish, and disappear, new life arises and vanishes in various corners of the universe – but Love remains everywhere as the unchanging Basis of Everything.

“Love is the language of life that God speaks in the universe! Love is the language that helps people to understand each other! Love is the language that helps man to understand God! After all, God is Love!”

“Huang Di, how did You cognize the Creator?”

“It was so long ago that I cannot recall it!” jokes Huang Di. “I became One with the Primordial Conscious-

³⁴ Reprinted selectively from the book [5].

³⁵ Incarnate Divine leaders of countries. Huang Di was such a leader in ancient China.

Here He jokes about it.

ness so long ago that it hardly makes sense to tell My story now.

“I was always! I was at the origin of the Earth, and all its development from the beginning up to the present days happened with My help.

“My Mission is universal. Stars, galaxies, the entire manifest universe is contained in Me.

“As for the seekers of Me, I reveal with Myself the *unmanifest* to them. I also give them a possibility to cognize ‘the building material’ of the universe.³⁶

“I do not construct Brahmanic Mahadoubles, and almost always remain on the other side of the *Mirror*³⁷. I come to the Creation from My Abode through the worlds on the other side of the *Mirror*.

“... Being a Universal Divine Soul, I joined the stream of life on the Earth. Like many Others, I attained Divinity not on this planet. But no matter how various may be the Path of the *ascent* of souls, the law of the development is one for all.

“There exists Great Boundless Tao, and there are individual souls, created by Tao, that have to learn to use correctly the freedom of will granted to them by Tao.

“The freedom of will is a very interesting thing. It can bring the soul to falling into the abyss, or it can bring it to unbelievable *heights*... Everything depends on how one uses it.

“The correct use of the freedom of will brings one to *impeccable life*.

“There are three stages of mastering *impeccability*:

³⁶ Huang Di means here protoprakriti and protopurusha. (See in [6]).

³⁷ See in [6].

“The first stage that the soul has to master implies living in the world without disturbing its beauty, harmony, and balance. This is the ethics of relationships with incarnate beings and with all other elements of the Creation.

“I, like any other Avatar, told people about the laws that they had to follow in their relations with the environment. I taught people ethics, first of all. It is people that need to be taught ethics: lower forms of life almost never disturb the harmony of the world. But people are inclined to violate the laws of Tao...

“A soul which is capable of comprehending intellectually these laws, of embracing them, and of building its life in accordance with them – masters thus the first stage of *impeccability*. And Tao allows such souls, impeccable in the earthly matters, to advance further.

“At the second stage, people who observe the laws of *beauty* have to transform themselves into *beauty*. They have to merge with *beauty* into one, have to become it. Of course, it does not mean adorning the body, it implies transformation of oneself as a soul into *beauty*. This stage is mastered through the methods of cleansing the chakras and other structures of the organism, and then – through development of oneself as a spiritual heart.

“There may be many methodological variations here, but their essence is one: there is the ‘Heaven’ – Tao, and there is the ‘earth’ – the material world, also there are souls that have to walk the Path from the ‘earth’ to the ‘Heaven’, from *yin* to *Yang*. At the end of this Path, the soul merges with the *Beauty of Tao* and becomes It.

“The third stage of mastering *impeccability* implies that the soul merged with Tao learns to create actively the *Higher Beauty* on the Earth with each word, thought, or deed, emitting thus to the world the *Sparks of Beauty* from the Boundless Ocean of Tao...

“... I began My Service as an Avatar at the dawn of life of this planet. For millennia, China was the main area of My service. I brought to people the laws of ethics and the laws of cognition of the Highest. I manifested the Love of God in this world – *so that people may desire to become similar to Me.*

“There is the *law of similarity*: ‘Similar things are attracted to each other’. I sowed in souls the *seeds of Love* – and then for many centuries I could *attract them into Myself* with the Universal Magnet – with the *Great Love!*

“Many times I came to the Earth. People remembered Me in legends as the first Divine Emperor of China.”

“Did You have many successful disciples – those who cognized the Creator?”

“Yes, I did. I opened for them the Highest as I did for you.

“There are two fundamental things that My disciples cognized and that allowed them to master successfully the rest. They are *calm and the arms of the spiritual heart.*

“*Calm* is the basis of the ability to *dissolve oneself*. *Calm* is the basis of the ability of the consciousness to remain unstained, to remain transparent... The one, who is capable of becoming *calm*, is capable of *cognizing*.

“There is the phenomenon of *transparency*. There is the transparency of water, the transparency of air. And Tao is the *Subtlest Transparency!*

“In order to learn to cognize oneself³⁸, one has to feel – in *calm!* – *the arms of the consciousness: the arms of the spiritual heart*. One has to learn to touch

³⁸ Oneself – as a multidimensional structure and as a consciousness.

with the hands of these arms the objects on the non-material plane as with the hands of the body we touch material objects. One has to learn to feel the multidimensional space as water – and to move in it with strokes of the arms as in the water... If one masters this – then the worlds on the other side of the *Mirror* are easy to cognize. And *There* one finds the *Great Calm*...

“... A separate ‘I’ cannot possess the absolute power. In the universe, there is only one such power – the Power of the Creator!

“In order to unite oneself with this Power, one needs, among other things, to learn to accept the course of events as a manifestation of the Creator’s Will. One also needs to understand and accept the fact that the Creator controls everything happening in the universe.

“Mergence with the *Power* is possible only if there are no manifestations of the individual ‘I’ at all, that is when you accept the events without desiring some particular outcome for yourself. Only then are you invincible.

“... My Life is an unceasing development, an unceasing advancement to the new. I never remain the same, I am always changing.

“Everything existing, anything that happens is directly related to Me.

“In the Depths of Me is the origin, the beginning of everything.

“From there – from My Depths – comes the Power that gives beingness to everything. Every thing exists because I gave it the possibility to be!

“Now you can understand that behind every thing, behind every event there is Me.

“All manifestations – even those appearing most despising to you – may happen because I granted them such a possibility.

“Therefore, do not condemn anything or anyone!

“... The great, boundless *Ocean of Tao* is the *Basis* of the manifested world. Nothing exists on its own, independent of Tao.

“Everything in the world of the Creation becomes manifested and disappears with time. But Tao remains – *Living, Ever Existing!*

“Let everyone try to feel *this*, confronting everything transitional, limited in the manifest world – with the eternal, infinite Life of the *Ocean of Tao*.

“For those who have realized and felt this relation it becomes clear to what goal one has to aspire in life. This helps them to make the right choice and to avoid becoming deluded by viewing something in the material world as the essence of life...”

“Huang Di, please tell us something of Your biography.”

“Of which one?”

“Tell something that can be useful to us or something that is pleasant for You to recall.”

“Well.

“... One of My incarnations was quite different from the others. That time I had seven strong disciples, whom I initiated into the final stages of Buddhi Yoga. They were all to Me like children, they were all to Me like brothers! Every one of them could jump after Me into the abyss or enter into fire without hesitation... They all listened to Me with their minds, hearts, and consciousnesses.

“It was a rare fortune! It was like the shining of seven Suns that later merged simultaneously into the Father. Such things rarely happen in the history of the universe...”

You know what a group meditation is... The power of merged, synchronously acting consciousnesses increases by many times...

“It was remarkable. They aspired to Me, and I guided them. In the universal *Depths*, I accepted them and dissolved in the Infinity of the Creator...

“... When later They came to the Earth, They took sometimes the name Huang Di... This name was Theirs by the right of inheritance, and it seemed to Me sometimes that I was incarnated again on the Earth through Them...

“... Bright future is ahead of you! The light of knowledge will come to the Earth through you! But We understand that this is a gradual process.

“We all are with you! Together with you We work for the cause of the evolution of people and the Evolution of the universe!”

* * *

“All the multitude of material things cannot satisfy the needs of man, because man is not flesh and man’s needs are not limited to material things only.

“I am the Ocean that you have to cognize!

“Yet if you discover a pearl in the deep, it means only that you have been here, it does not mean that you have cognized the entire Ocean...

“I can describe My form in words. Yet words cannot express Me fully.

“I can put on a material body. But those who worship My body cannot see Me beyond it.

“I am beyond the boundaries of the manifest – I abide in Great Transparent Calm.

“I am right here!

“Even though you cannot grasp Me with the hands of your body, it does not mean that I am ungraspable.

“And if you cannot cognize Me right now, it does not mean that I am incognizable.

“I am present in everyone. Yet I am not everyone.

“In every breath of any manifestation of life, I am the One who gives the power to breathe!

“I have control over the entire Creation. Therefore it makes no sense for you to change in the beginning anything but yourself.

“You may ask: why do I need to change myself? You have to do it in order to cognize Me! Only they can approach Me who have become similar to Me!

“At the time when I was living in a body on the Earth, the deceased were called *the returned* and the living were called *the traveling*.

“When you cognize Me, you will cognize Tao!

“Can people come to understanding of the earthly and the Heavenly, of the manifest and the unmanifest only by reading about the inner and the outer? No, they cannot. Yet the one who knows that there exist Tao and Te may want to cognize Them. And the one who has never heard about Their existence is in great difficulty...”

* * *

“It should be understood that each individual alone is responsible before God for himself or herself! Work in a group does not resolve completely the problems of the development of each individual in a spiritual School. Each one should understand that he or she is personally responsible before God for his or her progress!

“The euphoria of the successes attained during collective work should not overshadow the personal efforts

directed to the self-transformation and realization of one's own place in the Evolution of the Universal Consciousness.

“Only in this case one will be able to combine oneself with God within the framework of the realization of *God-centrism*.”

* * *

“Don't kill anyone; love everyone!’ is a motto that I want to implant all over the Earth, including inside China!

“Aggression should give place to tranquility, love, and a situation when one holds every human and any other being on one's arms of tender care!”

Abby

“I was a personal Disciple of Huang Di, and I will be one of Those Who will direct the process of the creation of the new spiritual School in China.

“The essence of what is happening to you now, as well as of all the spiritual development of human beings, is contained in the following formula: ‘Path from “one-self” – to the Creator!’ . The same idea can be expressed with different words: ‘Path from a lower “I” – to the Higher “I”’.

“The principal methodological component of such a development is a correct growth of the spiritual heart! This is how a connection between a person and God is established according to the formula: ‘From a heart – to the Heart!’.

“Thus the spiritual hearts merge.

“All the rest is nothing but ‘candy wrappers’ and ‘overtones’...

“In a musical composition, there is a fundamental melody, which can be embellished with other sounds called *overtones*...

“On the spiritual Path a ‘fundamental melody’ is the mergence of the spiritual hearts of one person with another and of one person with God.

“And then all those spiritual hearts that have achieved the Divinity merge into the *United We*.

“This is a very simple formula and method!

“It is essential for every one to form a habit of studying and practicing these rules!”

Lao Tse

“... Yes, the ancient Chinese civilization is one of those important cultures of the Earth that humanity still remembers about. Its development from the very beginning was guided by Avatar Huang Di.

“It is since that time that people began to call by the name *Tao* the One and Indivisible Whole – God in the Aspect of the Primordial Consciousness.

“*Tao* is above everything and in the *depth* beneath everything.

“It is beyond understanding of the ordinary mind, yet It can be cognized with a developed consciousness.

“*Tao* is the Highest, the most Subtle and Blissful, indivisible into male and female, into left and right, into more and less perfect.

“It creates. It manifests with Itself the Original Essence of all things and phenomena, yet It is not these things or phenomena.

“*Tao* is omnipresent.

“Everything in the world of matter has certain limits, but Tao is unlimited and eternal.

“Only those dedicating their lives to cognition of Tao and living in *love* and *calm* can cognize Primordial Tao.

“The *Ocean* of Tao gives Calm to those who hearken to It with all the soul. It submerges and dissolves you in Itself. And then ‘there is no you’, there is only Tao, and you are full of Him!

“Millennia pass..., but the Teachings about Tao and about the Path to It remain among people.”

“You said that You were a disciple of Huang Di?”

“Yes... Once it was My turn to come so close that I began to see Him... I managed to become *calm* and *silence* to such an extent that I could hear Him. Huang Di began to speak, and I wrote down the text called *Tao Te Ching*...”

“Tell us please how did You learn?”

“From a certain stage, a consciousness developed in past incarnations receives a direct guidance from Tao. There is a stage in a soul’s development when the Teachings of the *Immortal Ones* can be not only understood in words but also realized in life.

“Such was My last incarnation. I came to the Earth to renew and to purify the Teachings about Tao from everything superficial and to leave this knowledge to people.”

“Legends say that You were a philosopher, a historian, and a keeper of ancient archives, that You retired and went traveling, and that a guardian on the border did not let You pass until You expounded Your Teachings in a written form. Is it true?”

“Yes. As Anyone Who has achieved the Goal and crosses the border of life-death on the way from the world of incarnate beings to the Life in Tao – so I had to leave My Message to people.

“... Even before this, in the previous life I was a disciple of Huang Di in one of His Great Incarnations.”

“May we ask You to tell us about Huang Di, about how He taught?”

“How does God teach? Don’t you know?... He shows the Way and then creates obstacles for you to overcome. He teaches you subtlety – and then suggests that you strengthen your power. He suggests that you become aware of yourself – and then shows that there is no you, that there is only Tao... Softly and gently, as a calm tender ocean, He embraces you and immerses you into Himself. And then – in silence and Infinity – there remains nothing of you! Then there is nothing but Tao – All-pervasive, Infinite!... And above the Ocean of Tao, there is Light which has Names and Forms... One of these Names is Huang Di. These Names are as many as the rays of the Sun. Among Them there is also Lao Tse.”

“Did You see Huang Di living in a body?”

“I saw Him living in a body, disappearing and appearing again. Yes, I saw Him! I heard His words coming from His lips. I heard His words sounding in the depth of the spiritual heart. I heard the *Silence* of His Quietness in the Depths of Tao.”

“Could You tell us a bit more about Him?...”

“These are very ancient images from the life of China...”

“Sunrise in the mountains... The Huang He river rolls its waters to the sea, which is called now the Yellow Sea. Do you know why? The Goldish Light of the shining of the Glory and Greatness of Huang Di reflected in it, and the water became filled with its yellow-goldish shining...”

“The castle of Huang Di... Its form resembled a giant multilevel pyramid. Wide terraces on every level of the pyramid allowed one to walk around it. In order to come to the next level, one had to pass through a guarded gate

into the inner rooms. There was a passage further – to the next level. People who had not achieved a certain level of the development of the consciousness were not allowed to come to the higher levels.

“In the inner rooms of the highest level, Huang Di accepted His closest associates and disciples.

“The first level was used for crowded meetings. Its giant gate opened outside – through it, solemn processions came out when ceremonies were performed.

“At that time Huang Di granted to China not only the Teachings about Tao but also knowledge for the material world: writing system, mathematics, astronomy, counting of time and calendar, many things of medicine. All this became available to people. Apart from this, His precepts about righteousness and order became the basis of welfare for centuries.

“... Quietly flows the Huang He river, the mountains’ tops are in the sky, and the Earth itself is their firm base... Look in the eyes of Huang Di and you will learn more...

“There are the eternal and unchanging Teachings of God. There is boundless Tao. Everything created by Tao comes and disappears, but Tao remains... It cannot be described with the help of words, but there are *Immortal Ones* Who have traversed the Path and cognized Tao!”

“Tell us, Lao Tse, do You have Your *places of power?*”

“Yes I do. I have many such places! Most of them are in China but there are some in other regions as well. I have been looking after the growth of many souls for many centuries. I like arts. I am a Patron of those who with a stroke of a brush on paper make viewers hold their breath and peer at that Unmanifest which becomes living on paper in the place where the picture left empty space. I am glad at the rhythm of verses which reveal

quietness. I am a Guardian of the traditions of *calm*, *harmony*, and *beauty*. *Calm* and *love* are the basis of the righteous beingness!

“... Soon, much will change in China...”

“How can we find in China people who can become interested in our knowledge?”

“You can find them through Europeans and Americans who seek the ancient knowledge of China. Through them you will find people that I want to connect with you.”

“Will You advise us on something concerning our new site dedicated to Tao?”

“It would be good to link it with serious sites of the same subject. Then it would be possible to find people that I talked about.”

“Please say something for beginners.”

“The dense and coarse brings destruction, aging, and death. Therefore, you should aspire in everything to the harmony and subtlety of the consciousness! Find beauty in the Creation – in a tender flower, in a gentle wind, in a transparent brook! One must learn not to disturb this harmony by rude actions!

“Then one has to cleanse in the heart and in the entire body – a place for Tao!

“One has to learn to serve Tao, having become Te. This is a quality of the Perfect Ones.

“The Perfect Ones quietly tell the world about the greatness of Tao!

“Seekers listen to Them in the silence of the soul and grow in cognition and love!

“*The Subtlest* has a great power to create and to spiritualize!

“Become similar to *the Subtlest* – and then you will be capable of embracing *the Whole*!

“The warmth of the *Great Sun* melts down the remains of the lower selves – and the Light of Love begins to flow freely through the bodies of those who have submerged themselves – as consciousnesses – into Tao! Then the Immortality of Tao comes up through their bodies – as they merge the consciousnesses with Tao and act from It. This can be likened to a blossoming peach tree: its branches imbibe the vernal life-giving current and produce beautiful flowers! In the same way, Tao comes up through the bodies and manifests to the world the Calm, Light, and Wisdom of the *Depths!* Having become rooted in the *Depths*, the Tree of Love grows and begins to bloom in due time, giving to the world the fragrance of the Truth!

“Listen in silence to how the blissful currents of *the Light of Divine Life* come up!

“Allow Tao to manifest Itself here! A *non-doing* of you is a *doing* of Tao!

“Come to know the *Great Border* after which there are no borders at all! The ‘bottom’ of the manifested world is just a ‘*Curtain*’ of the world of the *Depths*, which is infinite...”

* * *

“I become really upset about each flower that was torn off and thrown to the ground! I become really upset when a shot interrupts the song of any bird!

“I live among people and feel that I can’t help them!

“And I rejoice tremendously when I meet those who can perceive and accept the Will of God! They, among other things, do not tread on a worm that came out of the ground and give way to every ant and any other small creature!

“It is fundamental to merge firmly with the state of all-embracing Care!”

Huang

“My greetings to people living not for themselves but for God!”

“Huang, tell us please about Yourself.”

“Let Me first tell you who a true Taoist is.

“A Taoist is, first and foremost, the one who has cognized *calm*. The developed mind of a Taoist stays silent. A Taoist is immersed in contemplation and in the creation of the *fathomless quietness* in which Tao abides.

“A Taoist is firmly connected with Tao by the ties of Love.

“The Path of a Taoist is the Path of *calm* and *bliss*. The love of a Taoist is steadfast, the faith of a Taoist is unswerving. A Taoist feels *great tenderness* for all the Creation. A Taoist never harms living beings without necessity, never disturbs the calm of any creature.

“Tao fills the heart of a perfect Taoist, and a perfect Taoist lives in the Abode of Tao. A Taoist lives radiating bliss to all the living.

“A perfect Taoist becomes Tao.

“... And now I want to describe the methods that were taught in the School which I finished in one of My incarnations.

“The entire course of learning was subdivided into three main stages: a) the initial stage, b) the stage of thorough treatment of all the energy structures of the body, and c) the stage of transformation of oneself as a consciousness. The latter stage was also called ‘birth of the new body’.

“The initial stage of the School was open to everyone: anyone who had a sincere desire to change oneself could be accepted. This stage included the methods of initial cleansing of the body. Beginner students were taught to enter the subtle states of the consciousness. This allowed them, for the first time, to cognize the non-material *Light* inside the body. They were taught to merge with this *Light* and to wash the body with It. This helped to heal the body. Most of the students were quite satisfied with such an initial level of knowledge and did not ask for more.

“But there were those aspiring for more, those who wanted to receive the knowledge about further possibilities of self-development.

“Such seekers were gladly accepted in the School, but the requirements for entering the next level of learning were quite strict. Only those were admitted to whom this Path could really become the main purpose in life, those who could sacrifice all the rest and dedicate themselves only to this goal.

“These students learned to master more subtle states of the consciousness and to control sublimation³⁹. They were taught the methods of more thorough treatment of the entire body with *Light*. Special attention was paid to complete cleansing of the energy structures of the head. This work was considered successfully done when a flow of energy could absolutely freely and naturally move inside the body and nothing obstructed its movement.

“At the third stage, students worked with the *Golden Elixir*. This term denoted the most tender and subtle goldish *Light of Tao*. Students learned to find It in the *Primordial Depth* and had to accustom themselves to Its state, to the state of being this *Light*. Students also learned to influence the body with this *Light*. Under the

³⁹ Transformation of energy from one kind into another.

influence of the *Primordial Light*, the energy structures of the body had to as if ‘dissolve’, ‘disappear’, so that in the body there remain nothing denser than the *Light of Tao*.

“... I want everyone to understand that work with the *Primordial Light* or *Golden Elixir* – whatever one may call it – must not be reduced only to the treatment of the body. People have to transform themselves as souls, to change the emotional states, first of all.

“It does not make sense to move energy through the body again and again, hoping that the body transforms miraculously while the soul remains as coarse as it was. After all, the purpose of alchemy is not to transform the body into the *Golden Light* but to become the *Golden Light of Tao*!

“... Tao is *Calm*.

“Tao is *Bliss*.

“*Immortality* is mergeance with Tao.

“Centuries-old traditions live in China. They may become slightly forgotten... but again come to the Earth Those Who restore the Teachings about the Path and about the Highest Beingness.”

“Did You know Lao Tse?”

“No. I knew His Teachings. I lived after Him.”

“Tell us please more about Yourself, Huang.”

“When I came to My last earthly life, I had no unrealized desires of the soul that would require immersion into the worldly affairs. I sought neither glory, nor wealth, nor woman’s caress. I aspired to nothing but to cognition of Tao. I came to become a Teacher of Tao, and this intent, formed before the embodiment, led Me from early childhood.

“From childhood I lived in a small monastery, where there was true spiritual knowledge.

“As a little boy, I was initiated into the life of the Spirit.”

... Huang shows Himself – a child with deft arms and smiling face radiating light. He nimbly moves, climbs, jumps. He easily switches to the state of deep contemplative calm when sitting near adults immersed into meditation...

“My freedom was not limited, I explored the world around Me by climbing the mountains, observing the plants and other living things...

“The meditations of adults became the first lessons of *inner quietness* for Me. I cognized *calm* through the silence of the mind immersed into the *Heavenly heart* – the spiritual heart. These were the first meditations I learned.

“The stories of My tutors about the *Immortal Ones* were My main food for thought. The tutors wisely included in these stories history and ethics, psychology and truths about God.

“When I grew up a bit, the chakras and meridians, the organs of the body and its structure became the object of My study. I possessed clairvoyance developed in the past incarnations and easily mastered working with the energies of the body. The energies moved inside My body as flows of *goldish light* – like small mountain brooks. I could see every meridian and could easily direct there a flow of light.

“When I grew older, the next important stage was work with the *Divine Fire*. I learned to submerge into It in the *core of the Earth* through the structure called *the stem of golden flower*. I learned to be this *Fire*. The entire treatment of the body up to its smallest meridians was done by Me again – on this new level of subtlety.

“I could radiate now the *Divine Fire* from My eyes or could easily move it through the meridians of My arms

with the purpose of healing someone. I easily saw in the bodies of other people diseased parts and contaminated meridians that did not let the energy pass. And I could wash dark energies away or burn them with a flow of *Fire*.

“I was allowed to help the poor coming to the monastery. It became for Me the first important lessons on psychology: the ability to discern people. After all, healing of the body without transformation of the soul cannot give a stable positive result. On the contrary, it can only burden the destiny of the healed person and of the healer⁴⁰ as well.

“Then I ‘crystallized’ a giant Spiritual Body. In such a Manifestation I met you for the first time on this *place of power* of Mine and helped you then to cleanse your bodies.

“The next stage was a stage of merging with Tao. I had to master the *Great ‘non-I’*. I had to learn to retain this state not just for several minutes or hours: I had to become it.

“It was non-doing from the ‘I’.

“It was non-thinking from the ‘I’.

“It was *total reciprocity* in the Abode of Tao.

“It was cognition of the *Highest*, of the *Original Source*, of the *Ocean of Tao*.

“The *Great ‘non-I’* was now the *Ocean of Tao* in the *Primordial Depth* and in every part of My body.

“I learned to be the *Ocean of Tao*, which fills from within everything, everything that has a form and everything formless.

“This state became *total! The Bliss of the Subtlest One* was in everything, and there was no ‘former me’.

⁴⁰ Read about the principles of healing in [12].

“Everything submerged into the *Ocean* becomes filled with It like a jug submerged into water.

“I want to give you this state of *Great ‘non-I’* connected with the material body. It is the state when all parts of the body are purified from the ‘I’, immersed into the *Ocean of Tao*, and filled with Its Great Calm.

“If one lives so, then the next step is easy. One needs to perceive this *Great ‘non-I’* as the *only existing ‘I’ of Tao*. In order to realize this, one must grow a giant *Immortal Body*. This state may be called *the dynamic aspect of Nirvana in Tao*: the ability to act from the *Primordial*, from Tao.

“I cognized this and became a Master of Tao.”

“Huang, did You have many disciples?”

“Not many: tens, not hundreds. I taught those who were near Me and those few brought to Me by God. You know One of Them: His name is Han.

“I also left Teachings to people and later helped many from My non-incarnate state. I am also happy that I helped you.

“I love you all, you are My spring!”

... Huang shows Chinese pagodas, an old Taoist edifying his student. Gardens. Handmade beauty...

“Such an environment is favorable for cognition of Me.

“I am the *Beauty!* And a reflection of this Beauty is the beauty of people who have cognized Me.

“... I want you to also note that through cognition of handmade beauty, one can approach the cognition of Me.”

... Huang shows teahouses, trails in gardens where a brook murmurs and lotuses bloom...

“This handmade *beauty* immerses one into *calm* and through *calm* – into Me. I want it to be so throughout the Earth: so that *dissolving calm* immerse people into Me!”

“And what about the beauty of nature?”

“Not everyone can admire it. Some people living in cities virtually never go outside... They can know a little of the *Beauty of Tao* through handmade beauty.

“And note: the beauty of souls is the *highest handmade beauty!*”

Han

When we intended to visit two Divine Teachers for interviewing Them, Huang and Han, and it was closer for us to go to the favorite place of Han, I asked Him:

“We are going to visit You tomorrow. Will You receive us?”

“No,” He answered. “According to seniority, you should go to Huang first!”

... So, yesterday we visited Huang. And today, since early morning we stand around a fire near a Mahadouble of Han.

We are in the fir-birch forest. It is the time of dawn... A flock of tits cheep in the branches of trees. The white smoke of our fire wafts up and dissolves in the air on the background of the blue sky and white clouds...

We ask Han to tell about Himself, about the methods that He used for attaining Perfection. Until now, we knew only that He is from China and that He attained Perfection in the Taoist tradition. We also ask Him to give recommendations for us, and – through us – for other incarnate people.

Han says:

“Silence of the mind! Become silent all whose minds are developed! Only then the arms of the spiritual heart can be opened, and then the Embrace of the Heavenly Father will open towards them!

“With the arms of love embrace all the living in the Creation and then – Tao!

“This is how I traversed the entire Path, and so did Every One of Us. In the same way I guided into Me every one of you, who ‘put on the hat of Don Juan’⁴¹ already or are going to put it on soon.

“In all times on all continents of the Earth, in all countries, only one strategy helped righteous souls to advance radically to Me: it is silence of the developed mind!

“Only when the developed mind becomes silent, then in such a body and through such a body I begin to speak!

“I let into Me only those developed souls whose mind learned to be silent! Then it is enough to have one *United Mind!* The second mind is an obstruction!”.

“Will You tell us how You developed?”

“In that very *silence* I bloomed as a flower.

“In ‘velvet’ conditions My Master raised Me. He was Huang!

“A garden, ponds with lotuses... It was His ashram of Tao...

“The theory of growing the ‘*golden flower*’ was also formulated for the first time by Huang. You read these thoughts many years ago. The title was *Mystery of the Golden Flower*. Unfortunately, these ideas came to you in the form perverted by the translators.

⁴¹ Here, in the form of a joke, Han speaks about one of the meditations given to us by Juan Matus.

“The essence of this treatise is the following:

“The corolla of the ‘*golden flower*’ is the developed anahata.

“Its stem is that part which goes into the Abode of Tao.

“The ‘*golden flower*’ grows with its *roots* into Tao.

“The ‘bulb’, like that of a tulip, is formed in Tao. In-to this ‘bulb’ one has to move with the *anahata with arms*.

“And then – as you know already – an individual ‘bulb’ merges with the ‘bulbs’ of all Those Who are *There*... Actually, there is one united ‘Bulb’ *There*... It is infinite in space and time... It is Tao.”

“Thank You. It is clear to us.

“Tell us please, why have You settled in Russia?”

“Here I raised you!... You cognized Perfection thanks to Me, thanks to Us!...”

“Thank You, dear Han! But please do not consider this work ended! I am not satisfied with myself! I know that I have to develop further! I know the next steps that I have to make...”

“In the coming spring you will master the intended stages...”

“Han, tell us please something of Your past that can be valuable for incarnate people, for example, how You learned from Huang.”

“I sought an *Immortal*⁴² Master of Tao who would show Me the way.

“I saw many. They all told Me that they knew the truth, that their methods could help one to achieve *im-*

⁴² Possessing an *Immortal Body*, which is the Consciousness *crystallized* in the Abode of Tao.

mortality... Yet I did not trust their competence and went further...

“Once I stayed to rest near a brook. Nearby there was a monastery where I was going.

“A man approached Me and asked permission to sit nearby. His body was filled with soft *calm*...

“He asked Me where I was going.

“I answered that I was seeking a wise man who could teach Me how to cognize Tao.

“Huang (it was He) said:

‘In this way you will never find what you seek! You have to seek not a person but Tao! Then Tao will be your guide and will bring you to the Goal!’

‘Thank you for your wise advice,’ I replied. ‘Tell me: in what direction should I go?’

‘You have to go not farther but *deeper*! Tao is the Subtlest, It is *in the depth beneath everything*. It is everywhere. When you master the silence of the mind, then you will see the Path which can be cognized only by the heart.’

“... I understood... that I did not know where to go... So I became a disciple of Huang.

“... Then for a long time I lived in the delusion that He did not know answers to the questions which He asked us, His disciples. In reality, He... just brought us to the threshold of new discoveries, but every one of us had to move further only by making personal efforts...

“For a long time I lived so, being ignorant of His Greatness... His wisdom was... quiet.

“Only later, recognizing in meditations His gentle smile and tenderness, I realized eventually His all-embracing *Unity* with Tao...

“He helped many people, Me in particular, to cognize this Great *Unity*.”

“What would You advise those who want to control the mind?”

“Silence of the mind can be mastered through the lessons that I give to people.

“Accustom your minds to respect every life.

“Teach your minds to be grateful. The grateful mind is lowly and obedient. In the grateful mind, the seeds of pride can never grow, a grateful person never becomes haughty.

“Enormous is the work and infinite is the patience of the *Ocean of Tao* in raising souls! Immeasurable is the Power of Tao’s Love which feeds every life!

“In essence, people have nothing to be proud of. Everything they achieve in worldly affairs or in spiritual search is a result of the efforts of many and not only of this particular person. One receives knowledge from books, from other incarnate and non-incarnate souls, from the infinite variety of life on the Earth. And behind all this, there stands the Heavenly Father, Who created the sky and the Earth and all the living. People just use gifts of the Heavenly Father, efforts which they make on development of themselves as souls is a very small reward for all His Love and Care!

“The greatest event in the universe is when a human soul opens itself for Tao! Such a soul-flower is an invaluable treasure for Me! There is nothing more important than this!”

Jao

Jao is from China – according to His last incarnation. He was the Disciple of Lao Tse. Under the leadership of unembodied Lao Tse, Jao managed to create an ashram,

in which beauty and harmony prevailed. In this ashram, He raised a group of disciples.

Here – a young and beautiful intangible image of Jao has approached in the sea of golden Light. He is surrounded by His companions and followers.

Jao shows us His ashram: a lake with flowering lotuses in a gentle morning mist, a light boat slides along the smooth surface of the water...

He draws our attention to the way in which He now gives us this beauty: He re-produces it, creating images by Himself-Consciousness. He says that each of the Perfects can do the same, coming from Tao.

And we now can perceive the wonderful picture that is created by Him: to see the reflections of the sunny rays in the water, to hear the soft splashing of the oars, the sounds of lotuses pushed apart by the sides of the boat, also to touch the droplets of dew on gentle petals.

Jao explains that beauty exists on both the material and Divine planes.

And, in fact, the Beauty of Divine Souls is the Highest Beauty!

Due to this, embodied people can learn to live in impeccably beautiful states of souls!

And another task exists: to learn to create subtle works of art, saturating in harmony and beauty. And also – to help others in mastering it.

It is very important so that the true beauty and wise images, explaining the laws of true rectitude and harmony, – are food for souls.

Let true art bring all this to people!

Lin

We are resting near a fire under tall, dense fir trees. Nearby, a dozen meters away, there is a place where one can feel the Embrace of Lin inside His Mahadouble.

Subtlest Divine Fire-Light arising from the Abode of the Creator consumes and dissolves one in Itself – it is enough just to open the *arms of the spiritual heart* towards Lin. And then with His embrace Lin submerges one into His Universal Heart, into the deepest *Quietness!*

“I am so glad that you decided to publish a collection of Our biographies, which gives living examples of the methodology of how virtually every common person can begin striving for the cognition of God and after some time merge into Me, into all of Us Who represent the *Primordial One* and constitute His Essence!”

“Lin! Tell us please about Yourself! How did You attain Divinity?”

“My first teacher was *love...*

“... I was born in the north of Korea. I was the only son of wealthy and noble parents. My mother lived in the state of tender love. She always radiated soft love and tenderness towards everyone. I grew in this field of hers.

“She died when I was only seven years old. To comfort Me, My father explained that every soul is immortal and that without a body the soul feels itself even better. I understood this... as a possibility to make My mother come back.

“I began to seek her, tried to see her as a soul, to embrace her, to feel her love. And I succeeded! She embraced Me gently and said:

‘If you feel sad and lonely, if you miss love, remember how much I love you and try to give your love to other people as I give love to you. Then love will always be with you, and you will never be alone! If you weep and

ask for love, you can never be satisfied. All the love which you receive from others can end..., but love which lives in you never ends!’

“She embraced and stroked My body and filled the room with her love...

“I remembered those words all My life... And I tried to live as she taught. I lived *radiating the light of love*. People felt this light and wanted to be with Me... And I, thanks to radiating love to all creatures, learned to see beauty and harmony...

“Then *beauty* became My second teacher.

“Even in childhood, the state of attunement with sattva was natural for Me – the attunement with morning tenderness, with subtle light of the rising sun, with clear purity of morning freshness, with fragrance of flowers that fills the air, with singing of birds praising every new day. For Me it was the first step towards God in that incarnation, because it allowed Me to know subtle, tender states which cannot be found among the everyday concerns of people.

“Then in mergence with *beauty*, I began to enter a special state of the soul when My personal ‘I’ disappeared and I became *beauty*.

“I sought *beauty* and found it everywhere: in the sunset over the expanse of the sea when the evening fills everything with its warm calm, in the best works of art, in the patterns of natural landscapes...

“With time I developed a desire not just to merge with *beauty*, but to be in the state of constant mergence with it. And I wanted to find a teacher – a *master of beauty* who could reveal to Me its laws...

“... Soon My father sent Me to a Buddhist monastery for receiving education.

“There *quietness* became My third teacher.

“In that monastery there lived an old Chinese-Taoist. I liked to converse with him. He told Me about other lands. My world expanded beyond the monastery’s walls...

“Sometimes we sat together, and he suggested listening how in his distant native land water murmurs in a river... I did not hear how water murmurs, but I heard the *quietness*, which was below the ground.

“... The *quietness* was vast, transparent... It *reached* the place where the old Chinese lived years ago... Then the *quietness* appeared *everywhere*, inside and outside of Me...

“Often we sat so, immersed into *inner quietness* and *calm*. The entire vanity of the world remained outside, it could not penetrate into the *quietness*... It *had no right to cross the border of the quietness of the heart* filled with calm and love...

“... I liked to study, especially to study the scriptures kept in the monastery. They were priceless... I thirsted for knowledge and could absorb it as a sponge absorbs water.

“Then *knowledge* became My forth teacher.

“I got acquainted with a group of Buddhist monks, who taught Me a lot of new things. They were not spiritual Masters, but they told Me about their views and about some truths: about the principle of non-harming, serving others, etc. The acquaintance with them became an impulse for Me for further development; it awakened My interest to searching for spiritual Self-Realization. I sincerely wanted to find in life something higher, something that could give a higher meaning to life... I felt a need to seek a higher meaning of life, to realize it, and to tell others about it!

“I went to China and began studying art in a Buddhist monastery. Thanks to this, I soon met several monks who were not just followers of the religious tradition but *spir-*

itual seekers. Communication with them opened new horizons to Me.

“They had contacts with a spiritual center in China, which possessed serious spiritual knowledge and methods. Only few people were admitted to studying in this center – those capable of comprehending the higher knowledge and using it properly.

“When I learned about the existence of this center, I wanted very much to come to it.

“Only after being admitted to that center did I enter on the real path of developing Myself as a consciousness with the help of practical techniques.

“I mastered the initial stage of work, which included studying the principles of sattvic nutrition, cleansing the energy systems of the body, exercises for the body and for developing the ability of moving the concentration of the consciousness to various parts of the body.

“On the next stage, My instructor taught Me to flow out from the chest as love and to embrace the expanse around – the forest, the mountains... I embraced with Myself-heart the nature and for a long time stayed in this state. In this way I cognized *calm* much more fully.

“I *grew as a consciousness* in these states of *calm*, among the *quietness* of mountains.

“... But one day a new head was assigned to the monastery. The new order, established by him, was harsh. I was frightened by the thought that I had to spend all My life in this abode. I left and went traveling...

“Thus *life* became My fifth teacher.

“I learned a lot then. I visited different Taoist and Buddhist monasteries, looked at the life of people who lived there, at their joys and sorrows.

“I could easily make a living thanks to the knowledge gained in the process of studying. I could write a petition

or suggest medicinal plants for curing different diseases, or perform any other work... I saw a lot of different people. I also cognized the love which can unite two souls – a man and a woman... I acquired invaluable experience of life, which allowed Me later to understand many things...

“One day I heard in the *quietness* a voice suggesting that I go home because My father was going to die soon.

“I came back but could not heal him... After his death I inherited great wealth.

“... I decided to build My own monastery, where I could unite all the best that I saw in My travels. I chose a place of amazing beauty and hired builders.

“Soon other people, inspired with My plans, joined Me. My friends and teachers also came to Me.

“I was burning with the idea of creating the most remarkable monastery! The work went on. I was *proud* of My creation!...

“Then *humiliation* became My sixth teacher.

“... A traveler came to the monastery...

“All who came to Me liked everything in the monastery. *Proudly* I showed them what had been done and told about My plans...

“But this guest looked around... and only shrug his shoulders...

“At the end he said:

‘The main thing is missing here: here there is no God!’

“... God talked to Me through the mouth of that man.

“... The traveler went away. And I remained... *in the ruins of My pride*...

“From that moment, I never allowed self-conceit to delude Me...

“I had wanted to create a beautiful abode – an *abode of Love*. But this could be done only with God, only for Him. And for whom had I been doing it?...

“Moreover, I forgot about meditations, which I considered unnecessary for the head of the monastery...

“And *meditation*⁴³ became My seventh teacher.

“I set My goal to cognize the *Primordial One!* And I began seeking Him fervently! I forgot about the rest! Now I walked only to Him!

“Meditation became the means of overcoming the distance between Me and Him...

“And then He – Primordial, Omnipresent – allowed Me to feel Him!

“I was astonished... I merged with Him! I cognized the *Primordial One!*

“I submerged into Him again and again. I spent days and nights in the meditations of Mergence. I was amazed with His Greatness and Love!... I wanted only one thing: to stay in Him forever!... I strove to achieve that fullness of the state of Nirvana which would never end...

“... Then one day, when I was walking through the monastery, *He* began to show Me... the desolation which came over the monastery since the time when I dedicated Myself only to meditation...

“He showed Me My people... They spent their free time in all kinds of ways!...

“Lacking My attention, the monastery became similar to a withering young tree...

“The *Primordial One* reproached Me:

⁴³ Here Lin means the higher meditative steps. Earlier meditative training began in His life in childhood – in meditations of merging with the living nature.

‘Let your love for Me sprout with love and care about every being! Only then will you become a Great Teacher! And now – be ashamed that you deprived My children of your love and care!...’

“Thus, *care* became My eighth teacher.

“... Since then, I had students, and they were numerous...

“... My further path was simple. ‘Under the weight’ of all those whom I supported with My palms, I submerged deeper and deeper into the Abode of the *Primordial One* – the *Main Teacher* for Me and for all people.

“And He told Me:

‘You have to go always only to Me! And I – in you – will go to other children of Mine: to those whom I entrusted to your care!’”

“Tell us: how did You teach them?”

“Love develops in souls through *their* help to other beings in everything good – in great and in small. Meditation techniques allow knowing something *new*, yet this *new* transforms into one’s beingness only through love-giving, love-service.

“So God taught Me.

“It is through care about My children, that I learned to feel and to see people as He does. I learned to look with His eyes – and to see a step which a concrete person can take right now. I never said: ‘Come here! Do so!’ I gave tasks that made the disciples take certain steps on transforming themselves. The disciples made decisions themselves. They made efforts themselves and achieved new stages in their development. The disciples were led only by their love for the *Primordial One* and by their love for all beings.

“I helped everyone who asked for My help and accepted My guidance.

“Some of My disciples paved with stones a trail to a pond – so that everyone walking this trail could enjoy handmade harmony... Or they taught meditation methods to other disciples... The task was always hard but accomplishable. One needed to collect all strength of the soul and to be burning with love – for making every such a step towards the *Light*.

“Not every disciple of Mine cognized the *Primordial One*, but everyone advanced on this Great Path.

“As one digs a well, I dug ‘dense layers’ of souls exposing their common *Source*⁴⁴, so that My disciples could satisfy their thirst for cognition.

“As one opens a window to let in the light, so I opened souls to the *Eternal Light*. And then this *Light* – through the opened hearts of My disciples – flowed outside to every being.

“And every Soul that achieved the Summit continued service from the Abode of the *Primordial One*. The end of the human Path became for such a Soul the Great Beginning of new Divine Beingness.

“... Thus I grew souls collecting wisdom of ages and sowing knowledge, so that the *Primordial One* may collect the fruits of wisdom.

“I gave love and sowed its seeds, so that the flowers of love with their fragrance may please everyone, so that its fruits may produce seeds and produce new shoots! I gave power to all who grew properly.”

“Tell us please how did You master materialization and dematerialization?”

“I never aspired to mastering materialization and dematerialization. I just merged with the Primordial Consciousness so deeply that My physical form became simi-

⁴⁴ Atman, Higher Self.

lar to a ‘protrusion’ of Its Abode into the material world. My body merged with the *Primordial One* so deeply that He could easily reproduce this corporeal appearance on the material plane in any corner – wherever He needed.

“I became united with the Ocean of the *Primordial One*. His Will manifested through My body. His words came from My mouth. His eyes looked from My body. His Wisdom became My Wisdom. His Calm became My Calm. His Love became My Love. His Care became My Care.

“... Man’s flesh has to be free from the ‘I’, so that He may enter it. This is realized through the great mystery of *Mergence*.

“When an Individuality, which has achieved Perfection, dissolves in the *Primordial One* and remains in Him, then the body does not belong to sansara⁴⁵ anymore.

“The eyes which look in the depths of the *Whole* allow the *Primordial One* to look through the eyes of the body.

“The Arms of the Consciousness which gained the ability to act from the *Primordial One* allow the arms of the body to be filled with the power of the *Most High*.

“And then your *boundless Heart* becomes connected forever with the *United Heart* of all of Us.

“All this opens an *Entrance*, through which other consciousnesses can flow into the *Primordial Ocean* and become It...

“Buddhists call this Nirvana, the state of Buddha, Liberation.”

“Lin, please tell us a few words for beginners...”

⁴⁵ The material world, where maturing of embodied souls takes place.

“Let the *quietness* of morning calm and freshness touch every heart! In Korea this is called *choson*: this is the name of My country, the name of My nation...

“I also want to tell you about working with the *arms of the consciousness*. I, as you did, always paid special attention to working with the *arms of the consciousness* in teaching students.

“What can an armless person do on the Earth? Not much. It is the same with living in subtle worlds: to live there, to help, to work, to love, one necessarily needs developed *arms of the consciousness*!

“The arms of the material body grow from the chest, where the anahata chakra is located. In the beginning, the spiritual heart resides in this ‘chest’ as in a cage. “With the aspiration to *give* – the heart breaks free from this ‘cage’. And from this moment the proper growth of the consciousness begins; gradually such a soul becomes a large and *free* spiritual heart. Its organs for performing actions, as it is with the material body, are the *arms of the consciousness*. These *arms* are coessential to it. They, too, consist of love.

“The ability to act with the *arms of the consciousness* determines one’s ability to move through the eons of the multidimensional universe; later it determines also the firmness of Mergence with Me and staying in Me. ‘Armless idlers’ cannot stay in My Universal *Depths*: they cannot dissolve themselves in Me: they just pop up to the surface like corks...

“God is the Greatest Worker in the universe, and millions of *His Arms*, growing from the *United Universal Heart*, constantly take care of all living creatures: embrace, caress, stroke, support, feed, heal, dissolve, defend, help, teach...

“To learn to work with the *arms of the consciousness* now, while possessing a body, is much easier than after

disembodiment. It is so because when working with the *arms of the consciousness* one may feel their connection with the arms of the material body. Moreover, if the arms of the body are skillful, strong, able, it significantly helps to develop the *arms of the consciousness*.

“... The size, form, and functions of the *Divine Arms of the Consciousness* can be quite different.

“They can be Rays of Atmic Light emanating from the Abode of the Creator, for example in case of healing – to make a pointed, powerful effect.

“Or they can be big *Arms of a Divine Mahadouble*, which can be stretched to any distance, which can reach any corner, any place on the planet’s surface to help those who need help.

“With the *Arms of the Consciousness* stretched from the Abode of the Primordial Consciousness, one can heal by bringing the ‘*Curtain*’⁴⁶ close to the patient’s body and then accurately, with the tips of the Fingers, cleanse the diseased parts of the patient’s organism.

“The *Arms* can be similar to a shining Ray of Joy and Bliss – when one needs to support instantly someone in their good deeds.

“The *Divine Arms* can caress, can submerge souls into the Heart of the Absolute, can fill them with calm and power, can give rest to tired souls who aspire to Me.

“God works hard without cease! This constitutes His Life. Through this, among other ways, His Evolution goes on!”

* * *

“Meditation implies feeling His presence constantly.

⁴⁶ The *Curtain* is a boundary between the Abode of the Creator – and all other eons. See the Gospel of Philip.

“Meditation is a means of entering Him.

“Meditation is a means of merging with Him, when an individual soul can touch Him, know Him, dissolve itself in Him.

“The state of the True Beingness is a disappearance of everything but Him. It is the state of His Life, His Love, His Evolution...

“Life in Me is Infinite Freedom! Consciousnesses living in Me are not shackled by the manifested world.

“In order to become Me, one must learn to be *free* here, on the Earth. A soul accustomed to the life of a slave simply cannot merge into Me!

“I am Infinite! I experience My Beingness in all its fullness. To merge into Me means to live My Life; it is not about getting for oneself a nook in paradise.

“Live My Life in all fullness!

“And one more thing:

“One has to go to Perfection firmly and resolutely! I will guide everyone who is ready to work like this; I will help this person to fully cognize Tender Tao and become It!”

Recommended books

1. Antonov V.V. – Agni Yoga. “New Atlanteans”, Bancroft, 2008.
2. Antonov V.V. – Atlantis and the Atlanteans (The Emerald Tablets and Other Texts). “New Atlanteans”, Bancroft, 2008.
3. Antonov V.V. – Bhagavad Gita with Commentaries. “New Atlanteans”, Bancroft, 2008.
4. Antonov V.V. – The Beauty of Pure Islam. “New Atlanteans”, Bancroft, 2008.
5. Antonov V.V. – Classics of Spiritual Philosophy and the Present. “New Atlanteans”, Bancroft, 2008.
6. Antonov V.V. – Ecopsychology. “New Atlanteans”, Bancroft, 2008.
7. Antonov V.V. – Forest Lectures on the Highest Yoga. “New Atlanteans”, Bancroft, 2008.
8. Antonov V.V. – The Gospel of Philip. “New Atlanteans”, Bancroft, 2008.
9. Antonov V.V. – The Original Teachings of Jesus Christ. “New Atlanteans”, Bancroft, 2008.
10. Antonov V.V. – Patanjali’s Ashtanga Yoga: from Theory – to Practical Realization. “New Atlanteans”, Bancroft, 2008.
11. Antonov V.V. – Pythagoras and His School. “New Atlanteans”, Bancroft, 2008.
12. Antonov V.V. – Sathya Sai Baba - the Christ of Our Days. “New Atlanteans”, Bancroft, 2007.
13. Antonov V.V. – Sexology. “New Atlanteans”, Bancroft, 2008.

14. Antonov V.V. – Spiritual Work with Children. “New Atlanteans”, Bancroft, 2008.
15. Antonov V.V. – The Teachings of Babaji. “New Atlanteans”, Bancroft, 2008.
16. Antonov V.V. – The Teachings of Don Juan Matus. “New Atlanteans”, Bancroft, 2008.
17. Antonov V.V. – Sexology. “New Atlanteans”, Bancroft, 2008.
18. Antonov V.V. – How God Can Be Cognized. Autobiography of a Scientist Who Studied God. “New Atlanteans”, Bancroft, 2009.
19. Antonov V.V. – Anatomy of God. “New Atlanteans”, Bancroft, 2010.
20. Antonov V.V. – Life for God. “New Atlanteans”, Bancroft, 2010.
21. Antonov V.V. – Spiritual Heart. The Religion of Unity. “New Atlanteans”, Bancroft, 2010.

Our video films:

1. Immersion into Harmony of Nature. The Way to Paradise. (Slideshow), 90 minutes (on CD or DVD).
2. Spiritual Heart. 70 minutes (on DVD).
3. Sattva (Harmony, Purity). 60 minutes (on DVD).
4. Sattva of Mists. 75 minutes (on DVD).
5. Sattva of Spring. 90 minutes (on DVD).
6. Art of Being Happy. 42 minutes (on DVD).
7. Keys to the Secrets of Life. Achievement of Immortality. 38 minutes (on DVD).
8. Bhakti Yoga. 47 minutes (on DVD).
9. Kriya Yoga. 40 minutes (on DVD).
10. Practical Ecopsychology. 60 minutes (on DVD).

11. Yoga of Krishna. 80 minutes (on DVD).
12. Yoga of Buddhism. 130 minutes (on DVD).
13. Taoist Yoga. 91 minutes (on DVD).
14. Ashtanga Yoga. 60 minutes (on DVD).

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<http://stores.lulu.com/spiritualheart>

You can also download for free our films, screensavers, printable calendars, etc. from the site:

www.spiritual-art.info

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