Classics of Spiritual Philosophy and the Present

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Since the very beginning of the existence of humankind on the Earth, God has been teaching people what He wants them to be, what the meaning of human life is, and how one can realize it.

Let us look at what He has been teaching from the time of Atlantis — up to our days. We may see that His Teachings were the same though imparted through different Messiahs and prophets in different words — depending on concrete cultural traditions and political situations.

In addition to its historical value, this book can also become a manual of spiritual development for all those seeking it.

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Thoth-the-Atlantean — The Emerald Tablets

"I began preaching to people the beauty of religion and knowledge.

"O people, men born on the Earth, who indulge in drunkenness, sleep, and the ignorance of God! Sober up, cease your surfeit, awake from your dullness!

"Why do you give up yourselves to death while you have power to partake of immortality?

"Depart from the dark path, be partakers of immortality, abandon forever your vices!

"Nowhere but in God can you find good!"

(From Hermes'[1] address to the Egyptians)

Atlantis was an archipelago consisting of two large islands situated in the Atlantic Ocean near the Mediterranean Sea. There existed a highly developed civilization of the Atlanteans. The most important point about this civilization is that it possessed the true religious-philosophical knowledge, which allowed many people to advance quickly in their development — up to the Divine level — and accomplish thus their personal human evolution.

However, with time Atlantis' spiritual culture degraded, and as a result the power in the country was taken over by aggressive people, who preferred black magic and domination over others rather than the principle of the true spiritual development. Then God made the islands of Atlantis sink into the ocean.

But the higher spiritual knowledge was preserved by some Atlanteans, Who achieved Divinity. They brought it into Egypt and other countries, where this knowledge existed for some time providing a basis for the local spiritual culture.

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[1] **Hermes Trismegistus is the name of Thoth-the-Atlantean in His next incarnation in Egypt.**

About the Emerald Tablets[2]

In the *Emerald Tablets*, Thoth-the-Atlantean explains the reason for the destruction of Atlantis: confidential knowledge was imparted to unworthy people and the latter began using it for evil purposes. They also adopted bloody sacrifices — and this resulted in numerous incarnations of hellish beings among people.

When the destruction of Atlantis happened (two islands submerged into the ocean one after another according to the Divine Will), Thoth-the-Atlantean moved to Egypt (Khem) with a group of other Divine Atlanteans.

The *Primordial*[3] advised Thoth thus: "Go forth as a Teacher of men! Go forth preserving the records (with Teachings) until in time the *Light* grows among men!

"*Light*[4] shall You be all through the ages, hidden yet found by enlightened men.

"For working on all the Earth, give We You power, free You to give it to others or take it away."

And then Thoth worked as a *Representative of the Primordial*.

… Thoth relates that He went the entire Path to Mergence with the *Primordial*. He writes that anyone can traverse this Path. The Path necessarily contains obstacles, which create difficulties for travelers: these difficulties prevent weak, ethically unworthy, or intellectually immature people from going further. "Go! But do not take with you the unwise, insincere, weak!" says Thoth.

Thoth gives basic recommendations for initial harmonization of the chakra system. For fulfilling just these recommendations He promises health and longevity.[5]

On the higher stages of meditative practices (i.e. on the stage of Buddhi Yoga), one has to dive with the consciousness into the *Depths* of the multidimensional space and cognize there "star worlds" and the *Light of the*

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[2] This chapter presents a selection of excerpts (compiled and edited by Dr.V.Antonov) from the book of Divine Thoth-the-Atlantean discovered by Dr.M.Doreal in his expedition to the pyramids in South America.

[3] The Primordial Consciousness, the Creator, God-the-Father, Jehovah, Allah, Tao, Svarog, and other names used in different languages — all these are synonyms.

[4] *Light* is not a symbol but a real state of the Divine Consciousness.

[5] See information about the chakras and methods of working with them in [6].

Great Fire on the Path to the Abode of the _Primordial_[6]. There are also other spatial dimensions, which are "vacant to all seeming, yet hidden within them are the _keys_…"[7]

Thoth also explains one of the higher meditations — the _Temple_ and its particular variation — the _Pyramid_.

About the history of His own spiritual ascent Thoth says the following:

"Once in a time long forgotten, I, Thoth, opened the _doorway_, penetrated into other spaces and learned of the secrets concealed.

"Often did I journey down the dark pathway unto the space where the _Light_ ever glows.

"Long then dwelt I in the Temple of the _Primordial_ until at last I was One with the _Light_."

Later Thoth embodied Himself again in Egypt and was Hermes Trismegistus (Thrice-born)[8].

*** * ***

Thoth gives the following directions to spiritual seekers:

Preserve and keep the command of the _Primordial One:_

Look in your life for disorder and get rid of it! Balance and order your life!

Quell all the chaos of emotions and you shall have harmony in life.[9]

Conquer by silence the bondage of words.

Keep ever your eyes on the _Light!_

Surely when you deserve it, you shall be _one_ with your Master! And surely then you shall be _one with the All_[10]_!_

Know My commandments! Keep them and fulfill them, and I will be with you, helping and guiding you into the _Light!_

Out of the darkness shall you rise upward, _one_ with the _Light!_

Man has to strive to become the "Divine Sun"[11].

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[6] The Primordial Consciousness; synonyms: the Creator, God-the-Father, Jehovah, Allah, Tao, Svarog and other terms in different languages.

[7] These "spaces" are really existing spatial dimensions (planes, eons, lokas) that can be cognized by a developed consciousness. They are represented on the scheme for studying the structure of the Absolute published in [6].

[8] See explanation in the Gospel of Philip.

[9] There has to remain only the emotions of love on the background of inner quietness — _hesychia_.

[10] By _All_ or _Whole_ here and further in the text Thoth means God in the Aspect of Absolute.

Follow this Path and you shall be *One* with the *All!*

***Light* comes only to those who strive. Hard is the Pathway that leads to the Wisdom; hard is the Pathway that leads to the *Light*. Many stones shall you find in your pathway, many mountains shall you climb towards the *Light*.**

Man, know that always beside you walk the *Messengers of Light*. Open to all is Their Pathway, to all who are ready to walk into the *Light!*

***Suns* are They, *Messengers of Light* to shine among men. Like man are They and yet are unlike.**

Know that many dark shadows shall fall on your *light*[12] striving to quench with the shadows of darkness the *light* of the soul that strives to be free. Many the pitfalls that lie on this Way. Seek ever to gain Greater Wisdom! Cognize — you shall know the Light!

***Light* is eternal and darkness is fleeting. Seek ever, O man, for the *Light!* Know ever that as *Light* fills your being, darkness for you shall soon disappear!**

Open the soul to the *Messengers of Light!* Let Them enter and fill you with *Light!*

Keep ever your face to this Goal!

… Open the soul, O man, to the *cosmos* and let it "flow" through you as one with the soul![13]

Man's evolution consists in the process of changing to forms that are not of this world. Grows he in time to the *formless* — to live on a higher plane. Know that you must become *formless* before you can be one with the *Light*.

Listen, O man, to My voice, telling of pathways to *Light*, showing the way of attainment: how you shall become *one* with the *Light*:

Search first the mysteries of the *Earth's Heart!* Seek the *Flame*[14] *of the Living Earth!* Bathe in the glare of this *Flame!*

Know, O man, you are complex, a being of matter and of *Fire*. Let your *Flame*[15] shine out brightly! Be you only the *Flame!*

---

[11] This is one of the final meditations on the spiritual Path.

[12] Light appearing in the spiritual heart when a soul begins to walk the spiritual Path.

[13] This can be achieved only by means of work with the *spiritual heart*.

[14] *Flame* or *Divine Fire* is one of the states of the Divine Consciousness. This is also described in the Teachings of Agni Yoga.

[15] This statement concerns the Atmic component of the human multidimensional organism. On the Path of the spiritual growth, one has to cognize oneself as Atman and then to merge with the Paramatman. These two latter concepts are also denoted as *Higher Self* or *Higher "I"*.

Seek ever more Wisdom! Find it in the *Heart of the Flame!* Know that only by your striving can *Light* pour into you!

Only the one, who of *Light* has the fullest, can hope to pass by the guards of the Way, who prevent unworthy people from entering it.

You shall cognize yourself as *Light* and make yourself ready to pass on the Way.

Wisdom is hidden in darkness. When shining with *Soul-Flame*, find you the Wisdom, then shall you be born again as *Light*, and then shall you become the "Divine Sun".[16]

Grow into *One* with the *Light!* Be a channel of Divine Principles to the world of men!

Seek, O man, to find the great Pathway that leads to eternal Life — through the image of the "Divine Sun"!

… Know, O man, you are only a soul! The body is nothing! The soul is everything! Let not your body be a fetter!

Cast off the darkness and travel in *Light!* Learn to cast off your body, O man, and be free from it![17] Become the true *Light* and unite then with the *Great Light!*[18]

Know that throughout space the eternal and infinite *Consciousness* exists. Though from superficial knowledge It is hidden, yet still forever exists.

The key to these Higher worlds is *within* you; it can be found only *within*.[19]

Open the *gateway* within you, and surely you, too, shall *live* the true life!

… Man, you think that you live… but know that your former life can bring you only to death. For as long as you are bound to your body, no true life exists for you! Only the soul which is free from the material world has life which is a really true life! All else is only a bondage, a fetter from which to be free!

Think not that man is born for the earthly! Though born on the Earth, man is a light-like spirit! Yet, without true knowledge, man can never become free!

… Darkness surrounds the souls seeking to be born in *Light*. Darkness fetters souls… Only the one who is seeking may ever hope for Freedom!

---

[16] This constitutes the second and third *Births*.

[17] This can be realized correctly only through the work on developing oneself as a spiritual heart. If one tries to perform it in a different way, such a person comes to coarse spatial dimensions. How to "open" and develop the spiritual heart is shown and explained in detail in our video film *Spiritual Heart* and in our other films and books.

[18] I.e., Atman, which is one with Paramatman.

[19] Within the developed spiritual heart.

Let you be the "Divine Sun" *of the Great Light!* Fulfill this and you shall be free!

***The Great Light* that fills all the cosmos is willing to help you, O man! Make you of your body a *torch of Light* that shall shine among men!**

… Hear and understand: the *Flame* is the source of all things; all things are its manifestation!

Seek to be *One* with the "Divine Sun"!

Hold your thought on uniting the *Light* with your human body.

***Light* is the Source of all the life; for without the *Great Light* nothing can ever exist!**

Know, *Light* is the basis of all formed matter.

Know, O man, that all space is filled by worlds within worlds.

Deep beneath the *image of the Pyramid* lies My secret. Seek and find it in the *Pyramid* I built.

Follow this *key* I left for you. Seek and the doorway to the true *Life* shall be yours! Seek in My *Pyramid* deep beneath it, and in the *Wall*.[20]

Know that it is in the *Pyramid* I built that you shall find the secret way into the *true Life*.

… Seek and find there That Which I have hidden! There shall you find the "underground entrance" to the secrets hidden before you were men.

Know We that of all, nothing else matters except the growth of the soul. Know We the flesh is fleeting. The things men count great are nothing to Us. The things We expect from you are not of your bodies but are only the perfected state of the souls.

When you can learn that nothing but progress of the soul can count in the end, then truly you are free from all bondage, free to work in accordance with your predestination!

Know, O man, you are to aim at Perfection, for only thus can you attain to the Goal!

Know that the future is never in fixation but follows man's free will! Man can only "read the future" through the causes that bring the effects in destinies.

Know that your body when in perfect balance may never be touched by the finger of death! Aye, even "accidents" may only approach when you abandon your predestination! When you are in harmony with your predestination, you shall live on in time and not taste of death.

---

[20] **This concerns the higher stages of meditative practice.**

… Know you not that in the *Earth's Heart* is the source of harmony of all things that exist and have been on its face? By the soul you are connected with the *Earth's Heart*, and by your flesh — with the matter of *Earth*.

When you have learned to maintain harmony in yourself, then shall you draw from the *harmony of the Earth's Heart*. Exist then shall you while Earth is existing, changing in form, only when Earth, too, shall change: tasting not of death, but one with this planet, living in your body till all pass away.

… Three are the qualities of God in His *Light-Home*[21]: Infinite Power, Infinite Wisdom, Infinite Love.

Three are the powers given to spiritual Masters: to transmute evil, to assist good, to use discernment[22].

Three are the things They manifest: Power, Wisdom, and Love.

Three are the Manifestations of Spirit creating all things: *Divine Love* possessing the perfect knowledge, *Divine Wisdom* knowing all possible means of helping living beings in their development, Divine Power which is possessed by the *Primordial Consciousness* Whose essence is Divine Love and Wisdom.

Darkness and *Light* are both of one nature, different only in seeming, for each arose from one Source. Darkness is chaos. *Light* is Divine Harmony. Darkness transmuted is *Light*.

This, My children, is your purpose in being: transmutation of darkness into *Light!*

Hermes Trismegistus — The Emerald Tablet

I say here only truth and nothing else!

That which is below is similar to that which is above. And that which is above is similar to that which is below. One has to know this in order to gain the cognition of the marvelous *Primordial One!*[23]

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[21] **The Abode of the Creator.**

[22] **Discernment of the qualities of souls and determination of the best conditions for their development.**

[23] **This concerns one particular meditation of Buddhi Yoga that allows achieving full Mergence with the Primordial Consciousness.**

Everything material came into existence by the intent of the *Primordial One*. All material objects became manifest through densification of the energy by the *Primordial One*.

The *Sun*[24] is the Father of the manifested world; the "lunar"[25] is its mother. The Holy Spirit "brings up" developing souls; the Earth nurtures them. The Father of all the development in the entire universe is present always and everywhere.

His Power is the Supreme Power! It is supreme to everything else! And It is manifested on the Earth — in Its Omnipotence!

Thus you should divide: the earthly — and the *Fiery*[26], the coarse — and the subtle! Act, at that, with great caution, awe, and understanding!

Become the *Subtlest Fire* — and cognize the *Heavenly!* Thus you achieve the *Mergence*. Then come back to the Earth — and you will perceive the *Subtlest* and will have power to transform effectively the imperfect.

This will mean that you have achieved the glory of *Mergence with the Primordial One* and rid yourself of the darkness of ignorance.

The Power of the *Primordial One* is present beneath everything: beneath both the subtlest and the coarse — and controls them. It is in this way that the Creation exists. And thanks to this marvelous *connectedness of Everything* the development goes on.

This is why My name is Hermes Thriceborn: for I act in all three planes of existence[27] and possess the wisdom of the entire universe!

Thus I have said everything I wanted to say about the *doing of the Sun*.

Pythagoras — Golden Verses

"To cognize the Divine Essence —
this is the highest purpose of a soul
sent by the Creator to the Earth!"
Pythagoras

---

[24] **"Divine Sun", the "Sun of God". Again this concerns one of the highest meditations of the Buddhi Yoga.**

[25] **By "lunar" Hermes calls the substance of the "trans-mirror" eons — protoprakriti and protopurusha. From the latter, matter and souls are formed (see [6]).**

[26] **Fiery Manifestations of the Creator.**

[27] **In the eons of the Creator, the Holy Spirit, and in the world of matter.**

Pythagoras lived on the Earth about 570-500 B.C. He is known as a Greek philosopher and mathematician. He was a strict vegetarian. In the town of Croton in southern Italy, He founded the theological brotherhood, which became widespread with time. The purpose of the Pythagorean brotherhood was the ethical renovation of society, purification of religious views, and imparting confidential methods of spiritual development to deserving students. The brotherhood was a monastic community consisting of both men and women, who regarded Pythagoras as an Incarnation of God. The activity of that great School ended due to a massacre perpetrated by primitive people…

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

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

*** * ***

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

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

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

*** * ***

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

Golden Verses of Pythagoras[28]

Preparation

Worship the Immortal Gods[29] by making your sacrifice: keeping your faith, honoring great heroes, living in harmony in the world.

Purification

Honor your mother and father, and your relatives.

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

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

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

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

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

Remember that all people are destined to die.

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

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

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

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

Heed to what I am going to tell you:

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

---

[28] **Based on the Russian translation of E.P.Kaznacheeva.**

[29] **Pythagoras means here the Holy Spirits.**

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

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

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

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

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

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

Perfection

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

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

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

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

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

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

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

Only a few can cast away afflictions with their own efforts, for most people are blind to the law of the formation of their destinies! Like wheels they roll

downhill carrying the burden of their past misdeeds towards others, the burden which controls their destinies until death comes…

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

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

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

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

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

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

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

Krishna — The Bhagavad Gita

The Bhagavad Gita — or, in translation from Sanskrit, the Song of God — is the most important part of the Indian epic poem *Mahabharata*. The latter describes events that took place about 5000 years ago.

The Bhagavad Gita is a great philosophical work that played the same role in the history of India, as the New Testament did in the history of the countries of the European culture. Both these books powerfully proclaim the principle of Love-Bhakti as the basis of spiritual development of man. The Bhagavad Gita also presents us with a complete notion about such fundamental problems of philosophy as what is man, what is God, what is the meaning of human life, and what are the principles of human evolution.

The main hero of the Bhagavad Gita is Krishna — an Indian raja and an Avatar — an embodiment of a Part of the Creator, Who gave to people through Krishna the greatest spiritual precepts.

Philosophical truths are expounded in the Bhagavad Gita in the form of a dialogue between Krishna and His friend Arjuna before the military combat.

Arjuna had been preparing for this righteous battle. But when the day of the battle came and Arjuna with his army was standing in front of the warriors of the adverse party, he recognized among them his own kinsmen and former

friends. And he, being provoked to it by Krishna, began to doubt his right to participate in the battle. He shared these doubts with Krishna.

Krishna reproached him: watch how many people gathered here to lay down their lives for you! And the encounter is unavoidable[30]! How can you, who brought these people here to die, leave them at the very last moment!? Since you, a professional warrior, took up arms, then fight for the righteous cause. And understand that the life of each of us in the body is but a short period of the true life! Man is not a body and does not die with the death of the body. And in that sense, no one can kill and no one can be killed!

Arjuna, intrigued by these words of Krishna, asked Him more and more questions. And from Krishna's answers it becomes clear that the Path to Perfection goes not through killing but through Love — Love, at first, for the *manifested* aspects of God-Absolute and then for the Creator Himself.

These answers of Krishna are the essence of the Bhagavad Gita — one of the greatest — by the profoundness of wisdom and the breadth of the fundamental problems covered — books existing on the Earth.

There are several translations of the Bhagavad Gita into Russian language. Among them, the translation by A.Kamenskaya and I.Mantsiarly [38] reproduces the meditative aspect of Krishna's sayings best. Yet, for many verses of the text, the translation is incomplete.

The translation by V.S.Sementsov [57] is a successful attempt to reproduce the poetic structure of the Sanskrit Bhagavad Gita. The text in this form, indeed, flows like a song. But the exactness of the translation in some cases got worse.

The advantage of the translation made by the Society for Krishna's Consciousness is that it is accompanied by the Sanskrit text (including transliteration). But the content is extremely distorted.

The translation made under the editorship of B.L.Smirnov [59] is supposed — according to the intention of the translators — to be highly exact. Yet, its language is somewhat "dry". But, as it happened to the all mentioned translations, many important statements of Krishna were not understood by the translators and thus were translated incorrectly. Among such typical errors is the interpretation of the word *Atman* as "smaller than the smallest", and not as "subtler than the subtlest"; or translation of the word *buddhi* as "supreme

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[30] Before this, Krishna personally conducted negotiations with the unrighteous party suggesting to them to give back what they unjustly seized and to avoid bloodshed. But they refused. Moreover, they attempted to kill the envoy Krishna. But Krishna created an illusion of a countless army guarding Him, and the enemies retreated.

mind", "pure thought", etc., and not as "consciousness". Only the translators who have mastered the highest levels of Yoga can avoid such errors.

Here the readers are presented with a new edition of the translation of the Bhagavad Gita, made by the compiler of this book.

Glossary of Sanskrit Terms

Atman — the main essence of beings: a part of the multidimensional organism which resides in the highest spatial dimension (see more details in [6-7,13]).

Brahman — Holy Spirit.

Buddhi Yoga — a system of methods for development of human consciousness, which follows Raja Yoga.

Varnas — evolutionary stages of man's development that correspond with one's social role: *shudras* — servants, *vaishyas* — merchants, farmers, craftsmen, *kshatriyas* — leaders, warriors, *brahmans* — in the original meaning of this word — those who have attained the state of Brahman. In India and in a number of other countries, the varna membership became inherited by birth. This rule has been disputed by many thinkers and is denied by God (see below).

Gunas — a term denoting an aggregate of qualities primarily of human souls. There are three gunas: *tamas* — dullness, ignorance, *rajas* — energy, passion, *sattva* — harmony, purity. Every evolving individual has to ascend by these gunas-steps and then to go higher (see about this in the text). The qualities peculiar to the gunas rajas and sattva have to be mastered sequentially by every person who wants to go beyond them.

Guru — spiritual teacher.

Dharma — objective law of life; predestination, path of man.

Indriyas — "tentacles" that we "extend" from our organs of sense and from the mind (manas) and buddhi — to the objects which we perceive or think about.

Ishvara — God-the-Father, Creator, Allah, Tao (in the Taoist meaning), Primordial Consciousness, Adibuddha.

Yoga — a Sanskrit equivalent of the Latin word *religion*, which means "link with God", "methods of advancement to Him", "Mergence" of a person with God. One may speak of Yoga: a) as of the Path and methods of religious advancement and b) as of the state of Union with God.

Maya — Divine Illusion: the world of matter which seems to us existing on its own.

Manas — mind.

Mahatma — "Great Atman", i.e. one who is a highly rightly-developed consciousness, an evolutionary mature and wise person.

Muni — wise man, sage.

Paramatman — Highest, United Divine Atman: the same as Ishvara.

Prakriti — cosmic matter (in the collective sense).

Purusha — cosmic spirit (in the collective sense).

Raja — ruler, king.

Rishi — sage.

BHAGAVAD GITA

Conversation 1.
Arjuna's Despair

Dhritarashtra said:

1:1. On the field of Dharma, on the sacred field of Kuru, my[31] sons and the sons of Pandu have gathered desiring to battle; what are they doing, O Sanjaya[32]?

Sanjaya replied:

1:2. Raja Duryodhana, seeing the army of the Pandavas drawn up for battle, approached his guru Drona and said:

1:3. Behold, O master, this powerful army of the sons of Pandu, arrayed for battle by the son of Drupada, your talented disciple!

1:4. Here are the mighty archers, equal to Bhima and Arjuna in battle: Yuyudhana and Virata, and Drupada on a great chariot,

1:5. Dhrishtaketu, Chekitana, valorous raja of Kashi Purujit, Kuntibhoja and Shaivya, the heroes among men,

1:6. Mighty Yudhamanyu, fearless Uttamoja, the son of Saubhadra, and the sons of Drupada — all on great chariots.

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[31] **Dhritarashtra and Pandu are the forefathers of the Kauravas and the Pandavas — the two hostile families. Arjuna is from the family of Pandu.**

[32] **A clairvoyant describing to Dhritarashtra the events on the battlefield. The power of clairvoyance was gifted to him by Vyasa.**

1:7. Know also our chiefs, O best of twice-born[33], the leaders of my army. These are their names:

1:8. Yourself, Bhishma, victorious Karna and Kripa, Ashvatthama, Vikarna, and the son of Somadatta,

1:9. And many other heroes, who are ready to lay down their lives for me — all equipped with diverse weapons, all are experienced warriors.

1:10. Our forces seem to me insufficient, though they are commanded by Bhishma; and theirs seem to me sufficient, though they are commanded by Bhima.

1:11. Therefore, let everyone, standing in his place in troops, and you, chiefs, guard Bhishma.

1:12. To inspirit him, the oldest of the Kurus, glorious Bhishma blew his conch shell, which sounds like a roaring lion.

1:13. Right away, conch shells and cymbals, drums and horns blared in response producing a tumultuous noise.

1:14. Then, seated in a great chariot yoked to white horses, Madhava[34] and Pandava[35] blew their heavenly conch shells.

1:15. Hrishikesha[36] blew the Panchajanya, Dhananjaya[37] blew the Devadatta[38], and a man of great exploits Vrikodara blew his conch shell, the Pandura.

1:16. King Yudhishtira the son of Kunti, blew the Anantavijaya, Nakula blew the Sughosa, and Sahadeva blew the Manipushpaka.

1:17. And Kashiya the great archer, and Shikhandi the mighty warrior on a chariot, and invincible Dhristadyumna, Virata, and Satyaki,

1:18. and Drupada and his sons, and the mighty-armed Saubhadra, — each of them blew their own conch shell, O lord of the Earth.

1:19. And this terrible roar, filling the sky and the Earth with thunder, shatters the hearts of Dhritarashtra's sons.

1:20. Then, seeing the sons Dhritarashtra ready to begin the battle, Pandava, whose helmet bore the image of a monkey, lifted his bow.

1:21. And addressed Hrishikesha, the Lord of the Earth, with such words:

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[33] A representative of the highest varnas.

[34] This and other names are epithets of Krishna.

[35] This and other names are epithets of Arjuna.

[36] This and other names are epithets of Krishna.

[37] This and other names are epithets of Arjuna.

[38] Epithets of the battle conch shells of these warriors.

1:22. My chariot is between the two armies, O Infallible One; I see here warriors gathered for battle, whom I must combat;

1:23. I see those anxious to please the wicked son of Dhritarashtra.

Sanjaya said:

1:24. O Bharata, addressed thus by Arjuna, Hrishikesha stopped their magnificent chariot between the two armies

1:25. and pointing at Bhishma, Drona, and all other kings, said: "Behold, O Partha, the Kurus assembled together!"

1:26. Then Partha saw, standing against each other, fathers and grandfathers, gurus, uncles, cousins, sons, grandsons, and friends,

1:27. fathers-in-law and comrades separated into the hostile armies. Beholding all these arraying kinsmen, overcome with deep pity, Arjuna sadly said:

1:28. O Krishna, as I see my kinsmen here eager to wage war,

1:29. my limbs fail and my mouth is parched, my body quivers and my hair stands on end;

1:30. Gandiva[39] slips from my hand, and all my skin burns; I am unable to stand, and my mind whirls!

1:31. I see evil omens, O Keshava, and do not expect any good from the slaughtering of my own kinsmen!

1:32. O Krishna, I desire neither victory, nor kingdom, nor earthly pleasures! Of what avail for us is kingdom, O Govinda? Of what avail are earthly pleasures or the life itself?

1:33. Those for whose sake we seek kingdom, joy, and worldly pleasures stand here in battle having renounced their wealth and life —

1:34. teachers, fathers, sons, grandfathers, uncles, fathers-in-law, grandsons, brothers-in-law, and other relatives.

1:35. I do not want to kill them even though I am to be killed, O Madhusudana! I do not want to, even if it would give me the power over the three worlds[40]! How am I to do it for the sake of earthly rule?

1:36. What satisfaction can it be for us in killing these sons of Dhritarashtra, O Janardana? By killing these rebels, we will commit a great sin.

1:37. We should not kill the sons of Dhritarashtra, our kinsmen! How can we be happy after killing our own kinsmen, O Madhava?

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[39] **The bow of Arjuna.**

[40] **The three worlds are spatial dimensions of the Creator, of Brahman, and the world of matter.**

1:38. Even if their minds, overcome by greed, perceive no evil in destroying the family grounds and in treachery to friends,

1:39. then why should we, who see clearly the evil of such destruction, commit this act of sin, O Janardana?

1:40. With the destruction of the family perish the age-old traditions; and when the virtue is lost, vice overcomes the entire family;

1:41. Krishna, when vice prevails, women of families become unchaste; the debauchery of women leads to mixture of varnas!

1:42. The mixture of the varnas ensures hell both for the destroyers of the family and for the family itself, since the souls of the ancestors languish because of lack of offerings of rice and water.

1:43. By the sin of these family-destroyers, who caused the intermixture of the varnas, the ancient caste and family virtues are ruined too!

1:44. We have heard, O Janardana, that those who destroy the family traditions go forever to hell.

1:45 Alas! Out of desire to rule the kingdom, we are ready to commit a great sin: to kill our own kinsmen!

1:46. Much better it would be to me to be killed unarmed and unresisting in the battle by the Dhritarashtra's sons!

Sanjaya said:

1:47. Having said this on the battlefield, Arjuna sat down in his chariot, overwhelmed with sorrow. He dropped his bow and arrows.

Thus in the Upanishads of the blessed Bhagavad Gita, the Science of Eternal, the Scripture of Yoga, says the first conversation between Shri Krishna and Arjuna, entitled:

Arjuna's Despair.

Conversation 2.
Sankhya Yoga

Sanjaya said:

2:1. To him, who was overwhelmed with sorrow and despair, whose eyes were flowing with tears, Madhusudana said:

2:2. Whence has come over you, in this crucial moment, such shameful, unbecoming to an Aryan despair, which blocks the gate to paradise, O Arjuna?

2:3. Do not yield to feebleness, O Partha! Cast off this miserable faint-heartedness, O Parantapa, and arise!

Arjuna said:

2:4. O Madhusudana! How can I attack with arrows Bhishma and Drona — they who deserve the deepest reverence, O Conqueror of enemies?

2:5. Verily, it is better to live on alms as a beggar than to kill these great gurus! If I kill these highly esteemed gurus, then all my food will be stained with their blood!

2:6. I do not know what is better — to be conquered or to conquer them who stand against us — the sons of Dhritarashtra. Having killed them, we will not wish to live!

2:7. My heart is full of sorrow, my mind is perplexed — I am confused about my duty. I beseech You: tell me certainly — what is better? I am Your disciple and ask You: please, instruct me.

2:8. The sorrow is shivering my senses, and I know nothing that can dispel it: neither attainment of the highest power on the Earth nor even lordship over the gods!

Sanjaya said:

2:9. Having said this to Hrishikesha, Gudakesha, the destroyer of enemies, uttered: "Govinda, I will not fight," and became silent.

2:10. Stationed in between the two armies, Hrishikesha, with a smile, told despondent Arjuna:

2:11. You are mourning for that which should not be mourned for, though you have said the words of wisdom. But the wise bemoans neither the living nor the dead!

2:12. For, verily, never there was a time when I or you or these kings did not exist; and, verily, we will not cease to exist in the future.

2:13. Just as a soul dwelling in a body goes through childhood, maturity, and old age, so it leaves one body and enters another. The strong one does not grieve about this.

2:14. The contact with matter, O Kaunteya, produces feelings of heat and cold, of pleasure and pain. These feelings are transient: they come and go. Endure them with fortitude, O Bharata!

2:15. The one who is unmoved by them, O greatest of men, who remains sober and unfaltering in joy and in trouble — such one is able to attain Immortality.

2:16. Know that the transient, impermanent has no true existence, and the eternal, imperishable never ceases to exist! This is discerned by those who have perceived the essence of things and see the truth.

2:17. Know that no one can destroy Him Who pervades the entire universe! No one can bring Him to death! That Eternal and Imperishable is beyond the control of anyone!

2:18. Only the body of an embodied soul is perishable, but the soul itself is eternal and indestructible. Fight, therefore, O Bharata!

2:19. They who think that they can kill and they who think that they can be killed are mistaken! Man can neither kill nor can be killed!

2:20. Man neither appears, nor disappears; having once come into being, man never ceases to be. Man, an immortal soul, does not perish when the body is destroyed!

2:21. The one who knows that man is an imperishable, eternal, unborn, and immortal soul — how can such one kill or be killed?

2:22. As one throws off worn-out clothes and puts on others that are new — so a soul throws off worn-out bodies and enters new ones.

2:23. Weapons cannot cut a soul, fire cannot burn it, water cannot wet it, nor can wind wither it.

2:24. Nothing can cut, burn, wet, or wither a soul — non-cuttable, non-flammable, non-wettable, non-dryable.

2:25. A soul — non-incarnate — is said to be unmanifest, formless, and imperishable. Therefore, knowing this, you should not grieve!

2:26. Even if you thought that a soul gets born and dies again and again, even then, O mighty-armed, you should not grieve!

2:27. Verily, death is predestinated for the born one, and birth is unavoidable for the one who has died. Do not grieve over what is inevitable!

2:28. All beings are unmanifest before the material manifestation, and unmanifest after. They are manifest only in the middle, O Bharata! What is the reason to grieve, then?

2:29. Some think about soul as a wonder, others speak of it as a wonder, and there are those who having come to know about it cannot understand what it means.

2:30. The incarnate can never be killed, O Bharata! Therefore, do not mourn any killed creature!

2:31. And thinking of your own dharma, you should not waver, O Arjuna! Verily, for a kshatriya there is nothing more desirable than a righteous war!

2:32. Lucky are those kshatriyas, O Bharata, to whose lot falls such a battle; it is like an open gate to Heaven!

2:33. But if you withdraw now from this righteous battle, refusing your dharma and your honor, then you will incur sin.

2:34. All people will know about your eternal disgrace. And for the glorious one, disgrace is worse than death!

2:35. The great warriors on chariots will think that fear made you flee from the battlefield. And you, whom they esteemed so much, will be despised by them.

2:36. Your enemies will say many mean words slandering your valor. What is more painful?

2:37. Killed — you will go to paradise; winner — you will enjoy the Earth. Arise therefore, O Kaunteya, and be ready to fight!

2:38. Regarding alike joy and sorrow, success and failure, victory and defeat, — enter this battle! Thus you will avoid sin!

2:39. What I have declared to you is the teachings of Sankhya about consciousness. Now listen how you can know this through Buddhi Yoga[41]. By means of buddhi, O Partha, you can break the bondage of karma!

2:40. On the Path of this Yoga there is no loss. Even a little advancement on this Path saves one from great danger.

2:41. The will of the resolute is firmly directed towards this purpose. The impulses of irresolute one branch endlessly, O joy of the Kurus!

2:42. O Partha, the unwise who hold to the letter of the Vedas[42] utter flowery words declaring that beyond that there is nothing else[43].

2:43. They are full of desires, their highest purpose is paradise, their concern is a good reincarnation, all their actions and rituals are aimed only at getting pleasure and power.

2:44. Those who are attached to pleasure and power, who are bound by this — are not capable for resolute determination aimed at Samadhi!

2:45. The Vedas teach about the three gunas. Transcend these gunas, O Arjuna! Be free from the duality[44], always live in harmony, seeking not worldly possessions, remaining ever established in the Atman!

2:46. To the one who has cognized Brahman the Vedas are as useful as a pond in a flooded area.

2:47. Regard only the work and not the reward for it. Let your motive for actions be not the profits from them! Yet, do not indulge in indolence!

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[41] A system of methods for development of the consciousness which brings one to Mergence with the Creator.

[42] The Vedas are ancient Indian books that laid the grounds of the pagan worldview of Indians before Krishna's coming.

[43] I.e., beyond that which is declared in the Vedas.

[44] From pursuing true and false goals at the same time.

2:48. Renouncing the attachment to the reward for your actions, become even-minded in success and failure, O Dhananjaya! Such equanimity is characteristic of Yoga.

2:49. Ceaselessly casting away all vain activity with the help of Buddhi Yoga, learn to control yourself as a consciousness. Miserable are those who act only for the sake of getting a reward for their deeds!

2:50. They who work with the consciousness are not subjected any more to good or bad karmic consequences of their activity. Therefore, devote yourself to Yoga! Yoga is the art of action!

2:51. The wise devoted to work with the consciousness free themselves from the law of karma and from the necessity to incarnate again. They attain full liberation from suffering!

2:52. When you as a consciousness become free from the net of illusion, then you will be indifferent to the things you have heard and those yet to be heard[45].

2:53. When you transcend the charm of the Vedas and become established in the peace of Samadhi, then you will attain Yoga.

Arjuna said:

2:54. What is the mark of man whose thoughts are calmed and who is established in Samadhi, O Keshava? How does such a person talk, walk, and sit?

Lord Krishna said:

2:55. The one who has renounced all sensual cravings and, having gone deeply into the Atman, found satisfaction in the Atman, becomes steadfast in wisdom.

2:56. The one whose mind is calm amidst sorrows, unmoved amidst pleasures, fear, and anger — the one who is steadfast in this is called muni.

2:57. The one who is attached to nothing earthly, who facing pleasant and unpleasant things neither rejoices nor recoils — such one is established in the true knowledge.

2:58. Taking the indriyas off the earthly objects, like a tortoise withdrawing its limbs and head into its shell, such one attains the true understanding.

2:59. The one who walks the Path of detachment becomes free from the objects of the senses, but not from the taste for the objects. But even the taste for them vanishes in the one who has cognized the Supreme!

2:60. O Kaunteya! Agitated indriyas can distract the mind even of a wise person, who tries to control them.

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[45] **I.e., you will possess your own complete knowledge.**

2:61. Having tamed the indriyas, this person should enter into harmony and have Me as the Highest Goal. Only the one who controls the indriyas has the true understanding.

2:62. But if one comes back in the mind to the earthly objects, then inevitably an attachment to them arises. This attachment leads to the desire to possess these objects, and the impossibility to satisfy this desire produces anger.

2:63. Because of anger the perception gets completely distorted. The distortion of perception causes the loss of memory[46]. And the loss of memory leads to the loss of the energy of the consciousness. By losing the energy of the consciousness, man degrades.

2:64. But the one who has conquered the indriyas, renounced attractions and distractions, and established oneself in the Atman attains the inner purity!

2:65. When the inner purity is attained, all sorrows disappear and the consciousness strengthens[47].

2:66. The non-resolute cannot be of a developed consciousness, they have neither happiness nor peace. And without them — is bliss possible?

2:67. The reason of a person who yields to the pressure of passions gets carried away like a ship carried away by the storm!

2:68. Therefore, O mighty-armed one, the one whose indriyas are completely taken away from the earthly objects has the true understanding.

2:69. What is night for all beings for the wise muni is the time for staying awake. And when others are awake, the night for the wise muni comes[48].

2:70. If man stays unmoved by sensual desires as an ocean is unmoved by the rivers that flow into it — such man attains calm. And those who follow their desires can never find calm.

2:71. The one who has renounced the desires to such an extent and goes forward free from passions, selfishness, and the feeling of "I" — such one attains calm!

2:72. This is the state of Brahman, O Partha! The one who has attained it is never deluded. And the one who achieves this state even at the moment of death attains the Nirvana of Brahman.

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[46] **The memory about one's own achievements.**

[47] **I.e., the process of growth of its volume — *crystallization* — takes place.**

[48] **This has to be interpreted not in the direct sense but allegorically.**

Thus in the Upanishads of the blessed Bhagavad Gita, the Science of Eternal, the Scripture of Yoga, says the second conversation between Shri Krishna and Arjuna, entitled:

Sankhya Yoga.

Conversation 3.
Karma Yoga

Arjuna said:

3:1. If You say, O Janardana, that the path of knowledge is superior to the path of action, then why do You encourage me to do such a terrible action?

3:2 Your ambiguous words confuse me! Tell me certainly: how can I attain bliss?

Lord Krishna said:

3:3 There are two possibilities of development, as I have said already, O sinless one: the Yoga of consideration and the Yoga of right action.

3:4. Man does not attain liberation from the chains of destiny by refusing action; by renunciation alone, one does not ascend to Perfection.

3:5. No one can stay truly actionless even for a moment, for the properties of prakriti compel all to act!

3:6. The one who has mastered control over the indriyas, but still dreams about earthly objects, — such one deludes oneself. Such a person can be likened to a hypocrite!

3:7. But the one who has conquered the indriyas and freely performs Karma Yoga deserves respect!

3:8. Therefore, perform righteous actions, for action is better than inaction; being idle, one cannot support even one's own body!

3:9. Worldly people are enslaved by action if it is not performed as sacrifice[49]. Perform your action as an offering to God, staying free from the attachment to everything worldly, O Kaunteya!

3:10. God created humankind together with the law of sacrifice. He said at that, "Prosper through sacrificial deeds! Let it be desired by you!

3:11. "Satisfy the Divine with your sacrificial deeds — and It will satisfy you! By acting for Its sake, you will achieve the highest good.

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[49] **I.e., deeds have to be performed not for the sake of oneself but for the sake of God — as acts of participation in His Evolution.**

3:12. "For the Divine satisfied with your sacrificial deeds will grant you whatever you need in life." The one, who receives gifts and gives no gifts in return, is verily a thief!

3:13. The righteous who live on the remains of their sacrificial gifts to God are liberated from sins. But those who are anxious only about their own food — they feed on sin!

3:14. Thanks to the food, the bodies of creatures grow. The food arises from rain. The rain arises from sacrifice[50]. Sacrifice is performance of right action.

3:15. Know that the realization of people's destinies is performed by Brahman. And Brahman represents the Supreme. Omnipresent Brahman always supports sacrificial behavior in people!

3:16. The one who does not follow this law of sacrifice-requital, whose life therefore is full of sin, who lives following only sensual pleasures — such one lives in vain, O Partha!

3:17. Only they, who have found joy and peace in the Atman and are happy in the Atman, are free from the earthly duties.

3:18. They have no duties of doing or non-doing something in this world anymore, and in no creature they seek patronage for realization of their purposes.

3:19. Therefore, ceaselessly perform your duties without any expectation of reward. Verily, performing action thus does man attain the Supreme!

3:20. Verily, it is through such action that Janaka and others attained Perfection! So, you too act so, remembering about the wholeness of the universe!

3:21. What the best one is doing, the others are doing as well: people follow such an example.

3:22. There is nothing, O Partha, in the three worlds that I am required to do or that I have not achieved! Yet, I am constantly engaged in action.

3:23. For, if I had not been always acting, O Partha, then people everywhere would follow My example!

3:24. The world would be destroyed if I had ceased to act! I would be the cause of mixture of the varnas and destruction of the nations.

3:25. The unwise one acts out of selfishness, O Bharata! The wise one acts without selfishness, for the good of others!

3:26. The wise one should not confuse unwise people attached to worldly activity! The wise one should rather try to bring such activity into harmony with Me.

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[50] I.e., as a result of right behavior of people.

3:27. All actions arise from the three gunas. But the one deluded by conceit thinks: "I am the doer!".

3:28. The one who knows the essence of discrimination of actions according to the gunas and remembers that "gunas move around in gunas" — such one gets liberated from worldly activity.

3:29. People deluded by the gunas are attached to the matters of these gunas. The wise one does not disturb such people whose understanding is not complete yet and who are lazy.

3:30. Let Me control all actions, and you, immersed into the Atman, calm, free from selfishness and conceit, — fight, O Arjuna!

3:31 They who steadily follow My Teachings, who are full of devotion and free from envy — they can never be bound by their deeds!

3:32. And those insane who revile My Teachings and do not follow them, who are devoid of understanding — know that they are doomed!

3:33. Wise people seek to live in harmony with the world of prakriti. All incarnate creatures are included in it! What can opposition to prakriti give?

3:34. Attraction and distraction to (earthly) objects depend on the distribution of indriyas. Yield neither to the former nor to the latter: verily, these states are obstacles on the Path!

3:35. To perform one's own duties, even very modest ones, is better than to perform other's duties, even the grandest ones. It is better to end the incarnation performing one's own dharma: the dharma of others is full of danger!

Arjuna said:

3:36 What drives people to commit sin against their own will, O Varshneya? Truly, it looks as if they are impelled by some unknown force!

Lord Krishna said:

3:37. It is sexual passion, it is anger — scions of the insatiable, sinful guna rajas. Study them — one's greatest enemies on the Earth!

3:38 As a flame can be veiled by smoke, as a mirror can be covered by dust, as an embryo is enveloped in the amnion, even so everything in the world is enshrouded in passions!

3:39. The wisdom too is enshrouded by this eternal enemy of wisdom — by one's worldly desires, which are insatiable as flame!

3:40. The indriyas, including the mind and buddhi, are the field of its action. Through them, having enshrouded the wisdom, it deludes the indweller of the body.

3:41. Therefore, controlling your indriyas, O best of the Bharatas, restrain this source of sin — the foe of knowledge and the destroyer of wisdom!

3:42. They say that control over the indriyas is good. The highest of the indriyas are the indriyas of the mind. But the developed consciousness is superior to the mind. And superior to a developed (individual human) consciousness is He!

3:43. Knowing that He is superior to the developed (human) consciousness and being established in the Atman, destroy, O mighty-armed, this enemy in the form of the hard-to-conquer desire of earthly boons.

Thus in the Upanishads of the blessed Bhagavad Gita, the Science of Eternal, the Scripture of Yoga, says the third conversation between Shri Krishna and Arjuna, entitled:

Karma Yoga.

Conversation 4.
Yoga of Wisdom

Lord Krishna said:

4:1. I taught this eternal Yoga to Vivasvan, Vivasvan passed it to Manu, Manu related it to Ikshvaku.

4:2. In this way, the king-sages learned it from each other. But with time, Yoga on the Earth has deteriorated, O Parantapa.

4:3. It is the same ancient Yoga that I have imparted to you, for you are devoted to Me, you are My friend; in this Yoga the highest mystery is revealed!

Arjuna said:

4:4. You were born later, Vivasvan was born before. How should I understand that You were the first who revealed these Teachings?

Lord Krishna said:

4:5. You and Me had many births in the past, O Arjuna! I know all of them, but you do not know any of yours, O Parantapa!

4:6. Though I am the eternal, imperishable Atman, though I am Ishvara, but inside prakriti controlled by Me I manifest Myself through My maya.

4:7. When there is a decline of righteousness (on the Earth), O Bharata, and unrighteousness begins to prevail, then I manifest Myself[51].

4:8. For the sake of saving good people and defeating those who do evil, for restoring the dharma — I manifest Myself thus from age to age.

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[51] **In a body as an Avatar.**

4:9. The one who has really cognized the essence of My miraculous Manifestations does not get born again after leaving the body but merges with Me, O Arjuna!

4:10. Many of those who have freed themselves from false attachments, fear, and anger, who have cognized My Beingness and become purified in the Fire of Wisdom attain Great Love for Me.

4:11. In whatever way people come to Me, in the same way I receive them. For the paths by which people come to Me from all sides are My paths, O Partha!

4:12 Those seeking success in earthly activities worship "gods". They can quickly achieve success in the world of matter from such actions.

4:13. In accordance with the gunas and variants of people's activity, I established the four varnas. Know that I am the creator of them, though I do not act and stay uninvolved in them!

4:14. Actions do not affect Me, and a reward for actions does not attract Me. The one who knows Me thus — does not get entangled in the karmic consequences of one's own actions!

4:15 Knowing this, the sages who had attained the Liberation performed actions. So you — perform actions having examples of your predecessors!

4:16. "What is action and what is *non-action*?" — even the reasonable are confused by this. I am going to explain it to you, so that you may become free from confusion.

4:17. One should understand that there are necessary action, vain action, and *non-action*.

4:18. They who see *non-action* in activity and action in inactivity are truly conscious, and even being involved in action among others such people remain free.

4:19. They whose undertakings are free from the worldly inclinations and pursuits of personal profit — it is said about them that their deeds are purified by the fire of the developed consciousness.

4:20. Pursuing not personal profit, always being content, seeking not support from anyone, they are in *non-action* though they act constantly.

4:21. Desiring not benefit for themselves, surrendering their thoughts to the Atman, renouncing the feeling "This is mine!", performing their dharmas, they do not stain their destinies.

4:22. Since they are satisfied with whatever comes to them, free from duality, devoid of envy, even-minded in success and failure, their actions do not fetter them even when they act.

4:23. They who have renounced attachments to the material and become free from the worldly passions, whose thoughts are established in wisdom, who perform actions as sacrificial offerings to God — all their actions merge with the harmony of the entire Creation.

4:24. The Life of Brahman is sacrificial. Brahman is a Sacrifice coming in a Fiery Appearance. One can attain Brahman only with His help; at that, one comes to Samadhi.

4:25. Some yogis believe that they perform sacrifice by worshipping "gods". Others perform sacrificial service, being the Brahmanic Fire.

4:26. Some sacrifice their hearing and other organs of sense for the sake of self-control[52]. Others sacrifice sound and other objects of sense that excite the indriyas.

4:27. Others yet, aspiring to wisdom, burn in the Fire of the Atman all unnecessary activity of the indriyas and the incoming energies, striving thus to gain wisdom.

4:28. Others sacrifice the property, or perform sacrifice through asceticism, or through religious rituals, or through diligence in sciences, in learning, and through observance of austere vows.

4:29. Others expose the energy outgoing from the body to the incoming energy, or the incoming energy — to the outgoing one. Others move the outgoing and the incoming energies performing pranayama.

4:30. All they — though having different appearance, yet understanding the essence of sacrifice — purify their destinies in the process of such activity.

4:31. Those partaking of the nectar of the remnants of their offerings, approach the Abode of Brahman. This world is not for the one who does not sacrifice, say nothing of the bliss of the next world, O best of the Kurus!

4:32. The offerings to Brahman are numerous and diverse! Know that all they are born of action! Having known this you will become free!

4:33. Superior to all outer sacrifices is the sacrifice of wisdom[53], O destroyer of enemies! All actions, O Partha, become perfect when they are performed by the wise!

4:34. Therefore, gain wisdom through devotion, inquiry, and service! Sages and clairvoyants, who perceive the essence of things, will impart this to you.

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[52] I.e., shutting them off in some way for the sake of giving oneself entirely to meditation.

[53] I.e., selfless service to other people by own knowledge and experience without being attached to action.

4:35. And having known this, you will not be confused anymore, O Pandava, for then you will see all incarnate beings in the world of maya — from the world of the Atman.

4:36. And even if you were the most sinful one — even then you could cross the sea of suffering on the boat of this wisdom!

4:37. As fire turns firewood into ashes, so does the fire of wisdom burns all false actions to ashes!

4:38. There is no purifier better than wisdom in this world! With its help, the one skilled in Yoga attains Enlightenment in the Atman in due course.

4:39. The one full of faith gains wisdom. The one controlling the indriyas gains it too. Having achieved wisdom, they quickly attain the higher worlds.

4:40. But the ignorant, devoid of faith, irresolute go to destruction! For doubting ones there is neither this world, nor the next one, nor happiness!

4:41. The one who has abandoned false action with the help of Yoga, who has removed all doubts with the help of wisdom, who has become established in the Atman cannot be bound by action, O Dhananjaya!

4:42. Therefore, cutting the doubts born of ignorance with the sword of Atman's wisdom stay in Yoga, O Bharata!

Thus in the Upanishads of the blessed Bhagavad Gita, the Science of Eternal, the Scripture of Yoga, says the fourth conversation between Shri Krishna and Arjuna, entitled:

Yoga of Wisdom.

Conversation 5.
Yoga of Detachment

Arjuna said:

5:1. You praise sannyasa[54], O Krishna, as well as Yoga! Which of these two should I choose? Tell me for certain!

Lord Krishna said:

5:2. Both sannyasa and Karma Yoga will bring you to the highest good. But, verily, Karma Yoga is preferable!

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[54] **The way of life that implies renouncing everything worldly and living in harmony with God, "face-to-face" with God; it is the same as monasticism.**

5:3. Know that the true sannyasi is the one who hates no one and does not desire anything worldly. Free from duality, O mighty-armed, such one easily breaks free from the bondage!

5:4. Also, they are not sages but children who speak about Sankhya and Yoga as about something different: those zealous even in one of them gain the fruits of both!

5:5. The level of advancement achieved by the followers of Sankhya is achieved by Yogis as well. The one who sees that Sankhya and Yoga are one in essence is right!

5:6. But without Yoga, O mighty-armed, it is hard to achieve sannyasa! On the other hand, the wise directed by Yoga attain Brahman quickly!

5:7. The one who is persevering in Yoga, who has cleared thus the Path to the Atman and established oneself in It, who has conquered the indriyas, who has cognized oneness of the Atmans of all beings, — such one remains steady even when acting.

5:8. "I do not perform unnecessary actions!" — this should know the one who has attained harmony and cognized the truth, when looking, hearing, smelling, touching, eating, moving, sleeping, breathing.

5:9. Speaking, giving, receiving, opening and closing the eyes, such one should be aware: it is only the indriyas moving among objects.

5:10. The one who dedicates all actions to Brahman performing them without any attachment will never be stained with sin as lotus' leaves cannot be wetted with water.

5:11. Having renounced attachments (to actions in the world of matter and to their fruits), a Yogi acts by the body, consciousness, mind and other indriyas for the sake of cognition of his or her own Atman.

5:12. The one who has become steady and has renounced the desire of reward for actions attains perfect peace. The unsteady one, driven by worldly desires and attached to the reward, is fettered!

5:13. Having renounced unnecessary actions with the mind, the embodied one dwells evenly in this city of nine gates, neither acting nor coercing anyone to act.

5:14. Neither attitude to objects as to one's own property, nor vain activity of people, nor attachments to its fruits are created by the Lord of the world. All this is created by the life self-developing in the matter.

5:15. The Lord is not responsible for the deeds of people, be they bad or good. This wisdom is covered by ignorance that overcame people.

5:16. But to the one who has cognized the Atman and has destroyed thus the ignorance, this wisdom, shining like the Sun, reveals the Supreme!

5:17. The one who has cognized oneself as a buddhi, who has associated oneself with the Atman, who is devoted only to the Lord and takes refuge in Him — such one, purified by salvational wisdom, goes to the Liberation!

5:18. The wise look equally upon all — be it a brahman endowed with knowledge and humility, an elephant, a cow, a dog, or even a man eating a dog.

5:19. Here on the Earth, birth and death are conquered by the one whose mind is appeased! Brahman is devoid of sin and exists in calm. Therefore, those living in calm cognize Brahman!

5:20. Being the calmed pure consciousness, the one who has cognized Brahman and established oneself in Brahman neither rejoices receiving that which is pleasant nor grieves receiving that which is unpleasant.

5:21. The one who is not attached to satisfaction of the senses by outer things and who finds joy in the Atman — such one, upon reaching Unity with Brahman, partakes of the eternal Bliss.

5:22. Joys arising from contacts with material objects are verily the source of suffering, for all they begin and end, O Kaunteya! The wise one finds joy not in them!

5:23. The one who here, on the Earth, before liberation from the body, can resist the power of worldly attractions and anger — such one achieves harmony and becomes a happy person!

5:24. The one who is happy within, who finds joy not in the outer, who is illuminated (by love) within — such a Yogi is capable of cognizing the essence of Brahman and attaining the Nirvana in Brahman.

5:25. The Nirvana in Brahman is attained by those rishis who have gotten rid of vices, become free from duality, cognized the Atman, and dedicated themselves to the good of all.

5:26. Free from worldly attractions and anger, dedicated to spiritual pursuits, having subdued the mind and having cognized the Atman — they attain the Nirvana in Brahman.

5:27. Taking the indriyas off everything worldly, directing all the vision inside[55], paying attention to the incoming and outgoing energies[56],

5:28. controlling the indriyas, mind, and consciousness, regarding the Liberation as the main goal, renouncing worldly attractions, fear, and anger, man attains full Freedom.

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[55] **Depthward into multidimensional space.**

[56] **It concerns avoiding wasting the energy of the organism.**

5:29. Knowing Me as Great Ishvara, Who rejoices at sacrificial deeds and spiritual feats and Who is the Benefactor of all living beings, such a person attains full contentment!

Thus in the Upanishads of the blessed Bhagavad Gita, the Science of Eternal, the Scripture of Yoga, says the fifth conversation between Shri Krishna and Arjuna, entitled:

Yoga of Detachment.

Conversation 6.
Yoga of Self-Control

Lord Krishna said:

6:1. The one who actively performs one's own duty without desiring a profit is a true sannyasi. Such one is a Yogi, rather than those living without a fire and duties.

6:2. Know, O Pandava: that which is called sannyasa is the same as Yoga. The one who has not renounced worldly desires cannot become a Yogi!

6:3. For the reasonable one who aspires to Yoga, action is the means. For the one who has attained Yoga, *non-action* is the means.

6:4. The one who has renounced worldly desires and attained Yoga is attached neither to earthly objects nor to worldly activity.

6:5. With the help of the Atman let a Yogi uncover the own Atman! And let the Atman be never lowered again! One can be a friend to the Atman; one can be a foe to the Atman.

6:6. The one who cognizes the Atman is a friend to the Atman. The one who opposes the Atman remains the Atman's foe!

6:7. The one who has cognized the Atman attains full peace, because such one takes refuge in the Divine Consciousness[57] when being in cold or heat, in situations of joy or grief, honor or dishonor.

6:8. True Yogis are those who are calmed by wisdom and knowledge of the Atman, who are steadfast, whose indriyas are subjugated, to whom a clod, a stone, and gold are the same.

6:9. The one who has developed oneself as a consciousness and advanced spiritually is well-disposed both to friends and to foes, to neutrals, to strangers, to the envious, to relatives, to the pious, and to the vicious.

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[57] **Paramatman.**

6:10. Let a Yogi be constantly concentrating in the Atman, being in seclusion, self-disciplined, not indulging in reveries, devoid of the feeling of possessiveness.

6:11. Having arranged in a clean place a firm seat for working with the Atman, neither too high nor too low, covered with the kusha grass and with cloth which is alike to deer skin,

6:12. having concentrated the mind on one thing and subjugated the indriyas, staying calmly in one place, — the Yogi should practice Yoga, experiencing bliss in the Atman!

6:13. Keeping upright the trunk, neck, and head, directing the look to the tip of the nose, but not looking, scattering not the attention,

6:14. having become established in the Atman, fearless, steadfast in brahmachariya[58], the mind conquered, the thoughts directed towards Me — the Yogi should aspire to Me as to His Ultimate Goal!

6:15. The Yogi who has merged with the Atman and who controls the mind enters the Highest Nirvana and abides there in Me.

6:16. Verily, Yoga is not for those who eat too much or do not eat at all, nor for those who sleep too long or wake too long, O Arjuna!

6:17. Yoga dispels all suffering in the one who has become moderate in eating, resting, working, also in sleeping and waking.

6:18. Such a person — who is free from all cravings and is concentrated in the Atman alone — is regarded to be in harmony.

6:19. The Yogi who has subjugated the mind and is one with the Atman is like a lamp in a windless place whose flame does not flicker.

6:20 When the mind calmed by Yoga exercises becomes quiet, when the Yogi finds bliss in the Atman contemplating the Atman by the Atman,

6:21. when this Yogi attains that highest Bliss accessible only to a developed consciousness and lying beyond the ordinary reach of indriyas, and having cognized this bliss the Yogi never strays from the Truth,

6:22. and having attained this, the Yogi cannot imagine something higher, and existing in this state such one is not shaken even by the most grave sorrow, —

6:23. such a break of ties with grief is to be called Yoga. One should give oneself to such Yoga resolutely, without wavering!

6:24. Having abandoned vain desires and conquered all the indriyas,

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[58] Brahmachariya — "the way of life of Brahman", life in the state of being charmed by Brahman, i.e. being uninvolved into the illusions of the material world.

6:25. gradually calming the consciousness, the Yogi should study his or her own Essence — the Atman — without distracting thoughts to anything else!

6:26. If the uneasy and fickle mind wanders away, curb it and constantly direct it to the Atman!

6:27. The highest happiness awaits a Yogi whose mind has become calm and whose passions have faded, who has become sinless and alike to Brahman!

6:28. A Yogi who has achieved inner harmony and has gotten rid of vices — easily experiences the unlimited Bliss of the contact with Brahman!

6:29. The one established in Yoga sees the Atman in every being and all beings dwelling in the Atman; such one sees the same everywhere.

6:30. They who see Me everywhere and see everything in Me — I will never forsake them and they will never forsake Me!

6:31. They, established in such Oneness, who worship Me present in everything — such Yogis live in Me whatever their activity is.

6:32. The one who sees manifestations of the Atman in everything and who has cognized through this the sameness of everything — both the pleasant and the unpleasant — such one is regarded as a perfect Yogi, O Arjuna!

Arjuna said:

6:33. For such Yoga, which is attained through inner evenness, O Madhusudana, I do not see a firm ground in myself, because of the restlessness of the mind.

6:34. For the mind is truly restless, O Krishna! It is turbulent, obstinate, hard to restrain! I think it is as difficult to curb it as to curb the wind!

Lord Krishna said:

6:35. No doubt, O mighty-armed, the mind is restless and hard to curb. Yet, one can put it under control by constant practice and dispassionateness.

6:36. Yoga is hard to attain for man who has not cognized the Atman. But the one who has cognized the Atman is on the right way to Yoga — this is My opinion.

Arjuna said:

6:37. The one who has not renounced everything worldly but is endowed with faith, who has not subjugated the mind and fell away from Yoga, — what will happen to such a person, O Krishna?

6:38. Will the one who has failed on both of the paths and has strayed from the Path to Brahman be destroyed like a riven cloud, O Mighty One?

6:39. Dispel my doubts, O Krishna! You alone can do this!

Lord Krishna said:

6:40. O Partha, there is no destruction to such a person either in this world or in the next! The one who has wished to behave righteously will never come on the path of sorrow, O My beloved!

6:41. Such a person, fell away from Yoga, attains the worlds of righteous people and stays there countless years, then such one gets born again in a pure and blessed family.

6:42. Such one may even be born in a family of wise Yogis, but such a birth is very hard to attain.

6:43. Such one is born again, being the consciousness developed in the previous incarnation, and continues advancement on the Path to Perfection, O joy of the Kurus!

6:44. The merits of the previous life drive this person forward: the one, who has aspired to cognition of Yoga, surpasses the level of the ritual religious practice!

6:45. Yogis who strive tirelessly, who have ridden themselves of vices and over many incarnations have been going to Perfection — such Yogis achieve the Supreme Goal!

6:46. A Yogi is superior to ascetics, to sages, to a man of action. Therefore, become a Yogi, O Arjuna!

6:47. Among all Yogis, I respect most the one who lives in Me being connected with Me through the Atman and serves Me whole-heartedly!

Thus in the Upanishads of the blessed Bhagavad Gita, the Science of Eternal, the Scripture of Yoga, says the sixth conversation between Shri Krishna and Arjuna, entitled:

Yoga of Self-Control.

Conversation 7.
Yoga of Profound Knowledge

Lord Krishna said:

7:1. Listen, O Partha, how, being directed with your mind to Me and practicing Yoga under My guidance, you can come to the ultimate cognition of Me.

7:2. I am going to reveal to you the knowledge and wisdom in all their fullness. After knowing them you will have nothing to learn more.

7:3. Among thousands of people, scarcely one strives for Perfection. And among those striving, only a few come to know My Essence.

7:4. Earth, water, fire, air, akasha[59], mind, consciousness, and individual "I" — all this is what exists in the world of My prakriti, eight in total.

7:5. This is My lower nature. Know also, O mighty-armed, My higher nature, Which is that Element of Life thanks to Which the whole world is sustained.

7:6. It is the womb of everything existing. I am the Source of the (manifest) universe, and it disappears in Me!

7:7. There is nothing superior to Me! Everything is threaded on Me like stringed pearls!

7:8. I am the taste of water, O Kaunteya. I am the shining of the Moon and the light of the Sun, and Pranava[60], and Universal Knowledge, and the Cosmic Voice, and humanity in people.

7:9. I am the pure scent of earth and the warmth of fire! I am the life of all the living and the exploits of spiritual warriors!

7:10. Try to cognize in Me the Primal Essence of all beings, O Partha! I am the Consciousness of all those who have developed the consciousness, I am the splendor of all the beautiful!

7:11. I am the strength of the strong who are devoid of attachments and sexual passions! I am the sexual power[61] in all beings that does not contradict dharma, O lord of the Bharatas!

7:12. Know that sattva, rajas, and tamas originate from Me. But understand that they are in Me, not I in them!

7:13. The entire world deluded by the properties of the three gunas does not know Me — Eternal, existing beyond these gunas.

7:14. Verily, it is hard to overcome My maya formed by the gunas! Only they who approach Me transcend it.

7:15. They who do evil are ignorant, the worst among men — they do not come to Me: the maya deprives them of wisdom, and they become demons.

7:16. There are four types of righteous men worshipping Me, O Arjuna: desiring to free themselves from suffering, aspiring to knowledge, seeking personal achievements, and the wise.

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[59] Substance, energy scattered in the cosmic space in the diffusive state. It constitutes the "construction material" for the process of creation of matter and souls.

[60] A Flow of the Consciousness of Brahman into which the one practicing Buddhi Yoga can immerse oneself.

[61] Kama.

7:17. Among them, superior to the three others is the wise, even-minded and devoted to Me completely. Verily, I am dear to the wise and the wise are dear to Me!

7:18. All of them are worthy! But I deem the wise to be alike to Me! Because merging with the Atman, the wise cognize Me — their Supreme Goal!

7:19. At the end of many births, the wise man comes to Me. "Vasudeva is Everything![62]" says the one of rare Mahatma's qualities.

7:20. Those deprived of wisdom by desires worship "gods" and perform rituals, which correspond to their nature.

7:21. Whatever image people worship with faith — I strengthen the faith of everyone.

7:22. Imbued with this faith, they pray — and receive what they ask from the same source. But the command to give the asked originates from Me.

7:23. Verily, ephemeral is the gain of the ignorant: they who worship "gods" go to these "gods", and they who love Me go to Me!

7:24. The ignorant deem Me, Unmanifest, achieved manifestation[63] knowing not about My unlimited, eternal, and supreme Existence.

7:25. Not everyone cognizes Me, concealed in My creative maya. The mistaken world does not know Me — Unborn, Eternal!

7:26. I know the past, the present, and the future Creations, O Arjuna, but no one here knows Me!

7:27. Due to wandering in duality because of the attraction and distraction (to earthly objects), O Bharata, all (newly) born beings live in ignorance!

7:28. But righteous people, who have rooted out their vices, become free from this duality and resolutely go towards Me!

7:29. Seeking refuge in Me, they long for liberation from birth and death. They come to the knowledge of the Atman, to the realization of the Atman for themselves, to understanding of the principles of destiny formation.

7:30. And they who cognize Me as the Highest Existence, as Supreme God Who receives all sacrifices — they, devoted to Me, meet Me at the moment of departure from the body!

Thus in the Upanishads of the blessed Bhagavad Gita, the Science of Eternal, the Scripture of Yoga, says the seventh conversation between Shri Krishna and Arjuna, entitled:

Yoga of Profound Knowledge.

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[62] **Ishvara.**

[63] **I.e., achieved incarnation.**

Conversation 8.
Imperishable and Eternal Brahman

Arjuna said:

8:1. What is Brahman, what is the Atman, what is action, O Greatest Soul? What is the material, and what is the Divine?

8:2. What is sacrifice, and how is it performed by the embodied? And how, O Madhusudana, the one who has cognized the Atman cognizes You at the moment of death?

Lord Krishna said:

8:3. The Indestructible and Highest is Brahman. The main essence (of embodied beings) is the Atman. What sustains life of the incarnate is called action.

8:4. The knowledge about the material — concerns My perishable nature; the knowledge about the Divine — concerns purusha. The knowledge about the Highest Sacrifice — concerns Me in this body, O best of the embodied!

8:5. And the one who departing from the body is conscious only about Me at the moment of death — such one comes to My Existence!

8:6. Whatever state is habitual to man at the end of existence in the body, in that very state this person remains[64], O Kaunteya!

8:7. Therefore, remember Me always — and fight. Aspiring to Me with the mind and consciousness, you will surely enter Me!

8:8. Having achieved peace with the help of Yoga, distracting the attention to nothing else, reflecting always on the Supreme — one attains the Highest Divine Spirit!

8:9. The one who knows everything about the Eternal Omnipresent Ruler of the world, the One subtler than the subtlest, the Foundation of everything, formless, shining like the Sun behind the darkness,

8:10. who at the moment of departure does not distract the mind and love, being in Yoga[65], who opens the passage of energy[66] between the eyebrows, — such one attains the Highest Divine Spirit!

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[64] This should be understood taking into account the knowledge about the multidimensional universe.

[65] In Mergence with Ishvara (the Creator).

[66] The Energy of the Atman. See explanation in the verse 8:12. (Otherwise, this statement is meaningless). See [6] for more detail.

8:11. The Path which men of knowledge call the Path to the Eternal, which spiritual warriors walk through self-control and liberation from passions, which brahmachariyas walk — that Path I will describe to you in brief.

8:12. Having closed all gates of the body[67], locked the mind in the heart, directing the Atman to the Supreme, being established firmly in Yoga,

8:13. chanting the mantra of Brahman AUM[68], and being conscious about Me — anyone departing so from the body attains the Supreme Goal.

8:14. The one who constantly thinks only about Me, having no thoughts about anything else — such a steady Yogi, O Partha, easily attains Me!

8:15. Having come to Me, such Mahatmas never get born again in this transient vale of tears: they attain the Highest Perfection.

8:16. Those dwelling in the worlds lower than the world of Brahman[69] get born again, O Arjuna! But they who have attained Me are not subject to new births!

8:17. The one who knows the Day of Brahman, which lasts a thousand of yugas[70], and His Night, which comes to an end after a thousand of yugas — such one knows the Day and Night.

8:18. From the *unmanifest*, all the *manifest* comes forth at the beginning of the Day. With coming of the Night, all the *manifest* dissolves in that which is called *unmanifest*.

8:19. All the multitude of beings giving birth to one another disappear with the beginning of the Night. With the beginning of the Day, all beings, by the Highest Command, appear anew.

8:20. But, verily, superior to this *unmanifest*, there is yet another Unmanifest, Which also remains at the time when all the *manifest* perishes.

8:21. This Unmanifest is called the Most Perfect One and is known as the Ultimate Goal! They who have attained It do not come back. This is That Which dwells in My Supreme Abode.

8:22. This Highest Consciousness, O Partha, is attained by steadfast devotion to It alone — to the One in Whom exists all the existing and Who pervades the entire world!

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[67] **The organs of sense.**

[68] **Pronounced as AOUM; it is the sound of Pranava (on high, tender tones), which is the flow of Brahman's Consciousness.**

[69] **This concerns spatial dimensions. The highest dimension is the Abode of Ishvara.**

[70] **The measure of time used in the Vedas. The Day and Night of Brahman is a cycle of cosmic pulsations that begins with creation of the material world, then follows its development, and then — *the end of the world* and Pralaya.**

8:23. Now I am going to tell you, O best of the Bharatas, about the time at which depart the Yogis who are never to return and the time at which depart the Yogis who are to return again.

8:24. Dying at fire, at daylight, on the wax of the Moon, at the time of six months of the northward passage of the Sun, Yogis knowing Brahman go to Brahman.

8:25. Dying in smoke, at night, on the wane of the Moon, at the time of six months of the southward passage of the Sun, Yogis obtaining the light of the Moon come back.

8:26. Light and Darkness — these are two ever existing paths. By the first path go those who do not return; by the second path go those who return again.

8:27. Knowing these two paths, let a Yogi never go astray! So, be steadfast in Yoga, O Arjuna!

8:28. Studying the Vedas, performing sacrifice, ascetic exploits, and good deeds give proper fruits. But Yogis possessing the true knowledge are superior to all these, they attain the Supreme Abode!

Thus in the Upanishads of the blessed Bhagavad Gita, the Science of Eternal, the Scripture of Yoga, says the eighth conversation between Shri Krishna and Arjuna, entitled:

Imperishable and Eternal Brahman.

Conversation 9.
Sovereign Knowledge and Sovereign Mystery

Lord Krishna said:

9:1. To you, devoid of envy, I am going to reveal the greatest mystery, the wisdom by knowing which you will get free from the bondage of the material existence.

9:2. It is a sovereign science, a sovereign mystery, the supreme purifier. It is cognized through direct experience as the righteousness grows. It is easily realized and gives imperishable fruits.

9:3. They who deny this knowledge do not attain Me and return to the ways of this world of death.

9:4. By Me — in My unmanifest Form — this entire world is pervaded. All beings have roots in Me, but I do not have a root in them.

9:5. Yet, all beings are not in Me — behold My Divine Yoga! Supporting all beings, having no root in them, My Essence represents the power that sustains them.

9:6. As the mighty wind blowing everywhere exists in space, even so everything exists in Me. Try to understand this!

9:7. At the end of a Kalpa, O Kaunteya, all beings[71] are consumed by My prakriti. In the new Kalpa, I produce them again.

9:8. Entering into My prakriti, I create anew all beings, I create them — who are powerless — by My Power.

9:9. These actions do not bind Me, unruffled, unattached to actions!

9:10. Under My supervision, prakriti gives birth to the moving and nonmoving. This is why, O Kaunteya, this cosmic manifestation functions.

9:11. The insane disregard Me when they meet Me in the corporal human form, for they do not know My Supreme Divine Essence!

9:12. They are astray in faith, astray in deeds, astray in knowledge, wandered to the dead end, demoniac, indulging in lie!

9:13. But Mahatmas, O Partha, having transcended My Divine maya, serve Me purposefully, knowing Me as the Inexhaustible Source of Creations!

9:14. Some of them, praising Me always, ardently aspiring to Me, simply worship Me with love.

9:15. Others, by performing a sacrifice of wisdom, worship Me as One and Multiform, present everywhere.

9:16. I am the act of sacrifice! I am the sacrifice! I am also the butter, the fire, and the offering.

9:17. I am the Father of the universe, the Mother, the Support, the Complete Knowledge, the Purifier, the mantra AUM! I am also the Rig, Sama, and Yajur Vedas!

9:18. I am the Destination, the Beloved, the Ruler, the Witness, the Abode, the Refuge, the Loving, the Beginning, the End, the Basis, the Treasury, the Inexhaustible Source!

9:19. I give warmth! I hold back or send forth rain! I am Immortality, and I am death! I am the manifest and non-manifest, O Arjuna!

9:20. Those knowing the Vedas, drinking soma[72], devoid of vices, worshipping Me with sacrificial deeds, asking of Me the way to paradise — they reach the world of "gods" and partake of "divine feasts".

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[71] **The bodies of all beings.**

[72] **Ritual beverage.**

9:21. Having enjoyed this vast Heavenly world, they return to the world of mortals when their merits are exhausted. Thus, following the three Vedas, indulging in worldly desires, they attain the perishable.

9:22. They who aspire to Me alone with steadfast faith and devotion, thinking about nothing else — to them I give My Covering!

9:23. And even those who are devoted to "gods" and worship them with full faith, — they worship also Me, O Kaunteya, though in a wrong way!

9:24. All sacrifices are received by Me, for I am the Lord! But they do not know My Essence and therefore fall away from the truth.

9:25. Those worshipping "gods" go to "gods", those worshipping ancestors go to the ancestors, those worshipping the spirits of nature go to the spirits of nature, and those who devote themselves to Me go to Me!

9:26. If one offers to Me with love even a leaf, a flower, a fruit, or water — I accept this as a gift of love from the one pure in the Atman!

9:27. Whatever you do, whatever you eat, whatever you sacrifice or offer, whichever feat you perform, O Kaunteya, — perform it as an offering to Me!

9:28. Thus you will break free from the fetters of actions that produce good or bad karmic fruits! Having united with the Atman through Sannyasa and Yoga, you will attain the Liberation in Me!

9:29. I am equal towards all beings. To Me there is no hateful or dear ones. But, verily, they who are devoted to Me with love — they are in Me and I am in them!

9:30. Even if the most "sinful" ones worship Me with an undivided heart — they should be counted as righteous, because they decided righteously!

9:31. They will promptly become performers of dharma and attain eternal peace. Be sure, the one who loves Me will never perish!

9:32. All who seek refuge in Me, O Partha, even if they are born by bad parents — even women, vaishyas, shudras — they nevertheless come to the Highest Path!

9:33. How much more it concerns righteous brahmans and wise rajas full of love! So, you — being in this joyless world — seek refuge in Me!

9:34. Fix your mind on Me, love Me, sacrifice to Me, revere Me! To Me will you finally come, being consumed by the Atman, if you have Me as your Highest Goal!

Thus in the Upanishads of the blessed Bhagavad Gita, the Science of Eternal, the Scripture of Yoga, says the ninth conversation between Shri Krishna and Arjuna, entitled:

Sovereign Knowledge and Sovereign Mystery.

Conversation 10.
Manifestation of Power

Lord Krishna said:

10:1. Again, O mighty-armed, listen to My highest instructions for your own good — My beloved!

10:2. My origin is known neither to "gods" nor to the multitude of great sages! For I am the progenitor of all "gods" and all great sages!

10:3. Among mortals, the one who cognizes Me — Unborn, Originless, the Great Lord of the universe — such a truly non-deluded one becomes free from the bondage of fate!

10:4. Awareness of actions, wisdom, resoluteness, all-forgiveness, honesty, self-control, calm, joy, pain, birth, death, fear, and fearlessness,

10:5. compassion, equanimity, contentment, spiritual aspiration, generosity, fame, and infamy — I create all this diversity of states of living beings.

10:6. The seven great sages and the four Manus prior to them also were born of My nature and by My thought. From them all nations originated.

10:7. The one who has cognized My Greatness and My Yoga is really deeply immersed into Yoga, there is no doubt about this!

10:8. I am the Source of everything, everything originates from Me. Having understood this, the wise worship Me with great delight!

10:9. Directing their thoughts at Me, devoting their lives to Me, enlightening each other, always conversing about Me, they are happy and content!

10:10. To them — always full of love — I gift Buddhi Yoga, by means of which they attain Me.

10:11. Helping them, I dispel the darkness of ignorance from their Atmans by the radiance of knowledge.

Arjuna said:

10:12. You are the Supreme God, the Supreme Abode, the Perfect Purity, the Universal Soul, the Primordial, our Eternal Lord!

10:13. All sages proclaimed You thus — divine sage Narada, and Asita, and Devala, and Vyasa! And now You Yourself told Me the same.

10:14. I believe in the truth of everything said by You! Your Manifestations, O Blessed Lord, are comprehensible neither to gods nor to demons!

10:15. You alone know Yourself as the Atman of Atmans, as the Supreme Soul, as the Source of all creatures, as the Ruler of everything existing, as the Lord of gods, as the Master of the universe!

10:16. Tell me in full about Your Divine Glory, in which You abide pervading all the worlds!

10:17. How can I cognize You, O Yogi, by constant contemplation? In what forms should I think about You, O Blessed One?

10:18. Tell Me again in detail about Your Yoga and Glory! I can never be satiated listening to Your life-giving words!

Lord Krishna said:

10:19. Let it be as you wish! I will tell you about My Divine Glory, but only the most important of it — since there is no limit to My Manifestations.

10:20. O conqueror of enemies! I am the Atman that resides in the hearts of all beings. I am the beginning, the middle, and the end of all creatures.

10:21. Of the adityas, I am Vishnu. Of lights, I am the radiant Sun. Of all winds, I am the Ruler of winds. Of other lights, I am the Moon.

10:22. Of the Vedas, I am the Sama Veda. Of "gods", I am the King of "gods". Of the indriyas, I am the mind. In all beings, I am the Life-giving Force.

10:23. Of the rudras, I am Shankara[73]. I am the Ruler of the Divine and demonic. Of the vasus, I am fire. Of mountains, I am Meru.

10:24. Know Me, O Partha, as the Head of all priests Brihaspati. Of warrior-chiefs, I am Skanda. Of water bodies, I am the ocean.

10:25. Of great rishis, I am Brigu. Of words, I am AUM. Of offerings, I am chanting of mantras. Of the immovable, I am the Himalayas.

10:26. Of trees, I am ashvattha. Of the gandharvas, I am Chitraratha. Of perfect ones, I am wise Kapila.

10:27. Of horses, know Me as Uchchaishrava born of nectar. Among kingly elephants, I am Airavata. Among men, I am the King.

10:28. Of weapons, I am the thunderbolt. Of cows, I am kamadhuka. Of procreating ones, I am Kandarpa. Of serpents, I am Vasuki.

10:29. Of the nagas, I am Ananta. Of inhabitants of the sea, I am Varuna. Of ancestors, I am Aryama. Of judges, I am Yama.

10:30. Of the daityas, I am Prahlada. Of those who count, I am the time. Of wild animals, I am the lion. Of birds, I am Garuda.

10:31. Of purifying elements, I am the wind. Of warriors, I am Rama. Of fishes, I am Makara. Of rivers, I am the Ganges.

10:32. For creations, I am the beginning, the end, and the middle. Of all sciences, I am the science about the Divine Atman. I am also the speech of those endowed with eloquence.

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[73] **In these allegories, Krishna mentions personages of the ancient Indian mythology. The explanation is in the last verse of this chapter.**

10:33. Of the letters, I am "A". I am also the duality in combinations of letters. I am the eternal time. I am the all-pervasive Creator.

10:34. I am all-devouring death, and the origin of everything to be. Of women's qualities, I am uncommonness, beauty, exquisite speech, memory, wit, constancy, forgiveness.

10:35. Of hymns, I am brihatsaman. Of the meters, I am gayatri. Of the months, I am magashirsha. Of the seasons, I am blossoming spring.

10:36. I am in the gambling of cheats, in the magnificence of the most magnificent things. I am victory. I am resoluteness. I am the truth of the truthful.

10:37. Of the descendants of Vrishni, I am Vasudeva. Of the Pandavas, I am Dhananjaya. Of munis, I am Vyasa. Of singers, I am Ushana.

10:38. I am punishment for crime. I am morals for those seeking victory. I am the silence of secret. I am the knowledge of knowers.

10:39. I am everything which is the Semen of everything existing, O Arjuna! There is nothing moving or nonmoving which can exist without Me!

10:40. There is no limit to My Divine Power, O conqueror of enemies! All that was declared to you are but examples of My Divine Glory!

10:41. All which is mighty, true, beautiful, firm — know that all this is but a trifling part of My Magnificence!

10:42. But of what use for you is the knowledge of all these details, O Arjuna? Having enlivened the whole universe with a minute part of Myself, I remain!

Thus in the Upanishads of the blessed Bhagavad Gita, the Science of Eternal, the Scripture of Yoga, says the tenth conversation between Shri Krishna and Arjuna, entitled:

Manifestation of Power.

Conversation 11.
Vision of the Universal Form

Arjuna said:

11:1. Out of compassion You revealed to me this Highest Mystery of the Divine Atman. It has dispelled my ignorance.

11:2. You have told me, O Lotus-eyed, how all beings arise and disappear! I have learned also about Your Imperishable Greatness!

11:3. As You describe Yourself, O Great Lord, I am thirsting to see You in Your Divine Form, O Supreme Spirit!

11:4. If You hold me worthy to see It, O God, then show me Your Eternal Being, O Lord of Yoga!

Lord Krishna said:

11:5. Behold, O Partha, My Form — of hundred faces, of thousand shapes, Divine, multicolored, multifarious!

11:6. Behold adityas, vasus, rudras, asvins, maruts! Behold countless miracles, O Bharata!

11:7. Behold in My Being, O Gudakesha, the entire universe — moving and nonmoving — with everything that you desire to see!

11:8. But truly you are not capable of seeing Me with your eyes, so I endow you with Divine eyes. Behold My Supreme Yoga!

Sanjaya said:

11:9. Having uttered this, the Great Lord of Yoga showed to Arjuna His Universal Form

11:10. with countless eyes and mouths, with many miraculous sights, with numerous divine adornments, brandishing numerous divine weapons,

11:11. in divine garments and necklaces, anointed with divine fragrant oils, with faces to all sides, all-wonderful, flaming, infinite!

11:12. And if the shining of a thousand Suns blazed forth in the sky, it would be comparable to the Glory of this Great Soul!

11:13. In it Arjuna saw the whole universe subdivided into many worlds, but united into one in the Body of the Highest Deity.

11:14. Then astonished Arjuna bowed his head to the Deity, joined his palms and spoke.

Arjuna said:

11:15. In You, O God, I see "gods", all kinds of beings, the Lord-Brahman seated in the wonderful lotus asana, all rishis, and wondrous celestial serpents![74]

11:16. With countless arms, bellies, mouths, eyes — everywhere I see You — unlimited are Your manifestations! My eyes can see neither the beginning, nor the middle, nor the end of Your Glory, O Infinite, Boundless Lord!

11:17. I behold Your Radiance, Your infinite omnipresent Light with discs, diadems, and scepters! Like blazing flame, or a dazzling Sun, You radiate the rays of light hard to look at!

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[74] **Here and further, Arjuna sees not the reality but only images shown to him by Krishna.**

11:18. You are beyond my thinking, O Imperishable Lord, the Supreme Goal, the Foundation of the universe, the Immortal Keeper of the eternal dharma, the Primordial Soul — thus my mind conceives You!

11:19. There is neither the beginning of You, nor the middle, nor the end! You are unlimited in Your Power! Your arms are countless! Like Suns and Moons are Your eyes! When I behold Your Face, It blazes like sacrificial fire and scorches the worlds with Your Glory!

11:20. You alone fill Heaven and the Earth and everything which is extended invisibly between them! The whole triune world trembles in front of You, O Mighty One, in front of Your terrifying Face!

11:21. Hosts of "gods" surrender to You, folding palms in awe. All appeal to You! And armies of saints and siddhis praise You, make hymns that sound throughout the entire universe!

11:22. And hosts of rudras, adityas, vasus and sadhyas, visvas, asvins, maruts, ancestors, gandharvas, asuras, yakshas, "gods" — all are admiring You!

11:23. Seeing Your mighty Form with eyes and mouths of untold number, with rows of fearsome teeth, with a vast breast, with countless hands and feet, the worlds are trembling, and so am I!

11:24. Like a rainbow in the heavens You are shining with dazzling light — with mouths wide open and giant flaming eyes! You permeate my Atman! As I behold You, my strength fades away, my peace vanishes…

11:25. Like flaming glittering swords are Your numerous teeth in the open fearful jaws. The sight of them terrifies me, I do not know where to hide from the vision of You! Be merciful, O Lord, the Refuge of the worlds!

11:26. Dhritarashtra's sons and many rulers from various countries of the Earth, Bhishma, Drona, Karna, and heroes from the both belligerent parties —

11:27. they all are rushing into Your open mouths, where rows of teeth glitter fearfully! Like mighty millstones they grind all warriors, clutched between them, turning their bodies to ashes!

11:28. As waters of rivers rapidly and violently rush towards the great ocean, even so these mighty warriors, rulers of the Earth rush headlong into Your open burning mouths!

11:29. As a moss swiftly flies into a flame to die in it, so they rush into the dreadful jaws to disappear in them and find death there!

11:30. Devouring everything in all directions, the fire of Your countless tongues burns to ashes all creatures! The space is filled with Your Radiance! The world is blazing under Your all-pervading rays, O Lord!

11:31. Reveal to me Your essence! Your vision is frightening me beyond all measure! I prostrate myself in front of You! Have mercy on me, O Mighty Lord!

What is concealed in You I aspire to know! But Your present form is terrifying to me!

Lord Krishna said:

11:32. I am the Time that brings despair to the world, that slays all people, manifesting its law on the Earth. No one of the warriors arraying here for battle will escape death! You alone will not cease to live!

11:33. Therefore, arise! And reach your glory, vanquish your enemies, and enjoy the power of your kingdom! They are already slain by My Will! You are to provide just the outer appearance, to slay them with your hand!

11:34. Drona, Bhishma, Jayadratha, Karna, and all the warriors present here are doomed to die! Therefore fight boldly, O Arjuna! And the victory on this battlefield will be yours!

Sanjaya said:

11:35. Having heard the words said by the Lord, Arjuna, trembling and prostrating, addressed Krishna again with voice faltering of fear:

11:36. The worlds are right to rejoice in praising You in songs and hymns beholding Your Magnificence, O Hrishikesha! Hosts of saints prostrate in front of You and demons scatter in fear!

11:37. And how can they not venerate the Great Atman, Which is superior to Brahman! O Infinite One! The Lord of all righteous men! The Refuge of all worlds! Eternal! You are both Beingness and Non-beingness, and That Which is beyond Them!

11:38. Among gods, no one is superior to You! The Primordial One! The Supreme Refuge of all the living! You pervade the entire universe! O Cognizable! O Omniscient! The whole universe is contained in Your Form!

11:39. You are the God of wind, the God of life, the God of death, the God of fire, the God of water! You are the Moon, the Father, the Progenitor of all beings! Be praised thousand times, again and again! Be ever praised!

11:40. All prostrate in front of You! Hail to You from all sides! There is neither limit to Your Might nor measure to Your Power! You include everything, since You are *Everything!*

11:41. If sometimes I inadvertently addressed You as my friend: "O Krishna! O my friend!", I did this out of my emotions, being unaware of Your Greatness!

11:42. And if when resting, joking, playing, eating, or having fun, I did not show the due respect to You — being alone with You or together with other friends — I beseech You: forgive me my sin, O Immeasurable!

11:43. The Father of the worlds and of everything moving or nonmoving! The most honorable and glorious Guru! There is nothing comparable to You! Who can excel You? Who in all worlds can surpass Your Glory?

11:44. I prostrate myself in awe before You and implore You: be forbearing with me! Be my father, be my friend! As loving one with the beloved, even so You bear with me!

11:45. I have beheld Your Glory seen by no one before! I am shivering with fear and joy. I implore You: assume Your previous form! Have mercy on me, O Lord of gods, the Refuge of worlds!

11:46. I strive to see the former You in Your glittering crown and with a kingly mace in Your hand! Show me Your form, which is known and dear to me! Hide this multi-armed appearance of Yours, unbearable for mortals!

Lord Krishna said:

11:47. Arjuna! By My Grace you came to know My supreme and eternal Form, which is revealed only in Yoga, in mergence with the Atman. Of all men around, no one but you has seen it.

11:48. Neither merits, nor knowing the Vedas, nor offerings, nor exploits of ascetics, nor profoundness of knowledge — nothing is able to reveal this concealed Form of Mine that you saw.

11:49. Allay your confusion and trepidation, do not be afraid about seeing My awesome Form! Forget your fear! Cheer up! Behold My appearance well known to you!

Sanjaya said:

11:50. Having said these words, Krishna assumed His usual appearance and comforted shocked Arjuna. The Great One took again His mild appearance.

Arjuna said:

11:51. Seeing again Your mild human appearance, I am coming to myself and regaining my normal state.

Lord Krishna said:

11:52. That Form of Mine, which you have seen, is very hard to see. Even "gods" are ever eager to see It!

11:53 One cannot see Me such as you have seen even if one knows all the Vedas, performs ascetic exploits, makes offerings.

11:54. Only love can behold Me thus, O Arjuna! Only love can contemplate Me in My innermost Essence and merge with Me!

11:55. The one who does everything (only) for Me, for whom I am the Supreme Goal, who loves Me, who is detached, devoid of enmity — such one comes to Me, O Pandava!

Thus in the Upanishads of the blessed Bhagavad Gita, the Science of Eternal, the Scripture of Yoga, says the eleventh conversation between Shri Krishna and Arjuna, entitled:

Vision of the Universal Form.

Conversation 12.
Bhakti Yoga

Arjuna said:

12:1. Who is more successful in Yoga: those full of love for You or those worshipping the Incognizable Unmanifest?

Lord Krishna said:

12:2. They who fix the mind on Me, are devoted to Me, and constantly aspire to Me — they are more successful in Yoga.

12:3. They who worship the Indestructible, Untold, Unmanifest, Omnipresent, Incognizable, Immutable, Unmovable, Eternal,

12:4. who conquer their indriyas, who are equally calm about everything, who are happy about the good of others — they too come to Me.

12:5. But for those who direct their thoughts to the Unmanifest, this achievement is more difficult; it is harder for them to progress.

12:6. They who have renounced the maya for the sake of Me and keep concentration on Me, practicing Yoga, O Partha,

12:7. — I promptly raise them above the ocean of births and deaths, for they dwell by the souls in Me!

12:8. Fix your thoughts on Me, submerge yourself as a consciousness into Me — verily, then you will live in Me!

12:9. But if you are not able to fix your thoughts steadily on Me — try to reach Me by practicing Yoga, O Dhananjaya!

12:10. If you are not capable of doing constantly Yoga exercises, then dedicate yourself to serving Me, performing only those actions which are needful to Me — and you will achieve Perfection!

12:11. If you are not able of doing even this, then seek Mergence with Me by renouncing the personal profit of your activity; restrain yourself in this way!

12:12. Knowledge is more important than exercises. Meditation is more important than knowledge. But renouncing personal profit is more important than meditation, because after such renunciation peace comes.

12:13. The one who is hostile to no living being, who is friendly and compassionate, without worldly attachments and egoism, even-minded among joy and sorrow, all-forgiving,

12:14. ever content, seeking unity with Me, resolutely cognizing the Atman, having devoted the mind and consciousness to Me — such a loving Me disciple is dear to Me!

12:15. The one who does not injure people and does not suffer from them, who is free from anxiety, elation, anger, fear — such one is dear to Me!

12:16. The one who requires nothing from others, who is pure, knowing, passionless, selfless, who has abandoned all undertakings[75] — such a loving Me disciple is dear to Me!

12:17. The one who neither falls in love nor hates, who neither grieves nor seeks self-profit, who has transcended good and bad, who is full of love — such one is dear to Me!

12:18. Equal towards a friend and towards a foe, the same towards glorification and disgrace, in warmth and in cold, among joy and sorrow, free from worldly attachments,

12:19. regarding equally praise and blame, laconic, content with everything that happens, not attached to home, determined in decisions, full of love — such a person is dear to Me!

12:20. Verily, all who share this life-giving wisdom, who are imbued with faith, for whom I am the Supreme Goal — such loving Me people are dear to Me above all!

Thus in the Upanishads of the blessed Bhagavad Gita, the Science of Eternal, the Scripture of Yoga, says the twelfth conversation between Shri Krishna and Arjuna, entitled:

Bhakti Yoga.

Conversation 13.
"Field" and "Knower of the Field"

Arjuna said:

13:1. About prakriti and purusha, as well as about "field" and "Knower of the field", about wisdom and about everything that is necessary to know, I would like to hear from You, O Keshava!

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[75] **Non-spiritual undertakings and undertakings "from oneself".**

Lord Krishna said:

13:2. This body, O Kaunteya, is called "field". The One, who knows it, is called by sages "Knower of the field".

13:3. Know Me as the "Knower of the field" in all "fields". True knowledge about the "field" and the "Knower of the field" is what I call wisdom, O Bharata!

13:4. What is this "field" and what is its nature, how it changes and where it is from, also who is He and what is His Power — all this I am going to tell you in brief.

13:5. All this was sung by sages in various hymns and in the words of Brahmasutra full of reason.

13:6. Knowing the great elements[76], the individual "I", the mind, the Unmanifest, the eleven indriyas, and the five "pastures" of the indriyas,

13:7. humility, honesty, kindness, all-forgiveness, simplicity, serving the teacher, purity, steadfastness, self-control,

13:8. dispassion towards earthly objects, absence of egoism, understanding the essence of suffering and the evil of new births, of old age, and of sickness,

13:9. absence of worldly attachments, freedom from enslavement by children, wife, and home, being ever in the state of peace among desired or undesired events,

13:10. steadfast and pure love for Me, wholehearted intent to abandon vain relations with people, being self-sufficient[77],

13:11. constancy in spiritual search, striving to gain the true wisdom — all this is acknowledged as true, everything else is ignorance!

13:12. I will reveal to you what has to be known, and, having been known, brings one to Immortality: this is Supreme Brahman, Who has no origin and is beyond the limits of existence and non-existence (of beings).

13:13. His hands, feet, eyes, heads, mouths are everywhere, omniscient, He abides in the world, embracing everything.

13:14. He has no organs of perception, yet He perceives everything, having no attachments to anything, yet sustaining all beings, free from the three gunas and using the gunas,

13:15. inside and outside all beings, staying in calm and yet acting, elusive in His subtlety, being always near and yet at the unspeakable distance — such is imperishable He!

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[76] **Earth, Water, Fire, Air, Akasha.**

[77] **In relation to other people.**

13:16. Not divided among beings and yet existing separately in everyone, He is cognized as the Helper of all. He embraces all beings with Himself and guides them in their development.

13:17. About Him, about the Light of all lights, it is said that He is beyond the darkness. He is Wisdom, the Goal of every wisdom, cognized by wisdom, residing in the hearts of all!

13:18. Such are the "field", the wisdom, and the object of wisdom, in brief. Having known them, My devoted disciple cognizes My Essence.

13:19. Know that both purusha and prakriti have no origin. Know also that advancement in the gunas happens thanks to one's existence in prakriti.

13:20. Prakriti is considered as the source giving origin to causes and effects. And purusha is the cause of experiencing pleasant and unpleasant.

13:21. Being in prakriti, embodied purusha necessarily merges with the gunas that originate on prakriti. An attachment to a certain guna is the cause of incarnation of purusha in good or bad conditions.

13:22. Observing, Supporting, All-receiving, the Highest Ruler, also the Divine Atman — this is how one calls the Supreme Spirit in this body.

13:23. They who have cognized thus purusha, prakriti, and the three gunas — in whatever conditions they live — they are not subject to new births anymore!

13:24. Some, meditating in the Atman, cognize the Atman from within the Atman. Others (cognize the Atman) through Sankhya Yoga. Others yet (go to this) through Karma Yoga.

13:25. Even those who are unaware about this, but having heard from others, worship sincerely — they too become free from the way of death through partaking of what they have heard!

13:26. O best of the Bharatas! Know that all existing — moving and nonmoving — originates from interaction between the "field" and the "Knower of the field"!

13:27. The one who sees the Supreme Lord non-perishing in the perishing and equally present in all beings — the seeing of such one is true!

13:28. The one who really sees Ishvara equally present everywhere — such one cannot stray from the true Path!

13:29. The one who sees that all actions are realized only in prakriti and that the Atman remains in calm — such one truly sees!

13:30. Comprehending that the multifarious existence of beings is rooted in One and originates from Him, such a person attains Brahman.

13:31. The eternal and unbound by prakriti Divine Atman, though residing in bodies, does not act and cannot be influenced, O Kaunteya!

13:32. As the omnipresent void does not intermix with anything because of its subtlety, so the Atman residing in bodies intermixes with nothing.

13:33. But as the Sun illuminates the Earth, even so the Ruler of the "field" illuminates the entire "field", O Bharata!

13:34. The one who sees with the eyes of wisdom this difference between the "field" and the "Knower of the field" and knows the process of liberating the indriyas from prakriti — such one approaches the Supreme Goal!

Thus in the Upanishads of the blessed Bhagavad Gita, the Science of Eternal, the Scripture of Yoga, says the thirteenth conversation between Shri Krishna and Arjuna, entitled:

"Field" and "Knower of the Field".

Conversation 14.
Liberation from the Three Gunas

Lord Krishna said:

14:1. Now I am going to impart to you that highest knowledge after gaining which all sages attained the Highest Perfection.

14:2. The one who has taken refuge in this wisdom and attained My Nature does not get born again in a new cycle of the development of the universe and does not perish at the end of the current cycle.

14:3. For Me the womb is Great Brahman. Into Him I introduce the semen, and this results in birth of all beings, O Bharata.

14:4. In whatever wombs mortals are born, O Kaunteya, Brahman is their Supreme Womb. And I am the Father Who procreates them.

14:5. Sattva, rajas, and tamas are gunas originating due to interaction with prakriti. They firmly bind to the body the immortal indweller of it, O mighty-armed!

14:6. Of these gunas, sattva, thanks to its unstained purity — light and healthy, attaches by the attraction to happiness and by the bonds of relationships (with people alike to oneself), and by the bonds of knowledge (about unimportant things in life), O sinless one!

14:7. Know that rajas — a field of passions — is the source of the attachment to the earthly life and the thirst for it. This binds, O Kaunteya, the indweller of the body by the attraction to action!

14:8. Tamas, born of ignorance, deludes the indwellers of bodies binding them by negligence, carelessness, and laziness, O sinless one.

14:9. Sattva attaches to bliss, rajas attaches to actions, tamas, verily, destroys wisdom and attaches to carelessness.

14:10. Sometimes the sattva guna overcomes rajas and tamas; when rajas prevails — then sattva and tamas are defeated; sometimes tamas dominates defeating rajas and sattva.

14:11. When the light of wisdom shines from every pore of the body, then one can know that in this person sattva grows.

14:12. Greed, anxiety, urge to act, restlessness, worldly desires — all these qualities arise from the growth of rajas.

14:13. Dullness, laziness, carelessness, and delusion — all these are born when tamas grows.

14:14. The one in whom sattva prevails at the time of death enters the pure worlds of men of higher knowledge.

14:15. The one in whom rajas prevails will be born then among those attached to action (in the world of matter). The one who dies in the state of tamas will be born again among the ignorant.

14:16. The fruit of righteous action is harmonious and pure. Verily, the fruit of passion is suffering! The fruit of ignorance is wandering in darkness!

14:17. Sattva gives birth to wisdom. Rajas — to greed. Carelessness and insanity originate from tamas.

14:18. Those living in sattva progress spiritually. Rajasic ones remain on the middle level. Tamasic ones, possessing the worst qualities, degrade.

14:19. When one sees the three gunas as the only reason of activity and cognizes the transcendent to the gunas — then such one comes into My Essence.

14:20. When the soul dwelling in the body becomes free from the three gunas related to the world of matter, then it becomes free from births, deaths, old-age, suffering, and partakes of Immortality!

Arjuna said:

14:21. How can one recognize those who have become free from the gunas, O Lord? What is their behavior, and how does one become free from the three gunas?

Lord Krishna said:

14:22. O Pandava, the one who is not afraid of joy, activity, and errors, and yet does not long for them when they pass away,

14:23. who is not shaken by manifestations of the gunas, and saying, "Gunas act…" stays aloof, uninvolved,

14:24. steady in situations of happiness and sorrow, self-confident, to whom a clod, a stone, and gold are equal, immutable amidst the pleasant and unpleasant, amidst praise and blame,

14:25. same in honor and dishonor, equal towards a friend and a foe; striving not for prosperity in the material world — such one is free from the three gunas.

14:26. The one who serves Me with steadfast love — having freed oneself from the three gunas, such one deserves to become Brahman.

14:27. And Brahman, imperishable and immortal, is based on Me! I am the Basis of the eternal dharma and the Abode of the ultimate happiness!

Thus in the Upanishads of the blessed Bhagavad Gita, the Science of Eternal, the Scripture of Yoga, says the fourteenth conversation between Shri Krishna and Arjuna, entitled:

Liberation from the Three Gunas.

Conversation 15.
Cognition of the Supreme Spirit

Lord Krishna said:

15:1. They say that there is the immortal tree ashvattha with its roots growing upward and the crown located beneath[78]. Its leaves are words of thanksgiving and love. The one, who knows it, is an expert in the Vedas.

15:2. Its branches extend up and down, they are nourished by the three gunas. They end at the objects of indriyas. Its roots are the fetters of karma in the human world.

15:3. Looking from within the world of matter, one can comprehend neither its form, nor its purpose or destination, nor even its foundation. And only when this firmly rooted tree is cut down by the mighty sword of liberation from attachments,

15:4. then a road from which there is no return opens up. There one has to merge with the Primordial Spirit, Who gave origin to everything.

15:5. Without pride and delusion, having conquered the evil, understanding the nature of the Eternal, having curbed the sexual passion, free from the pair of opposite known as rejoicing and suffering — such men confidently walk the reliable Path.

15:6. Neither the Sun, nor the Moon, nor fire shine there. Having entered this place, one never returns. It is My Supreme Abode!

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[78] **This image gives a notion about one of the most principal meditations of Buddhi Yoga. In it also there is a key to cognition of Brahman and Ishvara.**

15:7. A part of Me becomes a soul in the world of incarnate beings and stretches in the material nature its indriyas, among which the indriyas of the mind are the sixth.

15:8. The soul receives a body. And when it leaves the body, Ishvara takes it and carries it away, as the wind carries away the fragrance of flowers.

15:9. By hearing, eyesight, touch, taste, smell, as well as by the mind, the soul perceives from within the body the objects of senses.

15:10. The ignorant do not see the soul when it comes, leaves, or stays enjoying, being captivated by the gunas. But those who have the eyes of wisdom see it!

15:11 Rightly aspiring Yogis cognize not only the soul but also the Atman in themselves. But the unwise do not find the Atman.

15:12. Know that the splendor of the Sun illuminating the space, of the Moon, or of fire — this splendor originates from Me!

15:13. Having penetrated inside the soil, I sustain all beings in it by My Life-giving Power. I nourish all plants by becoming the heavenly soma for them.

15:14. As the Fire of Life, I reside in the bodies of animals. And mingling with the incoming and outgoing energies, I transform in their bodies the four kinds of food.

15:15. I reside in the hearts of all! From Me originates knowledge, remembering, and forgetting! I am that which has to be known in the Vedas! I am, verily, the Possessor of the all-encompassing knowledge! I am also the Creator of the Vedanta.

15:16. There are two kinds of purusha in the world: impeccable and disposed to make errors. Disposed to errors are all creatures. But the Highest Purusha is said to be impeccable.

15:17. Superior to them both, there is the Supreme Purusha called the Divine Atman[79]. He, pervading everything with Himself, sustaining the three worlds, is the Great Ishvara!

15:18. This is so because I am transcendent to the perishable and even to the imperishable! I am identified in the world and in the Vedas as the Supreme Spirit!

15:19. The one who without delusion knows Me as the Supreme Spirit, who has cognized everything worships Me with the entire being!

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[79] **Paramatman.**

15:20. So, I have expounded to you these innermost Teachings, O sinless one! They who know them and possess developed consciousnesses become most successful in their efforts, O Bharata!

Thus in the Upanishads of the blessed Bhagavad Gita, the Science of Eternal, the Scripture of Yoga, says the fifteenth conversation between Shri Krishna and Arjuna, entitled:

Cognition of the Supreme Spirit.

Conversation 16.
Discrimination of the Divine and Demonic

16:1. Fearlessness, purity of life, diligence in the Yoga of Wisdom, generosity, self-possession, sacrificial deeds, studying the Holy Scriptures, spiritual efforts, simplicity,

16:2. non-harming, honesty, non-irascibility, detachment, peacefulness, ingenuousness, compassion for living beings, absence of greed, gentleness, modesty, absence of fickleness,

16:3. courage, all-forgiveness, vigor, frankness, absence of envy and pride — the one of Divine nature possesses these qualities.

16:4. Dishonesty, haughtiness, pride, irascibility, also coarseness and ignorance are the features of the one of demonic qualities.

16:5. Divine qualities bring one to the Liberation, demonic ones — to slavery. Do not grieve: you were born for Divine lot, O Pandava!

16:6. Beings in this world manifest themselves in two ways: as Divine and as demonic. The Divine has been already expounded to you. Now hear from Me, O Partha, about the demonic manifestations!

16:7. Demonic people know neither true power, nor abstinence, nor purity, nor even scrupulosity. There is no truth in them.

16:8. They say, "There is neither truth in the world, nor meaning, nor Ishvara! It came into being not for the Great Purpose, but merely as a result of sexual passion!"

16:9. People of such views, abnegating the Atman, of the undeveloped consciousness, become evildoers and destroyers of the perishable world!

16:10. Yielding to insatiable worldly desires that lead one to destruction, haughty and arrogant, attached to the transient, confident that there is nothing more to it than that,

16:11. indulging in unending baneful reasoning, aiming only at satisfaction of their cravings, they think: "There is only this!".

16:12. Bound by hundreds of fetters of anticipation, yielding to lust and anger, they accumulate wealth by unjust means for the sake of sensual enjoyments.

16:13. "Today I achieved this, and that purpose I will achieve tomorrow! This wealth is already mine, and that will be mine in the future!

16:14. "I have killed this foe, and will kill others! I am the lord! I am enjoying! I have attained perfection, power, happiness!

16:15. "I am wealthy and noble, who can compare to me? I will make offerings, will give alms, will enjoy!" This is how the ignorant get deluded.

16:16. Lost in many intentions, entangled in the net of lies, yielded to satisfaction of their worldly passions, they go to the hell of the wicked.

16:17. Self-conceited, obstinate, full of pride, and intoxicated with wealth, they perform hypocritical sacrifices in disregard of the spirit of the Scriptures.

16:18. Indulging in egoism, violence, arrogance, lust, and anger, they hate Me[80] in other bodies.

16:19. I always cast such haters, full of evil and cruelty, into adverse, demonic conditions in their next births.

16:20. Appearing in these demonic conditions, enshrouded by ignorance life after life, aspiring not to Me, they go to the very bottom of hell.

16:21. Threefold are the gates to hell where man perishes: lust, anger, and greed. Therefore one has to renounce these three!

16:22. The one who has freed oneself from these three gates of the darkness makes one's own good, O Kaunteya, and attains the Supreme Goal!

16:23. But those abnegating the Holy Scriptures and yielding to their whims attain neither Perfection, nor happiness, nor the Supreme Goal!

16:24. Therefore, let the Holy Scriptures be for you the instructions of what to do and what not to do! Having come to know the precepts of the Holy Scriptures, you have to bring your actions in this world in accordance with them!

Thus in the Upanishads of the blessed Bhagavad Gita, the Science of Eternal, the Scripture of Yoga, says the sixteenth conversation between Shri Krishna and Arjuna, entitled:

Discrimination of the Divine and Demonic.

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[80] **My Atman.**

Conversation 17.
Threefold Division of Faith

Arjuna said:

17:1. What is the state of those who are endowed with faith but disregard the precepts of the Holy Scriptures? Are they in the state of sattva, rajas, or tamas?

Lord Krishna said:

17:2. The faith of incarnate ones can be of three kinds: sattvic, rajasic, and tamasic. Hear about all three!

17:3. A person's faith corresponds to this person's essence, and the person corresponds to his or her faith: what your faith is, so you are.

17:4. Sattvic people worship the Divine, rajasic people worship beings of demonic nature[81], tamasic people worship lower spirits and the dead.

17:5. Know that they who perform severe ascetic exploits non-prescribed by the Holy Scriptures for the sake of self-admiration and pride, yet are subjected to sexual passions, attachments, and violence,

17:6. unwise, torturing the elements that compose their bodies as well as Me residing in their bodies — know that their decisions are demonic!

17:7. Even so the food pleasant to all can be of three kinds, also sacrifice, ascetic exploits, and gifts. Hear from Me about the difference between them!

17:8. Food that promotes longevity, strength, health, jocundity, and serenity of mood, which is succulent, oily, substantial, and tasty — such food is dear to the sattvic.

17:9. Passionate ones hunger for bitter, sour, salty, too spicy, exciting, dry, and burning food, i.e. the food that causes sorrow, suffering, sickness.

17:10. Spoiled, tasteless, with bad smell, putrid, cooked of garbage, unclean food is dear to the tamasic.

17:11. Sacrifice performed without any thought about reward, in accordance with the Holy Scriptures, with firm belief that it is a duty — such sacrifice is sattvic.

17:12. Sacrifice performed with the expectation of reward and for the sake of pleasing oneself — know that such sacrifice originates from rajas!

17:13. Sacrifice that contradicts the religious precepts, performed without feeding the hungry, without sacred words, without charity, without faith — such sacrifice is called tamasic.

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[81] **Yakshas and rakshasas.**

17:14. Homage paid to the Divine, to brahmans, to teachers, and to sages, purity, simplicity, abstention, non-harming (the body) — such is the asceticism of the body.

17:15. Speech causing no dislike, honest, pleasant, and beneficial, also chanting the holy texts — such is the asceticism of the speech.

17:16. Clarity of thoughts, lowliness of the mind, control over thoughts, amicability towards everyone, naturalness of life — such is the asceticism of the mind.

17:17. This threefold asceticism, if performed by steady people endowed with deep faith and without any the expectation of reward — is considered sattvic.

17:18. Asceticism performed for the sake of praise, honor, and glory, as well as asceticism performed with pride — is rajasic in its nature, unsteady, not firm.

17:19. Asceticism performed under delusion, with self-torture, or with the purpose of destroying someone — is tamasic in its nature.

17:20. The gift, which is given without any thought about reward, with the feeling of doing this as a duty, at the right time and in the right place to a worthy person — such a gift is considered sattvic.

17:21. That which is given with the expectation of repayment or reward, or with grudging — such a gift is called rajasic.

17:22. A gift given in an inappropriate place, at inappropriate time, to unworthy people, with disrespect or disregard — such a gift is tamasic.

17:23. "AUM — TAT — SAT" is a threefold designation of Brahman in the Vedas. In old time, it was used in performance of sacrifices.

17:24. Therefore, knowers of Brahman begin sacrificial acts and acts of self-restraint with the word AUM, as it is prescribed by the Holy Scriptures.

17:25. When those seeking the Liberation perform various sacrifices and purifying acts of self-restraint, or give sattvic gifts — then it is performed with the word TAT.

17:26. The word SAT is used for designating the true reality and good, as well as righteous acts, O Partha.

17:27. The word SAT is also always uttered in sacrificing, self-restraint, and charity. And the actions aimed at these purposes are also designated by the word SAT.

17:28. And that which is performed without faith — whether it is sacrifice, exploit, or giving — is ASAT, that is NOTHING both here and after death!

Thus in the Upanishads of the blessed Bhagavad Gita, the Science of Eternal, the Scripture of Yoga, says the seventeenth conversation between Shri Krishna and Arjuna, entitled:

Threefold Division of Faith.

Conversation 18.
Liberation through Renunciation

Arjuna said:

18:1. I want to know, O Powerful One, about the essence of the renunciatory way of life and about renunciation!

Lord Krishna said:

18:2. The abandonment of activity rooted in personal desires is called by sages renunciatory life[82]. One's activity aimed not at the personal profit is called renunciation.

18:3. "Action must be abandoned as evil!" say some religious thinkers. "Sacrificial acts, charity, and acts of self-restraint must not be abandoned!" say others.

18:4. Hear My judgments about renunciation, O Bharata! Renunciation can be of three kinds, O tiger among men!

18:5. Sacrificial acts, charity, and acts of self-restraint must not be abandoned but be performed. They purify the reasonable one.

18:6. Yet, these actions must be performed without any attachment to the activity itself, without any expectation of reward, O Partha!

18:7. Verily, one should not renounce the prescribed actions! Such renunciation originating from delusion is considered tamasic!

18:8. The one who renounces actions out of fear of physical suffering, saying, "it hurts!" performing thus the rajasic renunciation — such one does not receive the fruits of the renunciation.

18:9. The one who performs the necessary action saying, "it must be done!" renouncing, at the same time, the attachment to the action and to personal gain — such one, O Arjuna, performs sattvic renunciation.

18:10. The one who is detached, imbued with harmony and purity, reasonable, devoid of doubts — such one does not detest unpleasant action and is not attached to pleasant action.

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[82] Sannyasa.

18:11. Verily, an embodied person cannot renounce actions completely. Only the one who renounces the personal profit renounces truly!

18:12. Good, bad, and intermediate — such can be the fruit of action for the non-detached. But for a sannyasi there are no fruits!

18:13. Learn from Me, O mighty-armed, the five causes that give the origin to any action, as they are described in Sankhya:

18:14. circumstances, the person himself or herself, other beings, various energy fields, and the Divine Will — five in total.

18:15. Whatever action one performs by the body, word, or thought — be it righteous or unrighteous — the causes of the action are these five.

18:16. Therefore, the unwise one who sees oneself as the only reason of the action is deluded!

18:17. But the one who has abandoned such egocentrism, who is free as a consciousness, even when fighting in this world, — such one does not kill and does not bind oneself by this!

18:18. The process of cognition, the object of cognition, and the one who cognizes — these are the three causes that give an impulse to the action. The impulse, the action, and the doer are the three constituents of the action.

18:19. In terms of the gunas, the knowledge, the action, and the doer are also considered to be of three different kinds. Hear about this from Me!

18:20. The knowledge that sees One Indestructible Being in all beings, undivided in the separate — know that such knowledge is sattvic!

18:21. The knowledge which considers numerous diverse beings as separate — know that such knowledge originates from rajas!

18:22. The knowledge based on the tendency to cling to one separate thing as to the whole, knowledge unreasonable, narrow, not grasping the real — such knowledge is called tamasic!

18:23. A due action performed passionlessly, without any desire of reward and without any attachment to it is called sattvic.

18:24. An action performed under the pressure of the desire of carrying it out, with self-admiration, or with great effort — such action is called rajasic.

18:25. An action undertaken in delusion, without consideration of possible negative consequences, for the sake of destruction, harm, or a coarse action is called tamasic.

18:26. Unattached to action, devoid of self-admiration, endowed with confidence and determination, same in success and failure — such a doer is called sattvic.

18:27. Excited, desirous for the fruits of actions, greedy, envious, admiring oneself, dishonest, subjected to rejoice and sorrow — such a doer is called rajasic.

18:28. Arrogant, coarse, angry, obstinate, sly, negligent, insidious, dull, sluggish, somber, cowardly — such a doer is called tamasic.

18:29. Threefold, according to the three gunas, is also the distinction of the level of consciousness' development and aspiration. Hear about this, O Dhananjaya!

18:30. The one who discerns: what deserves attention and what does not, what ought to be done and what ought not to be, what ought to be bewared of and what ought not to be, what is slavery and what is freedom — the one who can differentiate this is a developed consciousness and lives in sattva.

18:31. The one who does not distinguish the right Path from the wrong one, what ought to be done from what ought not to be done — such one as a consciousness is undeveloped and lives in rajas.

18:32. The one who lives in ignorance, who takes the wrong path for the right one and goes in the wrong direction — such one as a consciousness is tamasic, O Partha!

18:33. An unswerving aspiration that allows one to control the mind, energy, and indriyas and to be in the state of Yoga — such an aspiration is sattvic.

18:34. But if one directs the aspiration at the true Path, also at the sexual passion and at the profit of work, O Arjuna, then such an aspiration due to the attachment and selfishness is called rajasic.

18:35. An aspiration that does not help to free the unwise one from laziness, fear, sorrow, gloominess — such an aspiration is tamasic, O Partha!

18:36. And now hear about the threefold nature of joy, O best of the Bharatas, — about that which brings happiness and allays suffering.

18:37. The joy, which at first is like poison and then turns into nectar, is considered sattvic and originating from blissful cognition of the Atman by the consciousness.

18:38. The joy originating from contacts of the indriyas with earthly objects, which at first is like nectar and then turns into poison — such joy is called rajasic.

18:39. The joy that is delusive from the beginning to end, originating from rejection of the Atman, against the background of carelessness and laziness — such joy is tamasic.

18:40. There is no being, either here on the Earth or among "gods", which is free from the three gunas born in the world of prakriti!

18:41. The duties of brahmans, kshatriyas, vaishyas, and shudras are distributed in accordance with their nature among the gunas, O conqueror of enemies!

18:42. Clarity, self-control, self-restraint, honesty, all-forgiveness, simplicity, wisdom, use of one's own knowledge (for the good of others), knowledge about the Divine — such is the duty of a brahman, born by his or her own nature.

18:43. Valor, grandeur, firmness, agility, inability to flee from the battle, generosity, the nature of a ruler — such is the duty of a kshatriya, born by his or her own nature.

18:44. Tillage, cattle-rearing, trade are the duties of a vaishya, born by his or her own nature. Everything related with the service is the duty of a shudra, born by his or her own nature.

18:45. One goes to Perfection by performing one's own duty with diligence. Hear how one can come to Perfection by diligently performing the duty!

18:46. By performing the duty and worshipping through this the One by Whose Will all beings come into existence and Who pervades everything, man attains Perfection!

18:47. It is better to perform one's own duties, even if they are insignificant, than the duties of others, even if they are grand! By performing duties that follow from one's nature, one does not commit sin.

18:48. The preordained destiny, even if it contains that which is unpleasant, must not be abandoned! Verily, all risky undertakings are wrapped in errors as fire is wrapped in smoke, O Kaunteya!

18:49. The one who as a consciousness is free and omnipresent, who has cognized the Atman, who has no worldly desires — such one attains through the Path of renunciation the Highest Perfection and the freedom from the fetters of destiny!

18:50. How the one, who has attained Perfection, comes to Brahman, to the highest state of Wisdom — hear from Me in brief, O Kaunteya!

18:51. The one who has completely purified oneself as a consciousness, who has overcome oneself by steadfastness, who has detached from all the outer and cast off passion and enmity,

18:52. who lives in solitude[83], who is abstinent and has subdued one's speech, body, and mind, who is constantly in meditation and is passionless,

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[83] **I.e., self-sufficient, not seeking vain contacts.**

18:53. devoid of egoism, violence, arrogance, sexual passion, anger, and greed and who is imbued with peace and selflessness — such one deserves to become Brahman.

18:54. Having achieved the Eternity in Mergence with Brahman, one attains the highest Love for Me!

18:55. By love — such one cognizes Me in My Essence: who I am and what I am in reality. Having cognized Me thus in My innermost Essence, one submerges into My Beingness!

18:56. Though being engaged in activity (ordained for him or her) but worshipping Me, one attains with My help the Eternal Imperishable Abode!

18:57. Renouncing in thoughts all selfishness in action, having merged the consciousness with Me, being aware about Me as of your Refuge — think about Me constantly!

18:58. Thinking about Me, you will overcome all obstacles with My help! But if out of pride you decide not to live like this, then you will lose everything!

18:59. If, immersed into egoism, you say, "I don't want to fight!" such a decision will be vain, for prakriti will coerce you!

18:60. O Kaunteya! Bound by your own karma, which is created by your own nature, you will do against your will what you, in delusion, do not want to do!

18:61. Ishvara resides in the hearts of all beings, O Arjuna, and by the power of His maya He makes all beings revolve as if on a potter's machine!

18:62. Seek refuge in Him with all your being! By His Grace you will attain the Supreme Peace, the Imperishable Abode!

18:63. Thus I have revealed to you the wisdom more secret than the secret itself! Reflect on it thoroughly and then do as you wish!

18:64. Hear again from Me My Highest and innermost word: you are loved by Me and therefore receive this boon from Me!

18:65. Think always about Me, love Me, sacrifice yourself for My sake, seek refuge only in Me — and you will come to Me! You are dear to Me, and I trust you!

18:66. Having abandoned all other paths, go only to Me for Salvation! Do not grieve, I will free you from all your fetters!

18:67. Never tell about this to the one who is not disposed to exploits and is not endowed with love! Also, do not tell those who do not want to hear or who slander Me!

18:68. But the one who reveals this highest Truth to those loving Me, realizing (thus) devotional love for Me — such one will undoubtedly come to Me!

18:69. And there will be no one among men performing more valuable service than such one does! And there will be no one on the Earth dearer to Me!

18:70. The one who will study this holy conversation of ours will learn to worship Me by the sacrifice of wisdom! Such is My thought.

18:71. The one endowed with faith who will just listen to this conversation with homage will be ridding oneself of evil and will attain the pure worlds of the virtuous!

18:72. Have you listened to all this with undistracted attention? Has your delusion born of ignorance been destroyed, O Partha?

Arjuna said:

18:73. My delusion is dispelled! By Your Grace I have gained this knowledge! I am firm, my doubts have gone away! I will do as You said!

Sanjaya said:

18:74. Thrilled, I was hearing this wonderful conversation between Vasudeva and grand-souled Partha!

18:75. By the grace of Vyasa, I heard about this secret and highest Yoga from the Lord of Yoga — Ishvara Himself, speaking before my eyes!

18:76. O Raja! Recalling this holy dialogue of Keshava and Arjuna, I am thrilled again and again!

18:77. Recalling this most wonderful Form of Krishna, I rejoice again and again!

18:78. Wherever there is Krishna, the Lord of Yoga, wherever there is warrior Partha — there well-being, victory, and happiness are assured! This is my opinion.

Thus in the Upanishads of the blessed Bhagavad Gita, the Science of Eternal, the Scripture of Yoga, says the eighteenth conversation between Shri Krishna and Arjuna, entitled:

Liberation through Renunciation.

Thus ends the Bhagavad Gita.

Commentary to the Bhagavad Gita

The Teachings of Krishna can be subdivided into three components: ontological, ethical, psychoenergetical (the latter is related to man's development within Raja Yoga and Buddhi Yoga).

It corresponds to the three components of man's spiritual development — intellectual, ethical, and psychoenergetical.

Let us consider each of them separately.

Ontological Aspect of Krishna's Teachings

From the ontological point of view, the Bhagavad Gita gives complete and clear answers to the main questions of philosophy:

a) what is God,

b) what is man,

c) what is the meaning of human life and how we should live on the Earth.

The Bhagavad Gita considers God in the following Aspects: Ishvara, Absolute, Brahman, and Avatar.

In other languages, Ishvara is called the Heavenly Father, God-the-Father, Jehovah, Allah, Tao, Primordial Consciousness. Ancient Slavs called Him Svarog. Ishvara is also the Highest Teacher and the Goal of every one of us.

The second aspect of the word *God* is the Absolute or Everything, that is the Creator existing as one with His multidimensional Creation.

The Evolution of the Absolute goes on in cycles, which are called Manvantaras. A Manvantara consists of a Kalpa (Day of Brahman) and a Pralaya (Night of Brahman). Each Kalpa begins with the *creation of the world* and ends with the *end of the world*. The meaning of such cyclic recurrence consists in creation of new conditions for continuation of the universal Evolution of Consciousness (the Evolution of the Absolute).

The third Aspect of God is Brahman, Who is also called the Holy Spirit. This is a collective name for all Divine Individualities Who come out from the Abode of the Creator, primarily with the purpose of helping embodied people.

There is one more Manifestation of God on the Earth — Avatar, Messiah, Christ — man-God incarnated in a human body and merged by the Consciousness with the Creator. An Avatar — from the Divine level — helps people to find the Way to the Creator.

Krishna, Who presented us with the Bhagavad Gita, Jesus Christ, Babaji, Sathya Sai Baba, and many Others in the history of our planet are examples of Avatars.

… Man is not a body. The body is just a temporary material container of man. Man is a consciousness (soul), a self-aware energy. The size of the lump of the consciousness of different people may differ significantly: from tiny "rudimentary" — to cosmic sizes. It depends on two factors: the psychogenetic

age (i.e. the age of the soul) and the intensity of efforts made on the spiritual Path.

Krishna said the following about the correspondence between man and man's body:

2:18. Only the body of an embodied soul is perishable, but the soul itself is eternal and indestructible…

2:22. As one throws off worn-out clothes and puts on others that are new — so a soul throws off worn-out bodies and enters new ones.

Man represents the last stage of the evolutionary development of incarnate purusha: plants — animals — man — God. Man's task is to strive to achieve the Divine Perfection. On this Path, man goes through certain stages, steps.

One of the schemes of advancement through these stages is the description of the evolution in terms of gunas. That is, there are three gunas:

1) *tamas* — darkness, ignorance, stupidity, coarseness,

2) *rajas* — passionateness, intensive search for one's place in life, fight for one's ideals, and so on,

3) *sattva* — purity, harmony.

Nevertheless, Krishna said that one has to go even higher — higher than sattva, to Mergence with God, and this requires new efforts, new struggles with oneself. We have to keep this in mind, since sattva may turn out to be a trap: it captivates us with its bliss peculiar to this stage. It "relaxes" us, tempts us to abandon further efforts. It ensures paradise for us, but we have to go further. To become Brahman, having cognized the Nirvana in Brahman, and then to become Ishvara, we have to do much.

However, it is impossible to bypass the sattva guna. It is impossible to merge with God without mastering the qualities inherent to this guna.

It is also impossible to bypass the rajas guna, for it is in this guna that man masters such qualities as energy, self-discipline, power.

… Another scheme of man's evolutionary advancement mentioned by Krishna is the scale of varnas. (Let me stress that this and many other scales are mutually complementary; a complex use of them in application to oneself or to others gives a more complete picture).

According to the scale of varnas, man on the first stage is called *shudra*. People of this stage are too young in their psychogenesis and are not capable of doing much. Their task is to learn from others who are evolutionarily more mature, by helping them in their work.

The second stage is represented by *vaishyas*. These include merchants, craftsmen, farmers, etc. Being in this varna implies having a developed intellect for starting creative business activity, because to run a business one needs a developed intellect. It is through such activity that the representatives of this varna develop themselves.

The next varna is represented by *kshatriyas*. These are people who have ascended still higher in their intellectual development, in being energetic. These are leaders possessing sufficient "broadness" of the mind and *personal power* (the power of the consciousness). By the way, one can start preparing oneself for this stage of spiritual development starting at a young age by developing the *personal power* and energy. Helpful in this work are physical labor, active varieties of sport, dances to rhythmic music. If one does this without coarse emotional states, remembering about God and about the necessity to observe the ethical norms in front of Him, then this can form a good potential for future spiritual development at a mature age. At a mature age, it will be necessary to renounce both competitiveness and passionateness. On the contrary, one has to come then to calm, harmony, tenderness, wisdom. But this should be based on the foundation of large *personal power* — i.e. the energetical might of the consciousness and intellect.

The highest varna consists of *brahmans*, that is spiritual leaders.

It became historically established in India to hand down the varna membership by inheritance. Therefore, it is quite obvious that not all people who assign themselves to the highest varna have high spiritual achievements.

But let us come back to the problem of self-development.

… Let me cite words of Krishna about how to choose the adequate methods of work on oneself — that is those which are in accordance with the real stages of psychogenesis and ontogenesis.

12:8. Fix your thoughts on Me, submerge yourself as a consciousness into Me — verily, then you will live in Me!

12:9. But if you are not able to fix your thoughts steadily on Me — try to reach Me by practicing Yoga…

12:10. If you are not capable of doing constantly Yoga exercises, then dedicate yourself to serving Me, performing only those actions which are needful to Me — then you will achieve Perfection!

12:11. If you are not able of doing even this, then seek Mergence with Me by renouncing the personal profit of your activity; restrain yourself in this way!

The activity which is dedicated to serving the Evolution and devoid of egoistic, selfish components (spiritual service, in other words) is Karma Yoga.

… Let me also note what great importance Krishna attached to the intellectual development of people on the spiritual Path.

This is especially important due to the fact that there are some sects denying the importance of intellectual development — up to opposing the traditional education of children.

But Krishna exalted Wisdom:

4:33. Superior to all outer sacrifices is the sacrifice of wisdom… All actions… become perfect when they are performed by the wise!

4:34. Therefore, gain wisdom through devotion, inquiry, and service!…

4:37. As fire turns firewood into ashes, so does the fire of wisdom burns all false actions to ashes!

4:38. There is no purifier better than wisdom in this world. With its help, the one skilled in Yoga attains Enlightenment in the Atman in due course.

4:39. The one full of faith gains wisdom. The one controlling the indriyas gains it too. Having achieved wisdom, they quickly attain the higher worlds.

7:16. There are four types of righteous men worshipping Me…: desiring to free themselves from suffering, aspiring to knowledge, seeking personal achievements, and the wise.

(It follows from the last words of Krishna that: first, any active person who is not of demonic nature, i.e. not indulging in coarse vices, is regarded by Krishna as righteous. Second, the representatives of the first three mentioned groups are not wise yet: the wise are an independent group of a higher level. Those striving to become free from suffering, those thirsting for knowledge, and those striving for personal achievements at the stage of rajas — they are not wise yet.)

7:17. … Superior to others are the wise, even-minded and devoted to Me completely. Verily, I am dear to the wise, and they are dear to Me!

8:28. Studying the Vedas, performing sacrifice, ascetic exploits, and good deeds give proper fruits. But Yogis possessing the true knowledge are superior to all these, they attain the Supreme Abode!

So who can be called the wise? — Those who have a wide breadth of knowledge on the main subjects: about God, about man, about man's Path to God. This is the basis, the foundation of Wisdom. But it is not Wisdom yet. This

is just possession of much knowledge, erudition. Wisdom implies an additional capability of operating the knowledge, the ability to create intellectually.

How can we develop this quality in ourselves? The first and easiest way is to study in the usual educational institutions (schools, universities, etc.). Additionally, we can contribute to the development of this quality by mastering as many skills and professions as possible, by communicating with people, with God, and in many other ways. It is essential to master the stage of grihastha (householder) in full. It is through service to other people, through caring about them — first within one's own family, and then within the "family" of spiritual disciples — that Wisdom can be gained.

And the Creator does not let foolish people into Himself: He does not need them.

Ethical Aspect of Krishna's Teachings

Ethics consists of three components:

a) man's attitude towards people, all other living beings, and towards the entire environment;

b) attitude towards God;

c) attitude towards one's own Path to the Perfection.

Let me cite Krishna's statements on each of these three parts of the ethical teachings.

On Attitude towards People, Other Living Beings, and the Environment

Krishna suggests regarding everything existing in the universe as a Manifestation of God in the Aspect of the Absolute. Love for God in this Aspect implies our love for the Creation as for His integral Part:

7:8. I am the taste of water, O Kaunteya! I am the shining of the Moon and the light of the Sun, and Pranava, and Universal Knowledge, and the Cosmic Voice, and humanity in people!

7:9. I am the pure scent of earth and the warmth of fire! I am the life of all the living and exploits of spiritual warriors!

7:10. … I am the Consciousness of all who developed the consciousness, I am the splendor of all the beautiful!

7:11. I am the strength of the strong who is devoid of attachments and sexual passions. I am the sexual power in all beings that does not contradict dharma.

7:12. Know that sattva, rajas, and tamas originate from Me. But understand that they are in Me, not I am in them!

12:15. The one who does not injure people… is dear to Me.

16:2-3. … Compassion for living beings, … — the one of Divine nature possesses this quality.

17:15. Speech causing no dislike, … pleasant… — such is the asceticism of the speech.

17:16 … Amicability towards everyone, … — such is the asceticism of the mind.

6:9. The one who has developed oneself as a consciousness and advanced spiritually is well-disposed both to friends and to foes, to neutrals, to strangers, to the envious, to relatives, to the pious, and to the vicious.

On Attitude towards the Creator

11:54. … Only love can contemplate Me in My innermost Essence and merge with Me!

13:10-11. Steadfast and pure love for Me… — this is acknowledged as true…

9:27. Whatever you do, whatever you eat, whatever you sacrifice or offer, whichever feat you perform… — perform it as an offering to Me!

12:14. … Seeking Unity with Me, resolutely cognizing the Atman, having devoted the mind and consciousness to Me — such a loving Me disciple is dear to Me.

12:20. … All… for whom I am the Supreme Goal — … are dear to Me above all!

On Attitude towards One's Own Path to Perfection

God suggests that we regard our lives as the opportunity to approach Perfection by making efforts on transformation of ourselves, as well as through active creative love-service to God, which is manifested as our service to people. These are corresponding statements of Krishna:

Fighting Coarse Negative Emotions and Worldly Cravings

12:13. The one who is not hostile to any living being, who is friendly and compassionate, … even-minded among joy and sorrow, all-forgiving,

12:14. ever content… — such a loving Me disciple is dear to Me.

12:15. The one who does not injure people…, who is free from anxiety, elation, anger, and fear — such one is dear to Me.

12:17. The one who neither… hates, (nor) grieves… is dear to Me.

5:23. The one who here, on the Earth, before liberation from the body, can resist the power of worldly attractions and anger — such one achieves harmony and becomes a happy person.

16:21. Threefold are the gates to hell where man perishes: lust, anger, and greed. Therefore, one has to renounce these three!

16:22. The one who has freed oneself from these three gates of the darkness makes one's own good… and attains the Supreme Goal!

18:27. Excited, desirous for fruits of actions, greedy, envious, admiring oneself, dishonest, subjected to rejoice and sorrow — such a doer is called rajasic.

18:28. Arrogant, coarse, angry, obstinate, … somber… — such a doer is called tamasic.

By the way, sexuality as well as all other qualities of man can be differentiated according to the gunas. That is, the sexuality peculiar to the representatives of a certain guna has the nature of this guna. This knowledge may become the ground for self-analysis and self-improvement, and for understanding other people better. Only the sattvic sexuality is worthy of encouragement.

In the Bhagavad Gita, much is said about sattvic qualities: they are harmoniousness, calmness of the mind, subtlety of the consciousness, the ability to control one's own emotions with refusal of coarse emotional manifestations, prevalence of the state of subtle and joyous love, absence of egocentrism and violence.

From the methodological standpoint, it is important that sattvic qualities can be developed only if the body is healthy and cleansed from coarse energies. To become sattvic, one needs, among other things, to exclude completely meat and fish from one's diet.

Sattvic qualities can be steadfast only in those who have passed fully the stage of kshatrism, have developed vigor, *personal power*, high intellect, and have gained deep knowledge about the most important in life.

Fighting False Attachments

12:17. The one who does not fall in love (with people)… is dear to Me.

12:18-19. … Free from worldly attachments… such a person is dear to Me.

13:8-11. … Dispassion towards earthly objects…, absence of worldly attachments… — all this is acknowledged as true…

2:62. But if one comes back in the mind to the earthly objects, then inevitably an attachment to them arises. This attachment leads to the desire to possess these objects, and the impossibility to satisfy this desire produces anger.

16:1-3. … Generosity, … absence of greed… — the one of Divine nature possesses these qualities.

18:49. The one who, as a consciousness, is free and omnipresent, who has cognized the Atman, who has no worldly desires — such one attains through the Path of renunciation the Highest Perfection and the freedom from the fetters of the destiny!

Fighting Egoism, Egocentrism, and Ambitiousness, which Are Manifestations of the lower self

12:13. The one who is… without worldly attachments and egoism, even-minded among joy and sorrow, all-forgiving,

12:16. … who requires nothing from others… — … is dear to Me.

13:7-11. Humility,… simplicity,… absence of egoism… — all this is acknowledged as true…

16:4. … Haughtiness, pride… are the features of the one of demonic qualities.

12:18. Equal towards a friend and towards a foe, the same towards glorification and disgrace, in warmth and in cold, among joy and sorrow, free from worldly attachments,

12:19. regarding equally praise and blame, laconic, content with everything that happens, not attached to home, determined in decisions, full of love — such a person is dear to Me!

The problem of fighting false attachments, egoism, and egocentrism can be solved radically by:

— forming the right spiritual orientation (i.e. whole-hearted aspiration to the Creator),

— mastering the control over the indriyas, and

— direct elimination of the lower self in Nirodhi through the meditation *total reciprocity*. If this meditation is performed in the Holy Spirit, it results in

the state of Nirvana in Brahman, performed in the eon of the Creator, it results in Mergence with the Creator.

Work with the indriyas is a component of the psychoenergetical work on self-development. It is feasible only for those who have mastered — on the stage of Raja Yoga — the methods of moving the consciousness from one chakra to another, developed all three dantians, and then — on the stage of Buddhi Yoga — brought to the perfect state both *bubbles of perception*[84].

Cultivating Positive Qualities in Oneself

12:19. … Determined in decisions, full of love — such a person is dear to Me!

2:14. The contact with matter produces feelings of heat and cold, of pleasure and pain. These feelings are transient: they come and go. Endure them with fortitude!

2:15. The one who is unmoved by them, … who remains sober and unfaltering in joy and in trouble — such one is able to attain Immortality.

4:33. Superior to all outer sacrifices is the sacrifice of wisdom… All actions… become perfect when they are performed by the wise!

4:34. Therefore, gain wisdom through devotion, inquiry, and service! Sages and clairvoyants, who perceived the essence of things, will impart this to you.

4:38. There is no purifier better than wisdom in this world! Through it, the one skilled in Yoga attains Enlightenment in the Atman…

4:39. The one full of faith gains wisdom. The one controlling the indriyas gains it too. Having achieved wisdom, they quickly attain the higher worlds.

11:54. Only love can behold Me thus!… Only love can contemplate Me in My innermost Essence and merge with Me!

Serving God

14:26. The one who serves Me with steadfast love — having freed oneself from the three gunas — such one deserves to become Brahman.

5:25. The Nirvana in Brahman is attained by those rishis who … dedicate themselves to the good of all.

Psychoenergetical Aspect of Development

The psychoenergetical direction of Yoga, as Krishna expounded it, includes the following stages:

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[84] **See [6].**

1. Preparation of the body.

2. Preparatory exercises for the energy structures of the body.

3. Cognition of the Atman through:

a) bringing in order the emotional sphere with the development of the spiritual heart in the first place,

b) refusal of false attachments,

c) formation of right aspiration and following it,

d) control of the activity of the indriyas,

e) meditative practice aimed at the refinement of the consciousnesses, mastering the ability of moving the consciousness, growth of the *personal power*,

f) practical cognition of the multidimensional structure of the Absolute and cognition of Brahman,

g) further *strengthening of the consciousness*, i.e. its quantitative growth.

4. Cognition of Ishvara and merging with Him.

5. Merging with the Absolute.

Preparation of the Body

Krishna did not leave specific methods for realization of this task, but gave general directions:

17:5. Know that they who perform severe ascetic exploits… for the sake of self-admiration and pride…

17:6. unwise, torturing the elements that compose their bodies… — know that their decisions are demonic.

17:14. … Purity, … abstention, non-harming (the body) — such is the asceticism of the body.

6:16. Verily, Yoga is not for those who eat too much or do not eat at all, not for those who sleep too long or wake too long!…

6:17. Yoga dispels all suffering in those who have become moderate in eating, resting, working, also in sleeping and waking.

17:8. Food that promotes longevity, strength, health, jocundity, and serenity of mood, which is succulent, oily, substantial, and tasty — such food is dear to the sattvic.

Preparatory Exercises for the Energy Structures of the Body

It is impossible to start working with the Atman straight off. This work should be preceded by preliminary trainings.

About this preparatory stage Krishna said briefly:

12:9. … If you are not able to fix your thoughts steadily on Me — try to reach Me by practicing Yoga… (This concerns the use of the methods of Raja Yoga, which are described in detail in [6]).

Conquering of the Mind

In the Bhagavad Gita the following is said about this:

Arjuna said:

6:33. For such Yoga, which is attained through inner evenness,… I do not see a firm ground in myself because of the restlessness of the mind.

6:34. For the mind is truly restless… It is turbulent, obstinate, hard to restrain! I think it is as difficult to curb it as to curb the wind!

Lord Krishna said:

6:35. No doubt… the mind is restless and it is hard to curb. Yet, one can put it under control by constant practice and dispassionateness.

6:36. Yoga is hard to attain for those who have not cognized the Atman. But the one who has cognized the Atman is on the right way to Yoga — this is My opinion.

In the esoteric practice, the problem of controlling the mind is easily solved with the help of the methods of Raja Yoga and then of Buddhi Yoga. For this purpose, one has to learn to move the consciousness into the anahata chakra. This helps to destroy the mental dominants and to make the mind quiet, at that, the mind's indriyas detach from everything worldly.

Later on, at the stage of Buddhi Yoga, the problem of controlling the mind is solved even more radically — when one masters moving separately the developed structures of the upper and lower *bubbles of perception* in the *subtle worlds* far outside the body.

It does not mean, of course, that such meditators lose to some degree their intellectual ability. Being not in meditation, they continue to reason about the earthly aspects of life not less but more adequately. During meditations, their intellects are not "switched off", in meditation the intellect switches completely from the earthly to the heavenly, to the Divine.

Higher stages of the solution of this problem become available with the help of special meditative techniques in full Mergence of the consciousness with Brahman and then with Ishvara. The intellect of the meditator in this case is united with the Intellect of God.

In some degraded sects, they use inadequate methods in attempt to control the mind. For example, long "seclusions" by themselves, i.e. without special esoteric techniques, make no sense; those who resort to such seclusions only waste their time. Equally ineffectual for this purpose is the use of psychedelics, which have in addition harmful effects on physical and psychical health. The only right way of mastering the control over the mind is to use the methods of Raja Yoga and Buddhi Yoga in a completely adequate and clear state of the consciousness.

Description of the Atman and How to Cognize It

8:3. … The main essence (of embodied beings) is the Atman…

6:7. The one who has cognized the Atman attains full peace, because such one takes refuge in the Divine Consciousness when being in cold or heat, in situations of joy or grief, honor or dishonor.

6:10. Let a Yogi be constantly concentrating in the Atman!…

6:18. Such a person — who is free from all cravings and is concentrated in the Atman alone — is regarded to be in harmony.

5:17. The one who has cognized oneself as a buddhi, who has associated oneself with the Atman, who is devoted only to the Lord and takes refuge in Him — such one, purified by salvational wisdom, goes to Liberation.

15:11 Rightly aspiring Yogis cognize not only the soul but also the Atman in themselves. But the unwise do not find the Atman.

2:58. When (a Yogi) takes the indriyas off the earthly objects like a tortoise withdraws its limbs and head into its shell — then the Yogi attains the true understanding.

13:22. Observing, Supporting, All-receiving, the Highest Ruler, also the Divine Atman — this is how one calls the Supreme Spirit in this body.

13:29. The one who sees that all actions are realized only in prakriti and that the Atman remains in calm — such one truly sees!

13:31. The eternal and unbound by prakriti Divine Atman, though residing in bodies, does not act and cannot be influenced…

13:32. As the omnipresent Void does not intermix with anything because of its subtlety, so the Atman residing in bodies intermixes with nothing.

6:32. The one who sees manifestations of the Atman in everything and who has cognized through this the sameness of everything — both the pleasant and the unpleasant — such one is regarded as a perfect Yogi…

9:34. Fix your mind on Me, love Me, sacrifice to Me, revere Me! To Me will you finally come, being consumed by the Atman, if you have Me as your Highest Goal!

In relation to this subject, it is important to stress the importance of the work on the development of the spiritual heart, because higher spiritual achievements are not possible without this. It is inside the developed spiritual heart that the spiritual seeker can find the Atman and then cognize Paramatman — cognize Ishvara (the Creator).

Krishna said the following about this:

10:20. I am the Atman that resides in the *hearts* of all beings…

15:15. I reside in the *hearts* of all!…

18:61. Ishvara resides in the *hearts* of all beings…

How one can open and then develop the spiritual heart is described in our books and films listed at the end of this book.

Description of Brahman and Cognition of the Nirvana in Brahman

13:12. I will reveal to you what has to be known, and, having been known, brings one to Immortality: this is Supreme Brahman, Who has no origin and is beyond the limits of existence and non-existence (of beings).

13:13. His hands, feet, eyes, heads, mouths are everywhere, omniscient, He abides in the world, embracing everything.

13:14. He has no organs of perception, yet He perceives everything, having no attachment to anything, yet sustaining all beings, free from the three gunas and using the gunas,

13:15. inside and outside all beings, staying in calm and yet acting, elusive in His subtlety, being always near and yet at the unspeakable distance — such is imperishable He!

13:16. Not divided among beings and yet existing separately in everyone, He is cognized as the Helper of all. He embraces all beings with Himself and guides them in their development.

13:17. About Him, about the Light of all lights, it is said that He is beyond the darkness. He is Wisdom, the Goal of every wisdom, cognized by wisdom, residing in the hearts of all!

14:26. The one who serves Me with steadfast love — such one, having freed oneself from the three gunas, deserves to become Brahman.

18:50. How the one, who has attained Perfection, comes to Brahman, to the highest state of wisdom — hear from Me in brief…

5:24. The one who is happy within, who finds joy not in the outer, who is illuminated (by love) within — such a Yogi is capable of cognizing the essence of Brahman and attaining the Nirvana in Brahman.

5:25. The Nirvana in Brahman is attained by those rishis who have gotten rid of vices, become free from duality, cognized the Atman, and dedicated themselves to the good of all.

5:26. Free from worldly attractions and anger, dedicated to spiritual pursuits, having subdued the mind and cognized the Atman — they attain the Nirvana in Brahman.

6:27. The highest happiness awaits a Yogi… who has become sinless and alike to Brahman.

6:28. Yogis who have brought themselves into harmony and gotten rid of vices experience easily the unlimited Bliss of contact with Brahman!

18:51. The one who has completely purified oneself as a consciousness, who has overcome oneself by steadfastness, who has detached from all the outer and cast off passion and enmity,

18:52. who lives in solitude, who is abstinent and has subdued one's speech, body, and mind, who is constantly in meditation and is passionless,

18:53. devoid of egoism, violence, arrogance, sexual passion, anger, and greed and who is imbued with peace and selflessness — such one deserves to become Brahman.

5:20. Being the calmed pure consciousness, the one who has cognized Brahman and established oneself in Brahman neither rejoices receiving that which is pleasant nor grieves receiving that which is unpleasant.

5:21. The one who is not attached to satisfaction of the senses by the outer things and finds joy in the Atman — such one, upon reaching Unity with Brahman, partakes of the eternal Bliss.

18:54. Having achieved the Eternity in Mergence with Brahman, one attains the highest Love for Me!

Strengthening of the Consciousness

With advancement through the stages of Buddhi Yoga, one's amount of the energy of the consciousness grows and so *strengthening of the consciousness* (or *crystallization* of the consciousness) takes place:

2:64. … The one who has conquered the indriyas, renounced attractions and distractions, and established oneself in the Atman attains the inner purity.

2:65. When the inner purity is attained, all sorrows disappear and the consciousness strengthens.

However this achievement can be lost:

2:67. The reason of a person who yields to the pressure of passions gets carried away like a ship carried away by the storm!

2:63. Because of anger the perception gets completely distorted. The distortion of perception causes the loss of memory (about one's own achievements). And the loss of memory leads the loss of the energy of the consciousness. By losing the energy of the consciousness, man degrades.

Description of Ishvara

10:8. I am the Source of everything, everything originates from Me! Having understood this, the wise worship Me with great delight!

10:9. Directing their thoughts at Me, devoting their lives to Me, enlightening each other, always conversing about Me, they are happy and content!

10:10. To them — always full of love — I gift Buddhi Yoga, by means of which they attain Me.

10:42. … Having enlivened the whole universe with a minute Part of Myself, I remain.

10:40. There is no limit to My Divine Power!…

11:47. … My supreme and eternal Form… is revealed only in Yoga, in Mergence with the Atman…

7:7. There is nothing superior to Me!…

15:18. … I am transcendent to the perishable and even to the imperishable!…

9:4. By Me — in My unmanifest form — this entire world is pervaded. All beings have roots in Me…

8:9. They who know everything about the Eternal Omnipresent Ruler of the world, the One subtler than the subtlest, the Foundation of everything, formless, shining like the Sun behind the darkness,

8:14. … who think of Me constantly, having no thoughts about anything else — such steady Yogis… easily attain Me.

11:54. … Only love can contemplate Me in My innermost Essence and merge with Me!

11:55. The one who does everything (only) for Me, for whom I am the Supreme Goal, who loves Me, who is detached, devoid of enmity — such one comes to Me…

12:8. Fix your thoughts on Me, submerge yourself as a consciousness into Me — verily, then you will live in Me!

14:27. And Brahman — imperishable and immortal — is based on Me! I am the Basis of the eternal dharma and the Abode of the ultimate happiness!

18:46. By performing the duty and worshipping through this the One by Whose Will all beings come into existence and Who pervades everything, man attains Perfection!

18:55. By love one cognizes Me in My Essence: who I am and what I am in reality. Having cognized Me thus in My innermost Essence, one submerges into My Beingness!

18:65. Think always about Me, love Me, sacrifice yourself for My sake, seek refuge only in Me — and you will come to Me!…

6:15. The Yogi who has merged with the Atman and controls the mind enters the Highest Nirvana and abides there in Me.

Cognition of the Absolute

One of the Aspects of God, as we discussed above, is the Absolute — the Creator coessential with His Creation. As to the practical aspect, the meditative cognition of the Creator and of the Absolute and Mergence with Them happen almost in parallel. About the cognition of the Absolute Krishna said the following:

7:19. At the end of many births, the wise man comes to Me. "Vasudeva is Everything!" says the one of rare Mahatma's qualities.

18:20. The knowledge that sees One Indestructible Being in all beings, undivided in the separate, — know that such knowledge is sattvic!

11:13. … Arjuna saw the whole universe subdivided into many worlds, but united into one in the Body of the Highest Deity.

6:30. They who see Me everywhere and see everything in Me — I will never forsake them and they will never forsake Me!

6:31. They, established in such Oneness, who worship Me present in everything — such Yogis live in Me whatever their activity is.

Mergence with Brahman, the Creator, and the Absolute is achieved through the meditative methods that allow one to enter the state of "non-I" (*total*

reciprocity) and through other methods of Buddhi Yoga. At that, not only mental but also meditative replacement of egocentrism with Godcentrism takes place.

By the way, the vector of attention in the Absolute is directed from the Creator to the Creation.

7:4. Earth, water, fire, air, akasha, mind, consciousness, also the individual "I" — all this is that which exists in the world of My prakriti, eight in total.

7:5. This is My lower nature. But know… My higher nature, Which is that Element of Life thanks to Which the whole world is sustained!

7:6. It is the womb of everything existing. I am the Source of the (manifest) universe, and it disappears in Me!…

The ultimate goal of every one of us is Mergence with Him. Let us dedicate our lives to this!

QUOTATIONS FROM THE MAHABHARATA

From the Book of the Wives (11th book of the Mahabharata[85])

… Even if one grieves before death — (anyway) one cannot change anything. The medicine for grief is to forget about it. Grief arises from contact with the undesired, from parting with the pleasant.

Only unreasonable people suffer of grief.

Grief is destroyed by knowledge.

The one who has subjugated the indriyas, who is not agitated with sexual passion, greed, anger, content (with worldly possessions), who is truthful — comes to (steady) calm. The one who has mastered (among other things, the control over) the mind becomes free from the great circle of suffering.

[85] **[59].**

From the Udyogaparva
(5th book of the Mahabharata[86])

Causing no harm by violence is the most important thing bringing one to happiness.

The one who seeks success has to abandon six vices: drowsiness, sloth, fear, anger, laziness, and putting off work to a later time.

The one who never looks arrogant, never speaks about others with disregard, never says rude words — such a person is always liked by everyone.

As stars are influenced by planets, even so the inner world (of man) is influenced by (his) indriyas, when they, uncontrolled, are directed to material objects.

Fools offend the wise one with unjust rebukes and slander. But those who slander incur sin on themselves. On the contrary, the wise one, by forgiving the offence, becomes liberated from sins.

Fools… are those trying to teach the one who cannot be taught (and)… those talking to the one who listens to them with mistrust…

Making evil by violence is the power of the wicked; forgiveness is the power of the virtuous.

Do not do to others what is disgusting to you. This is justice, in brief.

Conquer anger with forgiveness, win the wicked with kindness, educate the niggardly with generosity, overcome injustice with truth.

Never try to do good deeds under the influence of passion, fear, or greed…

Yearning for pleasures captivates man, but then causes passion and anger in him.

I regard as a brahman the one who is capable of knowing and explaining to others (the Truth), who, having solved one's own problems, explains the problems of others.

… The one who abides in the Truth and has cognized Brahman is regarded as a brahman.

Brahman cannot be cognized in a hurry. I call the knowledge about the Unmanifest — eternal, this knowledge is achieved by the consciousnesses of those who keep the vow of apprenticeship… The body is created by two: father and mother… Yet the (true) birth[87]… liberates one from old age and gives

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[86] **[37].**

[87] **See the Gospel of Philip.**

Immortality. The disciple… has to aspire to studying with diligence and never become angry or arrogant.

People with their deeds (in the material worlds) attain limited worlds. The one who cognizes Brahman attains everything through this. And there is no other way to ultimate salvation.

The main Celestial Haven is found not on the Earth, nor in the air space, nor in the ocean. It is neither in the stars, nor in the lightning. Its form cannot be seen in the clouds. One can behold It neither in the wind, nor among the gods, nor in the moon, nor in the sun. It cannot be found in hymns, sacrificial sayings, incantations, or chanting. It is neither in melodies, nor in great vows…

It is beyond darkness…

It is subtler than the subtlest and greater than mountains.

It is the Unshakable Foundation, Immortality…, the Primordial Essence (of the universe).

It is the Shining Light, the Highest Glory…

This Highest and Divine can be seen only by Yogis.

From It — originates Brahman, and thanks to It Brahman grows.

And no one can see It with the (physical) eyes. Yet the one who cognizes It with the aspiring heart and mind — becomes immortal.

I am the Father and Mother, and the Son!

I am the Essence of everything that was, is, and will be!…

Subtler than the subtlest, Benevolent — I am awake in all beings.

Lao Tse — Tao Te Ching

The book *Tao Te Ching* was written by the great Chinese spiritual adept Lao Tse about 2500 years ago. In that incarnation, Lao Tse was a disciple of non-incarnate Huang Di[88] and achieved full spiritual self-realization. At the present time, Lao Tse provides spiritual help to incarnate people.

The work on creating this edition of the translation of *Tao Te Ching* was done at the personal request of Lao Tse[89] and with His help.

***Tao Te Ching* is one of the most fundamental textbooks on the philosophy and methodology of spiritual development.**

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[88] **See further in this book.**

[89] **In this request He added that a competent translation of *Tao Te Ching* could only be made by a person who has traversed the entire Path to the cognition of Tao.**

* * *

1. One cannot cognize Tao[90] only by speaking about It.

One cannot name by a human name that Origin of the sky and the earth 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.

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

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

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

In this way, beingness and non-beingness, hard and easy, long and short, high and low allow knowing each other.

Different sounds mix and create harmony. And so the preceding and the succeeding follow each other harmoniously.

The wise prefer *non-doing*[91] and live in *quietness*[92]. Everything happens around them as if by itself. They are not attached to anything on the Earth. They do not own anything made by them. They are not proud of their works.

Since they do not exalt themselves, do not boast, do not require special respect from others, they are pleasant to all.

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 takes care that people have enough food. This eliminates passions and strengthens people's health. The wise ruler always strives to prevent temptations and passions and does not let evil people act.

The absence of these problems brings calm.

4. Tao looks like a void. Yet, It is omnipotent!

It is in the *Depths*.[93]

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[90] Synonyms of this word of Chinese origin are Primordial Consciousness, Creator, God-the-Father, Ishvara, Allah, Svarog, etc.

[91] That is the calm of mind and body, including stopping of the flow of thoughts. It allows mastering the art of meditation and developing oneself as a consciousness. (Those who are not used to the word *non-doing* can mentally replace it with the word *meditation* when reading this text).

[92] 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 [13]).

It is the Origin of everything.

It controls everything.

It pervades everything.

It shines with *Light*.

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 like the space inside a bellows or a flute. 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 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*[94] 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 on themselves and *not for the sake of themselves*, they are created by Tao and exist *for It*.

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

This happens because the wise 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!

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[93] **In the depths of multidimensional space. In other words, at the *subtle* end of the multidimensional scale.**

[94] **Tao.**

When guiding others, follow the principle of being calm!

Every action has to be realizable and done in time.

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 an edge too much. And if a room is overfilled with gold and jasper, who will guard it?

Excessiveness in everything 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*[95]. Then one does not develop false egocentric desires.

One has to refine the consciousness. Let one, in this respect, become similar to a newborn baby. The one who becomes so subtle becomes free from delusions.[96]

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. Understanding of this truth comes in *non-doing*.

To educate without violence, to create without boasting, to produce without possessing the products, to be older than others and not command them, this is the true righteousness of Great Te[97]!

11. Thirty spokes are united in one wheel. But, the use of the wheel depends also 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, windows. Yet, the building's usefulness depends also 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.

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[95] **To feel oneself an integral part of the Absolute.**

[96] **Only through this can one cognize Tao.**

[97] **I.e., the higher ethics suggested by Te, by the Holy Spirit (Brahman).**

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

The efforts of the wise are directed at having enough food, not at accumulating many objects. They, satisfied with 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 I suffer great distress because I treasure my name.

When I cease treasuring my name, I 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 something, therefore, they are invincible.

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

If you 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 reach It. This is why It is called hard-to-be-caught.

In Tao are Those Who fill you with delight![98] All Those in Tao are merged into *One*.

Tao is equal above and below.

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

They come out from Tao manifesting Their Individualities, then come back to the state without individual manifestations 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 capable of achieving spiritual Enlightenment cognized hidden and hardly cognizable small and large steps of this Path.

Such seekers were hard to recognize. Let me 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

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[98] **Holy Spirits Who come out from Tao and are coessential to It. In the Christian tradition, They are called, in the aggregate sense, the Holy Spirit.**

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 dale, 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 were satisfied with little in the world of matter. Not desiring much, they were satisfied with what they had and did not seek more.

16. Make *emptiness*[99] 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 Essence[100]!

Those who have cognized their true Essence achieve full calm. Thus they attain the common *Abode of All Those Who Have Attained*[101].

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

Those Who have attained that *Abode* represent the *United We*, which is the *Highest Ruler*. That *Abode* is also called *Heaven*[102]. This is the Abode of Eternal Tao.

Tao is non-corporeal. It cannot be caught by anyone. Thus, It is invincible.

17. The *Highest Ruler* provides all Its people with the possibility to develop the consciousness. But It does not seek to reward them with something worldly. It also does not try to make people fear It.

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

This truth is so profound!

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

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"…

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[99] **Here it means the meditative state Nirodhi. In this state, the individual "I" completely disappears, dissolving in Tao.**

[100] **Atman, Higher Self, Tao.**

[101] **The Abode of the Creator.**

[102] **Or Heavens.**

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, aspiration to wealth, 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 sorrow and self-pity! Only by living so can one find the true *Base*[103] in life! Isn't this goal worthy of renouncing common beliefs and habits?

So 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…

All people are bound by worldly desires. I alone have abandoned everything that they value. I am indifferent to 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!* It is so *subtle!*

I differ from others by valuing 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 till present, 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 it could only be so with all people!

The wise trust not only their physical eyes, thus they can see *clearly*.

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

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[103] **Tao.**

They do not seek glory, yet people respect them.

They do not seek power, yet people follow them.

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

They do not feel pity for themselves, thus 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 thus they become an example to all.

They do not praise themselves, yet they are respectable.

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

In ancient times, people said that imperfect moves towards becoming perfect. Are these words vain? No! Truly, by achieving *Unity*, you come to Perfection!

23. Speak less and be simple!

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

The sky and the earth, though large, cannot give birth to anything *eternal*. 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 themselves[104] 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.

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 praises oneself cannot gain prestige.

The one who indulges in gluttony does meaningless things and becomes irritated by everything, such a person cannot find peace.

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[104] **Refined the consciousness (soul).**

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 that.

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

Man, earth, and 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, they stay in the state of perfect calm.

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

Why is the owner of 10,000 chariots haughty and disdains the entire world? Disdain destroys the soul!

And the absence of calm leads to the loss of the *Base!*…

27. The one who knows the Path can find the right direction even if there is no treaded trail. The one who can speak does not make mistakes. The one who can 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 can save people and save them constantly. The wise can help and do not leave anyone in trouble without help. Thus acts the deep wisdom!

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

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

This principle is very important!

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 does not differ by the quality of the soul from Great Te and moves then to Mergence with Eternal Tao.

Such a person — though knowing about personal achievements and merits — stays 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. I do not see how it can be possible, since the world is a container of wonderful, invincible Tao! And no one can rule Tao!

The one who aspires to this will fail for sure!

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 harmony and strengthen.

The wise never aspire to power, surfeit, luxuries, 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.[105]

The land where an army has passed becomes desolate. After a war, lean years come.

A wise commander is never bellicose. A wise warrior never gets angry. The one who can defeat an enemy does not attack. The one who has achieved victory stops and does not do violence to the defeated enemies. 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. Though they win, they are not bellicose.

If man, 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?

Respect leads to wellbeing. Wellbeing contributes to the creative process.

Violence 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

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[105] **At least, according to the *law of karma*.**

in harmony, prosperity and wellbeing would come, 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.

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.[106] The one who can conquer enemies is strong. The one who has conquered oneself[107] is powerful.

The one who has material wealth is rich. The one who acts resolutely possesses willpower. 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 Beingness. 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 so 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 merge into Great Tao.

Follow this Path! By doing so you will not harm yourself, 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 Most Subtle and Blissful!

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!

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[106] I.e., the one who has cognized one's own multidimensional organism.

[107] I.e., the one who has conquered one's own vices, including their base (the lower self with its egocentrism).

37. Tao does not act directly in the world of matter.[108] Yet the entire Creation is a product of Its creativity.

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

When you live with simplicity, without paying attention to gossip and to hostile attitudes, and in harmony with Tao, then you 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 everything around comes in order.

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 may try to 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 the 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 of religion! Also, such people 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 which you ride, what would you be left with?

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[108] **It is Te that acts.**

Do not regard yourself as precious jasper! Be simple, as 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. It is opposed by coarse qualities of evil people.

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

However, the world of matter 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.

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

Yes, the great square has no corners, the great sound cannot be heard, the great image cannot be seen…

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

42. Once, One came out from Tao. He took with Himself Two others. Those Two took Three others. And They all began to create various forms of life on the planet.[109]

All creatures are subdivided into pairs of the opposite — *yin* and *yang* — and are filled with the *chi* energy. All further development comes from their interactions.

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

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.

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[109] Lao Tse tells here about several Holy Spirits (Te) Who guided the evolution of souls on our planet.

There is nothing in the world that can be compared, by its importance, to the teachings about the *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 know 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 the 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! Nothing destroys man more than the desire to multiply worldly treasures!

Those who are satisfied 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 *the heart*, they find everything that is necessary.[110]

This is why the wise know the things which cannot be reached by walking. And they can see that which is invisible to the common eye.

48. They who learn increase their knowledge every day. They who serve Tao decrease their worldly desires. By constantly decreasing worldly desires, one can achieve *non-doing*.

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

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[110] Here the author means not the physical but spiritual heart, 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.

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

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

With honest people I am honest, 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 listening to Tao and those denying It.

The wise view 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 by the path of death, 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 rhinoceros or tigers, in the 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![111]

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

These beings 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 to all beings the possibility to develop according to one's own freedom of will, in a natural way.

To produce without owning the products, to create 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 Children[112].

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

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[111] The one who has become a large spiritual heart (with the help of the methods of Buddhi Yoga) or 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.

[112] Te.

If one abandons personal desires and becomes free from worldly passions, then such a 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.

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 the true knowledge walks the Straight Path.

The only thing that I am afraid of is to be absorbed in vanity.

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

If earthly rulers direct all their attention to the luxury of their palaces, then weeds overgrow fields 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 a robbery and is a violation of the principles of life that are suggested by Tao.

54. By cognizing yourself, you cognize others. Help others, and 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 other people with Its Light like the rising sun!

Try to provide help in this to your family, to people living in your country and everywhere! By doing this you will gain great power of the consciousness!

How have I cognized it? By doing this…

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 the 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 souls.

They also perceive others as integral parts of the *Whole*[113], in *Unity*.

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!

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[113] **Of the Absolute. (More details can be found in [6]).**

In this way, They live in happiness!

Common people, having reached the prime of life, immediately begin to fade in 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![114]

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

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

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

They are the Highest Treasure among people!

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

Yet, among people, there is selfishness, guile, falsity, violence…

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

When people aspire to accumulation of a multitude of unnecessary things, they become poor spiritually.

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

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

When laws and repressions become too strict, then the number of unsatisfied people and opposition grows.

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

One has to begin to change 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 begin to be satisfied with little. If I live without worldly attachments and passions, people around me come to simplicity and naturalness of life.

58. If earthly rulers rule in calm and harmony, people too are calm and peaceful. And they do not aspire to anything outside this wellbeing…

On the contrary, if earthly rulers act with irritation and aggressiveness, then people begin to suffer. Then wellbeing is replaced with troubles and calamities. And people begin to seek the way out, and some of them find it by coming to

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[114] **One can fully understand the truth only by realizing, in practice, everything that is described here.**

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 something away from others. They are selfless and do not harm anyone. They are honest and live in harmony with Tao, with nature, and with other people.

They are bright but do not glitter.

59. In order to serve Tao successfully by helping other people, one needs the ability to preserve and to accumulate the 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 man and of the entire material world. The way that unites man with this Foundation is called _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.

For realization of the destinies of most people, which they deserve, Tao and Te use spirits, some of these spirits may be 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 Tao[115] is located as if behind the mouth of a river.

The _Ocean_ is below all rivers, and all rivers flow into It.

The _Ocean_ is calm and patient. It _waits_ for Those approaching It and entering It.

The _Ocean_ is a _Great Kingdom_. But on the Earth there are only small kingdoms composed of people.

The _Great Kingdom_ takes care of satisfying all those who enter It.

So, let the rulers of small kingdoms take care that all their people be 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 the Great always has to be below all.

62. Tao is the deepest Base of everything. It is the Treasure of those aspiring to It. But it also acknowledges the existence of evil people.

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[115] **In other terms — the Abode of the Creator.**

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

They help one to cognize the ephemerality of worldly treasures and the illusiveness of hopes for eternally staying on the Earth in one's present body.

In interaction with them, people of goodness make efforts in changing themselves on the Path to Tao in order to become as far from evil as possible. After all, in order to become unreachable for evil, one must perform concrete actions on developing oneself as a consciousness…[116]

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

Earthly rulers, who possess absolute power, and their servants value their jewelry and luxurious chariots. However, in reality, they are not better than those living in solitude and calm and walking the *Deepest Path* to Tao! Wouldn't it be better for those earthly rulers to start leading a calm life and to dedicate it to cognition of Tao?

People say that in ancient times no one aspired to worldly wealth, and criminals were not executed. In those ancient times, people worshipped Tao…

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

Thus 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 in bodies.

Having cognized this, the wise know that one should requite hatred with good.

Start difficult work with an easy beginning. Every great work consists of small components. In this way—gradually—one fulfills great tasks.

If someone promises to perform great work quickly, such a person cannot be trusted…

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. 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.

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[116] **Such examples are given further in this book.**

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

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

The wise do not live in worldly passions, 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 show off in front of the ignorant. They also refuse to "rule the crowd", and therefore they can continue personal development and helping deserving people.

Confidential higher knowledge about the methods of the development of 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. For such people, Great Te is located at an unreachable distance.

This is what Great Te is! It possesses the Highest Power and takes care of all the multitude of living 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 the entire neighborhood.

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 people do not harm them. People gladly follow them and do not turn away from them.

They do not compete with anyone, and 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 which I value: the first is benevolence, the second is frugality, and the third is that I am not ahead of others. I am benevolent, thus

I can be brave. I am frugal, thus I can be generous. I am not ahead of others, thus I can be a wise leader.

The one who is brave without love, generous without frugality, who tries to be ahead of others and pushes others away, such a person suffers failure.

On the contrary, the one who is full of love achieves victory and becomes unconquerable because Tao constantly guards such a person.

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

Such are the laws of Te that reject anger, self-praise, and violence. This is the way of acting of 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, I have no enemies, 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 — Tao!

Therefore, those who avoid battles come out victorious.

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

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

The one who has cognized Tao is quiet and unnoticeable, though behaves with dignity. Such a person wears simple clothes and hides the treasure[117] within.

71. The one who possesses knowledge and keeps silence about it is honorable.

The one who has no knowledge, yet pretends knowing,… 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 with 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!

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[117] **Wisdom.**

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.[118]

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 gotten rid 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.

Great Tao selects worthy people for 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.

The theme of life and death is under the control of Tao alone. No one is allowed to control it 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. They are always concerned with accumulation and multiplication of their supplies. 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, about *non-doing*.

They live not looking at Tao, ignoring Tao, wasting their life power for doing things which have no true value. They have a too strong "love for life", and therefore they die too early.

On the contrary, those who neglect their earthly lives for the sake of everyone's good increase the value of their lives before Tao.

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

76. The body of man at birth is gentle and lithe, but after death it becomes hard. All vegetal beings too are gentle and lithe at birth, and after death they become dry and easily broken.

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

The one who is gentle and lithe walks the path of life. The one who is not gentle and lithe 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, 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 destroys the hard. Nothing compares to it in overcoming the hard.

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

79. Big emotional resentment has consequences. Calm can be regarded as goodness.

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 rare.

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.

One has to make life in a country such that people do not want to leave this country.

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

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

It is good if people who have reached old age cognize Perfection and leave this world so that they do not need to return here again.

81. True words are not necessarily exquisite. Beautiful words are not necessarily trustable.

The kind are not necessarily eloquent. The eloquent are not necessarily kind.

They who know do not argue. And they who do not know argue.

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

Great Tao takes care of the good of all living beings. Everything that It does towards living beings does not contain violence and does not harm anyone.

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

Thus Spoke Buddha[119]

1. Take the precept to abstain from killing.

2. Take the precept to abstain from stealing.

3. Take the precept to abstain from adultery.

4. Take the precept to abstain from lying.

5. Take the precept to abstain from liquor.

And did the thought never occur to you that you also are subject to decay, that you also cannot escape it?

And did the thought never occur to you that you also are subject to disease, that you also cannot escape it?

And did the thought never occur to you that you also are subject to death, that you also cannot escape it?

Not for the sake of My own well-being I practice universal benevolence, but… it is My desire to contribute to the happiness of living beings!

Do not do to others what would make you suffer if done to you!

Goodwill towards all beings is the true religion!

Cherish in your hearts boundless goodwill towards all that lives!

You must not worry, your mouth must not say evil words; you must remain benevolent, with pure loving hearts, thinking no evil.

And even your enemies you have to embrace with loving thoughts, generous thoughts, deep and boundless thoughts purified from anger and hatred!

The distinctive signs of a true religion are goodwill, love, truthfulness, purity, nobility of feeling, and kindness.

Immortality can be reached only by continuous acts of kindness; Perfection is accomplished by compassion and charity.

That which is most needed is a *loving heart!*

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[119] **Selected excerpts from [76].**

"I am being hated, mistrusted, misunderstood and deceived by others!" — the one who harbors such thoughts in the mind can never become free from the causes which inflict their destructiveness upon the thinker.[120]

Whatever harm one man may do to another, the evil-thinking mind inflicts even greater harm (upon its owner).

Evil… is born of the selfhood[121], and in the selfhood is its cause.

Evil "polishes" the universe like a diamond…

I teach you to avoid the ten evils:

1. Do not kill, but have regard for life!

2. Do not steal, but help everyone to be master of the fruits of his or her labor!

3. Abstain from impurity in everything, and keep a life of chastity!

4. Do not lie, but be truthful! Speak the truth with discretion, fearlessly, and with a loving heart!

5. Do not invent evil rumors, and do not repeat them! Do not carp, but look for the good sides of your fellow-beings, so that you may with sincerity defend them against their enemies!

6. Do not swear, but speak decently and with dignity!

7. Do not waste the time in gossip, but keep to the purpose or keep silence!

8. Do not covet another's property, do not envy, but rejoice at the happiness of others!

9. Cleanse yourself of malice, do not hate even your enemies, but embrace all living beings with kindness!

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[120] Such thoughts induce corresponding emotional states that lead the consciousness to self-destruction.

[121] Synonyms of the word *selfhood* are lower self, egocentrism. Selfhood gives birth to egoism, selfishness, haughtiness, touchiness, envy, stubbornness, violence, ambitiousness, and other vices.

Selfhood is the cause of socio-psychological vulnerability of man.

It is also a serious obstacle for an individual consciousness on the way to Mergence with the Divine Consciousness. Stable Mergence with It is not possible if there remain even slight traces of selfhood.

Selfhood is produced by the manas and "dwells" in the ajna chakra. Therefore, one can overcome it only by learning to live with the consciousness in the anahata chakra. One achieves the final victory over the selfhood by mastering the state of Nirodhi.

To accomplish this goal, one needs also to make intellectual efforts on ethical self-analysis.

10. Free your mind of ignorance and be anxious to learn the truth, especially in what is really needed — for you not to fall a prey either of your own skepticism or errors!

Let no one deceive another, let no one despise another, let no one wish to harm another out of anger or resentment!

1. Do not kill!
2. Do not steal!
3. Do not commit adultery!
4. Do not tell lies!
5. Do not slander!
6. Do not speak harshly!
7. Do not engage in idle talks!
8. Do not covet others' property!
9. Do not show hatred!
10. Think righteously!

The Teachings of Jesus Christ

The Teachings brought by Jesus Christ from God-the-Father came to us in the form of Jesus' conversations with His disciples and with other people, His appeals to the Heavenly Father, descriptions of His deeds and miracles He performed, which are recorded in the Gospels. There are also writings of His disciples, which contain information learned from Jesus, prophecies received from the Holy Spirit and God-the-Father, as well as personal opinions of the authors. Such writings are many, but not all of them were included in the New Testament.

However, there has been no complete and structured description of Jesus' Teachings that would discuss in an orderly manner all the most important ideological issues. This was one of the reasons for numerous disagreements between the followers of Jesus Christ and for an abundance of striking perversions of His Teachings.

It is obvious that the work of making an integral compilation of Jesus' Teachings could have been successfully done only by a person who had fulfilled everything taught by Jesus, who had encompassed His Love and cognized God-the-Father. Only this can be a testimony to the compiler's competence.

The author of this book succeeded in traversing the Path to God-the-Father, having studied the methodology of advancing along this Path and having built with the help and guidance of God a "stairway" of methods-steps that allow one to reach the Summit. In Russia, he started his work of saving people from the darkness of atheism at the time of the Communist Party's governing, suffered persecution and slandering, went through "Calvary", has been to the *other world* twice and cognized the Embrace of the Holy Spirit and God-the-Father without hindrance from the corporeal envelope, after which he was returned by God into his material body to continue self-development and service [8,12].

This book was written with the blessing of God and under His guidance.

God-the-Father

"… He alone exists… He has existed since all eternity, and His existence will have no end.

"He has no equal either in Heaven or on the Earth.

"The Great Creator has not shared His power with any living being…, He alone possesses omnipotence." (The Life of Saint Issa, 5:16-17)

"The Eternal Lawgiver is one. There is no other god, but He. He has not shared the world with anyone, neither has He informed anyone of His intentions." (The Life of Saint Issa, 6:10)

"… The Lord our God… is all-mighty, omniscient, and omnipresent. It is He Who possesses all wisdom and all light. It is to Him you must address yourselves to be consoled in your sorrows, helped in your works, and cured in your sickness. Whosoever shall have recourse to Him shall not be denied.

"The secrets of nature are in the hands of God. For the world, before it appeared, existed in the depth of the Divine thought; it became material and visible by the will of the Supreme.

"When you address yourselves to Him, become again as children[122]. For you know neither the past, nor the present, nor the future; and God is the Master of all time." (The Life of Saint Issa, 11:12-15)

"(He) is a Monocracy with nothing above It. … He is God and Father of everything, the invisible One Who is above everything, Who is indestructible, Who is Pure Light, Whom no eye[123] can see.

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[122] I.e., eliminate your "ego", become humble disciples of God.

[123] No eye but the eyes of the Son (Matt 11:27).

"He is the invisible Spirit. It is not right to think of Him as you think of gods, or something similar. … Everything exists in Him. … He is illimitable, since there was nothing prior to Him to limit Him. … He is immeasurable, since there was no one prior to Him to measure Him. … He is eternal. … He exists eternally. … There is no way to tell His quantity… He is not contained in time…

"He is life-giving Life. He is blessedness-giving blessed One. He is wisdom-giving Wisdom. He is salvation-giving and love-giving Love.

"He is motionless, He resides in calm and silence. … He directs His desires into His Flow of Light. He is the Source of this Flow of Light…" (The Apocryphon of John, 2:25-4:25)

"He is the Original Spirit" (The Apocryphon of John, 4:35; 5:10,15).

"This is the message that we have heard from… (Jesus), and declare unto you, that God is Light, and in Him there is no darkness at all" (1 John 1:5).

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The majority of these words of Jesus were not included in the New Testament by the Church leaders at the end of 4-th century after Jesus' visit on the Earth. And this predestined the deflection of the majority of Christians from monotheism. They have almost forgotten God-the-Father, though He and the Path to Him were the essence of Jesus' preachings. Thus, their ontological, epistemological, and methodological views became baseless.

Moreover, in Russia they developed an anthropomorphic[124] concept of God-the-Father, which is a typical feature of paganism. It is illustrated on the icon *Trinity*, where God-the-Father is depicted as an old man sitting on a cloud and Jesus as the One Who is sitting to the right of Him. Thus, many people, without thinking, believe like this: "I believe… (in) the Lord Jesus Christ…, … sitting to the right of the Father…".

But God-the-Father is not a flying old man. He is the Primordial Consciousness, immeasurable in Its vastness, filling the whole universal space in His Abode, and not anthropomorphic at all. He really is infinite. How can one sit to the right of the Infinite?

… Someone, probably, will want to accuse me of the "attempt to destroy the foundations…", but look attentively at what Jesus, the Founder of Christianity, says about God-the-Father! Or, maybe, do you think that He understood the essence of Christianity incorrectly?

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[124] ***Anthropomorphic* means resembling the form of a human body. This misunderstanding originated from the echoes of pagan notions that seeped into the New Testament (Mark 16:19, Col 3:1).**

Besides, the practical study of the structure of God proves that Jesus is right…

His closest Disciples in His life on the Earth, the Apostles, speak about the same and so do all Holy Spirits [13-14 and others].

His Evolution and Us

We, inhabitants of the Earth, are accustomed to measuring time by days (the period of Earth's rotation around its axis), subdivided in hours, minutes, and seconds, also by years, (the period of Earth's rotation around the Sun) subdivided in months and weeks.

He — universal — has a different type of chronology. It is measured by Manvantaras, which cover billions of years.

What part of the universe does a Manvantara embrace? — who knows it, except Him? And for us it is of no significance.

A Manvantara is a cycle of development that consists of two phases — *manifest* and *non-manifest*. The first phase begins with a *creation of the world* and ends with an *end of the world*. During the second phase, there is no Creation, there is only He and the "building material" for new Creations.

At the beginning of each cycle, He gradually creates (materializes) dense substrate — the matter of planets. Then miniscule particles of energy are "sowed" on some of them. They begin to evolve on the crystalline lattices of minerals, then continue developing by incarnating into material bodies of plants, animals, humans. In the end, they must achieve such a level of perfection that they become worthy to merge into the Creator and thus to enrich Him with themselves. He guides the process of their growth, grants them a certain degree of *free will* — i.e. the possibility to make a choice in educational situations created by Him, the possibility to choose their path. We even have the possibility to choose whether we walk the Path of Evolution or the path of involution.

He loves us as His children and constantly offers us new possibilities for making right choices; we either accept them or reject them.

He, for example, gave us Holy books containing instructions on how we should live. If we follow them, we become more and more perfect and closer to Him. If we do not comply with them, it may result even in becoming more distant from the Creator. Pain and suffering are the means that He uses to point

out our errors. And the intensifying feeling of happiness, as we approach Him, serves as an indicator of our success.

We have to try to become "perfect as (our) Heavenly Father is perfect" (Matt 5:48) and merge into Him as soon as possible: He calls us into His Embrace, to the supreme bliss of being in Him, in Mergence with Him.

"Blessed are you who have known temptations and flee from them! Blessed are you who are reviled and not esteemed on account of the love your Lord has for you! Blessed are you who weep and are oppressed by those without hope (for salvation), for you will be released from every bondage! Watch and pray that you do not come to be in the flesh (again), but rather that you come forth from the bondage of bitterness of this (earthly) life. … (And) when you come forth from the sufferings and passions of the body, you will receive rest…, and you will reign with the King, you joined with Him and He with you, from now on, for ever and ever! Amen." (The Book of Thomas the Contender, 145)

To progress faster in our self-development in the direction to God, we can try to fall in love with Him. "… Love the Lord your God with all your heart, with all the soul, with all your mind, and with all your strength…" (Mark 12:30). For it is the emotion of love that attracts and unites a human consciousness with a human consciousness, and a human consciousness — with the Consciousness of God.

*** * ***

In the year 553, the leaders of the Christian communities established by that time gathered for a "council" and decided "by a majority" to exclude from the Teachings of Jesus that part where the meaning of existence of humans and other living beings on the Earth was explained from the evolutionary standpoint. Thus the Teachings were deprived of their integrity and completeness. After that, people unable to find answers to many naturally arising questions began to fantasize. For example, they decided that the cause of our suffering on the Earth is the sins inherited from Adam and Eve, and therefore we are absolutely hopeless sinners, no efforts on self-perfection can help or are necessary, for it can only seduce us into the sin of pride… All we can do is to keep praying to "patron saints" and to Virgin Mary, begging them to beg Jesus Christ to have mercy on us, so that He sends us to paradise instead of hell…

But such beliefs cannot save anyone from hell, since they are directly opposite to the Teachings of Jesus Christ. He taught that people have to make efforts on perfecting themselves. He said: "… The Kingdom of God is being

preached (by Me), and everyone is making efforts to enter into it" (Luke 16:16). He also never called us back to paganism.

We will continue discussing this subject in the following chapters, and now let us look at a few examples of what Jesus said regarding a soul's development in the course of its consecutive incarnations.

Watching a performance of talented singers, He told His disciples: "Where do their talent and skills come from? They could not possibly acquire such a perfection of voice and knowledge of the laws of harmony in the course of just one short life. Is this a miracle? No. Everything arises from natural laws. Many thousands of years ago, these people mastered their harmony and (these) qualities. And they came again to learn more…" (Tibetan Gospel).

And when the disciples asked Him about John the Baptist, Jesus replied: "And if you are willing to accept it, he is Elijah who was to come. They who have ears, let them hear." (Matt 11:14-15). On another occasion, He said: "… Elijah has already come, and they did not recognize him… Then the disciples understood that He was talking to them about John the Baptist." (Matt 17:11-13).

In between incarnations, said Jesus, righteous human souls resurrect in the non-material world and "… neither marry, nor are given in marriage, but are as the angels of God in Heaven" (Matt 22:30).

In a series of many incarnations, a human being develops in three main directions: intellectual, ethic, and psychoenergetic ones. The first line of development is the most difficult one, taking the longest period of time.

Differences between people in the level of intellectual development are well known not only in psychiatry, which classifies people into a number of categories: idiots, imbeciles, morons, physiologically feebleminded people, people with serious mental defects (partial dementia, schizophrenia, paranoia, etc.) — and the rest. The intellectual differences can also be clearly seen in the religious field.

For example, some people are only capable of performing "prayerful" bodily movements and panhandling "for God's sake". In Russian Orthodoxy the following verbal construction is widely used: "to pray *at* something". This means to make standard bodily movements when facing an object of ritual value.

People of a higher intellectual level are capable of studying the Will of God for us and doing the necessary work on perfecting themselves, primarily from the ethic standpoint.

But there are people who are able to encompass the entire profundity of the knowledge about God; through self-sacrificial work such adepts achieve Godlikeness and merge with God, finishing thus the personal evolution.

The reason for these differences between people lies not only in peculiarities of the intrauterine development and childhood diseases, and not even in the upbringing or education, but primarily in the evolutionary age of the soul and the efforts on self-perfection which this soul has already made.

The Process of Creation. Multidimensionality of Space

During the *non-manifest* phase of a Manvantara, there are only the Primordial Consciousness of the Creator and "building material" for creation of matter and souls — protoprakriti and protopurusha (see [6,12-13] for more details). The process of creation begins with local densifications of protoprakriti, which forms dense substrate for organic life to exist on. "… She came forth, … she… appeared before Him in the shine of His Light…, she became the womb of everything…" (The Apocryphon of John 4:25-5:5)

The duration of the process of a *world creation* is not measured in days, but in epochs; six "days" of the *world creation* is an example of an incorrect translation of the Bible. (If we admit that these were days in the usual sense, then it follows that the *creation of the world* took place about 6000 years ago. However, archeological data indicate that people have existed on the Earth for about one million of years or even more).

In the Gospel of Phillip, spatial dimensions are called *eons* in Greek.

By using only words, it is impossible to explain completely the nature of any multidimensional structure, including the one of the Earth. One can only say that in the *depth* beneath each material object, there are layers of increasingly subtle, pure, tender, clear light. These layers can be cognized only with the help of special methods of development of the consciousness. This is a Path of gradual refinement of the consciousness, strengthening and *crystallization* of the consciousness at each of the levels achieved. This is the Path to cognition of the Creator.

The *end of the world* is an inverse process of disintegration of the Creation.

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"He willed it and the world (of the Creation) appeared. In a Divine thought, He gathered together the waters, separating from them the dry portion of the globe. He is the principle of the mysterious existence of man (i.e. human

corporeal form), into whom He has breathed a part of His Being." (The Life of Saint Issa, 5:18)

"… He is life-giving Life…" (The Apocryphon of John, 4:1)

"… (He) has existed since all time and will still be after the end of all things" (The Life of Saint Issa, 8:6).

The Holy Spirit

The Holy Spirit is the Creator manifesting Himself in the Creation through spiritual Adepts Who achieved full Self-realization (=God-realization) and merged into Him, and through Those Who have not entered into the Abode of the Creator yet but have achieved Mergence with the Holy Spirit.

The Holy Spirit supervises the activity of other spirits of earlier stages of evolutionary development. He also guides all successfully developing seekers, for example by giving them prophetic information. Jesus said the following about this: "But when He, the Spirit of Truth, comes, He will guide you into all truth. He will not speak on His own, He will speak only what He hears (from the Father and Jesus)…" (John 16:13).

Long before Jesus said these words, the Holy Spirit participated in the preparation of Jesus' coming (Matt 1:20) by giving people miraculous signs about His special mission (Luke 2:25-35; 3:21; Matt 3:16); later the Holy Spirit took part in organizing Jesus' work on the Earth (Luke 4:1).

Sky — and Heaven

Where does God live, where can one find Him? The overwhelming majority of people involved in primitive forms of religion answer this question by pointing up to the sky, just as they raise eyes and hands when praying.

Where does the belief that God is above originate from? Maybe the reason is that on the Earth's surface one sees suffering and temptations while in the sky — tranquil clouds, endless expanse, caress of the Sun, mystery of the Moon and distant stars?

But Jesus laughed at such speculations: "If your leaders say to you: 'Look, the (Father's) Kingdom is in the sky!' then the birds of the sky will precede you.

"… Rather the Kingdom is within you and outside you" (The Gospel of Thomas, 3).

"(And) those who seek should not stop seeking until they find. When they find, they will be disturbed…, they will marvel, and (having settled in the Kingdom) will reign over everything." (The Gospel of Thomas, 2)

So, what does it mean — "within you and outside you"? And why is it that the one who has found the Kingdom "will be disturbed" and "will marvel"?

We have already discussed the multidimensional nature of the Creation. All spatial dimensions exist right here — in the multidimensional depth beneath any material object, be it a stone or a tree or our planet or a human body. This is also true for any volume of space where there are no dense objects but only air. This is what is meant by "within and outside us".

Thus, in order to find the Abode of the Creator, one has to direct the search not upward but *depthward*. First, inside one's own body — by transforming the emotional sphere: renouncing coarse emotional states (first of all — various forms of enmity: not only anger but also condemnation, envy, jealousy, etc.) and cultivating subtle ones (first of all — all kinds of emotional love: tenderness, caress, ability to admire the beautiful and to attune to it, etc.). Usually, success in this work can be achieved with the help of cleansing and development of the chakras and meridians.

The further refinement of the consciousness is performed in the spiritual heart. The initial container of the spiritual heart — the anahata chakra — is a volume existing on the subtle dimensions within the chest of the body. The spiritual heart is a bioenergetic organ that produces the emotions of love. The ability to move the concentration of the consciousness into the spiritual heart enables one to settle in the world of light and love.

Jesus said about this: "Blessed are the pure in heart: for they shall see God" (Matt 5:8). "Enter into your temple, into your heart. Illumine it with good thoughts and the patience and immovable confidence which you should have in your Father" (The Life of Saint Issa 9:12).

After the cleansing of the anahata chakra with the help of special methods, one can easily cleanse the whole organism: the organism has to be made so pure that it looks transparent to the spiritual eyesight.

Having purified themselves in this way, spiritual adepts gain the ability to see the Divine Consciousness, to see not with the physical eyes but with the eyes of the consciousness. This can be realized inside the expanded spiritual heart.

Now let us get back to the subject outlined in the title of this chapter: sky and Heaven.

It is not by chance that the word *Heaven* is different from the word *sky*. Assigning the same meaning to both of them is a misunderstanding caused by religious ignorance.

Heavens are the subtlest eons.

Though these eons are present everywhere — above us as well — there is no sense in trying to find them by looking up or even by flying up. God in the Aspect of the Creator and of the Holy Spirit is present in the subtlest spatial dimensions, which cannot be perceived with the physical eyes. One can see Him only having refined oneself (as a consciousness) to His level of subtlety; one can see Him not with the eyes of the body but with the eyesight of the consciousness.

*** * ***

"Not everyone who says to Me, 'Lord, Lord', will enter the Kingdom of Heaven, but only those who do the will of My Father Who is in Heaven!" (Matt 7:21)

"Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow is the road that leads to the (True) Life, and only a few find it!" (Matt 7:13-14)

"… One who seeks will find, and for one who knocks it will be opened!" (The Gospel of Thomas, 94)

Hell and Paradise

Apart from the material plane and the eons of Heavens mentioned above, there are other spatial dimensions that exist on the opposite (relative to the Creator) end of the coarseness-subtlety scale. These are the layers of hell.

One can perceive them on some negative *places of power*.

***Places of power* [6] are characterized by the presence of some kind of dominant energy from non-material worlds, which affects the state of embodied beings, including people.**

***Places of power* can be classified into positive and negative ones, according to their positive or negative effect. There are positive *places of power* that are extremely favorable for certain spiritual work or for healing. Negative *places of power* allow one to know what life in hell in its different manifestations looks like.**

The sizes of *places of power* vary from one meter to several kilometers.

It is important for us to understand what determines the state and the spatial dimension (i.e. hell or paradise) where people find themselves upon the death of their material bodies. The answer is quite simple: in the *other world*, people remain in the same state to which they accustomed themselves while living in the material body. One continues to exist in this state until the next incarnation, which usually happens after hundreds of years. This is why it is extremely important to master the control of one's own emotions and not to live like an animal reacting reflexively to pleasant and unpleasant outer factors and to impulses of the body.

Various emotional states can be classified according to the scale of *coarseness-subtlety*.

Among the coarsest ones are hatred, fury, spite, horror, fear, despair, anxiety, jealousy, depression, resentment, feeling of being suppressed by someone, grief of separation, etc.

To the middle range one can assign such states as haste, impatience, sport or work excitement, sexual passion (passionate desire), etc.

Among the higher states of consciousness, there is tenderness (including sexually colored one), the states that arise when one attunes to harmonious phenomena of nature (morning, spring, coziness, calm, songs of the best bird singers, playing animals, etc.) or to appropriate works of art.

There are even higher states of consciousness. They are not present among the earthly emotions, and there is no earthly thing that can induce them. They can be cognized only in the higher meditations of Mergence with the Holy Spirits and with God-the-Father in His Abode.

Out of the three groups of states listed above, the first is called *tamas*, the second (intermediate) — *rajas*, and third — *sattva*. Tamas, rajas, and sattva are earthly attributes and are called *gunas*. The highest categories are transcendent to the gunas.

Man has a possibility to ascend from one guna to another and to higher levels by making spiritual efforts, but also can descend.

It should be stressed that the point here is not only about the ability to feel certain emotions, but about states of the consciousness habitual for a person. And the states habitual at the moment of the death of the body determine one's destiny for hundreds of years.

Let each of us think: "Do I want to stay for so long in the states of the first category among other beings like me?". This is what hell is.

If we blame for our emotions "them" — other people or certain circumstances — we are wrong. We ourselves choose to attune to these bad people or circumstances, whereas we should attune to God, to the Divine that

can save us from hell. Apostle Paul said about this: "… Shrink from evil, cleave to good!" (Rom 12:9).

For the same reason one should keep to the following principles:

"Love your enemies, bless those who curse you, do good to those who hate you, and pray for those who insult you and persecute you…" (Matt 5:44)

"Settle matters quickly with your adversary!…" (Matt 5:25)

"Blessed are the peacemakers…" (Matt 5:9)

"… Do not resist an evil person. If someone strikes you on the right cheek, turn to him the other also. And if someone wants to sue you and take your tunic, let him have your cloak as well. If someone forces you to go one mile, go with him two miles". (Matt 5:38-41)

"Do not judge…" (Matt 7:1)

"… Do not condemn!…" (Luke 6:37)

"… Do not be afraid of those who kill the body but cannot kill the soul!" (Matt 10:28)

"… Give to everyone who asks of you. And from those who take away your goods do not ask them back" (Luke 6:30).

"Who are wise and understanding among you? Let them show it by good life, by deeds done in the humility that comes from wisdom. But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. Such 'wisdom' does not come down from Heaven, but is worldly, unspiritual, of the devil!…" (James 3:13-15)

"They who claim to be in the light but hate their brothers or sisters are in the darkness!" (1 John 2:9)

"Bless those who persecute you, bless and do not curse…

"Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone…

"Never avenge yourselves!…

"If your enemy is hungry, feed him; if he is thirsty, give him something to drink…

"Do not be overcome by evil, but overcome evil with good!" (Rom 12:14-21)

"Why do you judge your brother? … Each of us will give an account of oneself to God. Therefore let us stop judging each other. Instead, make up the mind not to put any obstacle in your brother's way." (Rom 14:10-13)

"… If someone is caught in a sin, you who are spiritual should restore that person gently. But watch yourself, lest you also be tempted!" (Gal 6:1)

"Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers!" (Eph 4:29)

"… You must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips!…" (Col 3:8)

"… Do not repay evil with evil or insult with insult!" (1 Peter 3:9)

"… But anyone who hates a brother or sister is in the darkness and walks around in the darkness. They do not know where they are going, because the darkness has blinded them!" (1 John 2:11)

"Such actions would not bring you to salvation, and you would fall into that state of ethical degradation where theft, lying, and murder pass for generous deeds.

"… There is one miracle that is possible for (any) one to accomplish. It is when, full of a sincere belief, one decides to root out from the mind all evil thoughts, and to attain the Goal, forsakes the paths of iniquity!" (The Life of Saint Issa, 9:17; 11:8).

Perhaps, some readers may object: "To stay away from evil and to care only about one's own salvation is egotism! And what about wicked people then? — should we let them do all kinds of bad things?!".

You are wrong: we are speaking about states of the consciousness, first of all. Even fighting against criminals, against the most abominable human behavior — if this is our duty, it can be done without hatred, fury, aversion, but in the state of emotional calm and attunement to Divinity. And by hellish emotions we can only do harm — both to ourselves and to others…

It is also important to understand that strong emotions storm not only inside the body. They create energy fields around it, which affect other people and can even make them ill.

If we follow Christ's principles, we will not be accustoming ourselves and other people to hell even when participating in earthly battles.

Let me repeat that the above said does not imply that one has to stay away from social life, from the needs of other people and not only of people. "There is no greater love than this: to lay down your life for your friends!" (John 15:13), said Jesus. Yet, when doing this, one should not feel hatred, anger, or contempt, but feel calm and love and keep the attention on the Highest Goal — the Heavenly Father. It is in this way that Jesus went to His death.

… While being in material bodies, we can change at will our habits of living in particular emotional states with the help of the methods of psychical self-regulation and various meditative techniques. We can also receive help from other people — in order to become as good as possible. But once the body has died, it is impossible to change one's status. And no one will be able to help. Jesus Christ did not take sinners out of hell, prayers of saints or of anyone

else cannot do it either. One can change one's own destiny only by oneself when living in the material body.

*** * ***

Our destinies in the contemporary or future incarnations are affected by our vices. For example, if we ignore the pain of other living beings (not only of people) and make them suffer, then God will weave us away from this habit. How? By placing us in situations where we will suffer pain ourselves, so that we can — by experiencing pain — learn to be compassionate to the pain of others. In this way we program our destinies to become "hell on Earth", but in such conditions it will be much harder to refine our emotions.

So, what should we do to get rid of vices that destroy us? — Repent!

Repentance

John the Baptist started his homilies with preaching the necessity of purifying oneself through repentance (Matt 3:2,6). It was rather new for His audience: at that time, Jews had a very peculiar form of "liberation from sins". Once a year at Easter time, they symbolically would shift their sins into lambs, then kill these lambs-"sinners" — as an "offering to God" and eat their dead bodies. Obviously, this kind of absurdity only increased their sinfulness before God.

No, one's sins cannot be shifted to anyone. One can wash them away only with one's own sincere repentance.

It is repentance followed by an intellectual self-analysis that is the main purifier of the soul.

God always "shepherds" us as His "flock of sheep" (Jesus often used this allegory) on the "pastures" of the Earth. He wants to make us Perfect, so that we become worthy of enriching Him. This constitutes His Life, it is with this purpose that He creates material worlds. And He will never leave us, no matter if we want to know about Him or not, if we love Him or not, if we strive to become perfect and merge into Him or not.

Getting closer to Him through efforts on self-perfection brings true bliss to the seeker. Particularly "pungent" are the first contacts with the Divine Consciousness. Then, longer and longer periods of Mergence with It bring the Highest Bliss. These are the greatest rewards for our achievements on the spiritual Path!

But if we do not obey His Will, if we go in the opposite direction, we doom ourselves to suffering. This suffering is the "reward" for disobedience.

And the first thing we can do to save ourselves from suffering is to repent.

Neophytes in religion (to whom God is not a Living Reality but some abstract entity) quite naturally may ask: how should we repent?

Some people believe that one can repent only to a priest. And it is only through a priest that one can get a "remission of sins".

But the truth is that there is no "remission of sins" whatsoever. It is a wrong approach to the problem. The problem of repentance must be considered more seriously — it is not about how to beg forgiveness but about how to get rid of vices. Consequently, the mechanism of repentance must be different. The religious ritual mentioned above is suitable only for children, beginners, and weak-minded adults.

In some Protestant Churches, the penitential work is organized much better. After the necessary preparation, believers repent before Living God, without intermediaries. The solemnity of the situation and support of the congregation contribute to the intensity of the emotion of repentance.

However, not all people can come to such communities or to truly wise spiritual counselors, who can explain what one must repent of and how. Therefore, let us discuss the basic scheme of penitential work.

First, one has to gain an understanding of the fundamental matters of religious philosophy: what is God, what is the Evolution, and what is the meaning of life. Then it becomes clear why we have to work on ourselves, what ideal we have to aspire to, what qualities we have to cultivate in ourselves and what qualities to get rid of, what is really a vice and what is only considered as a vice by people but not by God. For this purpose, it is good to begin with studying the words of Jesus and learning to distinguish Jesus' Teachings from what people have fantasized on the subject of Christianity. "… Learn from Me!…" (Matt 11:29), said Jesus.

Sometimes one may hear the statement that the "10 commandments" given by God to people through Moses are the "commandments of Jesus Christ". If you come across such preachers, stay away from them: they have understood nothing but try to teach others. In reality, Jesus Christ gave Teachings about God and about the Path to Him that are much more profound than the whole Old Testament. They consist of tens of precepts-commandments.

And one more thing: if we think that we are good as we are and that there is no reason to change ourselves, then we are so far from the real spiritual work that we do not have even a slightest idea about its purpose. Because everyone —

from beginners up to highly advanced adepts — can find in the Teachings of Jesus Christ possibilities for self-improvement.

Now let us discuss self-analysis. What people call sins is not the main point. Sins are but manifestations of our vices — features of the character, qualities of the soul. Sins help in recognizing vices, but it is vices that one has to struggle against, not sins. And this is not a one-day job… To remodel oneself, i.e. to remodel the soul by cleansing it of bad qualities and instilling good ones into it, requires years of arduous efforts.

In order to better discern a particular vice in oneself, it can be useful to trace all manifestations of this vice that occurred in the past — all sins of this line starting from childhood. And when this work is done, God may give us a chance to look into past lives in order to see the vice's roots originating there.

The process of revealing vices and recalling specific sins must be accompanied by sincere emotional remorse.

But if in this process you suffer emotionally from self-pity because of the future retribution, then you are on the wrong path.

We have to feel compassion not for ourselves but for our victims — all those whom we made suffer physically or emotionally. And then we have to re-experience mentally each situation anew, but this time correctly.

If it is possible to redress the wrong in some way — even partly — we must certainly do it. If we ask forgiveness from God but ignore an existing possibility to redress the misdeed, we cannot expect a positive result: such repentance does not look sincere.

There can be no substitute for penitential work. The belief that one can get rid of vices through practicing meditation and various "cathartic" techniques is erroneous. Even if one was provided with an opportunity to enter the eons of the Holy Spirit or even to experience the Embrace of the Creator, this does not burn one's vices away. They remain and keep manifesting themselves. This statement is not a hypothesis but reality.

Therefore, I advise you to stay away from such "novations" as the method of "shouting out" vices (it implies that all one needs to do is just to yell loudly, coarsely, and for a long time, in a company of associates, best of all), and from such "dubious" tricks of "getting rid of vices" as the following invention of a Russian "pastor" (before the Perestroika he was an instructor in a regional Communist Party committee), he preached: "Kill spiders! You will have 40 sins remitted for each spider you kill!" It is best to stay away from such fools in order not to become "blind men led by a blind guide" (Matt 15:14).

… As a conclusion to this and previous chapters, let me repeat the main points:

People go to hell not as a result of some misdeeds, but because they accustomed themselves to living in hellish states of the consciousness during their earthly lives. And misdeeds violating the principle of not causing unnecessary harm to other living beings predetermine the earthly hell.

The first and essential method of saving oneself from future hell is repentance — tracing in oneself all vices that cause ethical mistakes (sins) followed by the feeling of remorse; the basis of repentance is empathy with the victims of one's own sinful behavior.

The true purpose of repentance is not to beg forgiveness for oneself but to get rid of vices.

The second direction of initial spiritual work is the refinement of the consciousness. It starts with the correction of the emotional sphere: refraining from coarse negative emotions and cultivating subtle positive ones, as well as accustoming oneself to paradisiacal states of the consciousness instead of hellish ones.

Jesus Christ

Many people (at least in Russia) considering themselves Christians believe that *Christ* is something like Jesus' last name. Thus, these two words (*Jesus* and *Christ*) become closely related in their minds.

But the fact is that *Christ* is not a last name but rather a title or a post. *Christos* is a Greek word; its Hebrew equivalent is *Moshiach*, or *Messiah* in modern spelling. By these words they call the One who comes to the Earth from God-the-Father — as a Part of Him — to give help of the highest Divine level to incarnate people.

In order to understand this phenomenon correctly, one has to comprehend well all that was said in the previous chapters: that God-the-Father is One Consciousness and, at the same time, He is a totality of former human Consciousnesses merged into Him. These Consciousnesses were individualized in the past, but after attaining full spiritual self-realization and merging into God-the-Father, They dwell in His Abode in the state of mutual mergence, forming a single Whole. This idea is expressed in the Gospel of John (1:4): "In Him (in God-the-Father) was life, and the life was the Light of Men". There is a similar statement in the Gospel of Philip (87): "The Children of the *Bridal Chamber* (the Abode of the Creator, where one merges with Him in Love) have one name (i.e. They all are God-the-Father now)". But They — former human beings who became coessential with God-the-Father — are capable of

individualizing Themselves again for a time in the form of the Holy Spirit if it is necessary for the purpose of fulfilling a certain task of God-the-Father.

Therefore, it is correct to say that Jesus Christ is a Part of God-the-Father and that it was not always so: Jesus also has a human past. When was it? — in this or one of the previous Manvantaras? — it does not matter. It is only important that upon attaining full Perfection and merging with God-the-Father, He came to people from the Abode of the Father as a Part of Him with a Mission of helping them.

There were several Christs on the Earth during the history of humankind. They came to the Earth at different times and to different nations, each time creating a hearth of spiritual culture, giving knowledge about God, about the meaning of human life on the Earth and the Path to the ultimate Goal. Jesus Christ was One of Them.

From the description of Jesus' childhood, we know that even at the age of twelve He astonished teachers of Jerusalem with His wisdom in a religious conversation (Luke 2:42-52).

The further period of Jesus' life is described in two sources: *The Life of Saint Issa*[125], *Best of the Sons of Men* and in the *Tibetan Gospel*. This is what is written in the former:

"When Issa had attained the age of thirteen years, the epoch when an Israelite should take a wife, the house where His parents earned their living by carrying on a modest trade began to be a place of meeting for rich and noble people, desirous of having for a son-in-law young Issa, already famous for His edifying discourses in the name of the Almighty. Then it was that Issa left the parental house in secret, departed from Jerusalem, and with merchants set out towards Sind…" (4:10-12).

In every land that Jesus visited during these years — India, Tibet, Persia — He healed the sick, raised people from the dead, opposed paganism, and preached about Universal God-the-Father and about the Path to Him. His favorite audience was people of lower social-economic ranks, later it was the same in Judaea.

In the homilies in India, He taught, for example, the following:

"Worship not the idols, for they hear you not. Listen not to the (four) Vedas, for their truth is counterfeit. Never put yourself in the first place and never humiliate your neighbor.

"Help the poor, support the weak, do ill to no one, and covet not that which you have not and which you see belonging to another." (5:26-27).

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[125] **The name *Jesus* sounds differently in different languages.**

In Persia, answering questions of the highest priest of the Zoroastrian faith, He said the following:

"… Even as a babe discovers in the darkness its mother's breast, so even your people, who have been led into error by your erroneous doctrine and your religious ceremonies, have recognized … their father in the Father of Whom I am the prophet.

"The Eternal Being has said to your people through the medium of My mouth: 'You shall not worship the Sun (as God), for it is but a part of the world which I created for man.

'The sun rises in order to warm you during your work; it sets to allow you the repose which I Myself have appointed.

'It is to Me, and to Me alone, that you owe all that you possess, all that is to be found about you, above you, and below you.'".

"But," said the priests, "how could people live according to the rules of justice if it had no preceptors?"

Then Jesus answered, "So long as the people had no priests, the natural law governed them, and they preserved the candor of the souls.

"The souls were in God, and to communicate with the Father they did not have to use the medium of any idol, or animal, or fire, as it is practiced here.

"… The Sun is acting not spontaneously, but according to the Will of the invisible Creator, Who gave it birth.

"… The Eternal Spirit is the Soul of all that is animate. You commit a great sin by dividing It into a 'Spirit of Evil' and a 'Spirit of Good', for He is only God of Good, Who, like the father of a family, does but good to His children, forgiving all their faults if they repent them.

"The 'Spirit of Evil' dwells on the Earth in the minds of those men who turn aside the children of God from the right Path.

"Therefore I say unto you, beware of the day of judgment, for God will inflict a terrible chastisement upon all those who shall have led His children astray from the right Path and have filled them with superstitions and prejudices!…" (8:8-20).

There is also an account of some words that Jesus said to Tibetans:

"I came to demonstrate the human potential. What I do, (may) everyone be able to do. What I am, (may) everyone be. These boons are for every nation, (they are) the water and bread of life." (Tibetan Gospel).

Jesus "returned to the land of Israel" only at the age of twenty-nine (The Life of Saint Issa, 9:1). It is that which He did and said there that became well known to the future generations.

Upon returning to the native land, Jesus with several disciples-assistants began to travel, visiting many towns and villages. He worked wonders such as healing sick people and raising people from the dead, preached in synagogues, in houses, in the open air about what the Heavenly Father wants people to be.

Thousands of people listened to Jesus, witnessed miracles and got healed of their diseases. Some of them gave up their earthly occupations and joined Jesus in order to travel with Him and to learn from Him.

He taught them by explaining the Path to Perfection and by demonstrating the methods of spiritual healing and meditative techniques.

No doubt, He wanted to find them as people to whom He could give all the highest knowledge about the Father. He wanted them to enter the Abode of the Father together with Him. "Father! I want those you have given Me to be with Me where I am!…" (John 17:24)

But when He said something that exceeded their ability to comprehend, they surprised Him with their lack of understanding, many left Him doubting the adequacy of His words and even His sanity… (John 10:19-20; 13:36-38; 14:5-7; 16:17-18; Luke 9:54-56, etc.)

Even His mother and brothers once came to the place where He was preaching to take Him home, for they decided that He was insane if He was saying things like that… (Mark 3:21,31-35)

At the end — after three years of teaching, giving discourses, working wonders — He was with only 12 male disciples (one of them was Judas Iscariot who betrayed Him later) and Mary Magdalene.

And where were the crowds of thousands of excited commoners who listened to His sermons, ate the food that He materialized for them, and got healed of various diseases?…

It turned out that these crowds did not need the Teachings about the efforts that one has to make in order to enter the Kingdom of God. They wanted Jesus only to heal, to pay attention to them… (Luke 9:11)

Jesus saw this and began to avoid the crowds: "… Crowds of people came to hear Him and to be healed of their sicknesses, but He often withdrew to lonely places…" (Luke 5:15-16).

Yes, He healed some of them, but it could not continue like this forever. He wanted people to learn the true faith, to make personal efforts on becoming better. Then the diseases would go away by the Will of the Father… "You faithless and perverse generation, how much longer must I be with you, bear with you?!" He cried once because of hopelessness of this situation (Luke 9:41).

And the crowd, being stirred up against Him by the priests, got angry… "… You look for an opportunity to kill Me, (only) because there is no place in you for My word!…" He said once trying to bring them to reason… (John 8:37)

But it was too late: the crowd of resentful *wanting* primitive people got more and more angry because they could *receive* more but were given too little…

Soon, the same people yelled to Pilate: "Crucify, crucify Him!"… (Luke 23:21).

"And they having taken the Lord pushed Him as they ran, and said: 'Let us hale the Son of God, now that we have gotten authority over Him!' And they put on Him a purple robe and made Him sit upon the seat of judgment, saying: 'Give righteous judgment, you King of Israel!' And one of them brought a crown of thorns and set it upon the Lord's head, and others stood and spat in His eyes, and others buffeted His cheeks, and others did prick Him with a reed, and some of them scourged Him, saying: 'With this honor let us honor the Son of God!'" (The Gospel of Peter, 3:6-9)

… Why did the clergy not accept Him? There were no formal differences between them and Jesus as to the faith's basis: they spoke about the same God-the-Father, they referred to the same Jewish Bible…

But in reality there were very important differences between them: Jesus preached Living God, Whom He knew very well personally; while the priests only believed in God without knowing Him. With the help of religion, they secured a good social rank and material well-being for themselves and therefore wanted to protect the foundations of their confession.

What did these foundations consist of? They consisted of a number of detailed religious ceremonials, rules of everyday life and repressive measures against their transgressors[126].

If there is such a confessional structure with temples, impressive shows in the form of worship services, an ideology pervading the whole society, and fear of God's retribution inculcated in the minds of people, then the priests of this confession become very exasperated if someone disturbs this way of life: if this person says that it is wrong and that the priests are hypocrites who do not know God but deceive people…

It is always the case with "mass" confessions, which put the emphasis on ritualism and rules of conduct and inevitably forget Living God…

In Judaea at that time, the one who opposed religious hypocrisy was Jesus Christ — a Messenger of God-the-Father…

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[126] **F.W. Farrar carried out a special historical study on this subject [31].**

Jesus knew from God-the-Father that the end of His earthly life was coming. He also knew what kind of death He was going to suffer.

Could He avoid it? — Of course, He could! He could simply leave Judaea together with His disciples, and all would have been satisfied, people would have settled down and forgotten about Him.

But He did not leave. Why?

Because if He had done it, no one would have remembered about Him after a few years, there would have been no Christian Churches, no New Testament…

This is why the plan was different.

The plan was, first, to fulfill all the prophecies about the earthly life of the Christ-Savior to come — to the extent that "not one of His bones will be broken" and "they will look at the One they have pierced". That is, when the soldiers broke the legs of the two criminals crucified together with Jesus to allow them to die before nightfall, Jesus had left His body already, and the soldiers just pierced His side with a spear… (John 19:31-37)

Second, His death and the days that followed were marked by many miracles: darkness fell too soon, the curtain of the Jerusalem temple got torn in two "by itself"' (Luke 23:44-45), Jesus' body disappeared from where it was placed, Jesus several times appeared to His disciples materializing a body, He had conversation with them, edified them.

But people were astonished most of all by the evident "Resurrection of Jesus from the dead". Though these people were religious, they did not understand that after parting with the body every man arises in the *other world* with self-awareness in the non-corporeal form (Matt 22:30). Jesus proved this and actually did much more: with His Divine Power He dematerialized His body taken down from the cross and then several times materialized it again for some time.

His disciples, Paul, and then many others devoted their lives to preaching about the Son of God Who came to the Earth, was crucified, and then arose, Who taught about the Heavenly Father and about how to enter His Abode.

Jesus — about Himself

"… I came from God!…" (John 8:42)

"… He sent Me!" (John 8:42)

"… I have come down from Heaven, not to do My own will, but the Will of Him Who sent Me!" (John 6:38)

"… As the Father knows Me, I know the Father!" (John 10:15)

"I and the Father are one!" (John 10:30)

"The Father is in Me, and I am in the Father!" (John 10:38)

"… I declare to the world what I have heard from Him!" (John 8:26)

"I declare what I have seen in the Father's presence!…" (John 8:38)

"The One who sent Me is with Me; He has not left Me alone; for I always do what is pleasing to Him!" (John 8:29)

"I can do nothing on My own!" (John 5:30)

"… I love the Father!…" (John 14:31)

"Righteous Father!… I have known You!…" (John 17:25)

"I came to bring *Fire* to the Earth, and how I wish it were already kindled!" (Luke 12:49)

"I have come as Light into the world, so that everyone who believes in Me should not remain in the darkness!" (John 12:46)

"I am the Light of the world. Whoever follows Me will never walk in darkness!…" (John 8:12)

"I am the gate; whoever enters by Me will be saved!…" (John 10:9)

"I came that (you) may have life and have it abundantly!" (John 10:10)

"I am the good Shepherd. The good Shepherd lays down His life for the sheep!" (John 10:11)

"… I lay down My life for the sheep!" (John 10:15)

"My sheep hear my voice; I know them, and they follow Me!" (John 10:27)

"… Learn from Me… and you will find rest!…" (Matt 11:29)

"I am the Way, and the Truth, and the Life… If you have known Me, you would have known My Father also!…" (John 14:6-7)

"… I know from where I came and where I go…" (John 8:14)

"Where I go, you cannot come (now)" (John 8:21).

"For this reason the Father loves Me because I lay down My life in order to take it up again. No one takes it from Me, but I lay it down of My own accord. I have authority to lay it down, and I have power to take it up again. I have received this command from My Father." (John 10:17-18)

"… Abide in My love. If you keep My commands, you will abide in My love, just as I have kept My Father's commands and abide in His love!" (John 15:9-10)

"Whoever is near Me is near the Fire, and whoever is far from Me is far from the Kingdom (of God)!" (The Gospel of Thomas, 82)

"Whoever loves father or mother more than Me is not worthy of Me; and whoever loves son or daughter more than Me is not worthy of Me!…" (Matt 10:37)

"I still have many things to say to you, but you cannot bear them now!" (John 16:12)

"I go to the Father, because the Father is greater than I!" (John 14:28)

Spreading of Christianity

As we discussed already, to the regret of Jesus, He did not manage to find people who could quickly become similar to Him. The apostles probably were the best people in Judaea, but their psychogenetic age was not high enough to allow them to comprehend entirely and immediately the Divine knowledge.

One of the examples is a rebuke that Levi gave to Peter in the time after Jesus left the earthly life: "Peter, you are always hot-tempered!" (The Gospel of Mary Magdalene, 18:5).

It is also known that Peter was prejudged against Mary Magdalene because she — a woman — was one of the favorite disciples of Jesus and was especially liked by Him (The Gospel of Thomas, 114).

That is, Peter in the course of apprenticeship with Jesus had not learned to control his emotions, to live in cordial love, had not abandoned arrogance…

After the crucifixion of Jesus, His disciples shook up by His death and the miracles that followed tried to continue His work as much as they could. They all preached, and many of them started to work with their own disciples. For this purpose, most of them stayed among Jews. But Apostle Thomas went through Syria to the East, and where he could — from India to China — established Christian communities. Syrian and Indian Malabar Churches established by him still exist now (see more details in [33]).

The former persecutor and murderer of Christians, Paul, also joined them after being converted into the new faith personally by non-incarnate Jesus (Acts 9).

Some of Jesus' disciples wrote their scriptures, which have survived to the present day. They were Matthew, John, Thomas, Peter, James, Philip, Judas (not Iscariot), Mary Magdalene, Nicodemus, also Paul and indirect disciples of Jesus evangelists Mark and Luke.

According to the Gospels, John and Mary Magdalene were the favorite disciples of Jesus. The Gospel written by John is one of the best in quality and volume. He is also the author of three Epistles to disciples. The first Epistle contains many valuable precepts and pieces of advice.

But John also wrote two texts, which are very different from the scriptures mentioned above. The first of them is called *The Apocryphon of John*, the second

one is *The Revelation of John the Divine* (*Apocalypse*), which is included in the end of the New Testament.

The Apocryphon was written by John soon after the crucifixion of Jesus, i.e. before he wrote his Epistles. One can see from it that though John was carefully writing down all precepts of the Teacher, though he encompassed the most important aspect of Jesus' Teachings — the cordial love, he did not manage to comprehend with his mind during the time of communication with the incarnate Messiah the essence of His appearance on the Earth, and the essence of the Father Who sent Jesus. He asks God questions like these: "Why was the Savoir appointed? And why was He sent into the world by His Father? And who is His Father Who sent Him?…" (The Apocryphon of John, 1:20).

And he receives answers about the nature of the Father, the Holy Spirit, Christ, about the *creation of the world*…

But then he is put to the test on intellectuality, which is typical of prophetic contacts: after about one third of the text, the narration changes its character, there are phases without any meaning or value… The intention of God in such a case is to see whether the listener understands this joke-test. John did not understand, did not stand the test on intellectuality: he took everything seriously, shared it with the fellow Apostles, and scrupulously wrote down everything.

A similar case happened when John wrote his Apocalypse that resembles a nightmare (at best). Its theme is not the Path to Perfection through faith, love, work on transfiguration of oneself, but menaces, prophecies of disasters and catastrophes. The text is void not only of Divine Love but also of any positive value for readers. It only distracts readers by provoking them to fruitless reflections about the *future*, while God teaches us to live and work *here and now*.

The Apocalypse of John included in the New Testament became a test on intellectuality and spirituality, a test-temptation for millions of people studying Christianity. And many got tempted. The Apocalypse, in the end of the New Testament, as if "crosses out" and rejects the Teachings of Jesus about aspiration to God-the-Father and self-development through love. Thus, some people chose in the New Testament holy preachings of love, purity, aspiration to God-the-Father, while others "resonate" with the disgusting scenes of horror,

pests, blood, rot. They pick with the mind at this dirt instead of attuning to good, beauty, instead of learning to love people, the Creation and the Creator.[127]

A similar thing happened to Nicodemus: he wrote a good Gospel about the last days of the earthly life of Jesus, but finished the narration with a description of his dream about Jesus' leading sinners out of hell.

Another part of the New Testament, which is of dubious value and needs special discussion, is the Epistles of apostle Paul.

They are full of contradictions: from very valuable Revelations, preaching of tender love — to angry cursing of an intolerant "moralist".

What is the reason for this? To understand it, one has to know the history of the formation of Paul as a Christian.

At first he was an energetic and aggressive slaughterer, torturer, and killer of Christians.

But once walking a road, he heard a voice of an invisible Interlocutor: "Saul, Saul, why do you persecute Me?" (Acts 9:4). Though Paul was a slaughterer and a sadist, he also believed in God. And he understood promptly what the matter was.

And the matter was that the Lord decided not only to stop this bloody tyrant, but also to use his remarkable fanatic energy for the good of Divine Providence.

And having obeyed God, Paul turns from a violent persecutor of Christians into a restless propagandist of the Teachings of Jesus.

Paul wrote about this the following: "And I thank Christ Jesus our Lord, Who strengthened me, because He counted me faithful, putting me into the ministry — the one who before was a blasphemer and a persecutor and insolent. But I obtained mercy, because being ignorant, I did it in unbelief. And the grace of our Lord was exceedingly abundant, with faith and love in Christ Jesus. Faithful is the word and worthy of all acceptance, that Christ Jesus came into the world to save sinners, of whom I am chief. But for this cause I obtained mercy, that in me first Jesus Christ might show forth all long-suffering, as a

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[127] **However, the future destiny of John was very auspicious: his love-care for the mother of Jesus, Mary, and help of Jesus provided him with conditions necessary for attainment of full spiritual self-realization in that incarnation.**

We were lucky to have an opportunity of a direct communication with Him, and with Apostles Mark, Philip, and Andrew on Their favorite *places of power* near Saint Petersburg. They All attained Divinity and come to people from the Abode of the Creator in the form of the Holy Spirits.

pattern to those being about to believe on Him to Life Everlasting." (1 Tim 1:12-16).

But all this happened after the crucifixion of Jesus. Paul never met incarnate Jesus and only some time later had personal contacts with His disciples. But after accepting Christianity, Paul yielded himself entirely to God's guidance and with all his remarkable energy began to work on transfiguration of himself using, among other things, meditative methods granted to Him by God.

In addition to this, God assigned Paul with a special mission — to bring the new faith to the pagans of the Roman Empire outside Judaea.

Paul preached ardently, created new Christian communities, argued with religious leaders of pagans. Many times he was beaten to death, but each time God returned him into the body, and Paul again strove to fight.

Paul wrote many Epistles addressed to various Christian communities. In these Epistles, there are themes so contradictory that some historians even proposed a hypothesis that "moral teachings" were added to the Epistles by another person: so different in style and intellectual level their various parts are. But the explanation of these contradictions logically follows from the contradictions of Paul himself.

He simply could not manage to change himself completely. To transfigure into a whole Divine person, he would need ten years of serene apprenticeship. But Paul had no such possibility, and he was struggling ardently with his former character — at the time between giving homilies, being beaten, wandering hungry and frozen, or being imprisoned…

So let us forgive him for alternating the highest Revelations from God with hatred against "homosexuals" and "adulterers"… It was also him who, for the first time in the history of Christianity, declared an *anathema* — a damnation on behalf of the Christian Church (1 Cor 16:22) — contrary to the Teachings of Jesus.

His Epistles did a lot of good to mankind, but they also became a powerful temptation for future generations of Christians — even more powerful than the Apocalypse of John. Because, being included in the New Testament, they "legitimated" not only tenderness, kindness, harmony, forgiveness, but the opposite qualities as well: hatred, angry intolerance to those who are not "like me", damnations…

It is Paul and John who developed an absurd theory that one can "wash out" one's own sins with another's blood, with another's suffering. (We discussed this in the beginning of the chapter *Repentance*). They stated in their Epistles that innocently killed Jesus was a Lamb of God allegedly sent by God-

the-Father as a sacrifice… to Himself — as atonement for the sins of people… "Since the law was weak as it acted through the flesh, God sent His own Son in the likeness of sinful flesh as a sacrifice for sin…" (Rom 8:3), "… The blood of Jesus Christ, His Son, cleanses us from all sin" (1 John 1:7), "… He is the propitiation (for God-the-Father) concerning our sins, and not concerning ours only, but also concerning the sins of all the world" (1 John 2:2), "… He was revealed that He might take away our sins…" (1 John 3:5)… As a result, it turns out that it is enough just to come to believe that Jesus was indeed a Christ — this is all we need to do: then our sins are remitted and paradise is guaranteed for us…

*** * ***

Christianity was established in the Roman Empire the hard way. There were persecutions, massacres of Christians. They were crucified on crosses along roads. But then other Christians voluntarily yielded themselves to the persecutors to die on crosses for the faith in order to become like Christ at least in this…

How much it is different from the contemporary "believers" who call themselves Christians, but are not capable of making efforts on improving themselves, for example "cannot" give up smoking…

By the Will of God and thanks to personal feats of the Apostles and other Heroes, Christianity spread with time over a major part of Europe and then over both North and South America, and also Australia; there are many Christians in Asia and Africa as well. Today about one third of the Earth's population professes Christianity.

… And now we have to come to an important understanding: the word *Christianity* has two fundamentally different meanings: Christianity as the Teachings of Jesus Christ and Christianity as what it was made to be by people in particular countries in particular historical epochs.

From the very beginning of Christianity and up to our days, there were true followers of Jesus among people considering themselves Christians, and there were people who just disguised themselves as Christians for the sake of satisfying their vile passions: the desire to rule over others, to rob, to torture, to kill… There were and are people who understood nothing of the Teachings of Jesus but consider themselves true believers; probably they are in the majority… Yet this book is not about the history of earthly Christianity, but about the Teachings of Jesus Christ.

Freedom of Will

One may ask: why did God allow bad material to be included in the New Testament?

The answer is: one of the main principles of God's work on upbringing us is to provide us with the freedom of will, i.e. the right to choose one's own life path. Do you want to come to Me? If yes — come! Take My hand, I will help you! If you want to go in the opposite direction — you may go, of course, but try to find Me anyway. I will be constantly reminding you about Me…

To where man aspires with the mind and consciousness is an important indication for God about how to help this person. For the sake of applying this principle, God allows tempting information to be included even in Holy books that describe the True Path.

We can consider this as lessons on psychology given by our Highest Teacher. These lessons include frequent tests on how much we have advanced spiritually, on the levels of our intellectual and ethical development.

In relation to the above said, it is appropriate to give a few excerpts from the New Testament. The first one is from the first Epistle of Paul to Corinthians (6:12): "All things are lawful to me, but not all things profit…".

The same was said by Jesus: "Woe to the world because of the things that cause people to sin, (but) it is necessary that such things come…" (Matt 18:7).

The principle of freedom of will implies that the results of each stage of the educational process are reviewed periodically instead of punishing or rewarding for each individual decision taken by the person. To illustrate it, Jesus narrated a parable about a sower (Matt 13:24-30):

A man sowed good seed in his field. But while the man slept, his enemy came and sowed darnel among the wheat. When the blade had sprung up and had produced fruit, the darnel also appeared. So the servants of the householder came and said to him, "Sir, did you not sow good seed in your field? Then where have the darnel come from?" He said to them, "An enemy did this". The servants said to him, "Then do you want us to go and gather them up?". But he said, "No, lest while you gather up the darnel you also root up the wheat with them. Let both grow together until the harvest. And in the time of harvest I will say to the reapers, 'First gather together the darnel and bind them in bundles to burn them, but gather the wheat into my granary.'". In this parable "seeds" are true or false information. Thanks to it, the field can give good "harvest" as well as "darnel". So time is needed for everyone until the "harvest" to choose

through personal quest, personal decisions what I want to become: "wheat" or "darnel".

When something tempts you, Jesus advised to make harsh decisions for the sake of your own good: "And if your hand or your foot causes you to offend, cut them off and throw them from you. It is better for you to enter into the (True) Life lame or maimed, rather than having two hands or two feet to be cast into everlasting fire (of hell). And if your eye offends you, pluck it out and throw it from you. It is better for you to enter into the Life with one eye, rather than having two eyes to be cast into the hell of fire." (Matt 18:8-9).

This kind of struggling with oneself is also a manifestation of the freedom of will.

And it is through the use of freedom of will that we form our destinies.

… But freedom of will is not unlimited.

God intervenes when we have to make a change in our lives, but our inertness prevents us from doing it. Let us recall, for example, the dramatic changes in the lives of people who were lucky to become personal disciples of Jesus, or the dramatic change of Paul's way of life, the destinies of many people who were saved from the darkness of ignorance by the Teachings of Jesus Christ.

God also intervenes when people intend to do something that must not happen, something that would harm the spiritual progress of embodied souls. If we see it in another way, then we misunderstand something, we are confused.

God possesses perfect Love, perfect Wisdom, perfect Power. He cannot overlook something, miss something. He has no enemies who are capable of struggling effectively against Him. Fairy tales about His battles with the devil are nothing but fairy tales, as for the people who take them seriously — … this characterizes their intellectual level… God can materialize or dematerialize anything, for example — dematerialize the body of a villain who intends to do something that must not happen (objectively!).

And if something like this happens, it means that it had to happen, and God knew about it. Our task then is to try to understand the reason.

We have to learn to trust Him. (Though we should not do foolish things for which He needs to cause us pain).

If the conscience is clear, one has nothing to fear! But if it is not clear, then one has to repent sincerely and redress the wrong.

And if we have the clear conscience but are afraid of some earthly things (except for unintentionally causing harm to others), then our faith is weak, our love for Him is weak. "There is no fear in love, but perfect love casts out fear… The one who fears has not been perfected in love." (1 John 4:18) "Are not two

sparrows sold for an assarion? And one of them shall not fall on the ground without your Father's will. But even the hairs of your head are all numbered. Therefore do not fear, you are of more value than many sparrows!" (Matt 10:29-31)

And when someone says that there is no God, because there are earthquakes, hurricanes, wars, or that He is evil and therefore I don't want to believe in Him, or that He cannot overpower the devil… — then let us understand that God's intention for people does not consist in creating for them a paradise on the Earth. If there was paradise on the Earth, then we would have no powerful stimulus to advance somewhere else.

On the contrary, we should remember that we have to live on the Earth actively, not lazily, otherwise He will hurry us through pain — for our own good.

The life on the Earth is not the True Life. It is only a short educational course, a possibility for us to become better, to correct our destinies for the sake of the life to come, to get closer to the Ultimate Goal.

And if there were no wars and other calamities, then it would be impossible to display self-sacrificial heroism for the sake of others or, on the contrary, to betray as a result of being afraid of pain or death of the body…

Earthly cataclysms are but an accelerator of the evolution of people involved in them. It is an opportunity to become better.

Destiny

It was mentioned already that the evolution of each soul goes on for many thousand years, and intervals between consecutive incarnations are longer than periods of life in the embodied state. From this it follows that the main life of every one of us goes on in the non-corporeal form; from there we observe how many other incarnate people wander in the illusions of the material world.

But when an incarnation begins, during the years of early childhood we completely forget everything that was before the birth on the Earth: the life in the new incarnate state is too different from the previous life, because the perceptional capabilities of the consciousness after incarnation into a material body get significantly reduced. The consciousness becomes capable of perceiving only that part of information which it receives through the material organs of sense of its new body; the former freedom of movement at the speed of thought and the ability to perceive everything directly without the organs of sense get forgotten.

Though one forgets everything that was before the birth in a material body, one's life does not start over — it just continues. And the destiny formed in the previous incarnation unfolds accordingly.

Having been born on the Earth, every one of us already has one's own destiny, which is nothing but a plan of one's future development devised by God. It is an innate destiny line; it is developed taking into account what one has to learn in the coming earthly life.

As soon as children reach the age when they become capable of making ethically important decisions, they get more opportunities to influence their destinies, to change them to better or to worse.

Correct or wrong upbringing of children can have a significant effect on their lives. But we have to remember that all conditions — the parents capable of giving particular education and the social environment where the birth took place — all these were also planned by God according to one's destiny.

The abilities of an incarnate person are not unlimited. They are limited mainly by the level of the person's intellectual maturity, which defines the ability to comprehend information of a certain degree of complexity.

For example, the abilities of an oligophrenic person are very limited. But who is this oligophrenic person? Is the only reason for oligophrenia that the parents were alcoholics, or that the mother had a pathology of pregnancy? No: God knew these circumstances before He sent this soul into this body. And this soul has its own destiny. For the parents, this is a manifestation of their destiny as well. And they gave birth not to a poor person suffering oligophrenia, but to a soul that has not developed the intellect yet in the course of its personal evolution.

On the other hand, people who succeeded in intellectual self-development during their past earthly lives and accepted the correct direction of spiritual development in the current incarnation can do quite a lot, including attaining personal self-realization and helping others to advance to this Goal.

Intellectual Development

The New Testament provides us with an opportunity to see the religiosity of people of different intellectual levels.

The highest level is represented by Jesus Christ. Not even His personal disciples could comprehend with the mind all the profundity of His Teachings.

The second level is represented by the closest disciples of Jesus, who tried to understand the Teacher and partly succeeded in this.

The next level is people of a high social rank who knew and followed the earthly religious traditions concerning rituals and rules of conduct. But they were not capable of apprehending the living words of God.

And the lowest level is people capable of thinking only according to the following scheme: "They give me — it's good! They stop giving me — it's bad!".

The developed intellect of a person does not imply that the level of ethical development of this person is also high. But ethical self-development is not possible without a developed intellect. Therefore, if we seek spiritual self-realization, we have to work on the intellectual self-development as well.

What contributes to this development? First of all, getting education, various kinds of labor (especially, creative ones), work with books, taking part in theoretical searches. The modern society, highly developed in the scientific and technical aspects, is a very good possibility for applying the mind and developing it.

… The Synodal Translation of the New Testament is far from being perfect. The profound meaning of some statements of Jesus was "cut off" by translators who were incapable of understanding His ideas.

But one error in the translation had a disastrous effect. It is the phrase "Blessed are the poor in spirit, for theirs is the Kingdom of Heaven" (Matt 5:3). Many readers concluded from it that Jesus preaches the intellectual primitivism and parasitism.

But Jesus meant a completely different thing! He spoke about the future blessedness not of panhandling parasites, but of people who renounced striving for material wealth and who did it not due to laziness, drunkenness, or other reasons like this, but due to spiritual creed — "due to spirit" and not "in spirit".

Those will be blessed in the Kingdom of Heaven who renounced possessing earthly things, renounced seeking earthly wealth because the Heavenly Father will be their Wealth if they dedicated themselves to aspiring for Him. "Do not lay up treasures on the Earth…, but lay up treasures in Heaven… for where your treasure is, there will your heart be also" (Matt 6:19-21), — this is one of the most important postulates of His Teachings.

Regarding wisdom, Jesus taught the following:

"Ignorance is the mother of all evil for us. Ignorance will result in (spiritual) death. Those abiding in the Truth will be perfect when all the Truth is revealed (to them). … How much it is stronger than ignorance and error! It gives Freedom.

"Logos (Jesus) said, 'If you know the Truth, the Truth will make you free. Ignorance is slavery. Knowledge is Freedom!'

"If we know the Truth, we will find the fruits of the Truth within us." (The Gospel of Philip, 123)

"… Be wise… and simple!…" (The Gospel of Thomas, 39)

About Alcoholism

"I took My stand in the midst of the world, and in the flesh I appeared to them. I found them all drunk, and I did not find any of them thirsty (for the Truth). My heart ached for the children of humanity, because they are blind in their hearts and do not see, for they came into the world empty, and they also seek to depart from the world empty. … They are drunk. When they shake off their wine, then they will change their ways." (The Gospel of Thomas, 28)

"Be sensible and vigilant, because your adversary the devil walks about like a roaring lion, seeking someone he may devour!" (1 Peter 5:8)

"And take heed to yourselves, lest your hearts are weighed down with … drinking!…" (Luke 21:34)

"Let us walk becomingly, as in the day, not in carousing and drinking!…" (Rom 13:13)

"It is good neither to eat flesh, nor to drink wine, nor anything by which your brother stumbles, or is offended, or is made weak!" (Rom 14:21)

"And do not be drunk with wine, in which is excess, but be filled with the Spirit!…" (Eph 5:18)

Work — or Parasitism?

A typical picture of Russian reality — lines of professional panhandlers standing near Orthodox temples. All of them are zealously crossing themselves: allegedly they are praying for us… (though, of what worth are the prayers of these people-parasites?)… There are very few among them who are indeed in trouble and really need money. Others just chose parasitism as their profession.

And people give alms to them, because Jesus Christ said: "Give to everyone who asks of you…" (Luke 6:30).

But did He mean this kind of "giving"?

He Himself achieved everything. He was coessential to the Father. He Who is merged with the Father needs nothing earthly. He is ready to accept death of the body and to rise then in the Father. The body for Him is but an impediment and only the Will of the Father makes Him maintain the existence of the body.

Jesus lived not for Himself, He lived for people. And He gave them all that He had, all of Himself. He suggested the same to His followers. Why do you need anything earthly? We are working, preaching the Truth, healing people, they are glad when we visit them, they will feed us, we have clothes, we are given a shelter for night. What else do we need on the Earth? Seek the Father then! And do not grudge giving others what you have.

"… Be not anxious as to your life, what you shall eat, nor for the body, what you shall put on. Life is more than food, and the body is more than clothing. Consider the ravens: for they neither sow nor reap, having neither storehouse nor barn, and God feeds them; how much more are you better than the birds?… Consider the lilies, how they grow: they do not toil, they do not spin; and yet I say to you that Solomon in all his glory was not arrayed like one of these… Thus, do not seek what you shall eat, nor what you shall drink, and stop being in anxiety (about this). For all these things the nations of the world seek after; and your Father knows that you have need of these things; but rather seek the Kingdom of God, and all these things shall be added to you. Do not fear, little flock! … Make for yourselves … an unfailing treasure in Heaven, where no thief comes…. For where your treasure is, there your heart will be also." (Luke 12:22-34)

Moreover, one day, "… a certain ruler asked Him, saying, 'Good Teacher! What shall I do to inherit eternal life?' Jesus answered, 'You lack one thing. Sell all that you have and distribute to the poor… and come, follow Me…'" (Luke 18:18-22).

Jesus knew that this man could make progress if he decided to become His disciple. But the man did not decide to become a disciple of Jesus…

Who did Jesus address when He proposed to renounce all the earthly: the people worthy of becoming His disciples or all people? Of course, the former!

For example, once He came with His disciples to the house of Mary Magdalene and her sister Martha. Mary "… sat at Jesus' feet and heard His word. But Martha was distracted with much serving. And she came to Him and said, 'Lord! Do You not care that my sister has left me to serve alone? Therefore tell her to help me.' And Jesus answered and said to her, 'Martha! Martha! You are anxious and troubled about many things. But one thing is needful, and Mary has chosen that good part, which shall not be taken away from her.'" (Luke 10:38-42).

But who would have fed the guests if Martha had not done it? Then why did Jesus say these words to her? He said it to justify for Martha the behavior of His favorite disciple Mary. And Martha, on her side, performed the highest service she was capable of.

Who was worthy of becoming the closest disciples of Jesus? Idlers and parasites? No!

Jesus hoped to impart to His closest disciples the highest knowledge about the cognition of the Heavenly Father. It concerns the final stages of personal evolution of human souls. And we have to prepare ourselves for them by developing in ourselves Love, Wisdom, and Power through earthly affairs — through sexual and parental love, through providing ourselves and our families with living, through helping friends and anyone whom we can help, through defending them from criminals, through striving to improve the material and spiritual life of all people… And only when we have developed ourselves in all these exoteric affairs, then the time comes to engage in serious esoteric work with the purpose of cognizing God-the-Father and merging with Him.

Only few people are capable of the latter. The rest have to perfect themselves through labor for the sake of other's good first of all, through studying religion, strengthening themselves in faith and in religious ethics.

And only they who work "are worthy of their food" (Matt 10:10). It is "the laborers (who) are worthy of their hire…" (Luke 10:7).

It is the one who works that is worthy of material welfare: "Who serves as a soldier at his own wages at any time? Who plants a vineyard and does not eat of its fruit? Or who feeds a flock and does not partake of the milk of the flock? Do I say these things according to man? Or does not the law say the same also? For it is written in the Law of Moses, 'You shall not muzzle an ox threshing grain.' Does God take care of oxen? Or does He say it altogether for our sakes? It was written for us, because whoever plows and threshes should be able to do so in the hope of sharing in the harvest." (1 Cor 9:7-10).

Jesus and His Apostles did not grow wheat, did not graze cattle, did not build houses. But they served people with the higher service — the service that these people could not fulfill themselves. They showed the way to God. And thus they deserved food.

"Are all apostles? Are all prophets? Are all teachers? Are all workers of power? Do all have gifts of healings?… But zealously strive after the better gifts, and I will show you a more excellent way!" (1 Cor 12:29-31)

"… We did not eat any man's bread freely, but we worked with labor and travail night and day… not because we do not have authority, but to make ourselves an example to you, to imitate us. For even when we were with you, we commanded you this, that if anyone does not choose to work, neither should that person eat… And if some do not obey our word by this letter… have no company with them… yet do not count them as enemies…" (2 Thes 3:8-15) "But

we beseech you, brothers … to work with your own hands, as we commanded you!…" (1 Thes 4:10-12)

All people have to work. Jesus worked. The one who does not work to provide oneself with living and to help others (if able to do it) is a parasite without chances of approaching God.

So the question is: should we encourage the parasitism of people by indulging them? Do we harm them or help them by this?

But let no one conclude from the above said that we should never give anything to others. We should give, and not money only. This is a manifestation of our love. But we should give to those deserving it. This will be a deed of wisdom.

Let us remember the words of Jesus: "Jesus said, 'Blessed are those who have toiled: they have found the (right) life!'" (The Gospel of Thomas, 58).

People

Jesus came to the Earth with the purpose of helping people to find the Heavenly Father. He tried to tell them about the Father, but only a few could understand His words, and even they understood Him only partly.

Then Jesus undertook a great self-sacrifice: He voluntarily gave Himself up to a painful death through crucifixion so that all that He had said would not be forgotten and would serve the future generations of people.

He sacrificed Himself for people (and not for God as some of His followers dreamed up). He loved them much and gave all of Himself to help them.

But He also subdivided people into the following groups:

The first group is "swine" and "dogs", who are not worthy of being given pearls of spiritual knowledge, for they will trample them under their feet and then turn and tear you (Matt 7:6).

The second group is hypocrites-"wolves" (Matt 10:16; 23:13-35).

The third group is those few who are capable of comprehending the highest spiritual knowledge.

He said such words without hatred towards "dogs", "swine", and "wolves". He knew that they were but unwise children, if one assess their age from the standpoint of the evolution of souls; and they "did not know what they were doing" even when they were crucifying Him (Luke 23:34).

He advised others to take the same attitude: "… I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who despitefully use you and persecute you, so that you may become

sons of your Father in Heaven. For He makes His sun rise on the evil and on the good, and sends rain on the just and on the unjust!" (Matt 5:44-45).

The above said is of value not only for historical analysis. This classification of people and of their behavior is typical of any society of any country. Any Messiah or spiritual leader who tries to give people the highest knowledge about God, about the Path to Him is confronted with the same phenomena. He or she finds in the end that however much is said to the crowd of disciples about the Supreme, the majority of them cannot comprehend it, and at the first occasion they manifest an inclination to reduce it to primitive religious games or even worse; some of the disciples are even disposed to betray and kill the teacher who self-sacrificially helped them.

But this does not mean that it is useless to help people. One must help, but should not expect prompt results. The development of young souls goes on slower than their evolutionary mature leaders want. And the students have time before the "harvest".

The discussed psychological patterns of behavior of people of different evolutionary ages also explain many social processes and phenomena — for example, manifestations of political or religious fanaticism, also the ability to understand what patriotism is.

Patriotism

The word *patriotism* originates from Greco-Latin *pater* — father. This word denotes the feeling of membership in some social community — family, tribe, nation, state, religious movement, etc.

The more primitive the social environment is, the more petty features people use to divide themselves and to associate themselves. And this results in more conflicts in such an environment.

"Inflating" of patriotic ideas in large national or religious associations can cause an increase of nazi (fascist) moods. They captivate a part of the society inclined to aggression, which is represented by the least evolutionary developed people. If the masses of primitive people excited with fascist ideas are led by powerful diabolic persons, then it may result in large-scale wars with the purpose of destroying or enslaving "lower" (or called by similar humiliating epithets) nations and taking over their property and land.

In other cases, the ideas of patriotism can be used to defend a nation from an enemy's aggression or to liberate the country from the occupation.

But the highest patriotism means people's associating by the idea of feeling God-the-Father as the Highest Hierarch, and the homeland for them is His Creation or even the entire universe. In this case, all people and other incarnate and non-incarnate beings are members of one family — brothers and sisters of various age, children of common God-the-Father, Who loves everyone.

And this is really the case, this is the actual situation in the universe. But people intoxicated with egoism and hatred, blinded with craving for earthly things cannot understand this. And quite often such people are the "overwhelming majority" of the society…

… In all nations that Jesus Christ visited, He preached the idea of God-Centredness, patriotism, where the *Pater* is God-the-Father. In *The Life of Saint Issa, Best of the Sons of Men* one can find some information on His homilies about this theme in India and Persia.

For example, He said to Indians: "He alone has willed and created, He alone has existed since all eternity, and His existence will have no end. He has no equal either in the Heavens or on the Earth. The Great Creator has not shared His power with any living being… He alone possesses Omnipotence. He willed it, and the world appeared. In a Divine thought, He gathered together the waters, separating from them the dry portion of the globe. He is the principle of the mysterious existence of man… The Eternal Lawgiver is one; there is no other god but He. He has not shared the world with anyone, neither has He informed anyone of His intentions." (5:16-18, 6:10).

He preached the same to Zoroastrians in Persia: "It is not of a new god that I speak but of our Heavenly Father, Who has existed since all time and Who will be after the end of all things (of this Creation)…. He is God of the good, Who, like the father of a family, does but good to His children, forgiving all their faults if they repent them.

"… It is to Him that you must address yourselves to be consoled in your sorrows, helped in your works, and cured in your sickness. Whosoever shall have recourse to Him shall not be denied. When you address yourselves to Him, become again as children!" (8:6,17-19; 11:13,15)

The same was taught by Jesus in Judaea, where He advised people to love the Heavenly Father and feel themselves as His children.

Apostle Paul also said: "I bow my knees to the Father… of Whom the whole family in Heaven and Earth is named…" (Eph 3:14-15).

* * *

… If one looks at the Earth from the depth of the multidimensional space, it resembles a chicken egg without the shell, immersed into tender light. The "white" around the "yolk" are the strata of the Holy Spirit. And in the depth beneath them, there is the substrate on which He landed us, so that we can grow and mature up to the level when we become able to see Him, to fall in love with Him, to aspire to Him, and to flow into Him. Why should we be hostile with each other then, instead of directing all of our attention to Him — to our Heavenly Father, the Purpose of every one of us?

What Is Man

In the book Genesis of the Old Testament, there is a statement that God created man in His likeness and image. Some people, who believe that man is a body, concluded from it that God-the-Father has the appearance of a human body. And they began to picture Him in the form of an old man sitting on a cloud.

But man is not a body, man is a consciousness (a soul), a self-aware unit of conscious energy dwelling temporarily in a body or outside it. And God, too, is a Consciousness (Spirit).

An ordinary person represents a small consciousness. But God is the Infinite Ocean of Consciousness of the whole universe.

And the task of every one of us is to attain qualitative Godlikeness and sufficient growth of the amount of the consciousness, and then to flow into that Ocean and become one with It.

However, it is not enough to become intelligent and large. Man sent for self-development into the world of matter gets accustomed to living in dense spatial dimensions even without a body. And these dimensions are so distant from God-the-Father that He even cannot be seen from within them. When one lives in the non-corporeal form, one cannot move into subtle spatial dimensions. So, people-spirits, who are far from Perfection, can only know something about God, but they have never seen or experienced Him.

In order to cognize the Creator, one has to become:

a) intellectually developed — to be able to comprehend where and how to go to God, given that the Path to the Abode of the Creator is much more difficult than any path on the Earth,

b) ethically perfect — so that God allows one to approach Him, otherwise He does not allow it,

c) strong, because one needs tremendous power and stamina to move from one eon to another; the power in question is not the power of the body, but the power of the consciousness. Moreover, the consciousness has to learn to live in the state of the Creator's subtlety. Development of the coarse power of the consciousness means movement in the direction opposite from the Creator.

The task of knowing subtle spatial dimensions is facilitated thanks to the multidimensional structure of the human organism (not of the body, but of the organism); the material body is only one of the layers of the organism. One can say that every man is represented potentially in all subtle realms. But it is not the same as what occultists describe in their books, there is no point in taking seriously the names they invented for several non-material "bodies" that every man allegedly has.

But the Holy Spirit (1 Cor 6:19) as well as God-the-Father (1 Cor 3:16-17) indeed "dwell in us" — They abide in the multidimensional depth *beneath* our bodies; "the Kingdom of God is within you" (Luke 17:21), said Jesus. And it is enough just to "dive"… But most people need years or even many incarnations for fulfilling this.

We discussed the methods of the refinement of the consciousness. It starts with the correction of the emotional sphere: getting rid of coarse emotions and cultivating subtle ones. Then one has to develop the anahata chakra and then — other structures of the organism. After this, one continues this work outside the material body, inside one's expanded spiritual heart.

An important part of the human organism is the *root* (Rom 11:16,18). It is a "connection link" between the anahata chakra inside the body and the Abode of the Creator. By gradually exploring this structure of the organism and the multidimensional space around it, one may realize the fact that every incarnate person possesses a multidimensional "framework", which one has to fill by the consciousness growing from the anahata chakra in the process of spiritual Self-realization. Having fulfilled this, one gets a possibility not only to enter the Abode of the Creator for a time but also to settle there in Mergence with Him.

Now, it is easy to understand what is meant by the statement in the Old Testament that man was created in the image and likeness of God (Genesis 1:26-27): the human organism with its multidimensional nature represents a kind of small model of the universal multidimensional Absolute.

The human organism has a remarkable feature: the energies it receives from outside (from the material food, first of all) may be used not only for support of the vital functions of the body, but also for the growth of the consciousness. Thanks to this, the consciousness can grow in the same way that muscles grow due to the material components of the food.

Let us note that it is working muscles that grow. On the contrary, non-working muscles atrophy. It is the same with the consciousness: it grows (if it really grows and does not weaken due to dominating negative emotions or long exhausting diseases) in that spatial dimension where it works. Special work aimed at the refinement, deliverance from attachments to matter, and at the growth of the consciousness is called meditation.

All processes of the transfiguration and development of an individual consciousness are possible only in the incarnate state, for it is through the organs of the body that we obtain energy needed for these processes. In other words, the organism is a kind of factory which converts the energy contained in the matter of the food into the energy of the consciousness.

Let me stress that the growth of the consciousness can be correct or wrong. The latter happens when the consciousness grows in coarse spatial dimensions. And this process depends on our understanding of the principles and goals of our lives, on the level of cleanness from vices, on the manner of communication with other people, on the adequacy of the methods of spiritual work that we use, and even on what we eat.

As a result of the correct work on the development of the consciousness, one gets "born" in subtle spatial dimensions and "ripens" there. This is what Jesus tried to explain to Nicodemus (John 3:3,5-7): that the one who gets "born" in the Abode of the Father and even manages to "mature" there during the incarnation becomes coessential to the Father. Jesus said the following: "Truly, I say to you, unless you are born in the Spirit's element, you cannot enter the Kingdom of God. That which is born of the flesh is flesh, and that which is born in the Spirit is Spirit.". But translators did not understand this statement, translated it according to their comprehension, and it became virtually impossible to understand what Jesus meant.

Getting Rid of Diseases

All our diseases are our own fault. These diseases may result from a number of reasons created by us.

Neglect of taking care of the body is one of them. "Why do you wash the inside of the cup? Don't you understand that the One Who made the inside is also the One Who made the outside?", said Jesus (The Gospel of Thomas, 89). A lack of basic medical knowledge, neglect of simple rules of bodily hygiene, smoking, drinking, nutrition that includes corpses of animals contrary to Jesus' advice (see more details below) — all these are ethical reasons.

Just washing the body with soap every morning helps one to make the state of the organism better, healthier.

And giving up eating bodies of killed animals allows one to get rid of many diseases of the digestive, vascular, and nervous systems — this stops the process of contamination of the organism with the salts of uric acid and with bad energies remaining in the corpses of animal after their death.

There are also congenital diseases, diseases caused by traumas and various accidents, infectious diseases, oncological diseases, and others, which look as if they are not caused by a fault of the diseased. But this is just an apparent impression: one may always find the objective reason for these cases when investigating them. For example, God decided to stop a person in his or her activity, to make that person think, to direct him or her at studying the reasons and mechanisms of diseases from the medical standpoint in order to become more broad-minded, to develop the intellect. Or it was necessary to show the one who maimed someone before — what it is like to be a cripple…

There are cases when a person gets ill in order to meet someone thanks to illness and receive spiritual awakening through this acquaintance.

There are also diseases of purely energetical nature, for example, resulting from energetical incompatibility with the sexual partner, or due to diabolic qualities of some family members or colleagues at work. Sometimes one should take this as a sign from God to make a drastic change in life — to change domicile, work, etc.

Sometimes a disease may result in useful contacts with healers. And many people received spiritual awakening from them.

With the help of severe diseases, God made many people turn to Him — when addressing Him is the only hope for relief. Some of them got healed soon after that, others improved their destinies for the future incarnation by forming an initial aspiration to Him. In both cases it was good. Of course, it would have been better if they had done it voluntarily, without disease.

Jesus and His disciples performed miracles of healing with two purposes: a) to present people with the facts of miracles and thus awake them to making personal spiritual efforts, and b) to draw the attention of people to the healer and make them listen to him or her.

Jesus said addressing God-the-Father: "… Your Son also may glorify You, even as You have given Him authority over all flesh!…" (John 17:1-2). And to people: "The Father Who dwells in Me, He does the works. Believe Me that I am in the Father, and the Father is in Me!" (John 14:10-11).

However, the resulting situation is not always simple for the healed ones: many of them received the healing for free. Thus, the healing was given to them

"in advance": if you change your life — it will be good, and if not — the situation may become even worse for you. So, to some of the healed Jesus said: "Daughter, be comforted; your faith has saved you!" (Matt 9:22), but to others: "Behold, you are made whole. Sin no more lest a worse thing come to you!" (John 5:14).

Many healings performed by Jesus and His Apostles were connected with driving out demons (Matt 8:16; 8:28-34; 9:32-34, etc.). In relation to this, it makes sense to discuss what demons are.

Demons and devils are inhabitants of hell. They can be — according to their previous incarnations — people and animals of various biologic species: monkeys, crocodiles, dogs, rabbits, frogs, etc. Their common feature is that during the last incarnation they enjoyed harming other creatures, developed corresponding abilities, and went to hell as a result of this. In this state, God uses them for correcting incarnate people.

Devils are more powerful energetically than demons. They may be those who developed "successfully" in black magic or just victims of perniciously unwise and incompetent instructors of esoteric methods.

Demons and devils can be seen by clairvoyance usually in the appearance that they had in their last incarnations or in the form of a lump of black energy — either amoeba-like and moving or residing motionlessly in some organ of the body. Sometimes they can take on someone else's appearance.

Usually demons try to avoid the influence of the healer directed at them — first by moving inside the body of the possessed person and trying to hide somewhere in it, and then they "give up" and leave the body.

Sometimes a healer encounters an especially strong spirit-devil who gives a powerful repulse that not every healer can withstand.

And sometimes it happens that demons move into the body of the healer if the patient did not deserve healing, but the healer (without approval of God) wanted to help that person very much. It is called "to take on another person's karma". In such a case, the healer has to heal himself or herself.

It is important to understand that demons and devils do not enter the bodies of people on their own will — they are sent by God. And only by the Will of God can they leave the body of the possessed. But this requires that the possessed person make correct decisions in the situation of being ill.

A usual cure from demons and devils that Russian Orthodoxy offers to such possessed people is exorcism. This is a special ritual in which the priest directs at demons his hatred and recites prayers, including special prayers-damnations. These magic battles look very impressive: both the possessors and the possessed feel bad, the possessors manifest themselves through the bodies of

the possessed by crying, cramping, the temple gets filled with barking, screaming, obscene words shouted by coarse male voices from female bodies…

But even if the possessors exit from the bodies of the possessed, they come back soon, because the latter did not make correct decisions.

Jesus said the following about this: "When the unclean spirit has gone out of man, he walks… seeking rest, and finds none. Then he says, I will return into my house from where I came out. And when he comes, he finds it empty, swept, and decorated (to enter into it again). Then he goes and takes with him seven other spirits more evil than himself, and they enter in and live there. And the last state of that man is worse than the first." (Matt 12:43-45). Thus, we can see that Jesus did not approve such ways of healing.

What should the possessed do to heal themselves?

First of all, not to hate and not to fear, because the energies of coarse human emotions are pleasing and attractive for the inhabitants of hell. The spirits of hell provoke people to feel such emotions in order to enjoy then their hellish states.

Jesus said, "… This kind does not go out except by prayer and fasting." (Matt 17:21), i.e. by self-restrictions in earthly pleasures and by directing the attention towards God. Let me also note that repentance is an important part of fasting.

For example, it may be that the soul-possessors who now torture the possessed was disembodied painfully some time before because of this person…

In any case, all ethical principles taught by Jesus are valid not only for incarnate beings but also for non-incarnate ones. And if the possessed performed the necessary work on repentance, then the spirits-possessors can be persuaded to move to some other place pleasant to them. For example, for a crocodile one may draw a mental picture of how it is good to live in a river with other crocodiles, and that it may incarnate itself there and become a small nice crocodile baby again. If the possessors are evil dogs, then one may direct them to a slaughterhouse by picturing to them its "amenities". Frogs may be directed to a nice froggy swamp… This is not a fantasy but my personal experience of successful healing.

The principal solution to avoiding the influence of the inhabitants of hell is to move by a major part of the consciousness into the highest spatial dimensions, to realize in them one's "new birth", and to continue growing there. The inhabitants of hell cannot enter these eons. And, of course, we must not sin again so that God does not need to cause us troubles again.

"The powers (of hell) do not see those who are clothed in the perfect light, and thus cannot capture them!" (The Gospel of Philip, 77)

"There are some who come and say, 'We are faithful' in order to be delivered of unclean spirits and demons. But if they had had the Holy Spirit, no unclean spirit would have cleaved to them." (The Gospel of Philip, 61)

"… There is one miracle which is possible for (any) man to accomplish. It is when, full of a sincere belief, man decides to root out from the mind all evil thoughts, and to attain the Goal man forsakes the paths of iniquity!" (The Life of Saint Issa, 11:8)

Morals and Ethics

Morals and ethics are not the same thing.

Morals are concepts of what is "good" and what is "bad" and how one should behave given this, they get formed and become a tradition in a certain society for a certain period of time. The moral rules may be very different in different countries or even in the same country in different epochs. Morals are a subjective phenomenon, since most of their rules do not follow from the objective necessity and advisability. Moral rules are about how to dress, where and how much one can bare the body, what turns of speech are decent and what are not, what one should be ashamed of, what is "appropriate" to do and what is not, etc.

Ethical principles are objective. They follow from real necessity and advisability. They are based on the understanding of the Path to the Perfection, to God. This is what God tries to explain to people.

Ethics is the science about the correct *attitude* of man:

a) to God (in all of His Aspects and Manifestations),

b) to other people and to all incarnate and non-incarnate beings,

c) to one's own life path.

Love for God

The main ethical principle of one's relationship with God has to be love for Him. "Love your God!…" — Jesus made this precept of the Old Testament the most important one in His Teachings (Mark 12:28-34).

Love for God includes attraction to Him: a desire for meeting, contact, Mergence. Mergence with the Heavenly Father is the Highest and Ultimate Goal. Without love-attraction to Him, it cannot be attained.

… But it would be wrong if everyone started to require from each other: "Love God! Love God!" and to read prayers and kowtow all day long. This would be an absurdity. However, there are people who behave exactly like this.

We have discussed already that only intellectually and ethically mature adepts are capable of cognizing God-the-Father. The task of the rest of people is to strive consciously for this maturity by receiving education, working for the good of God and people, and learning to love.

Moreover, God can be cognized only through meditative work, but if one involves immature people in such work, then they turn it into a childish game, which may cause gross ethical perversions. And this may even result in mental disorders.

Practical observations demonstrate that it is better to keep many people away from religious zeal: they can do nothing good there anyway. For example, in Russia there are many pseudo-religious groups and communities where the worldview of people is a mixture of urinotherapy (drinking urine), fascism, and astrology; they have Orthodox icons at home, paint eggs for Easter, and consider themselves Christians. If such people get engaged in spiritism or establish "telepathic contacts" with "representatives of extraterrestrial civilizations" and then develop mystical fear (it is quite easy in such cases), after that even psychiatrists are not able to help them.

The other typical Russian example of the way to developing schizophrenia is a situation when people incapable of understanding anything serious about God become immersed into a primitive religious environment where they learn only ideas about the world full of demons, vampires, warlocks, "zombies"… It would be much better for them to remain atheists than to accept such a "faith"!

No one explained to these poor people what God is, where to find Him, what He teaches us, and what we should do about it. And that we must inquire about Him, not about demons or devils, because we really attract with our attention that which we think about.

So, if there is God, what do we have to do then?

First, we should try, at least, to remember about His existence, to perceive Him as our Goal, the Goal of just our intellectual search at the beginning.

Second, to strive to perfect ourselves for the sake of fulfilling His Will: ("… Be perfect as your Father in Heaven is perfect!" (Matt 5:48)). This implies, first of all, a) intellectual self-development through all possible means, and b) ethical self-transformation through studying His Will for us, through conscious development of positive qualities in ourselves and struggling with negative ones, and also through serving other people: helping them in everything good, trying to facilitate their earthly lives and spiritual growth.

By helping others we perfect ourselves, because we learn, under the guidance of God, Love, Wisdom, and Power — these three main aspects of Perfection. This process may be especially successful if we ask God to help us with our service and if we take heed of His advice and instructions, which may come to us in the form of Revelations, dreams, actions, and promptings given to us by Him through other people or books…

What should we do if we have no love for Him but want to have it?… If one can neither see nor experience God, then it is hard to fall in love with Him, for many people it is even impossible to do so in the near future… This is why Jesus suggested: first, learn to love each other, develop thus your ability to love!

Love is an emotion. An emotion is a state of consciousness. Love is also a state of God's Consciousness…

Irritated angriness is the state of inhabitants of hell. On the contrary, if we have love, it can draw us to God. What should we develop in ourselves then?

Do not Steal, Do not Lie, Help Others

"Do not steal the goods of your neighbors, for that would be to deprive them of what they have acquired by their labor.

"Deceive no one, so as not to be yourselves deceived!

"You shall attain to Supreme Bliss, not only in purifying yourselves, but also in guiding others in the way that shall permit them to gain the Perfection of the Primary!" (The Life of Saint Issa, 7:15,16,18)

"… Protect (your friends) like the pupil of your eye" (The Gospel of Thomas, 25).

"The one who sustains a neighbor, sustains oneself" (The Life of Saint Issa, 10:9).

"… You have heard that it has been said to the ancients, 'You shall not swear falsely, but you shall perform your oaths to the Lord.' But I say to you, do not swear at all… But let your word be, (if) yes — (then) yes; (if) no — (then) no!…" (Matt 5:33-37)

"… You have been faithful over a few things, I will make you a ruler over many things…" (Matt 25:21,23)

"… Truly I say to you, inasmuch as you did not do it (did not help) to one of the least of these, you did not do it to Me" (Matt 25:45).

"Jesus said to Pilate, 'Believe that truth is on the Earth among those who when they have the power of judgment are governed by truth, and form right judgment.'" (The Gospel of Nicodemus, 3:14)

"If you do not take up your cross (the cross of self-sacrificial service) and follow Me, you are not worthy of Me!" (Matt 10:38)

"Whatever be the gifts which each has received, you must use them for one another's benefit…" (1 Peter 4:10)

"Zealously strive after the better gifts!…" (1 Cor 12:31)

"Desire spiritual things!…" (1 Cor 14:1)

"Let no one seek one's own (profit), but each one another's (wealth)!" (1 Cor 10:24)

"There is no greater love than this: to lay down your life for your friends" (John 15:13).

"… The one who does not gather with Me scatters" (Matt 12:30).

"… Whatever you desire that men should do to you, do even so to them…" (Matt 7:12)

Love

Two main postulates of Jesus' Teachings are the following:

The first one is God-Centredness, i.e. perceiving not oneself but Him as the principal Foundation of the world, as the Goal and Meaning of the existence of everything, dedicating one's own life to Him, preparing oneself for Mergence with Him, aspiring to this Mergence and helping others on this Path.

The second one is the preparation of oneself for realization of the first point through developing emotional love in relationships with other people, first of all. When this love is developed, it can be directed to God-the-Father. This will ensure a quick advancement to Him and Mergence.

It is very important to understand that Mergence with God-the-Father is Mergence with Him in love, because He Himself is Love, the state of Love. And in order to achieve this Mergence, we have to transform ourselves into Love.

The degree of transformation of oneself (as a consciousness) into the energy of emotional love is the measure of one's spiritual advancement (given that one possesses also wisdom and the consciousness is large enough). (Sternness and emotional severity of many "pastors" is an indication of the opposite).

Love is not thoughts about good deeds and even not doing deeds that we believe to be good.

Love is emotions, emotional states of the energy of the consciousness.

If one wants to do the deeds of love but is not capable of loving cordially, then it often results in absurdity: in egocentric and pertinacious imposing of

oneself, in violence against others, and even in resentment about their reaction: they "don't understand my love", "don't want to accept my care"…

True love is incompatible with violence (except for cases when one needs to protect someone from violence, sometimes by sacrificing oneself, and except for some situations of guiding children and correcting the behavior of mentally ill people); otherwise it becomes not love but ravishment. And no normal person wants such an attitude.

The true love is also not the "stormy" emotions of sexual passion. This is passion, not love.

And, of course, love is not the sheer technique of reaching sexual satisfaction.

The true love is emotions that originate initially in the spiritual heart. The deeds of true love are done under the control of the developed intellect against the background of these emotions.

Emotions are not a product of the brain as materialists taught. Emotions are states of the consciousness. They originate in special energy organs of the consciousness, not of the body.

The brain indeed reacts to emotional states by changing its bioelectric activity, because the consciousness interacts with the body through the brain. For example, under the influence of certain emotions the blood pressure changes, sweat stands out, the countenance changes. But these are not emotions, despite the fact that one may find such statements in textbooks on physiology written by materialists. These are just bodily reactions to emotional states of the consciousness mediated through the brain.

In the human multidimensional organism, there are special energy centers (they are called chakras or dantians) responsible for regulation of the states of the consciousness.

For example, thinking activity is the "duty" of the head chakras. The emotions of anxiety, anger originate in the energy structure of the upper part of the abdomen. And the emotions of love — in the spiritual heart. It is located in the chest and occupies (if developed) almost all its volume.

"Opening the spiritual heart" is the main point on the initial stage of spiritual development. For the majority of people it is the first opportunity to experience what love is, and not just to talk about it. Not before we come to know it, can we understand "on what language" we should talk to God and to those who are close to God. Only since that moment, we become capable of finding harmony in relationships with the world of living nature, with other people. Only then that which is called "spirituality" may arise in us; without it, there can be no spiritual Path.

In old times in the Christian movement a method of "opening the spiritual heart" was developed. It is called *Jesus prayer*. Some seekers achieved the due result with its help [75]. But the effectiveness of this method was low because of the lack of knowledge about the nature of consciousness and about the structure of the human organism. This is why only a few of those practicing *Jesus prayer* achieved success with its help, and even if they did — it was only after years of working with it.

Possessing the necessary knowledge and methods, one can achieve the result after a few sessions [6,8,13].

About cordial love, Jesus and His Apostles said the following:

"Blessed are the pure in heart, for they shall see God!" (Matt 5:8)

"Enter into your temple, into your heart. Illumine it with good thoughts and the patience and immovable confidence which you should have in your Father.

"And your sacred vessels, they are your hands and your eyes. See and do that which is agreeable to God, for in doing good to your neighbor you accomplish a rite which embellishes the temple wherein dwells He Who gave you life.

"If you wish to accomplish works marked with love or piety, do them with an open heart and let not your actions be governed by calculations or the hope of gain!" (The Life of Saint Issa, 9:12,13,16)

"Our mouths are opened to you, … our hearts have been enlarged!" (2 Cor 6:11)

"Do not look to your own interests but let each of you look to the interests of the others!" (Phil 2:4)

"I give you a new commandment, that you love one another! As I have loved you, you should also love one another!" (John 13:34)

"And above all things have fervent love for each other, for love will cover a multitude of sins!" (1 Peter 4:8)

"Whoever claims to love God yet hates a brother or sister is a liar. For they who do not love brothers and sisters, whom they have seen, cannot love God, whom they have not seen." (1 John 4:20)

"Beloved, let us love one another, for love is of God, and everyone who loves has been born of God, and knows God. The one who does not love has not known God. For God is Love!" (1 John 4:7-8)

"Beloved, if God so loved us, we ought also to love one another… If we love one another, God dwells in us, and His perfect Love is in us!" (1 John 4:11-12)

"God is Love, and they who abide in love abide in God, and God abides in them!" (1 John 4:16)

"Owe no one anything, except to love one another" (Rom 13:8).

"Though I speak with the tongues of men and of angels, and have not love, I have become as sounding brass… And though I have prophecies, and understand all mysteries and all knowledge, and though I have all faith, so as to move mountains, and do not have love, I am nothing. And though I give out all my goods to feed the poor, and though I deliver my body to be burned, but if I have not love, it profits me nothing.

"Love has patience, is kind, love is not envious, is not puffed up, does not behave indecently, does not seek her own, is not easily provoked, thinks no evil. Love does not rejoice in unrighteousness, but rejoices in the truth. … Love never fails, though prophecies will be abolished and tongues will cease…" (1 Cor 13:1-8)

"Love your enemies, bless those who curse you, do good to those who hate you, and pray for those who despitefully use you and persecute you!…" (Matt 5:44)

"… For if you love those who love you, what reward do you have?" (Matt 5:46)

"… If you have bitter jealousy and strife (instead of love) in your minds, do not glory and lie against the truth. This is not the wisdom coming down from above, but… devilish ('wisdom')." (James 3:14-15)

"They who claim to be in the light but hate their brothers or sisters are in the darkness!" (1 John 2:9)

"Let your love be without hypocrisy! Shrink from evil, cleave to good! Be brotherly loving to one another!…" (Rom 12:9-10)

"… You shall love your neighbor as yourself!…" (Matt 22:39)

"Love your friends!… Protect them like the pupil of your eye!" (The Gospel of Thomas, 25)

"There is no greater love than this: to lay down your life for your friends" (John 15:13).

"… Let My joy remain in you, and let your joy be full! This is My commandment, that you love one another as I have loved you!" (John 15:11-12)

"These things I command you, that you love one another!" (John 15:17).

Love and Sex

We have talked already about the differences between people related to their psychogenetic age and advancement in the evolutionary development. And now let us pay attention to the fact that people of different gunas behave differently not only in religious practice or towards Messengers of God, but also in relationships with each other, in particular, in sexual relationships. For people of different gunas and for those who are above the gunas sex is quite different.

In the case of people of the tamas guna, sex is egoistic and coarse as these people themselves. They are inclined to the emotions of condemnation and hatred, thus they may hate sex and their sexual partners. However, when they are driven by passions, they may continue to "use" others for satisfying themselves.

This attitude to sex is manifested in the obscene language — the language of tamas guna — where sex appears as something dirty and even more — as a means for defiling other people.

Those are people of this guna who condemn and hate sex in others and are ready even to stone them for it. Yet they permit sex for themselves.

In the earthly mass Christianity, we can see one of the manifestations of the tamas guna in the form of the Orthodox dogma of "immaculate" conception[128] of Jesus by His mother Mary. From this turn of speech it follows that all other conceptions are maculated! Can all parents agree that their children are a product of something maculated?…

People of tamas guna are not able to understand that sex of other people may be very different from theirs: it can be not the means of satisfying one's primitive animal passion (called *sexual attraction* in scientific language), but the means of expressing love, giving oneself to another, searching and finding mutual harmony — the harmony of merged consciousnesses loving each other. Through sattvic sexual love, people can really learn to merge consciousnesses in love so that, having learned it, they can merge themselves as consciousnesses with the Consciousness of the beloved Heavenly Father.

But who is capable of such love? Only sattvic people! And who are sattvic people? What is the criterion here? They are people who have mastered the cordial love — i.e. the emotions of the "opened" spiritual heart. Such people are quite few, though.

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[128] **In Orthodoxy, the conception of Jesus by Mary is called *immaculate conception*.**

From the above said, one may see that for some people sex is a way to go deeper into tamas, and every new sexual act for them is really another step on the way to hell. Yet, for others sex is the means of establishing oneself in harmony, subtlety, purity, emotional love, developing the ability of caring for others, training oneself in merging the consciousnesses in the embrace of love, studying in the school of God on the Path to Mergence with Him.

This is why Jesus gave directly opposite recommendations regarding sex to different people: to some He recommended to restrict their sexuality, while to others He preached the opposite.

Let us see it in examples:

"You have heard that it was said to the ancients, 'You shall not commit adultery.' But I say to you that whoever looks on a woman with lust for her has already committed adultery with her in his heart." (Matt 5:27-28)

"… Whoever shall marry her who is put away commits adultery!" (Matt 5:32).

Now, let us follow the episode with Mary Magdalene (narrated by her) when she was blamed for adultery and brought for judging to Jesus:

"They caught me and wanted to stone me. I, sinful, loved one man who was married and had three children. Relatives of his wife brought me to the square and began to shout in a loud voice, 'Let us kill the adulteress! She desecrated the law!'

"Then… Christ told them, 'Let him, who is without a sin, throw the first stone!' And (He)… made the crowd disperse.

"Then He approached me and kneeled before me.

"… I was burning with shame and fear. The sublime was taking place in me, in the soul. I fell on the ground and cried. He stroked my hair and said:

'My dear sister, find strength to listen to Me! Much evil exists on this Earth, many lies have been said by the evil one! Forget that you are a sinner and tell Me whether your heart lives when you love?'

'It does, Lord! When I do not love, it is dead!'

'Then love, heavenly sister, and do not sin anymore, thinking that you are a sinner.'" (Questions of Mary, 20-27).

Jesus also told her the following:

"What is sinful in this world is righteous in My Father's Kingdom! The (True) Life is the life of love, not the life of hatred!

"Many of the 'righteous' hate and condemn. But I say to you, an adulteress who does not hate will be better in the Judgement Day than the 'righteous' who condemn!" (Questions of Mary, 13-15)

Jesus told Mary an important rule of sexual relationships between spiritually advanced people: their relationships have to be a secret between them and God. In other words, only God has to be the Witness and Guide of their love. Apostle Philip wrote the same: "A marriage, if it is exhibited for others, becomes not clear…" (The Gospel of Philip, 122).

Mary Magdalene became a disciple of Jesus and joined His group. There is an important description of her relationship with Jesus:

"… The companion of the Savior is Mary Magdalene. He loved her more than all the disciples, and used to kiss her often on her mouth. The rest of the disciples saw it and asked Him, 'Why do you love her more than all of us?' The Savior answered to them, 'Why do I not love you like her?'" (The Gospel of Philip, 55).

Marriage and Divorce

If one understands the previous chapter, then the reason of the seemingly contradictory statements of Jesus about the allowance of divorce is also clear. In some cases, He advised against it (Matt 19:3-9; Mark 10:2-12; Luke 16:18), in others — on the contrary, He blessed divorce when one of the spouses could proceed on the Way to God, to Perfection, while another could not and did not want to go but only impeded the partner (Mark 10:29-30; Luke 18:29-30).

"Do you suppose that I have come to give peace on the Earth? I tell you, no, but rather division!…" (Luke 12:51)

Why is it so? Because two people, after joining in marriage, do not necessarily develop with the same speed. They walked a certain part of the path together, learning from each other. But from a certain moment, this program may end, and then the programs of their studies with God have to be different… God joined them, and He may part them… If people try to oppose it by referring to the Bible…, then they set themselves against God. It happens that the Church assumes the right to decide the affairs of joining and separating people. Yet, God did not assign this right to anyone: "The Great Creator has not shared His Power with any living being!" (The Life of Saint Issa, 5:17).

Family life is also lessons in the School of God called Earth. Two people were in the same grade in school, and they were in love with each other. But after leaving the school, they do not necessarily enter the same university for continuing their education, their paths may become different, and they also may be different — different in the ability to comprehend information from God. In

such a case, their joint family life will be… adultery: "… Every sexual intercourse between dissimilar people is adultery" (The Gospel of Philip, 42).

… On this example we may see that the "rules of conduct" that God gives to people of different levels of development may be directly opposite.

"When the blind and the sighted are together in darkness, they are not different from one another. (But) when light appears, the one who sees will see the light, and the one who is blind will remain in darkness." (The Gospel of Philip, 56)

Nudism

A view of a naked human body — even a very beautiful one — causes violent emotions of indignation in many people educated by the modern Christian Churches. Who are they? Who are these people living constantly in the emotions of condemnation, hostile and intolerant to everything unusual to them, including the really beautiful?

If they believe that they are given too little or that they are not helped in the "right" way, then they are ready to kill those who self-sacrificially help them. When they happen to be in nature (went for an outing or picnic in the forest, for example), they cannot enjoy its beauty and calm, but can only drink, yell, defile, kill living beings. In their private life and in work, they conflict with each other, lie, steal without being aware that they are committing a crime: they worry only about the possibility of being caught. When they develop a sexual passion (lust), it may become so wild, especially in men, that they are ready to kill for the sake of satisfying themselves. Have you recognized them? This is the tamas guna in its worst manifestation.

For other people, a view of a beautiful naked body is a sign of sex only. But their attitude to sex is different from the tamasic one: sex is not something filthy, but enjoyment for both; beauty and harmony are familiar to them. This is rajas.

People of the sattva guna view the natural beauty of a naked human body as an opportunity for aesthetic enjoyment, attunement to subtlety, tenderness. To them it is an opportunity to become better, closer to God. Sexual passion in this case does not arise, and no thought about sexual intercourse comes. This is not always understandable for people of the rajas guna, and completely incomprehensible for representatives of tamas guna.

As to the erotic fine art — it possesses the qualities of its author and can be very different. In other words, from a work of art one can see to which guna the

author belongs: tamas, rajas, or sattva. The qualities of the artist's model can be seen as well — also according to the gunas.

And what about people who have advanced in their development above the gunas — what is their attitude towards the sattvic nude beauty? They, having evaluated it, affirm: yes, it is wonderful, I am glad for people who possess such qualities, who understand them, contemplate them. But the one who knows Living God, who aspires to communication with Him, is not tempted to enjoy contemplating this beauty for a long time, because such a person has cognized that which is superior to it. "The one who has come out of the world can no longer be detained… and is above desires and fear." (The Gospel of Philip, 61)

Nudism exists in the form of art: photo, painting, sculpture, erotica of ballet, cinema, theater.

But it exists in the "living" form as well, for example, naked sunbathing on a beach. Of course, some people come to nudist beaches with the purpose of making new contacts. Why not? There is nothing bad in it if they do not harass others. (Such harassment, by the way, is characteristic of the representatives of the tamas guna).

But the majority of those who swim and sunbathe on nudist beaches do not relate it with sex. They just seek natural harmony, simplicity, and purity of relationships with people and nature. (People of the tamas guna, the guna of hell, cannot understand this).

Moreover, nudism may become a special component of spiritual work for those who achieved the sattva guna: it helps to strengthen sattvic qualities in people. They indeed become "like children", as Jesus preached (Matt 18:3; Mark 10:15; Luke 18:17), — in their open and pure relationships with nature, God, and with each other. Sexuality then is replaced by a fond, tender, careful attitude towards each other. This emotional situation is very auspicious for the mergence of subtle and loving consciousnesses with each other and with the Holy Spirit, which is very valuable on the spiritual Path.

… One may ask: how is this subject related to Christianity? Very directly, because Jesus talked with His disciples about it (though, very briefly in the scriptures available for us). I just need to give a quotation:

"When you strip without being ashamed, and you take your clothes and put them under your feet like little children and 'trample' them, then you will see the Son of the (eternally) Living One!" (The Gospel of Thomas, 37).

And more: "To the pure all things are pure…" (Titus 1:15).

And the last remarks on this topic:

First: nudists should not behave "glaringly" towards people who do not like nudism. Of which guna these people are is not important. If this is

unpleasant to them, then behaving this way means causing them harm, violating the principles of ethics by the nudists. So, nudists have to choose secluded nooks of nature or "legitimated" places on beaches.

Please do not take the content of this chapter as a call for everyone to undress. A person has to enter the sattva guna, at least, so that nudism may become an element of spiritual work for him or her.

Man and Woman on Spiritual Path

It is appropriate to discuss here the psychology of sex (gender).

To start with, what is the sex of God?

If one pictures Him as an old man sitting on a cloud and says: "This is your God-the-Father, worship Him!", then, of course, He is of male sex, and He may even wear a beard. And a certain category of people of a certain evolutionary age will worship such an icon and believe that God is a man. This happened in Russia.

Jesus also called Him the Father, i.e. in the masculine gender. But it was according to the Judaic tradition where God is regarded as Father.

But in reality, He is equally Mother and Father. That is, He has no sex. For He is not a human but the Universal Primordial Consciousness.

And can spirits be of a certain sex?

Spirits have no body to which sex is peculiar, yet they retain the self-perception from the last incarnation until the next one. They may even retain the appearance habitual for them. "The forms of… spirits include male ones and female ones," wrote Apostle Philip (The Gospel of Philip, 61).

However, in the next incarnation, the sex of the body may be different. What does it depend on? It depends on what qualities the soul has to develop or suppress in itself. Some qualities are easier to develop possessing a male body, others — a female body. It is the same with suppression of negative qualities.

The sex of the body is also related to sexual hormones (androgens, estrogens, progesterone, etc.), and this determines one's awareness of belonging to a certain sex (it is defined by the level of androgens at the embryonic stage of the development). However, the most important thing for our topic now is that vigor and some other characteristics of an adult person directly depend on the level of sexual hormones.

This is why men — with their high level of androgens — usually live more intensively than women, striving to explore unknown realms, to study the unknown, to fight for their ideals, to dominate over the less vigorous part of

society — women. And the fact that men are in majority in executive posts is not a wicked tradition, not an infringement of women's rights, not an indication of the "inferiority" of the latter, but a natural process of distribution of social roles depending on one's capabilities in particular kinds of activity.

But neither the amount of androgens nor sex has direct influence on the level of intellect.

A high level of androgens peculiar to a male incarnation is auspicious for developing vigor, research activity in science, including the science about God. This defines a natural striving of a mature man to become a leader, to guide people, to help them, to sacrifice oneself for their sake.

A typical woman is the opposite of such a man. She — grown in this life under the influence of female hormones — seeks peace, harmony, coziness, beauty. She wants to calm down the man too. She does not like the agitated, obstinate, ever striving somewhere man: this can fascinate…, but it is hard to stay with him in harmony and calm…

And for him the woman is short of vigor, he wants to shake her up…

A mature woman is happy to give to men her harmony, tenderness, beauty, wanting to help by "ennobling" them, bringing them closer to her ideal, sometimes by sacrificing herself… And mature and full-fledged men also are ready to lead women in order to teach them what they have learned… In this way, helping each other, teaching each other what he or she needs to learn, they can go together to the common Goal — to Perfection.

Jesus said, addressing men:

"Respect her, uphold her. In acting thus you will win her love… and will find favor in the sight of God!…

"In the same way, love your wives and respect them, for they will be mothers tomorrow, and each later on the ancestress of a race!

"Be lenient towards woman. Her love ennobles man, softens his hardened heart, tames the brute in him, and makes of him a lamb!

"The wife and the mother are the inappreciable treasures given unto you by God. They are the fairest ornaments of existence, and of them shall be born all the inhabitants of the world.

"Even as God… separated the light from the darkness and the land from the waters, woman possesses the divine faculty of separating in a man good intentions from evil thoughts.

"Therefore I say to you, after God your best thoughts should belong to the women and the wives, woman being for you the temple wherein you will obtain the most easily perfect happiness! Imbue yourselves in this temple with

moral strength. Here you will forget your sorrows and your failures, and you will recover the lost energy necessary to enable you to help your neighbor!

"Do not expose her to humiliation. In acting thus you will humiliate yourselves and lose the sentiment of love, without which nothing exists here below!

"Protect your wife, in order that she may protect you and all your family. All that you do for your wife, your mother, for a widow or another woman in distress, you will have done unto your God!" (The Life of Saint Issa, 12:13-21).

Everything said in this chapter is related to sufficiently evolved men and women. Those who have not tried consciously to become better very often decide to "assert themselves" through arrogance, disdain towards the representatives of the opposite sex.

I can give the following illustration. … Once there was an old man and an old woman living in a communal flat. At his old age, the old man was of poor eyesight. Because of this, he urinated beside the pan. The old woman had to clean after him in the lavatory: she felt ashamed before their neighbors living in this flat. Once she lost her patience and begged him:

"Do it sitting on the pan! Then you will not pee beside it!".

"To sit on the pan?! Like… a woman?!" the old man lost his breath because of shame and indignation, he nearly had a heart attack…

And he continued to urinate beside the pan until the end of his incarnation, but standing! — as a real man!

… The Apostle Paul infused the spirit of male arrogance into the New Testament: as we discussed above, he could not transform all of his aspects at once. For example, he wrote:

"Let the woman learn in silence with all subjection. … I do not allow a woman to teach, or to exercise authority over a man, but to be in silence. For Adam was first formed, then Eve…" (1 Tim 2:11-13).

"Let your women be silent in churches; for it is not permitted to them to speak, but to be in subjection… for it is a shame for a woman to speak in a church" (1 Cor 14:34-35).

"Wives, submit yourselves to your own husbands, as to the Lord, for the husband is the head of the wife…" (Eph 5:22)

"Judge among yourselves: is it right that a woman pray to God unveiled?" (1 Cor 11:13)

But the attitude of Jesus was different:

"Simon Peter said to them, 'Make Mary leave us, for females don't deserve the (True) Life!' Jesus said, 'Look, I will guide her to make her male!… For every

female who makes herself male will enter the Kingdom of Heaven!'" (The Gospel of Thomas, 114).

A man going to Perfection has to supplement himself with femininity — the best qualities that the best women possess. A woman going to Perfection has to supplement herself with masculinity — the best qualities that the best men possess. As a result, both the man and the woman forget about the sex of their current bodies and become pure consciousnesses aspiring to Mergence with the Creator. "… When you make male and female into a single one, so that the male will not be male nor the female be female, then you will enter the Kingdom (of the Father)!" (The Gospel of Thomas, 22)

"Minorities"

Those who disdain people of the opposite sex — in the next incarnation will surely get a body of that sex and will be embodied in the social environment that will make them experience fully the same disdain on themselves.

It is the same with the national factor, with confessional one, with the problem of "sexual minorities": the one who despises or hates people because they are "not like me", "not like us" will be taught by God to be compassionate to the pain of others through one's own pain. This is one of the usual methods of God for teaching us.

It is for this reason that He creates bodies of various "minorities" — to incarnate in them sinners who disliked these "minorities".

Our task is to learn not to subdivide people by any feature into "us" and "aliens". "We all are children of God!" — thus God teaches us: "… There is no difference between Jew and Greek, for the same Lord is over all who call on Him!" (Rom 10:12). It is the same with any feature of an external human appearance.

What is important when we assess people is their gunas. One should love everyone but do it differently. So, some people should be loved with love-devotion and respect, others — in the same way as we love children or friends, and yet others — with love-compassion. But one must never hate or disdain anyone!

"Regard disciples of God. If they are wise, they comprehend the discipleship. Fleshly forms do not deceive them, and when speaking with someone they look at the state of the soul of this person. There are many animals with human appearance in this world. Disciples of God identify them

and give 'acorns' to the 'pigs', 'barley', 'straw', and 'grass' — to the 'cattle', 'garbage' — to the 'dogs', 'sprouts' — to the 'slaves', and the perfect 'food' — to the 'children'." (The Gospel of Philip, 119)

Compassion

Compassion is the main ethical principle of one's relationships with other people and with all living beings, even with non-incarnate ones. This is the main aspect of love on the Earth and the first criterion that God uses to assess whether to allow us to approach Him or not.

Doing unnecessary harm to people or to other beings can never be justified in the eyes of God.

But what harm can be considered as "necessary"? For example, to cause pain or other damage to criminals when we repel their criminal deeds or defend other people from them. Another example is to punish children who frolic dangerously for themselves and for others, or to restrict mentally ill people. And so on.

But revenging oneself cannot be justified: this is an egocentric reaction of the offended lower self that must not be allowed.

The one who realized the true love cannot cause pain to an animal for a meaningless reason. Such a person cannot eat corpses of killed animals: in their dead bodies there is the pain of their death.

For example, Jesus expressed discontent, when He was hinted about an opportunity to taste a "sacrificial" lamb at Passover: "Do you think that I am going to eat with you meat at Passover?" (Epiphanius, Haer., 22:4; citation from [46]). Neither He nor His disciples ate bodies of animals except for fish, this follows from the words of Apostle Peter (Acts 10:10-14).

However, they did kill and eat fish. This is understandable: Jesus did not suggest to people too hard "upheavals" in the stereotypes of their lives. If He had said to fishermen "do not eat fish!", they would have stopped listening to such a preacher!

Yet, for modern people it is possible to accept the principle of Love-Compassion as an ethical concept and to follow it as widely and completely as possible within reason.

For example, it makes no sense to ponder over whether it is allowed or not to kill a rabid dog or a wolf that attacks man, to kill mosquitoes, gadflies, ticks, etc. If we can kill them but do not do it, then they will attack others and it will

be our fault, our transgression of the principle of Love-Compassion in relation to their victims.

There is also no point in hesitating whether one has a right to kill plants for food, for building a fire, for construction, or to use milk products and eggs for food — we cannot develop on the Earth without doing this. And our food must be adequate, with a complete set of indispensable amino acids.

However, killing or maiming plants for no meaningful reason is a different thing: for example, to pick "automatically" a leaf and throw it, to make a bouquet of flowers, or to buy (to cut) a fir-tree for New Year or Christmas and admire how it dies. This is a meaningless death: people kill these plants not for the reason of survival and development but out of fancy, because "everyone does this", or because "I want it!".

… Even at the time of Moses, God gave the commandment "you shall not kill!". The same was repeated by Jesus (Luke 18:20). Yet, human egoism, the habit of discarding all principles that prevent satisfaction of one's own whims, inability to be compassionate, to co-experience the pain of others make people invent various justifications for transgressing this commandment of God or pretend that they do not know it.

Paul, by the way, in the First Epistle to Corinthians (10:27) permits: eat whatever is set before you! But at the same time, he says that he is an imitator of Christ and calls others to become imitators of Christ even as he (Paul) is (11:1)… However in this respect he was not an imitator of Christ…

Though, in the Epistle to Romans Paul writes a different thing: "It is good not to eat flesh…" (Rom 14:21).

And to resolve the last doubts about this matter, let us see what Jesus Christ said: "Not only abstain from consuming human sacrifices, but immolate no creature to which life has been given!…" (The Life of Saint Issa, 7:14).

The true compassion originates from the awareness that all of us — even vegetal creatures — are God's children of different age, brothers and sisters of His one family. We all have objectively equal interests in the universe, we all are *one*.

All this is one Life, the Life of One Organism called the *Absolute*, where there is nothing that is "mine", there is only one common Life full of His Meaning. My role — as a part of His Organism — is to grow and to help others on this Path. There is nothing that is mine, there is only the Common — His.

By helping another being, I help God in His Evolution.

"Do not look to your own interests, but let each of you look to the interests of the others! Let the same disposition be in you which was in Christ Jesus" (Phil 2:4-5).

This can be realized when one masters living according to His interest and thus — according to the interests of others. There is no one's own interest then, and there is no one's "self", "ego" — it gets dissolved first in others and then — in Him.

Struggle Against the Lower Self

In order to attain the Highest Goal — Mergence with the Heavenly Father, one needs not only to enter into the Highest "Heaven", but also to master dissolving oneself in the Consciousness of the Father.

But full-fledged love even for neighbors is not possible without the ability to look at the situation from their standpoint. And for this, we need to experience ourselves not only in our own bodies, but also as being coessential to the one (ones) we care about.

It may be small groups of loving men and women, or large collectives working in manual labor, scientific, military, religious. A good commander guides exactly in this way — by experiencing himself or herself being the whole group — one united organism, the care for the former "I" and the former "personal interest" disappears, the experience of the "I" dissolves in all the subordinates, they become coessential to the leader in his or her self-perception, the care for them prevails over the care for his or her personal things. This is the realization of the precepts "… You shall love your neighbor as yourself!…" (Matt 22:39) and "Love your brothers!… Protect them like the pupil of your eye!" (The Gospel of Thomas, 25).

People of love begin to learn it in small social groups, then in larger and larger ones. Apostle Paul suggested to extend the feeling of coessentiality to all followers of Christ and experience them as one Body of Christ headed by Christ and by the Father (Eph 1:22-23).

This kind of meditative work results in gradual growth of the leader as a consciousness. The more tender, subtle, and careful the leader's love is, the better is this growth.

Jesus told another example of dissolving oneself in love — a meditative image of a vine. It is rooted in the Father, it has a stem, branches-assistants, and leaves-listeners that get green, rustle, and fall off. But, as a result, the vine will bear beautiful fruits, and the seeds of these fruits will give new sprouts (John 15:1-16).

The opposite of such a leader is a fool with a highly developed feeling of self-importance manifested in the form of haughtiness.

These are examples of possible leaders: a haughty fool making the life of the subordinates a nightmare, or the one who develops according to meditations described by Jesus and Paul.

These meditations are performed with the help of special meditative methods. Let me cite some recommendations of Jesus and His Apostles that can be helpful for preparing oneself to such work.

"… You know that the rulers of the nations lord it over them and their great men exercise authority over them. However, it shall not be so among you. But whoever desires to be great among you, let this person be… a servant; and whoever desires to be chief among you, let this person be… a slave!" (Matt 20:25-27)

"… Learn from Me, for I am meek and lowly!…" (Matt 11:29)

"Who are wise and understanding among you? Let them show it by good life, by deeds done in the humility that comes from wisdom." (James 3:13)

"(Do) not avenge yourselves!…" (Rom 12:19)

"When you are invited by anyone… do not recline in the chief seat… For whoever exalts themselves shall be abased, and whoever humbles themselves shall be exalted." (Luke 14:8-11)

"Blessed are the meek…" (Matt 5:5)

"Let no one seek one's own (profit), but each one another's (wealth)!" (1 Cor 10:24)

"… In lowliness of mind let each esteem others better than themselves!" (Phil 2:3)

"Take heed that you do not do your merciful deeds before men, to be seen by them. Otherwise you have no reward with your Father in Heaven. Therefore when you do your merciful deeds, do not sound a trumpet before you, as the hypocrites do…, so that they may have glory from men. Truly I say to you, they have their reward. But… (let) your merciful deeds … be in secret… (Then) your Father Who sees in secret Himself shall reward you openly." (Matt 6:1-4)

"… Any one of you who does not forsake all the (earthly) possessions cannot be My disciple!" (Luke 14:33)

"It is more blessed to give than to receive!" (Acts 20:35)

"… None of these things move me, neither do I count my life dear to myself, so that I might finish my course with joy, and the ministry which I received from the Lord Jesus Christ!…" (Acts 20:24)

"… What is your life? It is a vapor, which appears for a little time, and then disappears!…" (James 4:14)

"… I am torn between the two: having a desire to depart (from the body) and to be with Christ, which is far better. But to remain in the flesh is more

needful for you. And having this confidence, I know that I shall remain and continue with you all, for your advancement and joy of faith!…" (Phil 1:23-25)

"See that none gives evil for evil to anyone!…" (1 Thes 5:15)

"… Nor do we seek glory from men!…" (1 Thes 2:6)

"Exhort the rich in this world that they be not high-minded, nor trust in uncertain riches, but in Living God, offering to us richly all things to enjoy, that they do good, that they be rich in good works, ready to share, to be generous, laying up in store for themselves a good foundation against the time to come, that they may lay hold on eternal life" (1 Tim 6:17-19).

"Avoid foolish questions and genealogies and contentions… for they are unprofitable and vain!" (Titus 3:9)

"… The greatest among you should be like the lesser, and the one who rules like the one who serves!" (Luke 22:26)

"Love… never says…, 'This is mine!' but 'This is yours!'" (The Gospel of Philip, 110)

"It is to Me, and to Me alone, that you owe all that you possess, all that is to be found about you, above you, and below you!" (The Life of Saint Issa, 8:11)

Monasticism

In the course of many earthly incarnations, we prepare ourselves for entering the last stage of personal evolution, which is the true monasticism. I stress that it is the true one, because many people only play "monks" without having understood what God is.

Before this stage the general rules of life for everyone were the following:

1. To develop the intellect (as one of the functions of the consciousness, as the "tool" of thinking: of remembering, analyzing, creating), to accumulate knowledge about the main things: about God, man, evolution. (Concrete knowledge accumulated during the earthly life is usually not retained from incarnation to incarnation; it is the structures of the consciousness developed through their right functioning that are passed to each new life, also the developed qualities such as vigor, certain intellectual abilities, certain ethical inclinations, etc.).

2. To perfect oneself ethically, orienting oneself at what God wants us to be.

3. To develop the emotional sphere correctly and to grow in oneself love for God, which at some point has to turn into a passion for Him.

4. To strive for emotional subtlety and to avoid the coarsening of the consciousness.

It is natural that on the early stages of personal evolution we do not strive for the knowledge of the highest levels, we fall in love not with God, but with people and things, we want to climb not to the Heavenly Kingdom but to a mountain peak when we go hiking, or we want to receive a university diploma, a Ph.D. degree. It is good, it is all right. All this is training before the main Climbing. And it is appropriate to perform this Climbing only when we are ready by all the parameters mentioned above.

And only then, not before, the final redistribution of one's attention starts — from the earthly to one's final and main Beloved — the King of everything. As a result, the spiritual warrior enters the *Bridal Chamber* (The Gospel of Philip, 67,125,127), where he or she meets the Beloved, ultimately settles there and merges with Him.

This stage of being burned with the passion of love for Him is the true monasticism.

***Monk* is a word of Greek origin. It denotes a person who came to the state of solitude in respect to all the earthly, including his or her own body, the state of being turned with the "face" of the consciousness to the Beloved, first of all. The monk misses Him, when something on the Earth distracts the monk from communication with Him. The monk is burned with passion anticipating every new meeting. The monk is ashamed of his imperfections during loving meetings in the Lord's Abode. The monk strives to become better, and the Lord explains how to do it. The "Kingdom" where the monk lives now is really "not of this world" (John 8:23; 18:36). Though, the monk's behavior in relationships with other people remains adequate.**

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"Go in through the narrow gate, for wide is the gate and broad is the way that leads to destruction, and there are many who go in through it. Because narrow is the gate and constricted is the way which leads to the (True) Life, and there are few who find it!" (Matt 7:13-14)

"… I desire you to be without (earthly) anxiety. The one who is unmarried cares for the things that belong to the Lord, how to please the Lord. But the one who is married cares for the things of the world, how to please his wife. The wife and the virgin are different. The unmarried woman cares for the things of the Lord, that she may be holy both in body and in spirit. But she who is married cares for the things of the world, how she may please her husband." (1 Cor 7:32-34)

"Whoever has come to know (truly) the world has discovered (that it is) a carcass, and whoever has discovered (that it is) a carcass, of that person the world is not worthy." (The Gospel of Thomas, 56)

"Let one who has found the world, and has become wealthy (in earthly things), renounce the world!" (The Gospel of Thomas, 110)

"Seek first the Kingdom of God and His righteousness, and all these things (i.e., material wellbeing) shall be added to you!" (Matt 6:33)

"The *Bridal Chamber* invited us in!" (The Gospel of Philip, 125)

"While we live in this world, it is necessary for us to acquire the Resurrection, so that when we strip off the flesh, we may be found in Calm, but not walk *outside*." (The Gospel of Philip, 63)

"The one, who came out of the earthly, cannot be seized… and is above earthly desires and fears." (The Gospel of Philip, 61)

"Those who say that they will die first and then rise are in error. If they do not receive the Resurrection while being incarnate, they will receive nothing after leaving their bodies." (The Gospel of Philip, 90)

"Only those who cognized their Essence will enjoy truly!" (The Gospel of Philip, 105)

"The Children of the *Bridal Chamber* have one and the same Name!" (The Gospel of Philip, 87)

Meditative Work

At the last steps on the way to the *Bridal Chamber*, spiritual warriors have to perfect themselves not only intellectually and ethically, but in the psychoenergetical respect as well. That is, they have to transform the energy of the consciousness, making it more and more subtle, large, and detached from the body. It is called meditative work.

Jesus and His disciples had no intention to leave to people a special description of meditative work. But its general principles and stages were outlined in the Gospel of Philip. Below are some excerpts from the Gospels and Epistles that contain information on this subject.

"The Kingdom of God is within you!" (Luke 17:21)

"Truly I say to you, whoever shall not receive the Kingdom of God as a little child (that is openly, with sincere joy) shall in no way enter into it!" (Luke 18:17)

"… The Kingdom of Heaven is taken by effort!" (Matt 11:12)

"Sky and the Earth will roll up in your presence (i.e. they become small when you become large and merge with the Father), and whoever is Living from the Living One will not see death.

"… Those who have found themselves (there), of them the world is not worthy!" (The Gospel of Thomas, 111)

"…"… The Eternal Spirit, dwelling in the state of complete Calm and of Supreme Bliss, awoke and manifested Itself for some time from the Eternal Beingness, so as to show, being clothed in the human appearance, the means of uniting with Divinity and of attaining the Eternal Felicity, and to demonstrate by example how man may attain ethical purity, separate the soul from its coarse cover, and achieve the Perfection necessary to enter into the infinite Kingdom of Heaven, where Eternal Bliss reigns." (The Life of Saint Issa, 4:2-4)

"… What is your life? It is a vapor, which appears for a little time, and then disappears…" (James 4:14)

"Do not love this world, nor the things in this world. If anyone loves this world, the love of the Father is not in them, because all that is in this world, the lust of the flesh, and the lust of the eyes, and the pride of life… is of this world!" (1 John 2:15-16)

"The world does not know us, because it did not know Him!" (1 John 3:1)

"… If the root is holy, so are the branches!" (Rom 11:16)

"… We look not at what is seen, but at what is not seen, for what is seen is temporary, but what is not seen is eternal!" (2 Cor 4:18)

"… We know that if our earthly house, this tabernacle (body) dissolves, we have a building from God, an eternal house in Heaven. For indeed in this we groan, earnestly desiring to be clothed with our Heavenly dwelling-place, for we… wish… that the mortal might be swallowed up by the (True) Life. And God formed us for this very purpose…

"Then being always confident, knowing that while we are at home in the body, we are away… from the Lord, for we walk by faith, not by sight, then we are confident and we are pleased rather to go away (forever)… out of the body, and to come home to the Lord.

"Therefore we are also laboring to be well-pleasing to Him, whether at home or away from home…, so that everyone may receive according to what he or she has done while living in the body…" (2 Cor 5:1-10)

"… Be imitators of God!…" (Eph 5:1)

"… Walk… redeeming the time!…" (Eph 5:15-16)

"… He would grant you… to be strengthened with might by His Spirit in the inner man, and Christ may dwell in your hearts…, (so) that you, being rooted (in the Father) and grounded in love, may be able to comprehend… what

is the (true) breadth and length and depth and height, and to know the Love of Christ, which surpasses the understanding (of an ordinary person), that you might be filled with all the fullness of God!" (Eph 3:16-19)

"… You are all the sons of light and the sons of the day…" (1 Thes 5:5)

"… Anyone who is united with the Lord is One Spirit with Him!" (1 Cor 6:17)

"… When… we shall be like Him… we shall see Him as He is!" (1 John 3:2)

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"The Earth has trembled and the Heavens have wept because of a great crime that has been committed in the land of Israel. For they have tortured and there put to death the great and just Issa, in Whom dwelt the Soul of the universe, which was incarnated in a simple mortal in order to do good to men and to exterminate their evil thoughts. And in order to bring back people, degraded by their sins, to a life of peace, love, and joy and to recall to them the One and Indivisible Creator, Whose mercy is infinite and without bounds.

"Thus ended the earthly existence of the Reflection of the Eternal Spirit under the form of a man Who had saved (with His Teachings) hardened sinners and endured many sufferings.

"And the disciples of Saint Issa abandoned the land of Israel and scattered themselves among the heathen, preaching that they should renounce their errors, bethink them of the salvation of souls and of the Perfect Felicity awaiting humanity in that immaterial World of Light where, in Calm and in all His Purity, the Great Creator dwells in Perfect Majesty." (The Life of Saint Issa, 1:1-4; 14:4,10)

But "… a time will be when they will not endure the sound Doctrine, but they will heap up teachers to themselves according to their own lusts, tickling the ear. And they will turn away their ears from the Truth and will be turned to myths. But you watch in all things, endure afflictions, do the work of an evangelist, fully carry out your ministry!" (2 Tim 4:3-5)

"(They) have forsaken the Straight Path and have gone astray…" (2 Peter 2:15)

"(They) changed the glory of the incorruptible God into an image made like corruptible (body of) man…" (Rom 1:23)

"… Some, having swerved, have turned aside to foolish talking, desiring to be teachers of the law, neither understanding what they say nor that which they affirm!" (1 Tim 1:6-7)

"If a blind person leads a blind person, both of them will fall into a hole!" (The Gospel of Thomas, 35)

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Christianity is not — when people *pray at* icons, when they cross themselves, when they fear demons and Satan, when they beg for themselves salvation from hell and other evil, or try to entreat earthly boons for themselves.

This is Christianity — when in order to realize the Teachings of Jesus Christ people declare a merciless war on their vices, zealously cultivate positive qualities, and devote themselves to seeking God-the-Father with the purpose of cognizing Him and merging with Him. Let it be so!

The Gospel of Philip

The Apocryphal (i.e. not included in the New Testament) Gospel of Apostle Philip, a personal disciple of Jesus Christ, was found by archaeologists in 1945 in Egypt. It contains very important information imparted to Philip by Jesus Christ.

It concerns the highest meditative techniques that allow spiritual warriors to come to the Abode of God-the-Father, which Philip calls the *Bridal Chamber*. In the Gospel, two narration lines are interwoven: the line of sexual love between people and the line of the highest Love for God. The former is considered as a prototype of the latter.

The Gospel is written in artistic literary language and is rich in parables.

It was not known to Russian-speaking readers until now. Three previous editions published in thematic collections were made by translators who did not understand the meaning of the text. They only made attempts to translate the text "literally", and as a result, the translations were an obscure series of words not related to each other.

The work on creating this edition was done at the request and with the help of the Author of the Gospel. The prototype of this edition of the translation is the editions [46,78]. The commentaries to the text of the Gospel are typed in small print.

* * *

1. A Hebrew makes a Hebrew, and such a person is called a proselyte. But a proselyte does not make a proselyte.

Those Who came from the Truth are as They were initially. And They beget other Men of Truth. The latter need only to be born (in It).

Proselyte **is a person who recently accepted faith.**

Those Who came from the Truth are Those Who came from the Abode of God-the-Father. They can lead Their disciples into this Abode, thus allowing them to be "born" in It.

2. A slave can hope only to become free. A slave cannot expect to inherit the estate of the master.

Yet a Son is not only a Son, but also a Co-owner of His Father's estate.

A Son of God-the-Father, coessential to Him, is a Co-owner of His property.

3. There are those who inherit the perishable. They belong to the perishable, and thus they inherit the perishable.

Those Who inherit the Imperishable are imperishable. They become owners of both the Imperishable and the perishable.

People of the perishable inherit (really) nothing. Because what can a perishable man inherit?

If the one who leaves the body inherits the True Life, it means that such One is not dead but will live.

The One Who has attained the Father through efforts on self-development achieves the True Life after the death of the body. He or She becomes a Co-owner with the Father both of the Heavenly and of the earthly.

4. A pagan does not die because this person has not (really) lived. So, there is no point in speaking about a pagan's death.

But those who have accepted the Truth begin to live, and there is a danger of dying for them because they live.

To die in this context means to go astray from the Path to the Father. This is a spiritual death.

5. Since the day of Christ's incarnation, the prosperity came, the cities revived, the death moved away.

6. When we were Hebrews, each of us had only a mother. But since we became Christians, we have both the Father and mother.

In the Judaic tradition, God was called *Father*. And Jesus suggested to His followers that they call only God — *Father*, not the earthly parent.

Philip says that the true followers of Christ now have the True Father.

7. Those who sow in winter reap in summer.

The winter is the earthly, but the summer is another eon. Let us sow on the Earth in winter so that we may reap the harvest in summer!

Therefore, we should not pray to God for the winter, because the winter is followed by the summer.

But the one who tries to reap in winter will not really reap but only pluck out the sprouts.

In warm regions, people sow in winter, not in spring as it is done in cold regions.

The Greek word *eons* denotes spatial dimensions; among them are those called hell, paradise, the abode of the Creator.

In "winter", i.e. while we are on the Earth, we have to work in order that in "summer" we live in sufficiency and bliss of the highest eons.

8. The one who does not follow this — will not reap the harvest. Moreover, such one will not only be without the harvest, but will have no strength in the Sabbath.

The one who does not work hard to make oneself better during the entire incarnation will not receive good fruits after it.

Philip symbolizes the period of time allocated for this work with the images of "winter" and "workweek"; then the time for rest comes — "summer", "Sabbath-Saturday" (Saturday is the Jewish day of rest).

9. Christ came to "ransom" some: to liberate, to save. He "ransomed" strangers making them His own.

Afterwards, He set apart His own — those whom He ransomed by His will.

He laid down Himself (on the Path of sacrificial service) when He Himself willed it — not only when He revealed Himself to people, but from the very day of the Creation of the World, He laid down Himself.

He was embodied, and afterwards He — when He willed — withdrew Himself. He was in the hands of robbers and was taken captive. He liberated Himself and saved also those who were regarded as good and bad in this world.

10. Light and darkness, life and death, right and left — are brothers of one another; they are inseparable (in worldly people). Because of this, among them — the good are not good, the bad are not bad, and their life is not life, and their death is not death.

So, one should begin with separating all these in oneself.

Those who have detached themselves from everything worldly become whole, eternal.

The one who has entered on the spiritual Path has to separate in oneself the true, eternal, and valuable for life in the highest eons — from the false, which belongs only to this world. Then one has to cultivate in oneself the first and get rid of the second.

Those Who have accomplished this become eternal in the Divine eons.

11. The importance attached to earthly things is a great delusion, for they divert our thoughts from the One Who is eternal to that which is transient. And in this case, the one who hears about God does not perceive (behind this word) the Eternal, but thinks about the transient. In the same way, behind the words *the Father, the Son, the Holy Spirit,*

the Life, the Light, the Resurrection, and _the Church_ — people do not perceive the Eternal, but think about the transient, unless they have already cognized the Eternal (through personal spiritual experience). These words are only misleading to worldly people.

If they were in the (Divine) eons, they would not use these words among worldly concerns and things, because these notions are related to the (Divine) eons.

In the same way, in Russia many people use the exclamation "Lord!" as a swear word in situations when other similar people use obscene language.

And God-the-Father, Who is the Universal Ocean of the Primordial Consciousness, is pictured on Orthodox icons as an old man sitting on a cloud.

Hardly one of the "pastors", not to mention the "flock", can answer the question "Who is the Holy Spirit?".

Most "believers", as well as atheists, understand the word _life_ only as life in a body, mourning those who left their bodies, pitying them…

12. One name is not uttered among that which is worldly — it is the name that the Father grants to a Son. It is above all. This name is the Father. The Son would not have gotten this name if He had not become the Father.

Those who bear this name know this, but They do not speak about this. But those who do not bear this name do not know Them.

Names in this world are invented because it is not possible to cognize the Truth without them.

The Truth is one, but It is presented as Multitude[129]. This is for our sake: to lead us to the cognition of the One through love for Multitude.

People who have not cognized the Father personally are not capable of seeing, recognizing a Son. And if a Son tries to speak to them about His coessentiality to the Father, such people only become angry with Him.

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[129] This sentence speaks about the _United We_ — the Totality of All the Perfect Ones Who flowed into the Primordial Consciousness and Who represent Its Essence.

13. The earthly rulers wanted to deceive people, since they understood that people have the same origin with the really worthy. They took good names and gave these names to bad things in order to deceive people and bind them to the bad in this way. And now these earthly rulers suggest to people that they keep away from the "bad" and cling to the "good". These earthly rulers strive to make formerly free men slaves forever.

14. There are powers which give (power) to people, not wishing to save them. They do this (in order to subjugate them).

People, wishing to be saved, made sacrifices. But a reasonable one (understands clearly that) sacrifices are not necessary and animals should not be offered to deities. In fact, those who offered animals as a sacrifice were themselves like animals (by the level of their development)…

When a sacrifice was made (animals were offered to deities). Though animals were offered alive, they died.

But the one who offers oneself dead to God — (verily) will live.

Here, the last paragraph needs to be commented.

The fact is that man is not a body. Man is a consciousness, a soul. So, it is wrong to say that man is dead if the body has died. It is the body that died, but the man did not.

One can also consider death of man (as a soul, i.e. spiritual death) in the sense implied by the words of Jesus: "Follow Me, and let the dead bury their dead!" (Matt 8:22; Luke 9:60).

But in this part of His Gospel, Philip means another death — the death of one's lower individual "I", and this implies the realization of the *Higher I,* i.e. Mergence of the developed consciousness with the Creator. Such a person attains the Eternal Life in the Abode of the Creator in Mergence with Him.

15. Before Christ came, there was no bread of Heaven. It was like in paradise at the time of Adam: there were many trees — food for animals, but no wheat — food for man. Man used to feed like animals.

But when a Christ — Perfect Man — comes, He brings the bread from Heaven so that people may eat human food.

People without the true knowledge about their predestination and the Path, live a life quite comparable to the life of animals. God, through a Christ, gives them spiritual food appropriate to humans.

16. The earthly rulers thought that what they did they did by their own power and will. But in reality the Holy Spirit in secret accomplished all that through them — accomplished as He considered appropriate.

They also sow everywhere the true knowledge, which existed since the beginning. And many people see it while it is being sown, but only a few of them recall about it by the time of the harvest.

The Holy Spirit directs the acts of people when necessary, but people usually are not aware of this.

He, among other things, creates — through vicious people — difficulties in the form of temptations and enticements (such as false doctrines) for other embodied people. This is done for the sake of their intellectual development. After all, they are sent here to learn, and not just to live.

The meaning of our lives on the Earth consists in our self-development, which must go in three main directions: intellectual, ethical, and psychoenergetical. And our Teacher is God.

Diligent students, after graduating from this School, are invited by the Father, if they are worthy of this, to His Abode to merge there with Him forever.

But remedial students remain forever "repeaters", become slaves of this world.

The time of the "harvest" is the *end of the world:* the School is closed, the worthy students move to the Abode of God-the-Father, enriching Him with Themselves; the lot of the rest is the *outer darkness*: destruction, death of the souls.

… A special comment has to be made concerning the use of the pronoun *They* with regard to the Holy Spirit in this fragment. This is not an error: the Holy Spirit is indeed an aggregate of former humans who attained in their development the right to be in the Highest eons.

17. Some said that Mary conceived by the Holy Spirit. They are in error. They do not understand what they say. When did a woman ever conceive by a woman?

Mary at the same time is the immaculacy, which was not defiled by violence.

She is a great temptation to Hebrews, both to those who preach and to those who listen to their preaching.

Her immaculacy, which was not defiled by violence, is pure. But the mighty of this world defiled themselves (through their fantasies).

And the Lord (Jesus Christ) would not have said, "My Father Who is in Heaven," if He had not had another father. He would have said simply: "My father".

In Greek, in which the Gospel was written, the Holy Spirit is of feminine gender. This is the reason for the irony of Philip in the beginning of the fragment.

18. The Lord said to the disciples, "Enter the House of the Father. But do not take anything in the House of the Father, nor carry anything out."

The last phrase of Jesus is a joke, because in "the House of the Father" — in the highest eon — there are no material objects that can be carried out as from the house of an earthly father.

But to enter the Abode of the Heavenly Father and to settle there forever is the Goal of the evolution of every person.

19. Jesus is a human name. Christ is a title. For this reason the name Jesus is not found in other languages; He was just named Jesus.

Christ in Syriac is Messiah; Christ is a Greek word. Other languages also have this word — according to their spelling.

The Nazarene means "The One Who came from the Truth".

Christ is not the last name of Jesus as some believers think. Christ is the One Who attained the Abode of God-the-Father, became a Part of Him, and then came to the Earth as a Divine Teacher coessential to the Father.

Christ, Messiah, Avatar — all these are just different expressions of the same phenomenon in different languages.

Jesus Christ was one, but there were many Christs throughout the entire history of mankind. Jesus was the only and the first Christ for those people with whom He communicated directly during His earthly life.

20. Christ has everything in Himself: both human and angelic, and even more mysterious, and the Father.

In the Gospel of John, there is a statement of Jesus where He compared Himself with a vine: its trunk is above the surface of the Earth, and its root comes from the Abode of God-the-Father. Since He, as a Consciousness, is present everywhere, He can veraciously tell people about the highest eons and represent God-the-Father to them in the material world.

21. They who say that the Lord died first and then rose up are in error, for He rose up first and then died (by the body).

The one who has attained the Resurrection will not die. For God lives and will be living always.

The true Resurrection is the Resurrection in the highest eons, and not in the world of matter. Jesus attained this a long time ago and came to the Earth as a Part of God-the-Father.

The One Who has traversed the Path up to Mergence with God-the-Father — attains the true immortality and after the death of the body rises in the eon of the Father in Mergence with Him.

But Jesus "rose" for embodied people in this world as well, by materializing His new body every time. He could do this by His Divine Power.

22. One never hides a thing of great value in a large vessel, but very often countless treasures are placed into a vessel worth an assarion. It is the same with the soul. Being a precious thing, it is placed in a contemptible body.

Atheists as well as most of those who call themselves Christians believe that man is a body.

But in reality man is a soul, a consciousness. And the body is just a temporal container, in which man has to go through the next stage of studying in the School in the material world.

Incarnate states of people are usually much shorter parts of their lives as compared to non-incarnate states.

However, the development of man can take place only in the incarnate state. It is for this reason that incarnations are necessary, it is for this reason that God creates material worlds.

The point is that the body is a "factory" for transformation of energy. In the body, the energy extracted, first of all, from ordinary food can become the energy of the consciousness, of the soul. It is thanks to this that the process of qualitative and quantitative growth of the consciousness can take place.

23. There are people who are afraid of rising naked. This is because they want to rise in the flesh. Yet they do not understand that those who wear the flesh are naked (in front of spirits and God).

But those who undress themselves (of the flesh) in order to become naked (i.e. "naked" souls) — they are not naked anymore.

Neither flesh nor blood can enter the Abode of God.

So, what is that which will not enter? It is that which is on us.

And what is that which will enter? It is that which belongs to Jesus and to His Blood.

Therefore, He said, "They who will not eat My Flesh and drink My Blood will not have the (true) life in them".

What is His Flesh? — Logos. And His Blood is the Holy Spirit. The one who has received These has true food, drink, and clothing. And I cannot agree if someone says that This Flesh will not rise.

So, people got confused. If you say that the Flesh will not rise, then tell me, so that I may honor you as a reasonable person, what will rise?

You better say that the Spirit is this Flesh and the Light is this Flesh. And Logos is also this Flesh. So, all what you mentioned is this Flesh. And one must rise in this very Flesh, since everything is in It.

In this fragment, Philip uses a "play on words", which is typical of this Gospel, as a means for stimulating the reader's thinking.

Philip begins this fragment with scoffing at the fear of rising naked: the shame of nakedness of the body is not an objectively significant ethical law, but just a moral norm of certain groups of people embodied on the Earth. There are no such "norms of behavior" in the highest eons.

Individual Consciousnesses in the Abode of the Creator abide in the mutually dissolved, merged state, forming a Whole. However, They can separate again as Individualities with the purpose of performing a specific task in the Creation.

Spirits retain their separateness, as well as the appearance and tendencies, habitual for them in the last incarnation. But they also can transform into lumps of energy or assume for a time someone else's appearance when they converse with incarnate people.

God and spirits hear not only the words which we say but also our thoughts, even the most "secret" ones.

They also see everything existing in the world of matter, in all detail. Not only clothes, under which we hide our bodies, but even the intestines of our bodies are absolutely open to the sight of any non-incarnate being.

But embodied people usually do not know about this, do not notice, and even if they knew and noticed, they would not have a chance to hide their nakedness. We are naked before the whole Ocean of non-incarnate universal Consciousness and before many individual consciousnesses. We are visible to all. They examine us, admiring or compassionating, respecting or making fun, loving or hating, despising, foretasting our future suffering… But we do not know this, and even if we knew — anyway we do not have any place where to go, where to hide…

… Then Philip proceeds with discussing that which Jesus allegorically called His Flesh and Blood.

Jesus-"Vine", for incarnating in a body, "stretched" a part of Himself-Consciousness from the eon of God-the-Father — to the world of matter. And He explained to the disciples that the Path to God-the-Father consists for them in transformation of themselves into similar "Vines", but they have to grow in the direction opposite as compared to Jesus: not from God-the-Father — to the matter, but from the matter — to God-the-Father.

The one who grows by the "roots" to the Abode of God-the-Father and merges there with Him in the embrace of Love — becomes a Christ with time.

In order to traverse this Path, one has to "eat" that "food" which is provided to people from the eons of the Holy Spirit and God-the-Father. This is the "food" of the Divine knowledge. And "Logos" (i.e. "Speaking One") is the One Who brings this knowledge.

The one who gets born in the highest eons during the life in a material body and who grows one's own Divine "Flesh" in these eons is a true follower of Christ, a true Christian to become a Christ. After the death of the body, such a person truly rises, attains immortality, and for sure will not die even at the *end of the world*.

24. In this world, people mark themselves in the society by their garments.

But in the Kingdom of Heaven, the garments of the chosen are on Those Who robed themselves in the Flow and Fire, on Those Who purified Themselves.

The Flow is motion of the Consciousness of the Holy Spirit. One's entering in it is similar to submersion in a cosmic river of Living Divine Consciousness. Different variations of this meditation are called Latihan and Pranava (see more details in [6]). This represents the real baptism in the Holy Spirit. As we see, it is not similar at all to what is understood as baptism in various sects.

The Holy Spirit pervades all layers of the multidimensional Creation. A Manifestation of the Holy Spirit above the Earth's surface can be associated with a Flow. His Manifestation inside the planet is designated by Philip as Light. Another Manifestation of Him is Fire. And the Perfect Light is God-the-Father in His Abode — in the *Bridal Chamber*.

Baptism, performed sequentially in each of these layers, provides the next stages of purification and refinement of the consciousness of a spiritual warrior.

25. Usually obvious things are cognized through the obvious, and secret things — through the secret. But in some cases, the secret is symbolized through images of the obvious.

Thus come the image of water in the Flow and the image of fire at the blessing (of God-the-Father).

26. Jesus conquered the hearts of people without revealing His Essence. To everyone He revealed Himself as much as they could comprehend. He did this so: to the great He appeared as great, to the small He appeared as small, to angels — as an angel, and to people —

as a man. At the same time, His Divinity was hidden from all. Some, seeing Him, thought that they saw a person equal to them.

But when He revealed Himself to His disciples in the whole glory on the mountain — at that moment He was not small but truly Great. But before this, He made His disciples great, so that they could see His Greatness.

On that day, thanking the Father, He said: "O He, Who united His Perfection and Light with the Holy Spirit, unite us also with the images of angels!"

In this saying of Jesus there is a "play on words". Its meaning is: "Do so that the disciples, at last, become looking like angels!". Behind these words of Jesus there is a regret that even some of His closest disciples could not comprehend Him.

One of the peculiarities of people's development is that souls, incarnated by God in human bodies, have a very different age, which does not correlate with the age of the body. This determines, first of all, the ability to comprehend information of different levels of complexity (and to a much lesser degree it depends on the age of the body, the nature of upbringing, education, and so on). Souls become mature during many incarnations, about this Jesus, as well as His Apostles, told.

A wise teacher provides help to people taking into account the peculiarities of their age and their abilities to comprehend. A teacher should not give to the students information which is too complex and beyond their comprehending abilities.

The spiritual Path is like a stairway consisting of many steps. And it is necessary to help disciples to get on the step which is next for them, and not to suggest to them to jump through a flight of steps.

27. Do not neglect the Lamb, for without Him one cannot see the Gate.

And no one will be able to come to the King remaining "naked".

The *sacrificial Lamb* is Jesus Who went to His cross death in order that the knowledge, left by Him, save people from hell.

The second phrase of this fragment is a continuation of the idea from fragment 23. The "naked" ones are those who show off on the surface of the

Earth in material bodies identifying themselves with the bodies and thinking that what they do in secret from other embodied people will be a secret for all. But in fact, they are in full view of all spirits and God. In fact, they are laughable as if they stay naked among other embodied people and do not notice their nudity.

But one cannot visit the King in a body, thinking about oneself as of the body. One can go to the King only by not identifying oneself with the body, only by having achieved the real freedom from it through meditative training. Indeed, the stages of meditative practices (meditation is work on the development of the consciousness) allow one to receive the true baptism and not the "toylike" one, allow one to be born and become mature in new eons.

28. The Man of Heaven has many more Sons than an earthly man. If the sons of Adam are many, although they die, how much more are the Sons of the Perfect Man, Those Who do not die and are begotten again and again!

The Perfect Man is Christ. His Teachings — at the cost of His cross death and the work of His Apostles — remained on the Earth and continue to beget new and new spiritual Children, Who achieve Immortality in the Abode of God-the-Father.

29. The Father created a Son, but a Son cannot create a son. Because the One Who was born in that way (by the Father) cannot beget. A Son makes brothers for Himself, not sons.

The earthly reproduction is not attractive to a Son of God. Therefore, He begets not earthly children, but spiritual ones — brothers and sisters.

30. This part of the original text is damaged.

31. There are those who feed from a mouth if the word of God comes from it. If one feeds like this — one can become Perfect.

The Perfect can be conceived by a kiss and be born thus.

For this reason, we also kiss one another to become conceived from the grace which is in each one of us.

A Perfect Teacher feeds disciples with the word of God from the mouth. And this can bring them to the Perfection.

Having been prepared by previous incarnations, psychogenetically mature disciples can be awaked to further advancement by Love of the Teacher. And then they can be born in the highest eons.

The emotions of tender love help disciples in their spiritual work, supporting, inspiring, and imbuing them with power.

32. There were three who always walked with the Lord: Mary — His mother, His sister, and Mary Magdalene — who was called His companion. So, there were three Maries: His mother, His sister, and His companion.

33. *The Father* and *the Son* are single names.

But *the Holy Spirit* is a Double[130] name. For They are everywhere: They are above, They are below, They are in the hidden space, They are in the open (space).

(At that) the Holy Spirit is open below and hidden above.

The Holy Spirits, coming from the Abode of God-the-Father, are present in Their different states above the surface of the Earth ("the open space") and inside our planet ("the hidden space").

However, the Holy Spirits below the surface of the Earth can be seen by a spiritual warrior and can be invisible above it to a worldly person.

34. Saints are served by evil powers as well. These powers are blind because of the Holy Spirit: they think that they serve their men, but in fact they work for the saints.

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[130] **I.e. in a collective sense, denoting concrete Divine Individualities — the Representatives of the Creator.**

A disciple once asked the Lord about something worldly. The Lord answered him: "Ask your mother — she will give you of the things that are alien to Me".

The coarser in their energy nature individual consciousnesses are, the coarser and farther from God-the-Father are the eons where they live during their non-incarnate state. They have no ability to enter the abodes of more perfect consciousness and do not see those who live in the eons more close to God-the-Father.

However, more perfect creatures of the spiritual world are able not only to enter coarser eons, but also to control their inhabitants, and the latter may not even know about this.

God personally or through worthy spirits controls all other spirits and embodied people, including the most primitive ones. And they are used by Him for correcting other embodied people — both sinful and righteous, for example, when the latter need to reform, to be redirected, and so on.

35. The apostles said to their disciples: "Let all our gifts contain salt". By salt they called wisdom. Without it, one's giving must not be performed.

The apostles advised disciples to not merely give, for example by healing, but to accompany this with preaching the Path to the Perfection. Without this, a spiritual person should not give, because such gifts will not bring real benefits to their receivers.

36. But wisdom cannot be well-grounded without a Son…
Then the original text is damaged.

The true Wisdom can originate only from God-the-Father. And the most perfect Mediator of the Father's Wisdom is His Son-Christ.

37. What the Father possesses belongs also to His Son. While the Son is small, He is not entrusted with what belongs to Him. But when He becomes adult, the Father gives Him all that is His.

Incarnated in a body, an infant Christ cannot manifest all His Divine abilities. They are given to Him as His earthly body matures.

38. Those people who go astray from the Path were born on the Earth also according to the will of the Spirit of God. Yet, they go astray from the Path also according to His will. Thus, lamps are kindled and put out by the same Spirit.

First, God puts obstacles on the Way to Him: by overcoming them we develop ourselves. And only those people who are worthy, i.e. mature enough, can overcome these obstacles.

Second, there is another point that God possesses all the Power and Authority necessary for preventing unworthy people from approaching His eons: no one can enter the Abode of the Father against His Will.

The worthiness of spiritual warriors is determined from the ethical and intellectual criteria, which are closely related with each other, and from the degree of the subtlety of the consciousness.

39. There is simple wisdom. But there is also wisdom consecrated by death: this wisdom has cognized death. The wisdom which has not cognized death is small wisdom.

Most people live on the Earth not thinking about the fact that our opportunity to change our own destinies for hundreds (usually) of years between incarnations and for the next incarnation (if it will take place) is limited in time. Later, it will be impossible even to dream about such a change.

But if people live remembering about the coming end of the incarnation, then this prompts them to advance on the spiritual Path and allows them to differentiate perfectly between that which has value and that which has not — in front of the coming death.

The most radical and effective decision of a spiritual warrior, for whom the knowledge about death has become an ally, is the decision to master the control over death through developing the ability of dematerializing the body.

If such a person has also passed through clinical death and has been to the *other world* without impediments from the material shell, then this becomes a very essential addition to the meditative experience and provides absolutely

reliable knowledge about life there and about what is necessary to do in order to fulfill everything to the maximum.

40. There are animals devoted to man like cows, donkeys, and others. And there are those not devoted to man, which live apart in the desert.

Man plows in the field with the help of devoted animals. Thanks to this, man provides with food both oneself and the devoted animals, but not those undevoted.

In the same way, the Perfect Man works with the help of those who are faithful and prepares everything that is necessary for their being. Thanks to this, everything is at the right place: the good and the bad, the right and the left.

But the Holy Spirit takes care of everyone and controls everything: the faithful, the hostile, and the indifferent. He unites them and separates them in order that they all may gain power when He decides it is necessary.

The Holy Spirit, Who acts from the Abode of the Father, is the Main Supervisor of the destinies of embodied people. For realization of their destinies, He, for example, directs thoughts and desires and corrects even the fulfillment of different physical acts of people, arranging in this way their meetings with each other. Thus He brings together disciples with teachers, criminals — with their victims, those seeking a sexual partner — with their future partners, and so on. But He also separates people by using the same methods when their relations become unnecessary from the standpoint of their spiritual advancement.

He controls the faithful and the unfaithful to Him, the good and the evil ones, those who know Him and those who do not know.

However, for us, of course, it will be easier and more pleasant, as well as more efficient, to learn from Him if we become disciples who love Him and God-the-Father.

An incarnate Perfect Teacher, of course, is more convenient for the disciples, because He or She speaks with them in an easy-to-understand language. But, on the other hand, such an earthly Mission is more difficult for the Teacher, because being embodied in an earthly hell, He or She is attacked

by many evil people. Therefore, such a voluntary incarnation is a manifestation of the Teacher's Great Sacrificial Love.

Due to understandable reasons, such Teachers teach directly only to those who are faithful to Them.

41. This part of the original text is damaged.

42. First, adultery takes place, then a murderer is born from it. He was a son of a devil before; therefore, he becomes a murderer of people now and kills his brothers.

Every (sexual) intercourse of dissimilar people is adultery.

Adultery is the sexual intercourse between people that God does not approve. This notion has nothing to do with the one used by "pastors" of many Churches to intimidate their "flock", "pastors" who try to control people's destinies on behalf of God, though God did not entrust this to them!

From God's standpoint, there is a concept of adultery. And He can even punish for committing it, as we have read in this fragment, by incarnating a devilish soul in the body of a child to be born, or through birth of ugly children, imbeciles, and so on.

God is not against sex in general. It is according to God's design that the population of human bodies on the Earth is maintained thanks to sex. Through sexual interactions people also learn — under the guidance of the Holy Spirit — what kind of a person they should be and what kind they should not be. Sexual relations between people are also a means by which God teaches us love, wisdom, and power.

The most general principles of correct behavior in the sphere of sexual relations are:

— tactfulness, abandonment of egoism, acting not for oneself, but for the sake of the partner, for the sake of mutual harmony,

— abandonment of coarseness in emotions, words, deeds, attempts to cultivate in oneself and to give to the beloved the subtle tenderness — the most precious emotion on the Path to the Perfection.

May one change partners? Or must one live the whole incarnation with one partner? The answer is: of course, one may! Because by changing partners we can learn much more in the art of giving our love.

However, birth of children certainly imposes duties on both parents.

But if one is obsessed with seeking sexual pleasure, having forgotten about everything else, this will be the sin of adultery, and God will point out this mistake, for example, by inflicting venereal diseases.

In the second paragraph of this fragment, the Author writes about another kind of adultery, and this is related, first of all, to people who already walk the spiritual Path.

It concerns the adequacy of the partner. An adequate partner is not just the one whom you like and who agrees with you, and with whom everything goes well (though this is also important), but the partner must be a completely like-minded person and the closest companion on the Path to God-the-Father.

If there is a significant difference in the age of souls, in the degree of the energetical refinement of the organisms and subtlety of the consciousnesses, if one of the partners is not firm in following the *killing-free* nutrition, which is the only ethically and bioenergetically correct one, then such relations will be a serious obstacle for another partner who is more faithful and closer to God. And this will be adultery from God's standpoint, i.e. an inadmissible and punishable act.

43. God is like a dyer. Just as good dyes, which are called colorfast, get destroyed only with the things dyed in them, the same happens when God works. His dyes do not fade. They are immortal thanks to His work of the "dyer".

God baptizes in the Flow those whom He baptizes.

The first baptism, given by God, happens in the Flow of the Holy Spirit. God gives it only to the worthy ones. Such a baptism transforms them so that His "dyes" are never washed out.

44. It is not possible to perceive anything of the Imperishable unless one becomes like It.

In the world of the True Life, everything happens not in the same way as among worldly people: they perceive the sun, although they are not the sun, they perceive the sky and the earth and all other objects, not being them.

But in *that* world, you perceive something, and you become it. Thus you perceive the Holy Spirit, and you become Him. You perceive

a Christ, and you become a Christ. You perceive the Father, you become the Father.

In *that* world you perceive everything, but you do not perceive yourself. But you perceive yourself as That One, because you become the One Whom you see.

Philip shares His personal impressions from the highest meditations taught by Jesus, in this case from the meditations of Mergence with God.

45. Faith begs. Love gives.

One must not receive without faith. One must not give without love.

Therefore, in order to beg we believe, and in order to give truly we love.

But the one who gives without love does not benefit from such giving.

46. The one who has not received the Lord yet is still a Hebrew.

These words were written for readers-Hebrews. Their meaning is:

The one who has cognized God stops perceiving oneself as a representative of a particular nationality, religion, gender, or age group: all these become things of the past and there remains only the perception of oneself as a consciousness aspiring to the Beloved.

47. The first Apostles called Him thus: Jesus Nazarene Messiah, that is Jesus Nazarene Christ. The last word is Christ, the first is Jesus, in the middle — Nazarene.

The word Messiah has two meanings: Christ and King. Jesus in Hebrew means Savior. Nazara is Truth. Nazarene is the One Who came from the Truth.

So, Christ is King. Thus, Nazarene is King and Jesus is also King.

48. A pearl, even if it is cast down into the mud, is not despised. And if one covers it with balsam, it does not become more valuable. But it is always valuable to its owner.

It is the same with the Sons of God: wherever They may be, They are still of value to Their Father.

49. If you say, "I am a Jew!" — no one will move. If you say, "I am a Roman!" — no one will be disturbed. If you say, "I am a Greek, a barbarian, a slave, a free man!" — no one will flinch. But if you say, "I am a Christian!" — everyone will tremble. Oh, if I could receive this rank, which is unbearable for the earthly rulers!

50. God is an Eater of men. Men are consumed by Him.

Formerly men sacrificed animals. But their souls were consumed not by God.

The meaning of that which we call organic life on the planet Earth consists in the development of consciousness incarnated in its containers — the living bodies.

Having began their evolution as primitive energetic microformations on the lattice of minerals, having passed then through many incarnations in vegetal, animal, and human bodies, some souls finally become Godlike and flow into the Creator — the Primordial Universal Consciousness, thus being consumed by Him. This constitutes His Evolution. We are its participants.

Moreover, spiritually developed people, at the final stages of the personal evolution, sacrifice themselves, their individualities — for the sake of Merging in Love with the Primordial Consciousness. For such people it is natural, because they are in the state of highest love for the Highest Beloved! From the outside, it may seem as sacrificial self-annihilation.

In ancient times, the echoes of wishes of God about sacrificial love reached the human masses. And people began to kill animals as a sacrifice to Him, eating afterwards their corpses and offering souls as a gift to God or to imaginary "gods".

Jesus Christ was against such primitivism, suggesting that people must refuse killing animals as a "sacrifice to God" or for using their bodies for food.

51. Glass vessels and clay vessels are both made by means of fire. But glass vessels, if broken, can be remade, for they came into being through a breath. Clay vessels, if broken, are thrown away, for they were made without breath.

It is possible to melt down pieces of glass and make new vessels from them, while pieces of burned clay can only be thrown away.

There is a wise allegory here.

Both glass and clay, when used for production, go as if through "baptism in fire".

Glass also goes through "baptism by the breath" (the analogy with the Flow of Pranava), but clay does not. The baptism in the Pranava must precede the baptism in the Divine Fire. Therefore, "baptism in fire" of clay vessels cannot give a lasting result.

The point here is that in spiritual work it is necessary to move from stage to stage: one must not jump over several stages, it is impossible to remain in the Divine Fire without strengthening oneself first in other variations of Mergence with God.

52. A donkey, walking around a millstone, has walked a hundred miles.

When it was untethered, it remained at the same place.

There are men who walk much, but advance nowhere. And when evening comes for them, they have seen neither the city nor the village to which they were going, they have cognized neither the nature of the Creation nor the Power (i.e. God-the-Father), nor even angels. Futile was the work of these miserable.

The efforts can yield good fruits only if the Goal and the methods of its cognition are clear. Or it is necessary to take the hand of the Teacher and hold tight to it. (The Teacher is the One Who knows the Goal well and is capable of leading another person to It).

53. Our thanksgiving — to Jesus! In Syriac, He is called Pharisatha, i.e. the One Who exists everywhere.

Jesus came to show the crucifixion of that which belongs to this world.

We have spoken already about the possibility and necessity not only of qualitative but also of quantitative growth of individual consciousnesses. The consciousness of an ordinary man is not larger in size than the man's body. But thanks to special meditative training, it can be grown up to sizes comparable to the size of the planet and even larger. Only having fulfilled this (together with many other things), one becomes worthy of entering the eon of God-the-Father.

Jesus traversed this Path long before His incarnation, which is well known to modern people, and He indeed became the One Who exists everywhere. For example, He, being on the Earth, was at the same time in the Abode of the Father.

He also proved with His death on the cross and with His following appearances to His incarnate disciples that the consciousness does not die together with the body and that one can sacrifice one's body for the sake of realization of the highest goals.

54. The Lord once came to the dye-works of Levi. He took 72 different dyes and threw them into the vat. Then He took all fabrics from it, and they were white. He said, "Even so the Son of Man works".

Philip describes one of the miracles performed by Jesus. By this miracle, Jesus showed His disciples the following principle of the work of a Teacher: a Teacher takes a group of disciples who originally are very different (multicolored) and "whitens" them in the common "vat" of the spiritual School. They, as souls, should become white like the Divine Fire.

The phrase "the Son of Man", by which Jesus often called Himself, means: "A part of the Father incarnated among people in a body born by a woman".

55. A woman who has not given birth to children may become a mother of angels. Such a woman was Mary Magdalene, a companion of the Son. The Lord loved her more than He loved all other disciples and often kissed her on her mouth. The other disciples, seeing Him loving Mary, said, "Why do You love her more than us?". Answering them, He said, "Why do I not love you as her?".

This fragment describes, among other things, the relationships between Jesus and His favorite female disciple (i.e. the best of His female disciples) Mary Magdalene. These relationships were filled with tender and affectionate emotionality. Demonstrating this to His disciples, Jesus gave an example of optimal relationships between people in common spiritual work. United by the emotions of love-tenderness, a group of worthy disciples works much more effective. Relationships between the Teacher and disciples can be of the same kind.

56. When a blind person and a sighted person are both in the darkness, they are not different from each other.

But when light comes, then the one who sees will see the light, and the one who is blind will remain in the darkness.

When a Teacher from God comes, only those capable of seeing the Divine Light awake for the spiritual life; the rest remain in their darkness of ignorance.

57. The Lord said, "Blessed are those who verily existed before they were born (on the Earth).

"The one who verily exists now was like this and will be."

Jesus spoke about the evolution of units of consciousness.

Psychogenetically young people can live only an instinctive-reflexive life similar to the life of primitive animals.

Those who represent a qualitatively and quantitatively developed consciousness are capable of truly conscious, rightly directed, disciplined existence on the Path to the spiritual Perfection, on the Path to the Father.

But the maturing of the consciousness is a quite slow process, and it lasts many incarnations.

The more mature people are the fewer mistakes they make, and they have fewer chances to fall down from the stairway of the spiritual ascent. The statement of Jesus is about this: first, for such people who come into this earthly life being mature enough it is easy to live. Second, if we see such people, this means that they were prepared to such a level of existence before the beginning of the present incarnation.

58. The superiority of man is secret: man has mastery over animals, which are stronger than man is, which are greater by appearance and power. However, it is man who provides them with food. But if man moves away from them, they begin to bite, slay each other. And they will eat each other if they do not find any food.

But now they will have food because man has tilled the soil.

In this parable, mankind on the Earth (mankind which consists mostly of psychogenetically young and immature people) is likened to domestic animals in the "Estate" of God. Despite the fact that animals obey the Master, nevertheless they remain beasts in relations with each other if they are given the freedom of actions, and particularly, if there is a lack of food for them.

The Author of this parable hoped that now when Man-God Christ gave people the true and eternal spiritual food — all people-beasts will be satisfied and will stop being beasts…

59. If those who were immersed in the Flow and having received nothing in It say nevertheless "I am a Christian!", then they take this name on credit.

But if one has really received the baptism in the Holy Spirit, then such a person has the name 'Christian' as a gift.

The one who received a gift does not have to give it back, but from the one who received a credit, this credit may be taken back.

John the Baptist performed the rite of the water baptism of repentant sinners.

Jesus and the Apostles baptized by the Holy Spirit, asking Him to manifest Himself by influencing the consciousnesses of the baptized people. (Let us notice that it is not equal to the birth in the Holy Spirit).

The esoteric meaning of such a baptism is to give beginners the first experience of what the Holy Spirit is. In the future, the memory about this experience can inspire the baptized to dedicate the life to changing oneself according to this Standard, to strive for attainment of Mergence with the Holy Spirit.

But other people, who just stood during the baptism and got nothing, nevertheless, assume the title of Christians for themselves. If they in addition will not work on self-improvement in order to become worthy of this title, then

they will be considered debtors who did not repay their debts to God. By this, they will burden significantly their destinies.

60. The mystery of marriage is similar to this.

Those who are in a pure marriage are honorable. For without this, one cannot find peace.

Man is the main essence of everything on the Earth. And the main (earthly) function of man is marriage.

Cognize the pure marriage, for it has great power!

As for its impure form, it exists only as an outer appearance.

We have said already that a marriage is a remarkable opportunity for self-development of people longing for the Truth.

We have also discussed what adultery is. It happens: a) when people are obsessed with seeking pleasure — to the detriment of their duties before God and other people, and b) when partners, engaged in sexual relations, are too different from each other from the standpoint of their spiritual advancement, i.e. partners that need to study in the School of God in different programs, not in the same one.

And now we have to consider what the marriage is.

There is a state registration of matrimonial relations. It fixes de jure spouses' relations concerning their property and the rights of children. Such social regulation of marriage is absolutely correct for most people who follow only self-interest and discharge their obligations to other people only under the compulsion of law.

There are also Church marriages. Some Churches assume the right to give or not to give the permission for sexual relations between people, allegedly on behalf of God. Why? — Because Church leaders want to keep the "flock" in awe and obedience.

But God calls by husband and wife those two who form a firm spiritual union, the sexual relations are a component of this union. God wishes to manage these affairs of people Himself: whom to unite and when, and whom to split. He does this very easily, for example, by regulating the emotions of the partners towards each other.

Defiled forms of matrimonial relations can exist not only in the two forms of adultery mentioned above but also in the disgusting qualities of one or both spouses: such as egoism, harshness, arrogance, violence towards the partner in sexual and other relations, desire to offend and insult the partner.

61. Among evil spirits there are both male and female ones. Male ones long for uniting with the souls which inhabit female bodies, and the female spirits — with souls in male bodies, with those who live alone.

And no one can run away from such spirits when they seize an embodied soul, unless they combine in themselves the power of man and woman, i.e. in a marriage. Thus, one receives this power in a marriage, which is a symbolic prototype of uniting in the *Bridal Chamber*.

When primitive women see a man, sitting alone, they come to him, flirt with him, and defile him. In the same way primitive men, when they see a beautiful woman sitting alone, molest, rape, and defile her.

But if they see a husband and a wife sitting nearby, they do not approach them.

In the same way, it can be when one unites by the consciousness with an angel — then no evil spirit dares to come to such a man or a woman.

Those who have come out of the world cannot be seized by evil spirits, as it can happen when one is in the world. Now they are above passion… and fear. They become masters of their own nature; they are above earthly desires.

… Sometimes it happens that evil spirits see a single man and seize him, torture him… And how can he escape them, being subjugated by his own desires and fear? Where can he hide from them?…

It happens often that some people come and say, "We want to become believers in order to get rid of evil spirits and demons"… But if the Holy Spirit had been with them, then no evil spirit would have cleaved to them!

In this long fragment, Philip, in a parable-allegory manner peculiar also to Jesus, brings the reader to the idea of Union in the *Bridal Chamber* between a person, as a consciousness, and God-the-Father, as it happens between people

in a harmonious marriage. Such a Union provides full protection from evil spirits.

On the early stages of the Path to God-the-Father, spiritual warriors can receive such protection through the real union of the consciousness with the Holy Spirit or just with a pure spirit-angel.

62. Do not fear the flesh, nor love it.
If you fear it, it will become your master.
If you love it, it will devour and subjugate you.

One can solve this problem radically only by switching the attention to the Highest Goal — God-the-Father.

63. Either to live in the material world — or to rise in the highest eons! But not to be found *outside!*

In this world, there is good and bad. However, that which is considered good in fact is not good. And that which is considered bad in fact is not bad.

Verily the bad exists outside of this world of matter! It is that which is *outside*. It is perdition there.

While we live in this world, it is necessary for us to acquire the Resurrection, so that when we strip off the flesh, we may be found in Calm, but not walk *outside*.

Yet many go astray from the Path.

It is good to leave this world having not committed sins!

64. There are people who neither want nor can work (on themselves).

Others want and can, but do not do this. Therefore, they do not benefit from such a desire. This only makes them sinners.

As for those who can, but do not want, they will get their deserts: both for the lack of desire and for the lack of deeds.

65. This part of the original text is damaged.

66. The beginning of this fragment in the original text is damaged.

… I am speaking not about the fire which has no manifestation (i.e. symbolic, mythic), but about the real one, which is white, which radiates the beautiful Light, which gives the Truth.

It is about a manifestation of God in the form of Divine Fire. It is quite real. But one can see It only with the eyes of the developed Consciousness, and not with the eyes of the body.

67. The Truth is not given to this world in clear form, but in symbols and images. It is not possible to give It in other forms.

So, there are a birth (in the highest eons) and its symbolic image (an earthly birth). One has to reconstruct the Truth through this image.

Or: what is the Resurrection in reality?

In that way, image after image, man rises.

The same is with the *Bridal Chamber*: image after image, comes the Truth, which is Mergence.

I say this to those who are not just interested in the words "the Father, the Son and the Holy Spirit", but who gain Them truly for themselves.

But those who do not gain Them thus — then even these words will be taken from them.

Verily, one can gain Them by the blessing of God in the realization of all the fullness of the power of the Cross, which was called by the Apostles the *Right-and-Left*.

The One Who has cognized this is no longer a Christian but a Christ.

Sometimes it is difficult to find appropriate words peculiar to the material world, when we speak about the phenomena of the highest eons. Therefore, there is no other way but to use symbols and images. They become quite clear to those spiritual warriors who have matured to realize them in meditation.

In the penultimate paragraph, Philip describes — again in symbols and images — one of the highest meditations, which is performed in the highest eons. The One Who masters it in the eon of the Father — soon becomes a Christ.

68. The Lord has everything important in the form hidden from this world: the baptism, the blessing, the transfiguration, the purification, and the *Bridal Chamber*.

As we already saw from the written above, the outer ritual forms and outer descriptions have nothing in common with the true realization of the things mentioned in this fragment.

69. The Lord said, "I came to bring the lowest to the Highest and the outer — to the inner, and to unite them THERE."

He spoke about THAT place in symbols and images.

Those who say that God is above are wrong. It is so because about Him, Who is in That place, one may say that He extends below. Yet, at the same time, He — to Whom also belongs everything hidden from this world — is above everything!

In fact, it is just nattering: "the inner and the outer, the outer from the inner"…

The Lord called the place of destruction the *outer darkness*. And the entire world is surrounded by it…

He also said, "My Father Who is in the hidden".

He also said, "Go into your chamber, close the door, and address your Father Who is in the hidden", that is, the One Who is in the *depth beneath* everything.

But the One Who is in the *depth beneath* everything is the Primordial Consciousness. Beyond It, there is no one residing deeper.

Yet, at the same time, it is said about It: "The One Who is *above* everything".

God-the-Father is the Primordial Consciousness existing throughout the whole universe. He is above and below, and in all sides, and beneath each object of the material world, including our bodies.

He is in the *depth beneath* everything, in the deepest, primordial eon.

So, He can be cognized not above, to which direction people usually raise their hands and eyes, but in the *depth* of the developed spiritual heart, grown up to the galactic size.

Having cognized the entrance to His eon, one becomes able to come through it to any point of space, including the points *beneath* one's own body.

In the last two paragraphs of this fragment, there is a "play on words", which is typical of this Gospel. Its meaning is the following: the One Who is *beneath* everything rules everything.

70. Before Christ's coming, many people came out (from this world). They could not return (immediately) to the place from which they came out. And they could not come out (immediately) from the place to which they came.

But Christ came. And now those who came in can come out, and those who came out can return.

Christ helped His disciples to become closer to Perfection. And now they can, during meditations, leave the world of matter, visit the highest eons, and return again to the world of matter.

Moreover, some of them, being stoned to death for their sermons, afterwards came back to their bodies and continued working in them.

Jesus and the Apostles also raised the "dead" to their earthly bodies.

71. When Eve was in Adam, there was no death. When she was separated from him, death appeared. If she enters in him again and he accepts her, there will be no death anymore again.

This is again a witty "play on words" with a great meaning. The point is that Adam and Eve are not the names of the first two humans, as it is said in the contradictory ancient Jewish fairy tale included in the Bible. *Adam* means just man, in the aggregate sense of this word. *Eve* means life.

When life, i.e. soul, leaves the body, clinical death happens. But the soul can return to the body.

72. "My God, My God, why, O Lord, have You forsaken Me?" He said these words on the cross.

Then He separated from that place That Which was Divine.

The Lord rose again (in a body) from the dead. He came as He was before. But now His body was perfect, though it was flesh. But this flesh was from the Primordial.

Our flesh is not from the Primordial; we possess only a likeness of it.

Jesus materialized for Himself a new body, which was a concentrated product of the pure Divine Energy, in contrast to His former body born by Mary.

73. The *Bridal Chamber* is neither for animals, nor for men-slaves (of passions), nor for women driven by passion.

It is for pure women and men who gained Freedom.

One's birth in the eon of God-the-Father, maturing in it, and Mergence with God-the-Father constitutes the completion of the individual evolution of the soul. Only those who are highly developed intellectually, ethically, and psychoenergetically can attain this. They must also liberate themselves from worldly passions and attachments and achieve the purity and Divine subtlety of the consciousnesses.

74. Thanks to the Holy Spirit we are begotten on the Earth.

But we were born again thanks to Christ.

We are baptized in the Holy Spirit.

And after our birth in Him, we united with Him.

The Holy Spirit, Who controls destinies of people, also controls their birth in earthly bodies.

Then the Author speaks about the stages of cognition of the Divine.

The first stage is baptism, when during the appropriate meditation a spiritual warrior enters (or is led in) the appropriate eon and for the first time feels the Consciousness Which dwells there.

Then one has to learn to enter this eon by one's own efforts and to stay in it. It is called the birth in it.

And after the birth and the following maturing in this eon — again thanks to mastering special meditative techniques — one comes to Mergence with the Consciousness dwelling in it.

75. No one can see himself or herself in a flow or in a mirror without light.

And vice versa: you cannot see yourself in the Light without the Flow and without a mirror.

For this reason, it is necessary to be baptized in both: in the Light and in the Flow.

In the Light we receive the blessing.

In this fragment, two points need to be commented.

The first point is the allegorical meaning of the word *mirror*. This is self-examination (looking at oneself) for the sake of discovering vices (with the purpose of getting rid of them) and defects in the development of good qualities (with the purpose of further development of them).

The second point is the word *blessing*. It has two meanings: a) blessing for doing something (analogue — "to give consent") and b) transmission of good energy to another person. The full blessing of a Teacher is when both components are merged together.

Practically, in the Light we can receive the highest bliss and the blessing with the instructions on providing spiritual help to incarnate people and blessing with particular pieces of advice about entering the eon of God-the-Father.

76. There were three buildings in Jerusalem for making sacrifices. The one, opened to the west, was called *the holy*. Another, opened to the south, was called *the holy of the holy*. The third, opened to the east, was called *the Holy of the Holiest*, the place where a priest enters alone.

The baptism is *the holy*.

The redemption of others (through one's own sacrificial service) is the *holy of the holy*.

But *the Holy of the Holiest* is the *Bridal Chamber*.

In the middle of this fragment the original text is damaged.

… What is a bridal chamber if not a symbolic image of the *Bridal Chamber*? The latter is above all evil.

Its veil is rent from the top to the bottom, as an invitation for the chosen to enter.

In the last paragraph, Philip speaks about the symbolic meaning of the fact that the veil (curtain) in the Jerusalem temple was rent from the top to the bottom at the moment of the cross death of Jesus.

The most important stage preceding one's entering the *Bridal Chamber* is sacrificial service to God through spiritual service to people.

77. Evil spirits do not see and cannot seize Those Who dressed Themselves with the Perfect Light.

Let such dressing with the Light be secret Mergence.

According to these recommendations, the first task of spiritual warriors is to arise in the eon of Light.

The second is to become mature in it, to become a sufficiently large, active, and able consciousness.

The third is to merge with the Consciousness of this eon.

Evil spirits do not see Those Who dressed Themselves with the Light, but only when They stay in the eon of the Light.

78. If the woman had not separated from the man, she would not have died along with the man. The separation from him was the beginning of death.

Therefore, Christ came to correct the separation, to unite them, and to give the True Life to those who died in separation, uniting them.

Philip again jokingly refers to the biblical fairy tale about Adam and Eve. The explanation will be given in the next fragment.

79. So, let a woman unite with her husband in the *Bridal Chamber*, because Those Who have united in the *Bridal Chamber* will no longer be separated.

Eve separated from Adam because she united with him not in the *Bridal Chamber*.

The true and eternal mergence of the Perfect happens in the *Bridal Chamber* of God-the-Father.

80. This part of the original text is damaged.

81. On the bank of Jordan, Jesus revealed (to John the Baptist) the Primordial Consciousness of the Kingdom of Heaven, Which was before the beginning of everything. Later He appeared (to John) again. Then He manifested Himself as a Son (of the Heavenly Father). Then He was blessed (by God-the-Father to serve people). Then He was taken by the Father (from this world). Then He began to take (to God-the-Father).

82. Since it is allowed to me to reveal this mystery, I say: the Father of everything united (in the *Bridal Chamber*) with the Bride Who afterwards came down (to crucified Jesus), and the Light illuminated Him then. And He (leaving that place) came to the Great *Bridal Chamber*. Therefore, His body, which appeared in the next days, came out from the *Bridal Chamber*. This body was similar to a body born from a unity of husband and wife (i.e. similar to a usually born body). Jesus made in it (in His new body) everything similar to the image (of a usual body).

It is necessary that each disciple enter the Chamber of the Father.

83. Adam came into being from two virgins: from the (Holy) Spirit and from the uninhabited Earth.

Therefore, Christ was born from (only) one virgin to rectify the mistake which occurred in the beginning.

This is irony, nothing more.

84. There are two trees in the midst of paradise. From one of them originate animals, from another — men. Adam ate of the tree which originates animals. He became an animal and then brought forth animals.

Therefore at present, animals like Adam are held in respect.

So, the tree of which Adam ate a fruit is the tree of animals. This is why his children became so numerous. And all of them also ate the fruits of the tree of animals.

As a result, the fruits of the tree of animals begot numerous people-animals who now honor only man-animal.

But God creates Men. (And these) Men create God.

The most part of this fragment is irony, this time — bitter. Such a mood of Phillip is especially understandable because of the recent killing of Man-Christ by people-animals.

But the last paragraph in the end of the parable deserved to be analyzed seriously.

From God-the-Father Men-Christs come. They hasten the evolution of individual consciousnesses on the Earth, and by this They contribute to fast arrival of the high quality "Food" (see fragments 50 and 93) into God-the-Father.

85. Worldly people also create "gods" and worship their creations. So let these "gods" worship these people — it will be just!

This is irony about pagans inventing gods for themselves. So let the invented "gods" look after these people!

86. The deeds of man result from man's power. Therefore, they are regarded as efforts.

But man also begets children, which are conceived in calm.

The power of man is manifested in deeds, and calm — in children.

You may find that man is similar to God in this respect. Because God also performs His deeds (in the Creation) thanks to His Power, but it is in Calm that He begets His Children.

The sexual function can be realized fully only in the deep calm of both partners. Therefore, Philip speaks about children as about the result of the calm of people.

The state of God-the-Father in the *Bridal Chamber* is the deepest tender Calm. His Sons and Daughters come from It.

87. In this world, the slaves serve the free, but in the other world, the free will serve these slaves.

However, the Sons of the *Bridal Chamber* will serve the sons of earthly marriages.

The Sons of the *Bridal Chamber* have one and the same name. Calm is Their common estate. And They are in need of nothing.

In this fragment there are three profound themes connected together by the common literal "pattern".

In the first part, there is a theme about the predetermination of the future destiny according to our present behavior. Thus, haughtiness, arrogance, violent attitude, cruelty — disgusting manifestations of the hypertrophied "I" in some people — will be destroyed in them by God through placing these people in the situation of slaves subjected to power of similar to them people-animals. If such vicious people do not want to struggle with their vices voluntarily, God will have to destroy these vices in them using other disgusting people.

But the Holy Spirits gladly bring Their Love to people, serving them.

All Who have settled in the eon of God-the-Father and merged with Him are the Father. They have attained everything possible to attain in the universe. And They exist in the blissful highest Calm.

88-89. This part of the original text is damaged.

90. Those who say that they will die first and then rise are in error. If they do not receive the Resurrection while being incarnate, they will receive nothing after leaving their bodies.

It is the same with baptism: it is significant only if it is received by the incarnate.

For changing oneself, one needs to have a material body, which is a "transformer" of energies. Without a material body, a non-incarnate soul exists in the state in which it was at the end of its last incarnation. It cannot move to another eon on its will, and no one can do this for it.

91. It is I, Apostle Philip, saying: Joseph the carpenter planted a garden because he needed wood for his handicraft. It was he who made a cross from the trees, which he himself planted. And the Child of his semen was hung to that which he had planted.

The Child of his semen was Jesus, and the planted — the cross.

Joseph took care only about the material and received from God a dire symbolic hint.

92. The true tree of life is in the middle of paradise. It is an olive tree, from which blessings come.

It is from this tree that the Resurrection is.

The idea of the previous fragment continues: it was necessary for Joseph to look after not the material trees (or not only after them) but after the paradisiacal *tree of life*, growing beyond this world. Then he could gain the Resurrection.

93. This world is a corpse-eater. And all that is eaten (by humans) is contemptible as well.

But the Truth is a life-eater. Therefore, no one who is nourished by the Truth can die.

Jesus came from that place, and He brought food from there. And to those who desired, He gave thus the (True) Life, and they did not die.

Almost all people of "this world" consider the pleasure of eating food as the most important thing in life. To change the gustatory habits even slightly is

beyond the capabilities of most of those who call themselves Christians, despite the direct recommendations of Jesus — not to kill animals for food. The nutrition based on killing animals does not allow — because of bioenergetical laws, not to mention the ethical ones — entering the *Bridal Chamber* or even the Light of the Holy Spirit.

There is no doubt that it is necessary for us to eat material food, otherwise we cannot do anything on the spiritual self-development. But the nutrition with the material food must not stand against the nutrition with the food "from the Truth".

94. The beginning of this fragment is damaged in the original text.

… Paradise is the place where I will be told: "Eat this or do not eat that — as you wish!". It is the place where I will eat anything, because there grows the tree of knowledge. It is this tree that destroyed Adam. However, it made man live actively.

The Law (of the Jewish Bible) was this tree. It may suggest what is good and what is bad. But it does not remove man from what is bad and does not strengthen man in what is good. And it created destruction for those who ate of it. For when it commanded, "Eat this, do not eat that!" — this became the beginning of death.

Philip plays in this parable with the biblical story about paradise.

God-Teacher shows people both what is good and what is bad. Moreover, having explained to people the principles of advancement towards the Highest Goal, He provides them with the *freedom of will* — the freedom of choice of where and how to go.

People have to go by themselves, finding the correct Path, developing themselves through this. God only suggests the Path — secretly or obviously, sometimes jokingly. And the choices are made usually by people.

This provides people with the experience, maturity, and wisdom. Having obtained wisdom, one can overcome all difficulties and through such a struggle become Perfect. Only for such a person God-the-Father will open the door to His *Bridal Chamber.*

95. The blessing is superior to the baptism, because it is thanks to the blessing that we were called Christians, not thanks to the baptism.

And Christ was called so thanks to the blessing. Because the Father blessed the Son, the Son blessed the Apostles, and the Apostles blessed others.

The one who was blessed will gain the Resurrection, and the Light, and the Cross, and the Holy Spirit.

To Him (to Christ) the Father gave this (blessing) in the *Bridal Chamber*; He received this.

96. The Father was in the Son, and the Son was in the Father. Such are affairs in the Kingdom of Heaven.

The second humorous phrase does not provide any significant information, it only stimulates the reader to solve the mystery of the first phrase.

In the first phrase, there is a description of the interaction of the Consciousnesses of the Father and the Son: Mergence, Coessentiality.

97-98. Fragment 97 is damaged in the original text. Fragment 98 contains an idea which is a continuation of the previous one, therefore, it cannot be interpreted as well.

99. This world came into being (probably) by mistake. Because the one who created it wanted to create it imperishable and immortal. But he (probably) died, not attaining his goal, because the world did not become imperishable, as well as the one who created it.

There is no imperishability of the fruits of material deeds, but there is only (the imperishability of the deeds) of the Sons and Daughters. And there is nothing that can attain Imperishability except only a Son and a Daughter.

The one who cannot even accumulate one's own power — how much more such one is unable to help others!

The first part of the fragment is just a joke, which serves as an artistic beginning of the parable.

Then there is a point that the only valuable fruits of all the activity in the entire Creation are Those Who have gained absolute Imperishability and

Eternity — the Sons and Daughters of the Heavenly Father, i.e. Those Who have entered His *Bridal Chamber*.

In the end of the fragment, there is an idea that the one who strives to help others must first help oneself through efforts on self-development: the one who can do nothing — how can such one help others?

100. The cup of prayer contains wine and water, serving as a symbol of blood, over which thanksgiving is performed. And it becomes filled with the Holy Spirit.

It belongs to the Perfect Man (to Christ).

When we drink it, we will become Perfect Men.

To drink the Cup of Christ does not mean to take communion in a church, even if one does it a hundred times.

To drink the Cup of Christ means to walk His entire Path up to the *Bridal Chamber*, and go through His Calvary.

101. The Living Flow is like the Body (of the Holy Spirit). It is necessary that we dress ourselves in the Living Body. Therefore, if you go and submerge in the Flow, you must become naked so that you may be dressed in It.

The Body of the Holy Spirit is an image that helps meditative perception of the integrity of the Holy Spirit. He is indeed Living, Perceiving, Loving, Guiding, Speaking.

In order to experience the Body of the Holy Spirit, one has to become "naked", to get rid of all shells and layers which are coarser than the Holy Spirit. Thus we find ourselves in the same eon where He is and receive the baptism, birth, and blessing in this eon.

102. A horse begets a horse, a human being begets a human being, God begets God.

The rest of this fragment is damaged in the original text.

103-104. Let me speak about the place where the Children of the *Bridal Chamber* abide.

In this world there is a union of man and woman. This is mergence of energy and calm.

In the highest eon there is another form of a union, we just use the same words. In that eon other Consciousnesses abide, They are above all words, They are beyond anything coarse, dense. This is in the place where the Power (i.e. the Father) is; in the same place are the Chosen of the Power.

Those, Who are there, are not the one and other: They all are *One* there.

And those who live here cannot even leave their fleshly bodies…

Philip explains the symbolism of the text: in the *Bridal Chamber* of God-the-Father, They do not have sex as incarnate people do. But They merge in Love and exist there as *One*.

105. Not all who have bodies are able to cognize their own Essence. And those who cannot cognize their own Essence cannot use the possibilities given to them for enjoyment.

Only those who cognized their own Essence will enjoy truly.

To cognize the highest enjoyment, one has to make great efforts on self-development. Only the one who succeeds in the cognition of God-the-Father attains this.

The cognition of one's own Essence is the realization of oneself (as a Consciousness) in the Abode of God-the-Father. He is our *Higher I,* which is cognized when we flow into Him.

106. The Perfect Man cannot be captured (by evil spirits) and cannot be seen by them. Because they can capture only those whom they see.

There is no way to acquire this boon but by being dressed in the Perfect Light and by becoming the Perfect Light. If one becomes dressed in It, one merges with It.

Such is the Perfect Light.

One should seek salvation from evil spirits not in the "protective magic", not in cursing them, not in the methods of "bioenergetical protection" or in the incantation of sorcerers, but in Mergence with God.

107. It is necessary that we become men of Spirit before we leave this world (i.e. before the end of this incarnation).

The one who acquired everything in this world, being its master, will not be able to become a master in another world.

Jesus cognized the whole Path up to the end. But, nevertheless, He came to this world as a simple man (i.e. He did not behave like a "master").

108. The Holy Man is holy entirely, down to the body. If one gives bread to the Holy Man, the Holy Man consecrates it, as well as water or anything else that may be given. All this becomes purified. And how will the Holy Man not purify bodies also?

A truly holy Man becomes a natural healer.

109. When performing baptism, Jesus "poured" life into bodies and "poured" death out from them.

Therefore, we submerge now in the Flow (of Life), but not in (the flow of) death, so that we are not carried away by it to the spirits of this world. When these spirits blow, desolation happens. When the Holy Spirit blows, bliss comes.

110. The one who cognized the Truth is free. The free one does not commit sin: because the one who commits sin becomes a slave of sin (i.e. burdens one's own destiny, first of all).

The true knowledge is like a mother and a father (i.e. like wise teachers, advisers, and guardians of their child).

Those who are not capable of sinning are said to have attained freedom. The knowledge of the Truth raises them even more. This makes them both free and above this world.

But only love creates. The one who becomes free thanks to knowledge, because of Love remains a slave of those who have not managed to attain the Freedom of knowledge yet. Such one brings the knowledge to them and this develops them because it calls them to the Freedom.

Love takes nothing: how can it take something? Everything belongs to it. It does not say, "This is mine! And this is mine!" But it says: "This is yours!"

111. Spiritual love is like wine and myrrh. Those enjoy it who were blessed (by God).

But others also enjoy it — those who stay with the blessed ones. But if the blessed go away, those who are not blessed fall back to their stench.

The Samaritan gave nothing but wine and oil to the wounded man. And it was nothing else but blessing. Thus he healed the wounds.

And love covers a multitude of sins.

It does not make sense to comment shortly on this fragment, because its meaning can be comprehended only by those who have personal experience of love-service to a large number of different people.

112. Those born by a woman resemble the man she loved. If he was her husband, they resemble the husband. If he was her lover, they resemble the lover. It happens that she unites with the husband, as she is obliged to do, but her heart is with her lover with whom she also unites, then her children resemble the lover.

But you, who are with the Son of God, do not get attached also to that which is worldly! Rather be only with the Lord, so that those begotten by you be not similar to worldly people but similar to the Lord!

113. A human being unites with a human being, a horse — with a horse, a donkey — with a donkey. Representatives of any species unite with those similar to them.

In the same way, the Spirit unites with the Spirit, and Logos — with Logos, and the Light — with the Light.

If you become a human being — a human being will love you. If you become the Spirit — the Spirit will unite with you. If you become Logos — you will unite with Logos. If you become the Light — the Light will unite with you.

If you become one of earthly rulers — the earthly rulers will associate with you. If you become a horse, or a donkey, or a cow, or a dog, or a sheep, or any other animal whether smaller or bigger, you will not be able to associate either with human, or with the Spirit, or with Logos, or with the Light, or with earthly rulers, or with those who are under their rule. They will not lie in bed with you and will not accept your love.

114. Those who were slaves against their will may get freedom.

But those to whom the freedom was granted by the mercy of the lord, but who, nevertheless, put themselves into slavery again, — they will no longer be able to become free.

Christ showed people the Path to the full Liberation in the Abode of God-the-Father. But only a few accepted this offer. Well, this is a grievous choice of others…

115. Farming in this world requires four essences: water, earth, air, and light.

In the same way, the farming of God consists of four essences: faith, aspiration, love, and knowledge.

Our "earth" is faith in which we are deep-rooted; "water" is aspiration that carries us; "air" is love thanks to which we live; and "light" is knowledge that allows us to mature.

116. The beginning of this fragment is damaged in the original text.

… Blessed be those who have not caused grief to any being.

Such was Jesus Christ. He greeted all in this world and did not burden anyone with Himself.

Blessed be those who live like this! For they are perfect men!

For Logos is like this.

117. Ask us about Him! For we cannot reproach Him for anything! How can we reproach this Great One? He gave Calm (of the *Bridal Chamber)* to every one (of us)!

Let us notice: the Great Ones give calm. The opposite of them, demonic and devilish people bring enmity, hatred, chaos, violence, devastation, suffering.

118. First of all, one should not distress anyone: either big or small, unbeliever or believer; then one should offer calm to those who live in peace and good.

There are Those Who can give Calm to those living in good.

Mere kind people cannot do this, because they themselves are still dependent.

And They cannot cause grief, (unnecessary) suffering.

But those, who are still on the way to becoming like Them, distress people sometimes.

The One Who has mastered the secrets of the Existence brings joy to good people!

However, there are those who grieve and feel angry because of this.

119. A householder has acquired all sorts of things: children, slaves, cattle, dogs, pigs, wheat, barley, straw, grass, dog's food, and best food, and acorns. As a reasonable man, the householder knows which food is for whom and thus gives bread and olive oil to the

children, castor oil and wheat — to the slaves, barley, straw, and grass — to the cattle, garbage — to the dogs, acorns and bran — to the pigs.

So are disciples of God. If they are wise, they comprehend the discipleship. Fleshly forms do not deceive them, and speaking with someone they look at the state of the soul of that person.

There are many animals with human appearance in this world. Disciples of God identify them and give "acorns" to the "pigs", "barley", "straw", and "grass" — to the "cattle", "garbage" — to the "dogs", "sprouts" — to the "slaves", and the perfect "food" — to the "children".

Using images of animals, Philip writes about psychoclassification of people according to the psychogenetic age and the qualities which every one of them developed during the personal evolution. Each of these groups needs "food" appropriate only to it.

120. There is the Son of Man (Christ), and there is the Son of the Son of Man. The Lord is the Son of Man. And the Son of the Son of Man is the One Who was created by the Son of Man.

The Son of Man received from God the ability to create. But He can also beget.

See explanation after the next fragment.

121. The one who has the ability to create (earthly things) — creates (them). The one who has the ability to beget (children) — begets. The one who creates (earthly things) cannot beget (at the same time).

But the One Who begets can also create. And the One Who creates — also begets. The progeny of such (Perfect) One is this Creation. This (Perfect) One begets also (another progeny) — not earthly children but Likenesses of Oneself.

The one who creates (earthly things) acts openly, not hiding. The one who begets acts secretly, in private. But this progeny is not like the Progeny of the (Perfect) One.

The One, Who creates, creates (also) openly. And the One, Who begets, begets the Sons and the Daughters (also) secretly.

This fragment has much "play on words". This can be seen very clearly if one rewrites it without explanations in brackets.

The word *to create* in the second paragraph means *to materialize*; this concerns the *creation of the world* by God-the-Father and the ability of Christs to materialize different objects. This world created by God-the-Father can be also regarded as His progeny. The Christs beget new Sons and Daughters. They do this secretly from the people of the material world.

122. No one can know when a husband and a wife united with each other except themselves, since the tranquility of their union is a secret for the outsiders.

If an impure union is hidden, then how much more a confidential mystery is a pure union! It is not fleshly, but pure. It is not determined by passion, but by sober will. It does not belong to the darkness and night, but to the day and light.

A (sexual) union, if exhibited to others, becomes adultery. A wife is considered unchaste not only if she unites with another man, but even if she leaves her bride-bed and is seen by others.

Let her meet only with her parents, friends of the husband, and the children of her bridal chamber; they may enter her bridal chamber every day. But let others dream of hearing her voice there and of enjoying the fragrance of her incenses! And let them be satisfied, like dogs, with the crumbs that fall from the table.

The Husbands and Wives (of God) belong to the *Bridal Chamber*. One cannot see Them unless one becomes as They are.

No one except the Father can see and know the Greatness of Those Who attained the *Bridal Chamber*, unless one attains the same level of development.

123. The beginning of this fragment is damaged in the original text.

… Abraham in order to perceive the One Whom he had to perceive performed circumcision of the foreskin, showing by this (symbolically) that we should rid ourselves of the fleshly — that which is of this world.

Then the original text is damaged partly.

… As long as the intestines of man's body are hidden, the body is alive. But if the intestines are uncovered and fall out, the body dies.

It is the same with a tree: while its roots are hidden, the tree blossoms and grows. If the roots are uncovered, the tree withers.

It is the same with any phenomenon in the world, not only in the material but in the hidden one as well. Thus, as long as the root of evil is hidden it grows and is strong. When it gets known, it begins to bloom. But if its root is uncovered, it perishes.

Therefore, Logos says, "Already the axe lies at the roots of trees! If it does not cut up completely, that which was cut will grow again. Hence, it is necessary to drive the axe deep enough so that it tears out the roots."

And Jesus destroyed those roots in the place where He worked. And He also did this partially in other places.

As for all of us, let us cut into the roots of evil, which we find within ourselves, and tear out evil with its roots from the soul!

We can tear evil out only if we know it. If we are ignorant of it, it will continue to grow its roots and multiply itself in us. Thus it will get the complete control over us, and we will become its slaves. It will enslave us more and more, forcing us to do that which we do not want to do and forcing us not to do that which we want to do… It is very powerful until we know about it in ourselves!

While it exists, it acts. Ignorance of it is the mother of evil in us. Ignorance leads us to death. And those who have not become free from ignorance have not existed yet as (true) people, do not exist, and will not exist!

Those who are in the true knowledge fill themselves with Perfection as the Truth reveals Itself to them.

Because the Truth, just as ignorance, — while it is hidden, rests in itself, but when it is revealed and recognized, it blooms, being praised.

How much more powerful it is than ignorance and errors! It gives us Freedom!

Logos said, "If you know the Truth, it will make you free".

Ignorance is slavery. Knowledge is Freedom.

Seeking the Truth, we discover its seeds within us.

If we unite with It, It will receive us in the Primordial Consciousness.

Philip discusses the mechanism of repentance and insists on the necessity of paying serious attention to the intellectual work.

Repentance is purification of oneself from vices. Two foundations of all our vices are the following:

1. The ability to intentionally cause suffering to other beings (for example, just by "distressing" them); by doing this we manifest our egoism, the vicious "I", and a lack of developed love in ourselves. With the hypertrophied "I" and without developed love, one cannot really approach God-the-Father.

2. The absence of permanent orientation of the attention to God-the-Father, the absence of aspiration to Him.

In connection with this, let us discuss faith. Faith as a simple "yes" as an answer to the question "do you believe?" — is too little. The true faith is indeed the permanent and unshakeable remembering about God-Teacher, Who teaches us all the time; it is especially important to remember about this at the moments of critical situations, which are also His lessons for us. The thing which brings one to such a level of faith is large and long intellectual work done under His guidance.

Only thanks to such efforts of spiritual warriors, God becomes for them a Living Reality, and not just a symbol, an abstraction which you are supposed to worship. Thus faith turns into knowledge about Him.

On the highest level of its development, the faith changes — necessarily through the stage of knowledge about Him, knowledge of Him — into passionate Love, which alone can help one to become close to Him and then to enter His Abode and merge with Him.

… Penitential work is not just recalling aloud in front of a "father" all your true and imaginary deeds-sins. Penitential work is studying of oneself as a soul and transforming oneself by introspection and self-education. It is necessary to note that "sins" are not the main things we have to struggle with: they are just manifestations of qualities of the soul which are called vices. Therefore, it is vices that one has to struggle against with the help of the axe about which Jesus and Philip told. And this struggle can be launched in full strength only after one realizes God — as a Living Teacher.

… The result of the entire work on purification and development of oneself is one's birth and maturing in the highest eons. As this happens, all the material, fleshly become less and less significant and then is "cut off" completely (at what Abraham hinted by his circumcision).

Then only He remains.

124. Possessing manifest things of the Creation, we regard them as significant and respected, while that hidden from our eyes — we regard as useless and despicable.

But the reality is opposite: manifest things of this world are useless and despicable; but those found in the world hidden from us are significant and worthy of worship.

The mysteries of the Truth are revealed only through symbols and images.

We, born in material bodies on the Earth, get accustomed to look from the matter of the body at the world of matter around it.

But those walking the Path pointed by Jesus, after being born and having matured in the highest eons, learn to look and see in these eons, and from them.

Philip writes about His own impressions of such seeing.

125. The *Bridal Chamber* is hidden. It is the innermost.

At first, the veil concealed how God controls the Creation. But when it is rent (for spiritual warriors who come close to it), and the One Who is inside reveals Himself, then one leaves this house of separation (the body). Moreover, it will be destroyed (dematerialized).

… But the Divine of a spiritual warrior does not enter the Holy of the Holiest at once, because It cannot unite (at once) with the Light,

with Which It has not been united yet, and with the Primordial Consciousness, the gate to Which has not been opened yet (for entering). The Primordial Consciousness will be under the wings of the Cross and under Its Arms. This meditation will be the saving ark for the spiritual warrior even if the flood comes.

There are some of the companions of Christ who then will be able to enter inside behind the veil together with the High Priest (Christ).

The veil (of Jerusalem temple) was not rent at the top only. If it were so, then the entrance would have been opened only for those who are of high rank (on the Earth). And it was not rent at the bottom only, because then it would have pointed only to the lower ones (of social hierarchy). But it was rent from the top to the bottom.

The entrance is opened also for us who are low, so that we may enter the Treasury of the Truth.

In it, there is the One Who is by right held in high regard, Who is Imperishable.

Yet, we make the Way to that place through disdained symbols and ephemeral images. They are disdained by those who hold the earthly glory. Yet, there is Glory above glory, and there is Power above power.

The Perfection opened for us the Treasury of the Truth. The Holy of Holiest was opened for us, and the *Bridal Chamber* invited us in!

… As long as all this is hidden from people, evil leads them to the futile. And they have not separated it from that which was sown by the Holy Spirit. Such people are slaves of evil.

But when This approached, the Perfect Light embraces every one (of those who enter It). And those who are in It receive the blessing. Thus slaves become free, and those who were captured become liberated!

126. Every plant that was not planted by My Heavenly Father will be torn out.

Let they who are separate — unite (in the highest eons) having become Perfect!

All Who enter the *Bridal Chamber* will kindle the Light of Truth more, for They are not begotten in the darkness as those begotten in earthly marriages! The Fire will burn in the night and flare up stronger, because the mysteries of this Marriage are performed in the Light of Day! That Light of Day will never cease (for Them)!

127. If one becomes a Son of the *Bridal Chamber*, it means that this One has cognized the Light (of the Holy Spirit) before.

The one who has not cognized It in the world of matter will not receive It in That place.

The One Who has cognized the Light (of the Holy Spirit) cannot be seen and captured (by evil spirits). And (evil spirits) cannot torment such a Perfect One even if this One still abides in the world of matter (in a body). Such a Perfect One has cognized the Truth and dwells now in the Abode of the Primordial Consciousness! And It is opened for such a Perfect One — in the Light of the Holy Day!

Quran and Sunna

Islam is one of the three major religious systems on the Earth.

But this is not the only reason why one needs to know about Islam. Islam expresses the ethics of the attitude of man to God in a laconic and methodologically true form.

Moreover, the attitude to God, which was taught by Jesus Christ, was realized in Islam and not in the mass Christianity.

What is Islam, specifically?

Historically, it has the roots in Judaism and Christianity. Islam esteems the Jewish prophets, Jesus Christ (in Arabic — Isa). It calls its followers to God-the-Father (in Arabic — Allah) as the Jewish prophets and Jesus understood Him. The Quran — the main holy book of Islam — contains their sayings and description of their acts. The narration in the Quran is communicated through prophet Muhammad from God, Who gives Muhammad both personal advice and explanations on the correct understanding of Him (God) and of the Path to Him.

What is the newness of Islam? Why did God not spread Christianity in the regions that are covered nowadays by Islam?

The matter is that many people calling themselves Christians strayed from the Teachings of Jesus Christ even at that time. And the contemporary mass Christianity has lost God, its followers can be called Christians only relatively — only because they continue to observe the ancient Christian rites.

… Let us compare it to India. The people of India have the Bhagavad Gita, where there is a detailed description of what is God and what man has to do in relation to this. But in India, too, the majority of people are unable to accept the concept of monotheism (due to the fact that in any region of the Earth, the people of early stages of psychogenetic development are in majority). For example, the contemporary followers of the mass Hinduism and Buddhism of Mahayana worship not God, Who is so vividly represented in the Bhagavad Gita, but pagan fictitious "gods": Ganesha, Kali, etc., with corresponding iconography. And in some degenerated branches of Buddhism, this tendency has gone so far that for God there is no room left and He is denied completely.

But people relying on the Jewish and Christian Bible turned out to be in an even worse situation, since these books do not contain a description of God that can satisfy the inquiries of a person who seeks intellectually: there God is depicted so that He becomes an object of belief, and not an object of knowledge.

Therefore, the return to the pagan form of religious outlook, which is more convenient for young souls, was even easier among people involved in Christianity.

The loss of God in the mass Christianity manifested in the fact that God preached by the Jewish prophets and by Jesus as the Main Object of one's attention, aspiration, and love, was superseded by the pagan cults of Nicholas the Wonder-worker and of other "patron saints", by the cult of the earthly mother of Jesus, who though was undoubtedly a remarkable and virtuous woman, yet could not understand and accept what her Son taught. Once she even counted Him insane (Mark 3:21,31-35). And the main essence of the Teachings of Jesus about aspiration to the Perfection, to cognition of God-the-Father was superseded… by religious panhandling.

It came to a point when in Russian Orthodoxy the Universal Primordial Consciousness is pictured as an old man sitting on a cloud, and the Holy Spirit — as a pigeon.

It is important to note, that the pagan tendency was legalized by Orthodoxy even in the liturgical tradition, where the very good but not Divine woman Mary, the mother of Jesus, is called "my all-blessing Queen", "Our Lady", and

we are her slaves with no hope to receive help from anyone but her (as one can see, God in this case is of no importance).

So, seeing the beginning of this tendency, God once again repeated through prophet Muhammad that people have to concentrate attention on Total Universal God-Creator and devote their lives to Him.

The word *Islam*, by the way, is translated as "obedience to God", and the word *Muslim* — as "devoted to God".

The essence of Islam is expressed in two formulas: "La ilaha illallah" — "there is no god besides God!" and "Allahu akbar" — "God is great!" (of course, "great" not in the sense that He is such a notable, fearsome, and mysterious person, whom one has to respect and be afraid of, but that the Divine Consciousness has really no borders in the universe and that God is really the Almighty Creator and the Governor of the destinies of the entire Creation and of every one of us).

Seeing the degeneration of the faith of many Christians, Muslims even decided to take such extreme measures as the prohibition on pictorial and sculptural images of people and animals, so that one does not get tempted to worship them (this prohibition was slightly eased only recently).

One may ask: why it is so important to direct the attention mainly at God-the-Father, instead of, say, at Jesus Christ or another Avatar? It turns out, that it is really of principal importance from the standpoint of the methodology of spiritual development. It is so because only the strict monotheism predisposes mature adherents to actualization of the need to study and explore practically the multidimensional structure of the Creation and to making their search of the Creator, the Purpose, the Teacher being directed to the depths of this structure, instead of being directed "on a plane" in coarse spatial dimensions, which is peculiar to pagans.

*** * ***

Though we value so much the theological concept of Islam, it is necessary to warn the readers against a non-critical attitude to what may be preached by some Muslims or by some Muslim groups. Even the fact that in the Islamic world there is no unanimity in some religious issues demonstrates that only God knows everything, and people make mistakes.

Let us also note that the Quran is intended only for laying and strengthening the foundation of the true faith in man, so that adherents may then advance on the religious Path. In Islam the step of gaining and strengthening the faith and learning the religious discipline is called shariah.

On this stage — so as not to repel the masses of potential adherents — the Quran did not require from them even renouncing the habitual for the population of that region of the Earth "killing" nutrition, which is incompatible with the higher steps of advancement on the religious stairway — tariqah, etc.

There is obviously no sense to introduce into the modern life of all people the rules of conduct which God gave through Muhammad to a concrete group of people in the concrete historical period, on the background of constant military actions. It makes sense to call people not to the petty observance of the rules of everyday life stated in the Quran, which concern the matters of what to eat, how to dress, and how to marry, — but to encompassing the basic principles of man's attitude towards God.

Below we give some of the most important citations from the Quran (with several minor clarifications, based on the Russian translation by I.J.Krachkovskiy) and from Sunna.

Reading them, one should not forget that the word *Allah* is the Arabic equivalent of the words *the Creator*, *God-the-Father*, *Ishvara*, *Tao*, *Primordial Consciousness* and others synonyms.

*** * ***

In the name of Allah, the loving, the compassionate!

1:1. Praise to Allah, the Lord of the worlds,
1:2. the loving, the compassionate,
1:3. the Ruler in the Day of Judgment!
1:4. You we worship and You we ask for help!
1:5. Lead us along the Straight Path!
2:22. … Do not set up anyone as equal to Allah!…
2:107. Do you not know that Allah's is the power over the sky and the Earth, and that besides Allah you have no protector or helper?
2:115. To Allah belongs the East and the West, therefore, whithersoever you turn, there is Allah's Countenance…
2:117. He is the Creator of the sky and the Earth, and when He decrees a matter, He says to it: "Be!" and there it is.
2:142. … Say: "To Allah belong both the East and the West, He leads whom He likes on the Straight Path!".
2:147. The Truth is from your Lord, therefore you should not be of the doubters!

2:148. Everyone has a direction to which this person turns. Therefore, strive to outrun each other in good deeds!

2:154. And do not speak of those who are slain in the way of Allah: "Dead!", nay, alive! But you do not perceive.

2:155. We try you with something of fear, hunger, lack of property and lives and fruits; and gladden the patients,

2:156. who, when a calamity befalls them, say: "Verily, we belong to Allah and to Him we return!":

2:157. upon those are Blessings from their Lord, and Mercy, they go the right path.

2:163. And your God is one God, there is no Deity but He. He is the loving, the compassionate!

2:165. And there are some among men who take others besides Allah, as equal (to Him); they love them as they love Allah. And those who believe love Allah more…

2:216. … It may be that you hate a thing while it is good for you, and it may be that you love a thing while it is evil for you, — verily, Allah knows, and you do not know!

2:256. There is no compulsion in religion! The Straight Path has become clearly distinct from delusion! The one who rejects worshipping idols and believes in Allah has grasped a firm Handhold which will never break off!…

2:264. … Allah does not lead on the Straight Path the unbelieving people!

2:271. … Allah is aware of what you do!

2:282. … And fear Allah; verily, Allah teaches you, and Allah knows all things!

3:2. Allah, — there is no Deity but He, — the living, the self-subsisting!

3:3. He sent down to you the Scripture in truth, confirming the truth of that which was sent down before it. And He sent down the Torah and the Gospel before this, as a guidance for the people…

3:5-6. Verily, from Allah nothing is hidden on the Earth or in the sky. He it is Who shapes you in the wombs as He likes…

3:28. Let not the believers take the unbelievers for friends!… And whoever does this, shall have nothing of Allah, unless be cautious of them with fear. Allah cautions you about Himself, (because) to Allah is the return!

3:54. … Allah is the best of schemers.

3:60. The Truth is from your Lord, so be not a doubter!

3:73. … Say: "Verily, the direct guidance is the guidance of Allah!…".

3:80. And He will not command you to take the angels and the prophets for lords…

3:110. … And if the people of the Scripture[131] had believed it would have been better for them! There are believers among them, but the majority of them are transgressors.

3:113. Not all of them are alike: among the people of the Scripture there is a staunch community…

3:150. … Allah is your Protector! And He is the best of helpers!

3:157. And if you are slain or die in the way of Allah, then forgiveness from Allah and mercy are certainly better than what you amass!

3:169. And never reckon those who are slain in Allah's way as dead. Nay, they are alive! They are provided sustenance from their Lord!

3:176. And let not those grieve you who run to unbelief: for they can do no harm to Allah!…

4:36. And worship Allah! And do not set up anyone as His partner! And do good to the parents and to the kinsfolk and to orphans and to the needy and to the neighbor of your kin and to the neighbor not of your kin, and to the fellow-neighbor and to the wayfarer… Verily, Allah does not like those who are proudly boastful,

4:37. who are niggardly and enjoin people to be niggardly and hide what Allah has given them of His grace!…

4:78. If some good befalls them, they say: "This is from Allah!", but if evil befalls, they say: "This is from you!". Say: "All things are from Allah!". Why can these people not understand that which they are told?

4:79. … Whatever good befalls you, it is from Allah, and whatever bad befalls you, it is from yourself.

4:111. … And whoever incurs sin, incurs it against oneself. Verily, Allah is knowing, wise!

4:175. … Those who believe in Allah and hold fast to Him, He will let them enter into His Mercy and Grace and will lead them to Himself along the straight way!

5:15. O people of the Scripture! Our Messenger has come to you to explain much of what you conceal in the Scripture…

5:17. They disbelieve who say that Allah is the Messiah[132], the son of Maryam[133]…

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[131] Jews and Christians.

[132] That is, Jesus Christ is not equal to God-the-Father, though Jesus is an Integral Part of God-the-Father.

[133] Mary.

5:59. Say: "O followers of the Scripture! Do you take revenge on us for aught but that we believe in Allah and in what has been revealed to us and what was revealed before, and that most of you are transgressors?".

5:67. … Verily, Allah does not lead straightly the unbelieving people!

5:72. They disbelieve who say: "Allah is the Messiah, the son of Maryam!". But the Messiah said: "O children of Israel! Worship Allah, My Lord and your Lord!".

5:73. They disbelieve who say: "Allah is the third one of the three", whereas there is no Deity but One God…

5:116. And Allah said: "O Isa, the son of Maryam! Did you say to men: 'Take Me and My mother for two Gods besides Allah'?" He (Isa) said: "Glory to You! How could I say what I have no right to say?…

5:117. "I did not say to them aught save what You enjoined Me with: 'Worship Allah, My Lord and your Lord!'"…

6:17. And if Allah touches you with affliction, there is none to take it off but He…

6:32. The life of this world is naught but a play and amusement; the abode of the hereafter is for those who are god-fearing. Do you not then understand?

6:51. … There is no guardian or protector… besides Him…!

6:106. Follow what is revealed to you from your Lord: "There is no Deity but He!", and turn away from the polytheists!

7:7. … We are never absent!

7:27. … Verily, We made the shaitans[134] to be the patrons of those who do not believe!

7:42. As for those who believe and do good — We impose on any soul only that which it can bear — they are the dwellers of paradise…

7:180. Allah's are the most beautiful names[135], call Him by them, and leave alone those who dissent about His names! They will be requited for what they do!

9:51. Say: "Nothing happens to us except what Allah has predestined for us! He is our Protector!". And let the believers rely on Allah!

9:116. Verily, Allah's is the power over the sky and the Earth! He brings to life and makes to die; for you there is not any guardian or helper besides Allah!

10:12. And when evil touches man, man calls on Us, whether lying or sitting or standing; but when We remove that evil, man passes on as though that man had never called on Us for that evil…

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[134] **Devils.**

[135] **The names of God originated in various languages.**

10:44. Surely Allah does not do any injustice to men, but men are unjust to themselves.

10:107. And if Allah should afflict you with harm, then there is none to remove it but He. And if He intends good to you there is none to repel His Grace…

11:15. Whoever desires this world's life and its finery, We will help them to finish their deeds therein, and they will not be underpaid there.

11:16. For them there is nothing but fire (hell) in the next life, and vain is what they did herein, and nothing is what they worked.

13:36. And those to whom We have given the book (Quran) rejoice in that which has been sent down to you… Say: "I am commanded that I should worship Allah and not set up anyone as His partner; to Him do I call and to Him is my return!".

16:119. … Verily, your Lord is forgiving, merciful — to those who did an evil in ignorance but then repented and redressed the wrong.

17:23. And your Lord has decreed that you shall worship none but Him, and do good to your parents. If either or both of them reach old age with you, say not to them "pish!" nor shout at them, but speak to them a generous word.

17:24. And lower unto them the wing of humility out of mercy and say: "O Lord! Have mercy on them, as they cared for me when I was little.".

17:26. And give to the near of kin his due and to the needy and to the wayfarer, and do not squander wastefully,

17:27. for the squanderers are the brothers of shaitans!…

17:29. And do not make your hand to be tied to your neck[136] nor stretch it forth to its utmost stretch[137], lest you become blameworthy, miserable.

17:30. Verily, your Lord provides abundant sustenance to whom He pleases and whom He gives. Verily, He is ever-seeing, aware of His slaves.

17:37. And do not walk on land haughtily!…

18:110. Say: "I am a person like you; the Revelation has been sent down to me that your God is One God. Therefore, whoever hopes to meet the Lord should do good deeds and in worshipping the Lord should not join anyone to Him!".

20:8. God! — there is no Deity but He; His are the most beautiful names!

20:46. He said: "Fear not, I am with you, I do hear and see!"…

21:35. Every soul tastes of death[138]; We try you by evil and good for probation; and to Us you will be brought back!

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[136] **I.e., pretending to be ill to evade the work.**

[137] **Grabbing all for oneself.**

22:75. Allah chooses messengers from among the angels and from among the men…

28:50. … Who is more astray than those who followed their passions without any guidance from Allah? Surely Allah does not lead on the Straight Path the unjust people!

28:59. And your Lord never destroyed the towns until He had sent there a messenger, reciting to them Our communications (for turning people to righteousness). And We never destroyed the towns except when their people were unrighteous!

31:21. And when it is said to them: "Follow what Allah has sent down", they say: "Nay, we follow that on which we found our fathers!"…

31:22. And whoever turned oneself to Allah and does good has grasped a firm handhold!…

31:23. And whoever disbelieves, let not this disbelief grieve you! To Us is their return, then We will explain to them what they did…

32:11. Say: "The angel of death, who is in charge of you, takes you in death, and then to your Lord you will be brought back".

32:12. And could you but see when sinners hang down their heads before their Lord: "Our Lord! We have seen and we have heard! Therefore send us back, so that we may do good! We are (now) sure of the truth!".

32:20. And as for those who are wicked, their abode is the fire (of hell). Whenever they desire to go out from it, they are brought back into it and told: "Taste the chastisement of the fire (of hell) which you called a lie!".

32:21. And We will make them taste of the nearer[139] punishment before the greater[140] punishment that perhaps they may return!

33:5. … There is no sin on you in what you did by mistake, but (there is sin) in what you intended (evil)…

33:16. Say: "Running away will not help you if you run away from death"…

33:41-42. O you who believe! Remember Allah, remembering frequently, and glorify Him morning and evening!

35:41. Surely Allah upholds the sky and the Earth lest they come to naught…

37:182. And all praise to Allah, the Lord of the worlds.

39:42. Allah receives souls at the time of death, and (a soul) which has not died yet — during its sleep…

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[138] **Death of the body.**

[139] **At the end of the current incarnation.**

[140] **After the *end of the world*.**

39:55. Follow the best that has been sent down to you from your Lord!…

39:66. … Worship Allah and be thankful!

40:60. And the Lord said: "Call upon Me, I will answer you!"…

41:6. Say: "I am only man like you; it was revealed to me that your God is one God, therefore follow the straight way to Him and ask for His forgiveness!…".

41:8. And those who believe and do good, they shall surely have a reward inexhaustible.

41:46. Whoever does good, it is for himself, and whoever does evil, it is against himself…

41:51. When We show favor to man, man turns aside and withdraws; and when evil touches man, abundant are man's prayers.

42:10. … Allah, my Lord, on Him do I rely and to Him do I turn!

42:13. … Allah chooses for Himself whom He pleases, and guides to Himself him who turns (to Him).

42:30. And whatever affliction befalls you, it was incurred by your hands; and He forgives much.

42:48. … When tasting mercy from Us, man rejoices thereat; and if an evil afflicts man on account of man's deeds, then man is ungrateful!

42:49. Allah's is the power over the sky and the Earth; He creates what He pleases; He grants to whom He pleases daughters and grants to whom He pleases sons.

42:50. Or He joins them: men and women; and He makes whom He pleases barren…

46:3. We created the sky and the Earth and what is between them, with truth and for an appointed term…

59:20. Not equal are the dwellers of the fire (hell) and the dwellers of paradise. The dwellers of paradise are those who achieved success!

59:23. He is Allah, there is no Deity but He — the King, the Holy, the Peace, the Faithful, the Guardian, the Great, the Mighty, the Supreme; glory be to Allah…!

59:24. He is Allah the Creator, the Maker, the Teacher. His are the most beautiful names! He is praised by whatever is in the sky and on the Earth. He is the great, the wise!

84:6. O man! You aspire to your Lord with striving and you will meet Him!

87:1. Glorify the name of your Lord, the Most High…!

* * *

And now let us acquaint ourselves with some hadiths — statements of prophet Muhammad and of God communicated through Muhammad, which are recorded in the books of the Holy Tradition of Islam — Sunna (cited from [28]):

Good education is the best legacy that can be handed down to children.

Speak always the truth, even if it is not profitable for you!

Share what you know with others and teach them!

Him, who pitied no one, no one will pity.

Be not a burden to people!

Do not sit down between two sitting people without first asking their permission.

Be economical and do not bring yourself to destitution!

Do not do things which then make you conscience-stricken!

The riches consist not in quantity of goods but in the breadth of the soul.

The knowledge is a treasure, the key to which is inquiry.

Step away from a fool!

Avoid intoxicating drinks!…

Calmness is a gain, disarray is a loss.

Do not be in a hurry in making decisions and provide for consequences!

Do not judge anyone on assumptions or if you have doubts.

Exhort everyone to do no evil!

If you have to punish the guilty never strike him in the face!

The one who wakes up late closes for oneself the door to prosperity.

Any bribe is a sin and an odious source of income!

The one who has flared up should stop speaking immediately!

An inhospitable person is an inferior person!

Repay to those who made good to you!

It is a virtuous deed — to forgive those who offended you, to give to those who refused to give to you, to stretch a hand of peace to those who quarrel with you!

O man! If you are not satisfied with the small, the great can satisfy you neither!

Do good deeds without creating buzz.

Do not wish death to yourself or to others.

The one who does not thank people will not thank Allah also.

Everything created by Allah is fine, though people do not always understand it!

Allah created diseases, but He also created medicines for them.

Allah is generous and likes generous people.

For everything there is a way. The way to paradise is opened by knowledge.

Do not be lazy to go for knowledge even to distant China, because gaining knowledge is the main duty of a Muslim!

Panhandling is an indecent occupation!

Begin a meal with remembering about Allah and be not choosy with food!

The gate to well-being is locked, and work is the key to it.

To divine and to believe the words of diviners, foretellers, and sorcerers is meanness.

Bad people are characterized by the following features: they lie in conversation, do not keep their promises, and, feeling impunity, commit base deeds.

Pay workers for their work before their sweat dries up!

The one who is mild, who behaves well, and does not harm others will never be touched by the fires of hell!

An hour spent for gaining useful knowledge is more pleasing to Allah than a whole night spent for praying.

In any time try to be pure!…

Specially for men:

Be kind to women!…

A noble one is kind to women, a low one is guileful to them.

Respect women!…

If you are called by the father and the mother at the same time, come first to the mother!

Baha'u'llah — The Seven Valleys and the Four Valleys[141]

… I therefore reveal to you sacred and resplendent tokens from the planes of glory, to attract you into the court of holiness and nearness and beauty, and

[141] **Selected excerpts from [17].**

draw you to a station wherein you will see nothing in Creation save the Face of your Beloved One!

Peace be upon him who follows the Straight Path!

The true seeker hunts naught but the object of his quest, and the lover has no desire save union with his Beloved.

Nor shall seekers reach the goal unless they sacrifice all things. That is, whatever they have seen, and heard, and understood (before), all must they set at naught, that they may enter the Realm of the Spirit, which is the City of God!

Labor is needed, if we are to seek Him; ardor is needed, if we are to drink of the honey of reunion with Him; and if we taste of this cup, we shall cast away the world.

On this journey the traveler abides in every land and dwells in every region. In every face, the traveler seeks the beauty of the Friend and in every country looks for the Beloved. The traveler joins every company and seeks fellowship with every soul, that haply in some mind may uncover the secret of the Friend, or in some face may behold the beauty of the Loved One.

And if, by the help of God, the traveler finds on this journey a trace of the traceless Friend and inhales (His) fragrance… — then the traveler steps into the Valley of Love and become dissolved in the Fire of Love.

How strange that while the Beloved is as visible as the Sun, the heedless still hunt after tinsel and base metal!

Free yourself from that which your (worldly) passion desires; then advance unto your Lord!

Purify yourself from all else except Him — that you may surrender your life in His Love!

Poverty, as here referred to, signifies being poor in the things of the created world, rich in the things of God's world.

For when the true lover and devoted friend reaches the presence of the Beloved, the sparkling beauty of the Loved One and the fire of the lover's heart will kindle a blaze and burn away all veils and wrappings. Yea, all the lover has, from heart to skin, will be set aflame, so that nothing will remain save the Friend.

Draw back from the threshold of the True One if you still possess worldly qualities.

Verily we are from God, and to Him shall we return!

Nothing can befall us but that which God has destined for us.

… One of the prophets of God has asked: "O my Lord, how shall we reach You?" And the answer came, "Leave yourself behind — then can you approach Me!"

… Love is a Light that never dwells in a heart possessed by fear.

Peace be upon him who follows the Straight Path!

The Religion of Sikhs[142]

God is present everywhere, in us — as well; yet the veil of ego separates us from Him…

The egoistic mind cannot comprehend ethical principles… and it makes the depressed soul walk blindly in darkness, never reaching the Goal. Egoism blocks the Path of spiritual growth.

The mind of an (ordinary) person is always in a chaotic state. It has five vices: lust, anger, greed, attachment, pride, and arrogance — or egoism (egocentrism).

… The true Guru is not a material body, and therefore a body cannot be an object of worship. … The salvation cannot be achieved by means of contemplating the material appearance of the Guru.

The material body of Guru Nanak served as a platform that God used for proclaiming His Message…

All the humanity was his family, and by serving the humanity he served God.

Nothing can be as valuable as contemplation of God.

Give me Your Hand, O Primordial One, Superior to everyone: only You alone can help me!

Your Will is sweet, O my Lord!… The Guru calmly withstood all tortures without a groan. The Guru was unswerving! The Guru remained calm and steadfast as the sea! The Guru was in the state of absolute bliss!

I am not afraid of tortures. Everything happens by the Will of God, therefore any torture is bliss for me.

You are proud of your empire, while I am proud of the Kingdom of Immortal God!

(His) Light merged with the Light, and the body was not found.

The teachings… insist on accepting the Will of God. It constitutes the core of the teachings of Sikhs. The mind which achieved the Enlightenment lives in accordance with the requirements of God's commands.

Meditate day and night!…

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[142] **Selected excerpts from [74].**

At the end of the Path, all other works of yours will turn out futile!

Seek communication with saints!

Direct your mind only towards contemplation of God.

Direct your mind to the task of crossing the sea of life, because by seeking worldly pleasures, you waste your life.

According to Sikhism, the purpose of human life does not consist in going to paradise… described in the folk beliefs of Hindus. It consists in searching for God and achieving Unity with Him. The ultimate purpose of the religion of Sikhs consists in Mergence with the Highest Soul in Eternal Unceasing Bliss. A Sikh thirsts for a spiritual Unity with the Lord… In Sikhism, a human life is considered as an opportunity for achieving this Goal, and if this opportunity is missed, one returns to the cycle of birth and incarnates again.

Agni Yoga

The term *Agni Yoga* was introduced to the western public by the Roerichs — Nicholas and Helena. They learned it in their expedition across Central Asia from mountain dwellers. This term means "Mergence with Divine Fire" or "Path to such Mergence". *Fire* in this context is a flame-like state of the Highest Divine Consciousness. The Divine Consciousness can assume this form when It enters Its Creation.

The Roerichs developed the Teachings of Agni Yoga and brought them to Russia and other countries of Europe and America. And now the term *Agni Yoga* is firmly associated with their names.

The Roerichs were a remarkable couple: he was a zealous traveler and talented painter, she was his constant companion. Helena Roerich possessed a prophetic skill — the ability to converse with God. Records of these holy conversations were collected in fourteen volumes titled *Living Ethics*.

What do these records represent? They are very non-uniform, some parts of the text are hard to comprehend, some parts are not edited literally, profound truths are mixed sometimes with jokes of God or with long series of meaningless phrases. Why do they look so?

The point is that according to the intent of God these records were not meant for publication in their original form: He suggested publishing only thematic selections of them [3].

The reason for the qualitative diversity of the text is the following. God, with the purpose of training the prophetic skill of Helena Roerich, insisted that

she make systematic, everyday records [3]. However, it did not happen always that there was actual material for the current moment. And then Helena Roerich, waiting for words from the Lord, was given almost meaningless series of beautiful phrases. It is a typical case in prophetic contacts.

And such jokes as: the legs feel cold because the entire energy has been used for the kindling of the heart — were meant only for encouraging the tired travelers in hard moments.

Another point that needs to be mentioned about these texts is the broader meaning of the terms *fire* and *fiery*, which was expanded to psychoenergetical processes and phenomena. It was done with the purpose of filling the readers with the spirit of struggle. However, to understand these Teachings correctly, one has to differentiate the concepts of the Divine Fire — and the "fiery" manifestations of the psychical activity of people.

The texts of *Living Ethics* and expressive paintings of Nicholas Roerich are filled with "fiery" energy. It was one of the most distinctive features of the spiritual movement initiated through the Roerichs.

The movement of Agni Yoga contributed a lot to the spiritual awakening of many people, first of all in Russia where there was mainly atheism instilled by the Communist Party and religious ideology degraded to the level of fairy tales. In most valuable precepts found in the books of *Living Ethics*, God once again presented people with explanations about what is God, what is man, what is the Evolution, what is the meaning of life. He showed people the possibility of attaining Perfection and abandoning the cycle of suffering, the way to cognition of God and to the highest self-realization in Mergence with Him.

The Teachings of Agni Yoga were given "not as a soporific but for saturating the entire life!" [2]

Let us consider now the main points of the Teachings of Agni Yoga.

God

The main Aspect of God is the Primordial Universal Consciousness dwelling in Its Abode, in Agni Yoga this Abode is called *the Infinity*. God can be viewed also as the Father and Mother of everything existing. It is a *Unity of Many* — a Merged Whole of all the Perfect Ones, Who, as Consciousnesses, flowed into God. This "United Consciousness rules the entire world" [2]. People call It differently in different languages: God, the Creator, Jehovah, Allah, Tao, Ishvara, Mother of the World, Adibuddha, Svarog, etc., yet It is one for all beings of the universe.

The structure of the universe is multidimensional. It is represented by the strata (eons, lokas) of multidimensionality. The strata of multidimensionality differ by the level of subtlety. They are inhabited by consciousnesses of different levels of evolutionary development. The subtler the consciousness is — the higher is the layer where it dwells.

The highest subtlety is represented by the Primordial Consciousness, which dwells in the highest, primordial layer.

The Path of the evolutionary ascent is the path of the refinement of the consciousness and establishing it in higher and higher levels of subtlety.

And "the Infinity is the acme of human capabilities" [1].

"… Speaking of the Infinity, let us not imagine it as something void…, but (let us know it) as something filled with (Him Who lives in) incessant (evolutionary) ascent" [2].

So, individual consciousnesses dwell as if on the steps of a multidimensional stairway. It is to the summit of this stairway that everyone has to aspire. This stairway does not lead us upward but into the *depth* of the multidimensional Creation — into the Creator. The Guide on this Path is "the Consciousness of the Highest Spirit (Which) is intense Fire" [2].

"The Forces of the Hierarchy[143] are represented by two worlds: the Guiding Principle (Ishvara) and the Principle fulfilling the Great Will (Brahman, the Holy Spirit), They are One Source" [3].

"The entire power of creativeness is based on the Hierarchy. Only with full awareness of Great Service, can one understand the beauty of Spirit and the might of the Hierarchy. Space summons you to the fulfillment of the great law!…" [2]

"… Only full understanding of Great Service can imbue disciples with the aspiration to the Hierarchy. When the creativity of the (human) spirit encompasses Great Service, all paths to Us become open." [2]

"(Say): 'I love You, O Lord, and I am devoted to You, O Master, and I revere You, Teacher!'… — Thus, with devotion one can open new locks.

"… Verily, if you are constantly aware of the presence of God in your lives, you already know the shortest path to Us.

"… Be aflame in your hearts and create with love!" [2]

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[143] **In the works of the Roerichs, the term *Hierarchy* means an aggregate of Hierarchs Who constitute the Primordial Consciousness and manifest Themselves in the form of Brahman (Holy Spirit).**

Path to God

Ethics

The meaning of human life consists in the growth of individual consciousnesses [2], that have to develop and merge ultimately into the Creator.

First everyone develops in the usual worldly activity. One's quick advancement becomes possible with the development of an intense aspiration to empirical cognition of God.

This aspiration has to become passionate, "fiery" — then such a person receives full support of the Hierarchy of the Forces of Light.

"… On the Fiery Path there is no loneliness nor emptiness, there is only a breaking away from the earthly world and an irresistible attraction to the Fiery world!" [3]

"The daring ones know that the joy of spirit is found only in achievement. Thus they do not seek recognition from others, for their achievement is a crown woven by labor and striving!

"Only the heroes of spirit know the true attainment!

"Thus the daring ones will be freed from the selfhood. They know true service for the good of humanity.

"On the Path to the Fiery world, let us remember daring!" [3]

"Aspiration with the heart to the Lord is the first condition on the Path to the Fiery world!" [3]

The path of advancement through the stages of self-development implies, first of all, an ethical transformation of oneself. It also includes formation of correct, strong aspiration and ridding oneself of such vices as:

— laziness,
— violence,
— capability of deceiving and betraying,
— coarseness,
— selfishness,
— self-service,
— vindictiveness,
— arrogance,
— egocentrism,
— seeking recognition from others,
— capability of entering such coarse emotional states as:

- **anger,**
- **irritation,**

• jealousy,

• sorrow,

• feeling offended,

— using bodies of killed animals for food,

— using alcohol, tobacco, and other drugs.

Of the positive qualities that have to be developed, the following can be mentioned:

— benevolence,

— compassion,

— faithfulness to God,

— yielding oneself to Him,

— aspiration to cognition of Him and to Mergence with Him,

— striving to help other beings,

— aspiration to creativity,

— selflessness,

— admiring the beautiful,

— energy in the work of service and in self-development,

— control of one's own emotions, refusal of coarseness, cultivation of subtlety,

— aspiration to knowledge, understanding the meaning of life,

— development of subtle and wise power,

— possessing gratefulness as a quality of the soul,

— careful attitude towards one's own health, since it is needed for successful spiritual work and service.

It is through such self-development that we make the Divine Fire "non-burning" for ourselves [3].

The most important method of realization of the majority of these ethical principles is the development of the spiritual heart. Opening and growth of the spiritual heart becomes the most important factor, the base of the entire spiritual Path and gives one, among other things, the ability to meditate correctly. And meditation is the main means of the development of the consciousness, practical cognition of God, and Mergence with Him.

Community

It is better to go to God as a community — a group of like-minded people united by a common higher aspiration.

Only faithful and honest people should be accepted in such a community. On the contrary, those who display laziness, falsity, and capability for betrayal must be dismissed from the work.

The work of the community is studying and discussing the Teachings, providing practical help to each other, in particular through psychoenergetical methods, filling one another with love and kindling hearts with this love, practical classes on aesthetics, on cleansing and development of the energy structures of the organism, meditative practices, etc.

Group psychoenergetical work is much more effective for every member of the community than individual work, because in the former case the group creates a powerful common energy field.

By uniting the consciousnesses in common love, the community members prepare themselves to full Mergence with the Divine Consciousness.

"Our Fiery law ordains mergence of consciousnesses!" [2]

The work of the community members has to be their service to God, it should not be based on selfishness or done for self-profit [3].

The members of the community have to prepare themselves for the meeting with a spiritual Master. Only with the help of such a master, one can cognize passages to the subtlest layers of the multidimensional Absolute, cognize the Hierarchy. Without a Master such a "transmutation" is impossible [1].

"Verily, if you are constantly aware of the presence of God in your lives, you already know the shortest Path to Us.

"People dislike everyday work, for them it means fatigue…

"Whereas, for Us (your) everyday work means development and ascent. It opens the gate to the Infinity." [2]

Encounters with Evil

Every person on this Path necessarily encounters opposition of evil forces represented by incarnate and non-incarnate beings. They are representatives of chaos, dark ones. Their "darkness" is not only a symbol but also a quality of the coarse, degraded consciousnesses, a quality that can be seen by clairvoyants.

Who are they? How can one recognize them? They are people living in the emotions of hatred (anger, irritation, condemnation, etc.). They are disposed to violence, falsity, betrayal. This concerns both incarnate people and non-incarnate people-spirits because after disembodiment souls retain their qualities.

However, the forces of evil are absolutely necessary for those walking towards the Light, because they create the necessary tension, the opposition that

alone can temper the character of the warrior. Without passions and exertion of all strengths up to the highest degree, one cannot approach the Goal. Encounters with the forces of evil make the warrior seek unity with the Lord — this is why they are important.

"Some light-minded people believe that mechanical utterances of the Highest Names can protect them from dark attacks. However, it is the pure fire of the heart, rather than mechanical actions, that creates a firm shield." [4]

"… Those walking with the Forces of Light must know that without a tense battle there is no victory!" [2]

"It is asked why do We often delay in destroying enemies. There are many reasons, let us name two.

"The first is karmic conditions. It is easy to harm the near ones by touching an enemy bound to them by karma. This situation may be likened to a most delicate surgery when the surgeon does not amputate a diseased organ to avoid severing an adjacent artery… We consider it better to withdraw the dangerous companion than to destroy the entire caravan.

"The second reason is that enemies are a source of the tension of energy. Nothing increases the energy so much as does the resistance. Why invent artificial obstacles if the dark ones attempt with all their strength to increase our energy?!" [2]

"One should remember that positive forces create under the pressure of negative ones…" [2]

"No motion can happen without tension; therefore, every progressive Teaching requires enemies and a Teacher. … No tension happens without being useful. … For each growth of the spirit there must be difficult circumstances." [2]

"… One must remember well two conditions. First — hostile people should be avoided, for they are not entitled (to the Highest). Second — perhaps it is hostility that will serve as a good springboard (for you).

"But delay is not caused by enemies — look closer!" [2]

Yes, one should not always engage into battle with evil people. It is more important to achieve the Goal and help those walking together with you. "The creative vanquishing of chaos… is a constant feat. Yet, the battle with the dark ones is only a spasm that impedes progress." [2]

Hard Karma

The life of many people on the Earth is full of suffering. However, it is their destiny (karma) created by the ethical mistakes which they made in the

contemporary life or in the past lives. This situation is favorable for them to begin seeking the way out of the desperate situation and thus to begin changing themselves. If one does not do this, the situation gets worse.

"… Human souls go through the 'purgatory' on the Earth." [3]

(Another possible reason for our afflictions is God's using them as a means for pointing out to His students a necessity for a radical change in their "course of life" [12]).

In any case — during whatever calamity and affliction — one has to heed the guidance of God more than usual, to get rid of one's lower self, and try to stay closer to Him.

"One must understand that imperil (the psychic energy of hatred, anger) and coarse worldly desires produce severe ulcers… Ulcers of the spirit are carried over to the other world if they are not healed on the Earth. Liberation from the material body does not mean deliverance from spiritual ulcers." [3]

"Forces serving the Light do not interfere with one's karma, as some who are not aware of the power of karma believe. The Forces of Light observe human actions, suggesting the direction yet not interfering with life." [3]

Only those spiritually ignorant become embittered by earthly suffering, thus dooming themselves to hell [3].

Liberation from the shackles of hell is achieved through repentance (conscious regret about misdeeds, its purpose is to learn to avoid repeating mistakes), through the work on growing positive qualities in oneself and approaching God. They who achieved with their developed spiritual hearts the Mergence with the Divine Fire become fully liberated from their bad karma.

God says: "I am the best Help to you!" [40:Leaves of Morya's Garden. Call].

The best remedy for all afflictions is Mergence with Him. If we stay in this Mergence, we have His Shield. "All dangers are trifling. Even an encounter with strong dark entities is not dangerous if one maintains a firm connection with the Hierarchy!" [40:Heart]

In order to come to the Mergence, one has to wage war, the war against one's own imperfections.

"Let people realize (now) the surrounding danger. … Life in the subtle world (between incarnations) is incomparably longer. One has to be prepared for it!" [40:AUM]

"… It is terrible to be afraid of the Light, because the Fire turns then into a devouring flame!" [40:AUM]

"It is so difficult for people to say the simplest law: 'Blessed are the obstacles — thanks to them we grow.' People admit tests easily until

encountering them. No one is willing to quicken his or her advancement through obstacles!

"It is still more intolerable to humanity to hear about the usefulness of suffering. The reason is not that people fear pain or discomfort, but that they cannot think of a life beyond earthly existence! They are ready to suffer the discomfort of an overnight stay for the sake of tomorrow's celebration, but they do not want to contrast the earthly life with the Infinity!

"Fear of the Infinity is the most shameful manifestation of a thinking being!" [40:AUM]

Psychoenergetical Work

Healing

The mechanism of the development of many diseases, including cancer, is an intrusion of dark energies into one's body through its weakened energy structures [3].

Many mental diseases of the schizophrenia type are caused by a dark entity settling in the body of a vicious person. The typical karmic reasons for this are betrayal or carelessness. [2]

"Those of pure heart are invulnerable to the sickness of possession, but putrid hearts can attract awful entities." [3]

The situation of a mental disease of that kind is almost hopeless, but in case of a corporal disease caused by such factors one can resort to bioenergetical correction. [2; 40:AUM; see also 15]

Yes, cancer is an affliction of mankind, and it will grow. But those who do not eat meat, drink alcohol, use tobacco and drugs, who maintain pure psychic energy — such people should not be afraid of cancer. [40:Agni Yoga]

Treating cancer in its initial stage can be surgical. However, the treatment is meaningless if such a person after being cured continues to live a vicious life. [40:Agni Yoga]

As for infectious diseases, one has to know that they should be treated in a combined manner: using both bioenergetical and medical means [1].

In any case — including energy attacks of dark entities — one can protect the organism by creating a Fiery Shield, i.e. by uniting oneself with the Flame of a Divine Teacher.[144] These battles are initiated by God with the purpose of

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[144] There is a higher level of perfection in creating the Shield: one has to submerge completely with the consciousness into the Infinity (the Abode of the Creator). Then the

teaching us to come closer to Him. If one does not have the Shield yet, the protection can be ensured by a protective network formed by the chakras filled with energy [2,3].

Every one of us has to accept that the health is necessary, first, for successful advancement along the Path of self-development and thus needs our attention, and, second, it is directly related to the spiritual efforts that we make.

The healing of oneself or of other people has to be comprehensive. It should begin with an analysis of the karmic reasons and removing them through repentance. Only then (or along with penitential work), one may perform psychoenergetical, medical, and other kinds of healing.

It is also important to remember that God always controls everything that happens to us. And He expects correct decisions from us. Such decisions can take place only if we have learned to view the situation not in the egocentric way but from the standpoint of God, i.e. feeling not ourselves but Him as the Regulator, the Goal, the Meaning, and the Center of everything happening in the universe.

"Verily, karma is frightening only to those who indulge in idleness" [2].

"Observe how each deed influences the fluctuations of karma.

"One can see how betrayal in all its forms causes a quick formation of (negative) karma. One can learn much from such observations. It is a pity to see people harming themselves! One can see how a viper strikes the inner being during these self-defeats. Nothing can avert the consequences, for the cause and effect are too close." [2]

On the contrary: "The growth of the spiritual warriors as consciousnesses is verily a celebration for Us!" [2]

The one who encompasses active, creative love — conquers the negative karma and cognizes the Divine Fire. And "… the cosmic daring suffuses (such) a carrier of Fire" [2].

"Among the kinds of courage, the most invincible is the courage of the flaming heart when, with full resoluteness, with full awareness of the feat, the warrior knows only the Path of advance.

"Only the extreme degree of the courage of desperation is comparable to the courage of the flaming heart. With the same speed as the desperation flees from the past — the courage of the flaming heart advances to the future.

"Curtain", which separates the Infinity from the rest, becomes an absolutely invulnerable variation of the Shield.

"Thus, if one lacks the courage of the flaming heart, let there be the courage of desperation! Only thus warriors can achieve victory when the pressure is great.

"All other kinds of courage are of no significance, for there is half-decisiveness in them. One has to avoid this quality, next to cowardice and betrayal." [2]

"Which way is the most certain on the Path to Us? The most certain way is the selflessness of the feat! The most wondrous fire is the flame of the heart filled with love for the Hierarchy!" [2]

"Help each other, harken! Help in small and in great! … Help wherever the hand can reach, wherever a thought can fly! … The heart aflame with help is Our heart!" [2]

Approaching Shambhala

"Shambhala is an essential place where the spiritual world unites with the material one." [40:Leaves of Morya's Garden. Illumination]

Shambhala is the place where abide the Hierarchs Who guide the life on the Earth. It can be found, among other places, in the center of the Earth's structure [2], in the multidimensional depth. Shambhala is the *Focus* of the *Main Magnet* for all human souls that have to enter this highest, subtlest layer of the multidimensional space by undergoing "transmutation". In Shambhala, they cognize the Baptism in the Divine Fire [3] and, having settled there, merge forever with the Primordial Consciousness.

One cognizes Shambhala by expanding the spiritual heart to such an extent that it encompasses all the subtlest worlds including the Fiery World of Shambhala. Further expansion of the heart allows one to fill with it the Infinity [2,3].

How can one begin walking the Path to God, to the Highest Hierarchs, to Shambhala?

First, one needs to perform ethical self-correction. It has to include a fiery aspiration to the Perfection and active service to the Evolution through service to people.

Second, one has to put in order the body and its energy structures, to gain health.

Both these points necessarily imply switching to *killing-free* nutrition: i.e. refusal of using bodies of killed animals for food [1]. This is important from the ethical standpoint, first of all. Without correct nutrition, one cannot gain stable health, cannot advance to God. (See more details on the correct nutrition in [6]).

Those capable then come to the next stages of the psychoenergetical work, which include meditations and development of the chakras. If this work is performed correctly, it results in gradual "transmutation" of the consciousness: in its refinement up to the state of the Divine Fire.

"… Humanity must become aware of its Fiery center of the Hierarchy, which guides people and imbues them with a powerful leading principle" [2].

One perceives the first contacts with God as a blessing coming from above [2]. This is also a manifestation of the Holy Spirit's caring about us — His encouraging *signs*.

Then one has to learn not only to feel His Flows but also to merge with Him outside the body. This is realized first through the meditation *Pranava* [6]. By practicing such a Mergence, one undergoes gradual *crystallization* of the consciousness, i.e. direct growth of its volume and power.

Divine Fire

In the book [4] it is said: "We exclaim: Fire, Fire! However, only few understand what Fire it is…"

Yes, the Highest Hierarchs manifest Themselves in the Creation in the form of *Divine Flame*, non-burning to the righteous.

They also can appear above the surface of the Earth in a giant anthropomorphic Fiery form towering to the sky.

They can enter the hearts of their devoted disciples igniting the Divine Fire in them.

Full submersion of the spiritual seeker as the consciousness into the Fire and Mergence with It results in the "burning away" of all unfavorable remnants of the karma. And "burning throughout" the body with this Fire results in its healing.

… Everything in the universe is regulated by the *Law of attraction*. It works not only in the material world but in the spiritual world as well. All souls in the process of their positive evolution move along the Path of refinement to the *Highest Magnet* — to the Consciousness of the Creator in His Abode — in the Infinity. This is the law of Evolution established by God. Therefore, it is better to follow it, to live in agreement with God. This law says that we are embodied on the Earth with the purpose of developing ourselves qualitatively and quantitatively, in particular, by refining ("transmuting") the consciousness for the sake of moving to more and more subtle layers of the Creation, for the sake of enriching the Primordial Consciousness, the Creator with ourselves.

Those who willingly walk on this Path receive His help. Those who oppose, who attach themselves to the material, who defend their separateness by growing their arrogant and petty "I", who cultivate coarseness for the sake of achieving success in worldly affairs — such people establish their separateness from God, renounce His Love, form bad karma for themselves, and go to hell.

Therefore, God suggests: "Let the consciousness expand towards the *Focus*" [2]. "… The center is occupied by the Hierarchy. From there all rays emanate…" [2]. Let us aspire to it!

Therefore, one should seek Shambhala not in the mountains, where some people believe it is, but… in the highest spatial dimension.

The information about how the Highest Hierarchs help us on this Path can be found in this book.

"How little does humanity relate the idea of responsibility to the concept of Shambhala, regarding it rather as a land ordained for rest! If people would realize that the Brothers of humanity bear all the burden of human consciousness! If people would realize that We carry the responsibility for all their intentions! If people would realize that the essence of Shambhala is the Source which creates a better step for humanity!…

"The comprehension of Our Image by humanity completely contradicts the reality!

"We serve the progress of humanity!" [2]

"It has never been said to rely upon the Lord. On the contrary, it was repeated: 'Be imbued with the Lord!' There is a great difference between timid and inactive reliance and imbuing the entire being with the Consciousness of the Lord. Like a powerful sword, the consciousness merged with the Lord destroys all obstacles! Doubt cannot arise if the flaming consciousness is kindled! There will be no fatigue if the Inexhaustible Source of Strength is accepted! Fear cannot enter the temple of impenetrable armor! Thus, I advise accepting My Shields not through resorting to a 'saving' protection but to achieve victory through Mergence of consciousnesses." [2]

Warriors Who achieve Mergence with the Divine Fire in the Infinity become "Earthly Representatives of the Hierarchy" [2]. Through Them God explains His Will at the highest level of competence.

The Heart

The entire path of the psychoenergetical development of man is based on the development of the spiritual heart, because the highest spiritual

achievements are realized by the energy of the consciousness expanded from the anahata chakra.

"… The heart should be understood as the only link between the visible and invisible worlds. … Only the thread of the heart leads one to the Infinity." [2]

"Mergence with the Highest can be realized only through the kindled *fire of the heart!*" [2]

"In order to link the chain of the worlds (of the multidimensional space), one has to pay special attention to the heart. Only thus can we stay within the boundaries of… the growth of the spirit (i.e. the correct quantitative growth of the consciousness)." [2]

The spiritual heart is an organ of an individual consciousness that produces the emotions of love.

Emotions are states of consciousness. They are born not in the brain but in special structures of the organism — in the chakras.

By entering the anahata chakra, the consciousness enters the state of cordial love.

God is Love, therefore Mergence with Him is possible only if man transforms into Love and develops stability and power in this state.

"The heart is the link connecting the worlds, and only the heart can respond to the Heart of the Lord and the entire Hierarchy!" [2]

"… A consciousness that does not comprehend this can only mumble great words, but cannot apply them to life, because only a heart saturated with the Greatness of the Hierarchy can understand the entire greatness of the Cosmic Law." [2]

"It is correct to say that love is a guiding, creative principle. This means that love must be conscious, (rightly) aspiring, and self-denying. … The heart filled with love is able and valiant and will expand until it encompasses (God)." [2]

"The love of the feat is not austere for those aflame in heart, but it frightens those who love their weaknesses and those who waver, embracing the illusionary 'I'.

"The creative *fire of the heart* does not wander, it resolutely ascends by the steps of the Hierarchy to the *Highest Light*.

"Love is a guiding, creative principle." [2]

Agni Yoga is the Path of fiery cordial love for God. It is a realization of the ideas of Bhakti Yoga.

Yet, we have to understand that one cannot develop the capability for the cordial love only by appealing to it or by means of psychoenergetical methods alone. Love is the result of the complex development of strong souls. And in

order to gain such love, we have to form ourselves through usual earthly activity, through special esoteric practices, and what is most important — through intellectual work on ethical correction of ourselves.

The Refinement of the Consciousness

The refinement of the consciousness with its gradual penetration into deeper and deeper layers of the multidimensional space is a way to Mergence with the Divine Consciousness.

However, the spiritual Path begins not with psychoenergetical work but with ethics.

The previously considered ethical principles are not a moral dogma. They contribute very directly to the correct development of the consciousnesses. They help one to gain the main qualities that are characteristic of God in the Aspects of the Creator, Holy Spirit, and Messiah. These qualities are Love, Wisdom, Power, and Subtlety.

We cultivate love in ourselves by caring about other incarnate beings, including plants, animals, different groups of people, and quite concrete people, by increasing our love for God up to the highest level, and through our self-sacrificial service to Him.

We develop wisdom by studying ourselves and other incarnate and non-incarnate beings, God. Gaining wisdom is not possible without service to God manifested as spiritual service to people. And cognition of God is realized by means of redirecting the inquiring mind and cordial love — to Him. One of the main features of wisdom is the creative ability developed in the process of service.

And the true power, which is born initially in one's earthly activity, is manifested on the highest stages of growth as the powerful and subtle consciousness.

… Thus one can see that the main principle of development of the Divine qualities in oneself is the refinement of the consciousness.

It begins with a refusal of coarse emotional states and cultivating subtle states in oneself. Only then can one use the psychoenergetical techniques of refinement.

So, it is for the purpose of preparing oneself to really serious esoteric work of self-development that one needs ethical self-correction, development of the ability to admire the beautiful and to attune to it, and the ability to be gentle, tender.

Let us now read some quotations:

"One should not be attached in thoughts to dark and oppressive memories, for they, like leeches, will suck one's life-energy.

"One should forget about failures, for they happen in the life of everyone.

"Why drag along a needless tail of woes?" [4]

"Beauty: Cosmos establishes the Evolution on this formula!" [40:Infinity]

"It is one thing to reason abstractly about the distant worlds, and it is another thing to realize oneself as a participant there.

"Only they who have not closed for themselves the path to beauty can understand how near to them the distant worlds (eons) are!" [1]

"At first it is necessary to habituate oneself to the refinement of emotions, in order to saturate the spirit with the necessary attraction to the world of beauty. Thus the conventional conception of standards (of beautiful) will be replaced by the true understanding of beauty. … The refinement of emotions must be introduced into life." [3]

"… We gave the basis for actions and works that are based on beauty!" [2]

"… Wonderful pearls of art can truly elevate and transform the spirit!" [2]

"… One should develop all thoughts leading to the refinement of the consciousness. Thus one can build a higher step (for oneself)!" [2]

"… Only with the force of devotion to the Teacher can one achieve the refinement of the consciousness!" [2]

"… The evolution of the spirit requires (its) refinement, which is essential for constructiveness." [2]

"… Only subtle energies can be joined to the subtle; therefore, the straightest path is through the heart!" [3]

"The psychic energy can be different in its quality. Its refinement can impregnate the higher manifestations of the vital functions… In the process of refinement, the psychic energy passes through its stages." [3]

The Teachings of Juan Matus

The Teachings of Juan Matus were described in detail by Carlos Castaneda — our contemporary from Los Angeles. His books known to us were published in the period from 1966 to 1987 [19-27]. We also know the book by D.C.Noel *Seeing Castaneda*, which contains interviews with him [45].

It must be noted right away that in his books Castaneda describes the period of his relationship with don Juan that lasted for about three decades. Over this period, it was not only Castaneda who advanced in his development

but also don Juan himself. Reading Castaneda's books, one can see both the early and the later personal spiritual quest of don Juan, which was not free from mistakes. This is why the spiritual concept of this School must be evaluated not based on what don Juan spoke and did over these decades, but on what he attained by the end of his earthly life.

So, the future author of bestsellers about the School of Juan Matus, Carlos Castaneda was an undergraduate student in a university in the USA, majoring in anthropology. He had to collect material for his thesis, so he went to Mexico to study the experience of Native Americans in using medicinal and psychotropic plants. Upon arrival to Mexico, he started searching for people competent in this issue. He was introduced to a Native American, whose name was Juan Matus and who agreed to provide Castaneda with the data he needed free of charge.

They got acquainted, and their joint work began. In due course, Castaneda discovered that don Juan possessed the knowledge not only about the qualities of plants but also about the ancient art of Toltecs' sorcery. Moreover, don Juan turned out to be a sorcerer himself. For the first time in his life, Castaneda came across phenomena that were beyond his secular and religious beliefs. For example, it turned out that lizards could talk, people could fly with their bodies, extract various things "out of nowhere", and so on. Castaneda found himself captivated by all these different phenomena and interested as a scientist in this area of knowledge, which was new for him.

Once don Juan invited Castaneda to a meeting where his associates were taking self-made psychedelics. Castaneda tried them as well. And what happened then made don Juan, for the first time, view Castaneda as a promising disciple.

Don Juan was a mystic and perceived the whole world in a mystical way. For example, he attached great importance to so-called *signs* coming to him from the *separate reality*.

It happened that Castaneda, upon swallowing a few pills of peyote, started playing a strange game with a dog. They began to urinate on each other… It was the dog's behavior, absolutely unusual for a dog, that was of significance there. It was interpreted by don Juan as a sign from God (Who was called the Power in this tradition) indicating the significance of non- Native American Castaneda for the School. Since that moment, Castaneda became a member of the party (that is, the group) of don Juan's disciples. And don Juan started to initiate him gradually into the secret knowledge of his School.

What was the worldview concept of the School?

The universe consists of two "parallel" worlds: the first of them is called the *tonal* (that is, the world of material things), and the second — the *nagual* (the non-material world).

We communicate with the world of matter through the so-called *first attention*, i.e. the attention relying on the organs of sense of the material body.

To become capable of cognizing the nagual, one has to develop the *second attention*, that is, clairvoyance.

There is also the *third attention*, by means of which one perceives the Creator and His Manifestation, which don Juan referred to as the *Fire*.

According to the mythology shared by don Juan's predecessors, the world is governed by the universal divine Eagle. This was their concept of God. However fantastic it seems, it is monotheistic.

This Eagle feeds on souls that leave human bodies. But the Eagle also confers the chance on some people to "skip" past His beak after death and to achieve immortality, provided that during their life in the body they acquired skills necessary for this, developed themselves as consciousnesses to the required degree, and gained the required power.

This concept contained a frightening element, which was supposed to force a person to make efforts on self-perfection. But, like Jesus Christ, don Juan strongly opposed this attitude towards God, which was based on fear. He said that in order to approach God, one has to take the *path of heart* — that is the path of Love. It is interesting that don Juan came to this understanding independently of the influence of other spiritual traditions. He was not familiar with the Teachings of either Krishna or Jesus Christ, nor has he ever read Sufi or Taoist books. It is obvious that he did not read the New Testament, otherwise he would quote it for sure.

A person resolved to achieve immortality, first has to become a "hunter". Not a hunter who kills game, but that for knowledge, who walks the *path of heart* — caring, loving both the Earth and the beings that live on it.

Having mastered the stage of spiritual "hunter", one can become a spiritual "warrior" — that is the one who "traces" Power (God), striving to "stalk" It and to cognize It.

Don Juan often taught Castaneda and his other disciples when they walked in the desert and in the mountains — in the most natural conditions of direct contact with the world that surrounds us.

For instance, once they caught a wild rabbit. Don Juan knew that the life of this rabbit on the Earth was coming to an end, according to its destiny. And he suggested that Castaneda kill this rabbit with his own hands. Castaneda exclaimed, "I cannot do this!" Don Juan objected, "But you have killed animals

before!" Castaneda replied, "Yes, but I killed them with my rifle, from a distance, without having to see them die…"

Castaneda refused to commit killing; for the first time he thought about his ethic right to do this, about the suffering of the creatures being killed.

However, the rabbit died by itself before Castaneda's eyes, because the time of its stay on the Earth had really run out.

Once don Juan and Castaneda were walking down the street and saw a snail crossing the road. And don Juan used this example to explain the philosophy of the role of a person in the destinies of other creatures.

In such a way Castaneda, who at the beginning was very proud of his being a learned and civilized person, became increasingly convinced that true wisdom belonged not to him but to this old Native American, a great spiritual Seeker and Teacher, who lived the life of a hunter and a warrior in harmony with the world around him.

… After his disciples had mastered the basics of ethics and wisdom, don Juan would proceed to teaching them psychoenergetical methods.

It should be noted here that only a very limited number of students were accepted into don Juan's School. The criterion of selection was the level of the development of the energy structures of the organism — the chakras. Of course, Native Americans did not use such words as chakras and dantians. But they spoke of segments in the energy *cocoon* of man. And only disciples with the developed chakras were considered to be promising and able to withstand on the path of a hunter and warrior.

Therefore, those enrolled in the School had a big experience in psychoenergetical work acquired in their previous lives on the Earth. That is, they were ready for serious work from the psychoenergetical standpoint.

This allowed them to start psychoenergetical training not with cleansing and development of the meridians and chakras, but immediately with development of the main power structure of the organism — hara (the lower dantian).

When the work with hara was completed, the next stage followed: the division of the *cocoon* into two parts: the upper and the lower *bubbles of perception*. It is from these *bubbles* that one perceives the tonal and the nagual, respectively.

Division of the *cocoon* into two *bubbles of perception* was regarded as an important intermediate step towards further stages of psychoenergetical self-perfection. One had to master concentration of the consciousness in both "poles" of the *cocoon* divided in such a way.

Then, further work was performed in order to develop the lower *bubble of perception*. But it was started only after the consciousness had been properly refined, or, as it was called in the don Juan's School, after cleansing the luminosity of the *cocoon*.

That is, as in all other advanced spiritual Schools, the techniques aimed at the refinement of the consciousness preceded the large-scale process of its *crystallization*. However, Castaneda does not describe the methods of "cleansing the luminosity" except the one, which can be viewed only as a joke, namely — inhaling the smoke of a fire.

Thanks to the refinement of the consciousness and the work with the lower *bubble of perception*, including mastering the state of Nirodhi, the disciples attained the state of Nirvana (though, they did not know this Sanskrit term). First, they mastered the static variation of Nirvana in Brahman, and after this — the dynamic one, when the *crystallized* consciousness acts in subtle eons. In this state, one can easily touch with the consciousness any being within the Earth or near it, provided one has information about this being.

Once don Juan slapped Castaneda on the back with his hand (he often used this technique to shift the *assemblage point*, that is the zone of distribution of the disciple's consciousness) — and Castaneda, prepared for this by preceding exercises, entered the static variation of Nirvana in one of the Brahmanic states. At that moment, he for the first time experienced the state of deep peace, for the first time he perceived God, he perceived that God is Love indeed…

But suddenly he heard the voice of don Juan saying that this state was, though fine, — not that to which he had to aspire now. You have to advance further! Do not think that this is the limit of your abilities… With these words don Juan suggested to Castaneda, who had cognized the supreme bliss of Nirvana, not to "get attached" to this bliss, but to keep on going further… At first, Castaneda felt offended and angry with don Juan, but the latter was unbending: one must advance further!…

And what is further? It is the dynamic aspect of Nirvana when the *crystallized* consciousness acts in the subtle eons. In this state, one can touch with the consciousness any being within the Earth and around it; in order to do this, one needs just to have information about this being.

The state of Nirodhi, known in all developed Schools of Buddhi Yoga, don Juan described also in endemic terms specific to this School. The disciples were taught that there exist energy waves, which constantly roll on all living creatures and from which we are shielded by our *cocoons*. And that one can use the power of these waves for transferring oneself with their help into unknown worlds. (These unknown worlds are other spatial dimensions). To make it

happen, one has to allow the *rolling force* to flood the *cocoon*. Then one turns into "nothing", one's "I" dies.

It is only after attaining the state of disappearance in Brahman that it becomes possible to cognize Ishvara — and to disappear in Him forever, having conquered death. That is, as don Juan understood, one must not "skip past the Eagle's beak" but to merge into universal God-Power.

It should be noted that with the help of the Fire one can master dematerialization of the material body. Juan Matus and his companions performed this.

… So, we have considered the principal stages of work in the Buddhi Yoga School of Juan Matus. They turn out to be common for all Schools of Buddhi Yoga, regardless of the location of these Schools on the Earth's surface or whether they are connected with each other or not, and regardless of the languages spoken in these Schools and the terms used in them. It is so because God guides people, who devote their lives to Him, according to the same laws of spiritual development.

And now, let us consider in more detail the specific methods of work in the School of Juan Matus, which have been described by Castaneda and which we can apply to ourselves.

They can be divided into two groups: preliminary and basic ones.

The first of the preliminary methods is *recapitulation*. In essence, this is the same as repentance, which is present in all major religions. The disciples had to recall — mainly in seclusion which lasted for several days — all the mistakes they had made in their lives, and to re-live those situations anew, this time correctly. To make the disciples more "interested" in this very hard work, they were told that during *recapitulation* they would regain the energy wasted as a result of their incorrect emotional reactions. The quality of the penitential work did not deteriorate because of this trick, since its major goal — to learn to react in the ethically correct way and to avoid sinning — was achieved, provided that the disciples made due efforts.

They also had to destroy the feeling of self-importance and self-pity — since these qualities result in a tremendous waste of one's personal energy. Indeed, if one views oneself as being very important and someone else encroaches on this importance with his or her disrespectful attitude, one reacts with emotional outburst of resentment, anger, and so forth. In this process, the energy of the organism is intensively wasted.

Here is an interesting fact of Castaneda's biography: when his study in don Juan's School came to an end, he and his closest companion, la Gorda — though Castaneda became a millionaire thanks to his books and could live a life free

from material concerns — in spite of this, he and la Gorda got hired under different names as servants to a rich man and suffered humiliations from rudeness and treachery of other servants. They resorted to this in order to destroy completely the feeling of self-importance, to erase from their memories their own *personal history* — so as to attain humility. Since everything that happens to a warrior on the physical plane, as Castaneda put it, *does not matter*, the only thing that matters is the state of the consciousness.

And it is of no importance indeed, compared to the Supreme Goal! That which is of principal importance is the ability to be naught, the ability not to *defend* yourself when someone is unjust to you, but to *be protected* — so taught don Juan. And the state of being protected comes only when "there is no myself", when there is only God.

One of the most essential preparatory elements of the work in the School of Juan Matus was "sweeping of the tonal", which is called observance of aparigraha in the ethics of Hindu Yoga.

We have already mentioned the wise don Juan's ability to explain the most complicated philosophical matters in an easy-to-understand manner using natural examples from everyday life. He did it, for example, when explaining this principle to his disciples.

Once don Juan assembled the disciples, took a sack and put into it a radio, a tape recorder, and several other things found in the house of one of the disciples. Then he gave this sack to one disciple to carry, gave a table to another disciple to carry, and took them to the mountains. In the middle of a valley, he told them to put the table down and emptied the contents of the sack onto it. Then he took the disciples at some distance from the table and asked them what they saw.

They said that they saw a radio… and so on and so forth…

Then don Juan came to the table and whisked everything off it. "Take another look and tell me what do you see now?", he said. Only then the disciples understood don Juan: he wanted them to see not only the things on the table, but the table itself and more — the space around the table. But the things on the table prevented the disciples from seeing the world around them by drawing their attention to themselves.

In this way don Juan demonstrated to his disciples that in order to cognize the nagual, and then — God, one has to cleanse the tonal around oneself.

Perhaps, it is appropriate to recall the example of observance of the same principle in the history of Christianity: monks had in their cells, besides icons and a few books, a coffin in which they slept — so as to remember constantly

about the inevitable death, which urges those who remember about it to intensify their spiritual efforts.

Additionally, don Juan taught the disciples to destroy stereotypes of material life, as for instance, strict observance of one's routines. For what purpose? In order to attain freedom. The destruction of unreasonable patterns of behavior, thinking, and reacting, instilled in us in the process of our upbringing, must result in the "loss of the human form", that is, in attaining the state when we learn to act not according to our reflexes or because it is customary to act so, but in accordance with advisability.

The "loss of the human form" is not a short-term mechanic action, as some disciples of don Juan fantasized, but a prolonged process, accompanying a man's gradual approach to God. This process comes to an end when the seeker learns to look at all situations with the eyes of the Creator.

But attaining the "loss of the human form" does not mean that man starts to behave "unlike everyone else" in society, because, first, inevitable conflicts with other people would prevent him from fulfilling his main duty. Second, the conduct, which is "defiant" by form, in many cases turns out to be a breach of the basic law of objective ethics — making no harm to other living beings. This is why the disciples were suggested to observe conventional norms of behavior, sometimes secretly laughing at them and resorting to the so-called "controlled folly".

To illustrate this, don Juan once astounded Castaneda by taking off his usual Native American garments and putting on an immaculate modern suit for his trip to town!

In connection with this, don Juan also taught his disciples to talk to people in the language that they could understand. For example, once he and Castaneda were sitting on a bench near a church and saw how two middle aged ladies came out from a church and hesitated about descending several steps. Then don Juan came and helped them to come down, and advised them that if they fell, they should not move until a doctor arrived. The ladies were sincerely grateful to him for this advice.

The next very important methodical technique is remembering about one's own death.

The majority of people today are accustomed to banishing the thought of their death. And even when we come across the facts of other people passing away, we never try to imagine ourselves in their place. We assure ourselves that even if this is going to happen to us, it is a very long time ahead.

If each of us asks oneself now: "When will I die?" — the dates will be very distant, though theoretically everyone knows that people die at any age.

So, don Juan suggested that we imagine that personified death is always with us. And if one quickly looks back over the left shoulder, then it is possible to catch a glimpse of death. "At this moment, death is sitting next to you on the same mat, waiting for your mistake", he said to Castaneda. And no one is aware of the moment when he or she is going to die; this is why we should not have any unfinished works.

Let me cite these remarkable words of don Juan, for it is one of his best theoretical developments:

"… How can anyone feel so important when we know that death is stalking us?

"… The thing to do when you are impatient is to turn to your left and ask advice from your death. An immense amount of pettiness is dropped if your death makes a gesture to you, or if you catch a glimpse of it, or if you just have the feeling that your companion is there watching you.

"Death is a wise adviser that we have… One… has to ask death's advice and drop the cursed pettiness that belongs to men that live their lives as if death will never tap them!

"If you do not think of your death, all your life will be just personal chaos!

"(The warrior) knows that death is stalking him or her and won't give time to cling to anything… And thus with an awareness of death,… and with the power of his or her own decisions, the warrior sets life in a strategic manner… and what the warrior chooses is always strategically the best; and thus the warrior performs everything with gusto and lusty efficiency!

"Life for the warrior is an exercise in strategy.

"Without the awareness of death everything is ordinary, trivial. It is only because death is stalking us that the world is an unfathomable mystery.

"You have little time and no time for crap. A wonderful state! The best of us always comes out when we are against the wall, when we feel the sword dangling overhead. … I wouldn't have it any other way.".

Another important aspect of working with disciples was mastering the *mental pause* or, in other words, stoppage of "inner dialogue" (the first term is preferable because besides "inner dialogues" there are also "inner monologues").

This is an absolutely necessary prerequisite for mastering the nagual, because the nagual is mastered by means of meditation, and meditation, as Rajneesh put it nicely, is the state of *non-mind*. That is, to learn to immerse the consciousness into the nagual, one has to learn to stop, to switch off the mind.

For the purpose of attaining the *mental pause*, don Juan used the following techniques:

1. Psychedelics. It should be noted, however, that don Juan used this method only in the very beginning of their joint work, and later on he gave it up. Second, Castaneda complained afterwards that though he was immensely grateful to don Juan for everything that he had done for him, but nonetheless his (Castaneda's) liver was still marked with scars. Hence, it is absolutely unadvisable to follow their example as to using psychedelics. All the more, there are other, far more effective and harmless means of mastering the *mental pause* at our disposal.

2. "Gazing". One had to look at some object for a long time and in fixed manner, for example, at a ravine, flowing water, and so on. As a result, the *first attention* got exhausted and switched off leaving room for the *second attention*.

3. Prolonged suspension of one's body on devices like a swing.

The training mentioned above resulted in attaining the state that in Chinese Yoga is called *wu-wei — non-doing*, that is non-doing on the physical plane, when the mind (manas) stops, and we get the opportunity for directed meditation, for the activity of the buddhi. Manas and buddhi are in reciprocal relations: they cannot act simultaneously, at any point in time only one of them operates. (That does not mean that a person without a body or in the state of meditation loses reason. No. A developed *crystallized* consciousness thinks. But it thinks in another way, not in the worldly manner).

Another unique technique developed in this School by don Juan's predecessors is intentional interaction with people-tyrants. The technique was employed for attainment of *impeccability of a warrior*, i.e. the ability to follow ethical principles and adhere to strategy of objectively valid behavior in situations of urgency. Some time in the past don Juan himself was sent by his teacher to a fierce foreman-tyrant for such training. In Mexico such people were considered very rare, and to find one was regarded a big luck by warriors.

… Now let us list the methods of psychoenergetical work used in the don Juan's School:

1. Cleansing of the inner luminosity (i.e. the refinement of the consciousness).

2. Use of *places of power* — energetically significant zones favorable for mastering particular meditations.

3. *Dreaming*, which was given much attention in the work of the School. What is it? Many people, having read Castaneda's books, try to use their night sleep for this purpose without success. No, this is not the way it must be done. *Dreaming* is a synonym of the word *meditation*. Due to being unfamiliar with the terms commonly accepted in other countries, Central American Natives had to find their own words to denote techniques, phenomena, and objects of

spiritual practice. This is how the term *dreaming* was born, since meditative images sometimes are really similar to the images one sees in dreams.

Special training in *dreaming* allowed the disciples, in the state of being detached from the body, to run on the walls, to climb along energy beams (the *lines of the world*), and so on.

4. Learning to act in extreme magical situations, intentionally created by the preceptor. For this purpose, ethical vices of the disciples were used. For example, if a disciple had an inclination to attack selfishly other people, he or she was suggested to take part in a magical fight that he or she would lose for sure. And it turned out beneficial for all the participants.

5. The technique of shifting the *assemblage point* as a result of energetic impact of the preceptor (this was called *Nagual's blow*; the term *Nagual* had another meaning in this case: a leader who mastered the nagual and is capable of acting in it and from it).

6. Practice of meditative leveling-off of the energy *emanations* inside the *cocoon* in accordance with the outer *emanations* of the highest spatial dimensions.

7. Work with hara aimed at the development of the power aspect.

8. Use of *allies* (that is, spirits). It was done in two ways.

The first one — "taming" of spirits who had to, according to the plan, become assistants and protectors of the sorcerer. Both don Juan and his friend Genaro had such *allies* in the beginning of their spiritual quest.

But everyone must be warned that this is an erroneous and dangerous practice, which we in no way should try imitating. By the way, both don Juan and Genaro gave up this practice later on.

The other way of working with *allies* consisted in hunting them. No wonder such a tendency existed among Native Americans who lived in constant contact with wildlife. So, the disciples were told that at some moment they were sure to come across some *ally* in male human form who would challenge them to a fight. One can lose in this combat, giving way to fear, or one can win. In the latter case, one acquires the power of that spirit.

And the disciples prepared themselves for such a fight, which could take place any moment, by developing alertness (readiness) and other necessary qualities of warriors.

On the basis of this educational game, the disciples also performed the work on the development of the lower *bubble of perception*.

… To sum up the above said, let us consider the basic aspects of these Teachings, which are extremely rich in valuable theoretical and practical elements.

Don Juan pointed out three directions in the Teachings: a) the art of stalking, b) the art of intent, and c) the art of consciousness.

In the history of this Native American spiritual tradition, the art of stalking initially consisted in the ability to sneak, to stalk unnoticed among people who do not understand you (that is, people of lower stages of psychogenesis) — and to achieve your Goal.

But later on, owing in particular to personal contribution of don Juan, this trend was significantly expanded and included also the stalking of one's own vices. We have discussed this already. Let me just quote one brilliant formula, given by don Juan: God (in his parlance, Power) provides according to our impeccability. That is, God gives us an opportunity to approach Him, to immerse into increasing happiness of Mergence with Him — as we perfect ourselves ethically.

The second direction is the art of intent. *Intent*, in this context, is the same as *aspiration* to the Supreme Goal. A true warrior, in don Juan's meaning of this word, is a person with the correctly developed *intent*.

The third direction is the art of consciousness — it is what Buddhi Yoga is.

So, we could see once again, that God leads all people, who have attained a certain level of maturity in their psychogenesis, irrespective of the country and religious culture they live in, using the common methodological pattern. We should study these principles and trends and apply them to ourselves and to the people who follow us.

The Teachings of Babaji

Here we acquaint our readers with the Teachings about the Path to spiritual Perfection by Avatar Babaji from Haidakhan (India).

Babaji is the One Who of His Own Will incarnates on the Earth from age to age to help seekers of the Truth and to edify the spiritual leaders of our planet.

One of the earthly lives of Babaji is known to us from the book of Yogananda [80]. Yogananda describes, among other things, how Babaji easily dematerialized and then materialized again His body, when He wanted to move to somewhere on the surface of the Earth. He also performed materialization of objects.

The next coming of Babaji to the Earth in a body was from 1970 to 1984, again in India (He materialized a body that was already adult). He taught

people the art of the highest steps of the meditative practice and advised His followers on how to organize their lives better in front of God.

This is a reduced version of the title *Teachings of Babaji* (published by "Haidakhandi Samaj", India, 1990). The original consists of the introduction and a selection of all recorded sayings of Babaji presented in chronological order, including sayings addressed to concrete interlocutors only. For this edition, only those statements of the Great Guru were selected which are of significance for all people and in all times.

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You should seek harmony in everything that you do!

We must shed all jealousy and envy, because they are harmful.

There will always be hills and mountains to overcome on the way to God. … It is the duty of warriors to move the mountains!

(In the ashram) all people are prohibited from distributing food, clothes or money to the villagers. This creates an atmosphere of expectation and when it is not met, then the people return to steal things from the ashram.

All who come to the ashram must take responsibility for its care.

You must consider work as the real devotion.

Do your duty! Do not be idle! This is an age of action! Perform your Karma Yoga! Show ideal actions to the world! Service to humanity is service to God and worship of God!

Everyone should forget nationality: we are one here! This is a universal family! Have no idea of separation of identity: discard feelings of separateness! Serve the people with mind, body, wealth, and knowledge!

We are all equal, independent of the country we come from, and national differences should be ignored! We are all a unity!

Work as a unit: there is no caste or creed here, there are no differences!

Babaji blesses all who do their duty sincerely and with devotion! Do your duty lovingly!

Whenever the world faces the most difficult problems, the Lord takes on a human incarnation and comes to fulfill the needs and desires of humankind. However, when the Lord comes in human form, few recognize Him. Only those to whom the Lord wishes to reveal Himself realize that He is in fact more than just a normal human.

You may think that Babaji just sits here doing nothing. But He has been everywhere and is everywhere! He is doing much! Babaji sitting here is still present in the hearts of everyone in the world!

Those physically distant from here should not think they are far away — they are equally close to Me!

I do not recognize castes and races! I behold only one humanity! I am working for mankind while here!

Kindle the light in yourself, then kindle it in others! Like spreading light by lightning one candle from another all around a room, — so we should spread love from heart to heart!

If you are worthy, I shall show you freedom greater than the one you have dreamed about!

To become strong does not mean to become harsh and heartless. To become strong means to grow beyond pleasure and pain, beyond heat and cold!

There is no saint without a past and no sinner without a future!

There are many doctrines. Adhere to one principle — that of Truth, Simplicity, and Love. Live in truth, simplicity, and love and practice Karma Yoga!

I have come to guide humanity to a higher Path. I do not belong to any particular religion, but respect all religions. I seek the elevation of all mankind.

The result of hard work is happiness and the result of laziness is pain.

I want you to become brave warriors and attend carefully to your own duties! This is good for you!

Now a change on a vast scale, like those at the time of the Mahabharata, will take place.

Do not fall back in your work but go on! Karma Yoga is your first duty!

Every moment, in each breath, while eating, sleeping and working, remember the Lord!

Even the Sun and the Moon can move from their course, but the faith of a devotee should not be shaken! Never be moved by false doctrines!

While your minds and hearts are impure, how can God live in your hearts? The water to clean the heart is the name of God. So, teach everyone to repeat the name of God — everywhere.

I do not want idle people! Japa[145] does not take the place of karma[146]! Japa and work go together!

I do not want japa to be a pretext for idleness! Do japa with your work and be liberated!

Work and be the Light; repeat God's name!

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[145] Repetition of a name of God.

[146] Here: action, work.

Attachment to material things makes man cling to life[147]. While you are attached to life and afraid of death, you die with that fear and that weight clinging to you. If you die without fear and remembering the name of God, then the soul leaves the body free of that fear and attachment. If you are reborn, your soul is still free from that fear. If you die in Unity[148], you are free from rebirth, unless you will it.

We must always have good thoughts for each other!

All of you must be happy and healthy! Appreciate the joy of life!

The seeds of righteousness have been sown in your hearts for you to kindle the hearts of others! I seek the general good of all people in the world!

You must do everything that is possible to perfect humankind! All people will be saved if kindness and mercy will prevail. You must work to elevate humanity and eradicate pride, jealousy, and hatred. Unite in love to elevate yourselves! Each one of you must vow today to sacrifice everything to obtain (such) Oneness!

Be rid of attachment! And be prepared to burn your very bones, if necessary, to secure the public good and righteousness.

Why do you attach your minds to the transitory things in this world? Attach yourself to God!

Remove hatred and jealousy from the heart! The same thing was taught by Jesus Christ. Where there is jealousy and hatred, there is no religion!

I dislike idleness and gossiping! You have taken this birth on the Earth to work. Work hard! After death, what will you show to God? Not only here, but wherever you are, work hard!

Don't use intoxicating drugs but learn devotion and purity. It is strictly forbidden to use drugs! If you do so, there is no progress, you remain the same!

All of you must learn to be disciplined. Be alert 24 hours a day! All must vow to work and serve always, think good and do good! According to My plan, Liberation will come only to those who practice Karma Yoga.

Whatever money comes to you, spend it for good purposes!

I say all this in the service of humanity. To work, think good, and dedicate your life to humanity is the best! Each corner of the world must awaken to these words!

Only hard work can make a person powerful and energetic!

Think good! — Be good! — Do good! One can follow any religion, one can follow any practice or path, but one must be humane!

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[147] **To life in the body, to the body.**

[148] **In Unity with the Divine Consciousness**

You should sing devotional music in a way that stirs the soul — it should evoke deep feelings. You should sing with love! Do not sing like you are taking part in a theatrical performance! When you make music, it should touch the heart so that it leaves a memory on the mind! When you sing, you and those who listen to the kirtan[149] should enjoy it! It (kirtan) should be sung in harmony, with a slow rhythm. Put the soul into it, and it will flow! The melody should flow in all its sweetness!

Think of the Earth as of a Mother! This is one Earth! Don't be divided by thinking of yourselves as belonging to different countries! We belong to one Earth! Look to the future with a vision of good deeds for the whole world, not just one country!

When human beings come in this world, they forget their duty and fall into the attachment of maya[150] and into the concepts of "me" and "mine", and so they forget God.

Jealousy and hatred are the two causes by which humanity is ruined. In your lives these two vices should have no place!

I am against non-violence that makes a human being a coward. Fight for Truth! To face life, you must have great courage every day!

Everyone must be courageous, facing the difficulties of life with bravery! Cowardly people are like dead people!

I want to create a world of brave people who face life as it comes!

Keeping this basic principle in mind, our main duty should be to spread the Message of Karma Yoga in the world. We ourselves give an example to all, by practicing it!

Service to humanity is the best service to God! Our motto is "work is worship"!

The only way to obtain siddhis, to become really strong, is karma — action.

If you learn right action, you can do anything! Action is Mahayoga — the Highest Yoga! You should progress through action! Man is meant for action!

The main order of Mahaprabhuji[151] is that you must be punctual in all your duties, always!

There are many kinds of Yoga, but Karma Yoga is of supreme importance! Karma Yoga must come first, and then others types of Yoga can be added.

The great people who lived in the past thrived by doing Karma Yoga!

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[149] Divine service with a chanting of a name of God.

[150] Illusion.

[151] By this name Babaji sometimes called Himself.

Karma Yoga teaches you to live a true life! Only Karma Yoga is able to transform the world. Inaction is the cause of pain and all troubles!

Train your children in Karma Yoga, so that they may become people of good and strong character!

Take care of the body! As long as the body is in good health, you can serve! When you are sick, how can you serve? It is very important to have good health! In order to do karma, it is vital to keep your body healthy! So, follow these teachings about cleanliness and health and teach others, also!

So, all of you have to go beyond the fear of death and the hope of life and go on doing Karma Yoga! We must perform those actions which will benefit others — and not only other people but the whole of Creation!

Shri Mahaprabhuji wants a world of very brave and courageous people! If, with full faith and devotion to God and with a firm determination, people follow the Path of Truth, Simplicity, and Love with Karma Yoga, they will reach their goal! When the whole world is burning with the fire of sins and sorrows and the flames are about to swallow the world, this is the only way by which humanity can be saved!

There must be no place for fear! People must work fearlessly in the world! When man is fearless, no one can stand against him in battle — either a battle in material life or in spiritual life! He is victorious in all the battles of life!

Mahaprabhuji has control over the "god of death".

Mahaprabhuji can create many worlds and can destroy many creations at His Will. If you are His devotee or disciple, why should there be any fear in you? You should not worry at all! Be fearless!

Now Babaji is suggesting another point — that we must annihilate the feelings of "I-ness" and "my-ness" from our minds. When you all belong to this whole universe, where is the place for "I" and "mine?" By this means only will the world be benefited. This is not the concern of one individual but that of the whole universe.

Everyone must remove the differences between themselves and others and work in the world in unity!

There is only one way for mankind to be saved and that is by changing the hearts of all people. Shri Mahaprabhuji will give His full Spiritual Power to this, but every man and woman will also have to make their best efforts towards this end!

In every way, in every manner possible, do good to others and make them happy! To each individual and to every country, provide what they lack!

If you are engaged in doing good deeds and go on doing good acts, you will have good sleep, good appetite and bad thoughts will not cross your mind. Otherwise, you will always be criticizing others.

The food which we eat must be clean and nutritious. We should pay special attention to everyone's health! Wherever there are centers, people should try to grow and cook good vegetables and make halvah and distribute them to others. Food should be nutritious so your strength for working will increase and your minds will be strong, too. It is necessary to keep the body in good health in order to do good karma! If the body is not strong, how will you work? We should eat nutritious food so our bodies become energetic and our brains work better[152]!

I want a world of strong and healthy people! I want people in this Creation to be as fast in their actions as the wind! I want people who work with all their bodily energies! At this time, the world needs such brave, strong people!

We must follow a Path which will strengthen us! How can that be done? It can only be done when you are hard working and active! That is why it is very essential to be active and hard working! See Babaji here, Who is working from morning until evening like a machine!

We must depend on ourselves and not lay our burden on others!

No one should cease the practice of Karma Yoga! This is the eternal, unshakable Way!

The fact is, a great fire of sins and sorrows is burning throughout the world. Everyone living walks and works through this fire! Death is dancing before everyone's eyes!

The calamities, which are coming to this world, are unavoidable. Only the one who has a strong determination to do good acts and who is strongly devoted to God can survive this destruction!

Only the one who has surrendered completely to the will of God is secure!

You should not do anything which will do harm to others. Only that work which benefits the majority of people is truly called Karma Yoga.

I tell you that you must all spend your time and energy working for the good of the entire universe! Only by doing this will you be benefited! Whatever we do, we will to do, must be based on the universal good!

You must all step together and form a great international organization — bigger than anything organized in the history of the world!

We must advance for the sake of upliftment of humanity!

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[152] Nutrition in the ashram of Babaji, as in all other truly spiritual religious schools, was purely *killing-free* (i.e. excluding any meals made of meat or fish).

We have to go beyond the hope of life and the fear of death! Whatever happens, we must go ahead! You should not be afraid of fire or water! When the need arises, we will have to jump into the Ocean! When the time comes, we must be prepared to jump into the Fire! That is why all of you must be firm and stable! You must have only one aim, one goal — to serve every living being in the universe!

Only those who are very alert and careful can be successful in their lives!

I do not like dishonesty! I want everyone to be honest and dutiful!

Everyone must do their duty correctly! You must know what you should do and be busy doing it. By karma one will not fall but will always rise higher! No work is low or bad in this world if it is done in the right spirit!

The leaders should be those who are very able, who are full of all virtues and capable of spreading this Message. There must be weight and wisdom in their words, so people would like to obey them. A leader must be selfless, one who desires to work for the upliftment of humanity! The leaders must be dedicated to their country and spend all the time for its upliftment. They must be able to encourage people. It is very important!

Everyone must use their own common sense and do their duties without waiting to be told what to do. To do your duty is the greatest worship (of God), the greatest service, the greatest devotion and penance (tapas)!

You must seek Liberation and help others to achieve Liberation!

Sathya Sai Baba

The Advent of Sathya Sai Baba

He was born in 1926 and named Sathya Narayana Raju.

In childhood, He was liked by everyone, because He was always kind, forgiving all offences from playmates, never "requiting evil with evil". And more… in school, He entertained other pupils by giving them sweets, which He took out from an apparently empty bag, materializing them.

At the age of 14, He told His parents that He would not go to school any more, because He knew everything. And that He was a reincarnation of the well-known Muslim saint, Sai Baba (*Baba* means Father in Sanskrit), from the place called Shirdi. And that He wanted to leave His parents' home in order to dedicate His life to helping people, preaching the Truth about God and about the Way of attainment of the Highest Freedom in Mergence with Him.

His years of childhood and adolescence are described in detail in a remarkable book of Samuel Sandweiss [49], everyone interested can find this information there. I only want to notice, in order to help you understand the content of this book better, that Sathya Sai Baba, living in the shaivistic partly-pagan environment, did not oppose it. On the contrary, He supported people's faith by materializing, for example, attributes of the shaivistic symbolism.

All preaching activity of Sathya Sai Baba includes demonstration of miracles by Him.

He did this even during His school years: He materialized sweets, pencils, rulers, and so on. He also won easily in running among other pupils by transporting instantly His body from the start to the finish.

In the following years, He converted adult atheists to believers, for example, by materializing in front of them, sitting at the table, the dishes which were "ordered" mentally by each one of them.

And now, materialization of various objects is a part of everyday activity of Sathya Sai Baba, by which He helps people to strengthen their religiousness.

As the preaching activity of Sathya Sai Baba developed, a group of faithful followers gathered around Him; an ashram was built, in which pilgrims could stay. Financial support from interested people made it possible to create in India a system of medical and educational institutions supervised by Sathya Sai Baba and to begin publishing books. Thanks to books and films, the name of Sathya Sai Baba is well-known now on all continents, He has millions of followers.

He brings to people salvation from the darkness of atheistic ignorance and religious misunderstanding. Let us — as souls — approach Him!

Who Is Sathya Sai Baba?

His body is of medium height, His skin is dark as typical of all Indians, He wears orange monastic robes. A particular feature of His appearance is a shock of bushy, dark, curly hair.

But this is just His body, just a tiny part of Sathya Sai Baba…

In reality, He is completely different. He is the Oceanic Universal Consciousness connected with the material body. And in any part of the planet where it is necessary, It appears as a tongue of non-material Divine Flame, which rises above the surface of the Earth for kilometers. The tongues of this Flame emerge in every place, where He is helping His disciples. It is enough just to call Him.

Yes, this is It — the Divine Fire, Which makes sinners tremble with fear, but does not have the quality of heat for righteous men, Which is the Subtlest of the subtle, Which is Tenderness, Bliss, Divine Love for all who became like It and entered It! Or It enters them and fills them with the Love of God.

Souls, which He touches in such a way, can hear His precepts, instructions, pieces of advice. They can do it if they, as consciousnesses, are pure and subtle enough, if they are capable of attuning themselves to the perception of Him, forgetting about the problems of the material plane.

"There are 3 stages of concentration," Sathya Sai Baba says. "At the first stage, you receive My messages in the form of mental waves. At the second stage, you can hear My voice. And at the third, you can hear and see Me. If you succeed in the purification of the consciousnesses, you move from stage to stage.

"… When the mind is motionless and silent, one can hear the voice of God. Anyone who is able to purify the mind from anxiety, agitations, and thoughts can attune themselves to the voice of God inside." [49]

… Sometimes He takes on another appearance — more condensed, of just several meters in height. In this case, even people who have not purified themselves as consciousnesses to the necessary level are able to see Him.

Yet always — in any appearance — He can be recognized by His distinctive feature: a magnificent head of hair!

And let no one think that while He is communicating, for example, with the author of this book, the rest of His disciples are left without His attention and supervision. No: at each moment from His Abode as many tongues of His Fire come as necessary for satisfying the needs of all! Because He is an integral Part of the Primordial Universal Consciousness, and His Power is unlimited!

He speaks about Himself in such a way:

"I am the Sai Baba of Shirdi come again; then, I was mostly engaged in preparing the meal, now I have come to feed you all with the strengthening, purifying repast!" [49]

"I came to restore the Straight Path to God!" [44].

His Teachings

He does not say that His Teachings are new. His Teachings are just one more manifestation, for the contemporary conditions on the Earth, of the Divine Teachings which have been many times imparted to people by God through His Messengers. These Teachings are called in Sanskrit *Sanathana Dharma* — the

Eternal Law. "Sanathana Dharma is the mother of all religions, all ethical codes, and all laws of the universe," says Sathya Sai Baba [53].

He — Sathya Sai Baba — is the Avatar of our days. He says that though all conceivable powers of the universe are contained in His Palm, He is not going to make everyone happy without distinction, because everyone has his or her own personal destiny (karma) created in the past by his or her own good or bad thoughts and deeds. By our present deeds, we also create our future destinies.

In order to escape from the abyss of earthly suffering, it is necessary to live in love for God and all living beings, including creative love-service to other people. The service to people, which consists in helping them in their positive evolution, is service to God.

The main enemies of man, leading to accumulation of negative karma, are the wrongly directed mind and uncontrollable emotional sphere with dominating egotistic or coarse emotions.

Man can overcome these obstacles by strengthening faith, by directing the mind towards Divinity, and by using spiritual practices, which, first of all, normalize the emotional sphere and help to learn how to control the mind and consciousness.

But the mind, as such, is not an enemy of man at all. On the contrary, it is an embryo of wisdom (jnana) and should be developed in every possible way as an analyzing and creative function of the consciousness.

In order to clean one's path from the karmic impediments, it is important to repent all small or big crimes committed against any living being. "By sincere repentance all sins can be washed. God's Mercy is responsive. If He has a wish to forgive, nothing can prevent this… In spite of past sins, if there is deep remorse and love for God, then all sins get washed and the nature of man becomes clean. To be afraid that this will not happen is a weakness. God has unlimited compassion, look for His love and you will find forgiveness!" [36]

"The most important spiritual practice is the search of one's own imperfections and weaknesses, and making attempts on ridding oneself of them, becoming closer to Perfection" [50].

For strengthening the orientation of the mind towards God, Sathya Sai Baba recommends using the technique of frequent repetition of God's name and participating in divine worships with singing praise to God.

Gaining of faith is the first step. The next step in this direction is love for God. But how can people fall in love with the One Whom they do not know yet? This is why Divine Teachers come to the Earth to help people: the Unmanifest reveals Itself in a form manifested for people. Love for the manifest, personified Aspect of God is more convenient for incarnate people.

But people should also understand that Sathya Sai Baba is not only in His body: He is everywhere, wherever He is needed. Therefore, it is not necessary to go to His ashram in order to talk with Him, it is possible to talk with Him right from your home.[153]

Sathya Sai Baba teaches that all people have only one God. And they must not divide themselves because of the variations of their beliefs. Let everyone worship One Universal God using their traditional variations of worship.

What really divides people is not the variations of faith, but the levels of the spiritual culture. Imagine for example, says Sathya Sai Baba addressing male students of a college, that according to the principle of equality of all people you marry a Muslim girl who is used to eating meat. What will happen? Conflicts and discord?

But Sathya Sai Baba does not want people to be at enmity with each other because of differences in nutrition: let worldly people eat meat. But if you walk the spiritual Path, then *the ethical aspect of nutrition has to be observed impeccably!* **[36]**

It is not possible to come to God without possessing perfect love, because He Himself is Love **and lets in only those similar to Him. And the main principle of Love is compassion for all living beings — from plants and animals — to Divine Messengers.**[154]

Concerning using fish for food, Sathya Sai Baba notes that these animals also die in suffering.

Once Sathya Sai Baba sent a group of His disciples to live in the mountains in monastic seclusion. The purpose of this seclusion was meditative training. And so that the disciples did not distract themselves from this training by seeking food, He gave them a jug in which they could find enough food materialized by Him every day. What was in their "menu"? Rice, vegetables, beans, fruit, juices, and before night (before going to bed) everyone had a glass of milk. [41]

Killing-free **nutrition is favorable for purifying the mind and consciousness. If one gets up early and goes to bed early, this also contributes to purification of the mind and consciousness. The second thing that a neophyte in religion**

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[153] **But this requires that the main part of the work on cleansing and refinement of consciousness be done. Otherwise you, being in coarse eons, will hear the voices of their inhabitants — demons, devils, probably mistaking these voices for the voice of God Who is yet too distant and unknown to you.**

[154] **The same was taught by Jesus Christ, but people did not include His words about this in the New Testament.**

should do is to refuse to concentrate the mind on negative traits of other people. Each person is potentially God. See God in everyone. Love everyone as the manifestation of God for you! I teach you by using the negative and positive traits of other people.

People differ by the qualities of their "egos" or "selves".

Thus there are deeply fallen, degraded souls who like to do evil. They can do evil even without any reward. This is their nature: they are like a moth that gnaws and tears things no matter what they are, it equally gnaws a rag and an expensive sari [52].

But even such people are used by God in the general process of the Evolution of consciousness. From their example, other people can learn not to be like them and thus can know both good and evil. And they will be able, by pushing themselves away from evil, to walk the Path of good towards Perfection, towards Mergence with God. One should know both: what kind of person one must not be and what kind of person one must be. It would be difficult to know good if one does not know evil.

Evil people are also used by God for correction of the development of true sadhakas (spiritual warriors). In particular, in this way God reminds sadhakas about the approaching death, and this allows them not to relax excessively on the Path.

Death and God are the most important landmarks for all incarnate people, says Sathya Sai Baba.

Evil people doom themselves to hell and suffering in the next incarnations. However, they too are given a chance for salvation: to reform and repent. Repentance is conscious remorse that leads to liberation from the vices.

Concerning the ethical self-correction, Sathya Sai Baba says the following [52]:

Those who seek bliss in the Atman should not run after the joys of sense objects.

Just as a body that has no breath is useless and begins to rot and stink, similarly life without the Truth is useless and becomes the stinking abode of strife and grief.

Believe that there is nothing greater than the Truth, nothing more precious, nothing sweeter, and nothing more lasting!

The Lord who is Sathya grants His darshan (an opportunity to contemplate Him) to those of truthful speech and loving heart.

Keep undiminished kindness towards all beings and the spirit of self-sacrifice.

You must also possess control over the indriyas, an unruffled character and non-attachment.

Be always watchful against the following sins: 1) speaking falsehood, 2) speaking ill of others, 3) backbiting, 4) talking too much, 5) killing, 6) adultery, 7) theft, 8) drinking intoxicants, 9) eating flesh, 10) sexual cravings, 11) anger, 12) greed, 13) worldly attachments, 14) impatience, 15) hatred, 16) egoism, 17) pride.

First give up the evil tendency to feel envious at the prosperity of others and the desire to harm them. Be happy that others are happy! Sympathize with those who are in adversity and wish for their prosperity. That is the means of cultivating love for God.

Patience is the strength that one needs!

Those anxious to live in joy must always be doing good!

One should never give a reply in swear words. Be at a great distance from them; this is for your good. Break off all relations with people who use such words!

Seek the company of good men, even at the sacrifice of your position and life. But be praying to God to bless you with the discrimination needed to distinguish between the good men and the bad. For this, you must endeavor with the intellect given to you.

Those who conquer states and earn worldly fame are hailed as heroes; but only those who have conquered the indriyas are heroes who must be acclaimed as the conquerors of the universe.

Whatever acts, good or bad, man may do, the fruits of them follow him and will never stop pursuing him.

Greed yields only sorrow; contentment is best. There is no happiness greater than contentment!

The tendency to make harm should be plucked out by the roots! If allowed to exist, it will undermine life itself!

Bear with fortitude both loss and grief! Try to achieve joy and gain in the future!

From this moment on, avoid all bad habits! Do not delay or postpone, because this does not bring any benefit.

Try as far as possible within your means to satisfy the needs of the poor, who really live in poverty. Share with them whatever food you have and make them happy for at least that moment.

Whatever you feel should not be done to you, avoid doing such things to others.

For faults and sins committed in ignorance, repent sincerely, try not to repeat the faults and sins again! Pray to God to bless you with the strength and the courage needed to stick to the right Path!

Do not allow anything to come near you, which will destroy your eagerness and enthusiasm for God. Lack of eagerness will cause the decay of the strength of man.

Yield not to cowardice! Do not give up bliss!

Do not swell with pride when people praise you! Do not feel dejected when people blame you!

If among your friends one hates another and starts a quarrel, do not attempt to inflame them more and make them hate each other more! On the contrary, try with love and sympathy to restore their former friendship.

Instead of searching for others' faults, search for your own faults! Uproot them, throw them off! It is better to find one fault of yours than to find tens of hundreds of faults in others!

If you cannot or will not do any good deed, then at least do not conceive and carry out any bad deed.

Whatever people may say about your faults that you know are not in you, do not get upset! As for the faults that are in you, you must try to correct them yourself, before others point them out to you.

Do not harbor anger or bitterness against persons who point out your faults! Do not retort, pointing out the faults of those persons themselves, but show your gratitude to them!

Trying to point out to people their faults is a great mistake!

It is good if you know your faults, it is bad if you search for faults in others.

Whenever you get a little leisure, do not spend it in talking about all and sundry, but utilize it in meditating on God or in doing service to others.

Only the bhakta (the one who loves God) understands the Lord; only the Lord understands the bhakta. Others cannot understand them. So, do not discuss matters relating to the Lord with those who are not bhaktas.

If anyone speaks to you on any subject having understood it wrongly, do not think of his wrong opinions but grasp only the good and the sweet in what he says.

If your worldly desires do not get fulfilled, do not blame it on the love of God: there is no relationship between such desires and the love of God!

If your meditation does not progress properly, do not get dispirited! When such feelings come, seek for your flaws!

It is only when in your daily conduct you behave automatically according to these rules, that you can perceive the Divine principle very easily! Therefore, hold on to these maxims firmly!

However, Sathya Sai Baba notes that all ethical teachings can be expressed in one short formula of Vyasa: "Help[155] ever, hurt never!".

The ultimate task of each man consists in cognition of the Higher Self, which is the Atman, Paramatman, the Creator. But for this purpose the lower self, which manifests itself as egocentrism and which is created by the mind, must be eliminated.

The mind in this context is a part of the consciousness captured by worldly *desires*.

***Desires* are not thoughts. Thoughts become *desires* when they "submerge" deeply into objects.**

Desires directed towards worldly objects cause pleasure and suffering. But if a desire is directed towards God, then it gives bliss! [35]

The ability to think correctly has to be developed through the earthly affairs. Then it can be transformed into a function of the buddhi. For this purpose, the "tentacles" of the consciousness (indriyas) should be redirected from the objects of the material world, even the best ones, towards the Divine Consciousness. The thinking of such progressively developing people in all their affairs rises to a fundamentally different level, because at this stage they, step by step, begin to learn to see earthly problems as God sees them. The egocentrism of such a person gets gradually substituted with Godcentrism.

How can one get rid of the vicious work of the mind, which impedes further advancement? — Very simply: do not try to "muffle" it, but just think about God! The nature of the mind is such that it is necessary for it to be preoccupied with something, so let it be preoccupied with God! And when it is preoccupied with God, it stops. [35]

If you are not able yet to do this, then occupy it with repetition of the name of God or with another useful activity.

The uncontrolled mind is like a snake. It has two tendencies: it moves not straight and captures all things which it sees. But it should be forced to move straight to God, turned directly towards Him.

When the thinking of a progressing person is performed not by the mind but by the buddhi, then the buddhi submerges into God in order to become Him.

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[155] **Help everyone in everything good.**

This is why it is so important to accustom oneself to being turned by the face (of the consciousness) towards God. [35]

There are two main themes that one should always remember about: the approaching death and God. And there are two main themes that one should forget: the evil caused by others to you and the good done by you to others. "Of course, it is essential to remember about death, because this helps one to do many good things and avoid doing many bad things!" [35]

"Time is the most precious gift in this world. Do not waste it saying ill words or doing bad deeds! … One must not waste time! It will not wait for anyone. … It is impossible to return the moment that has been wasted, it is lost forever… No one knows when death comes. The hand of time can crush you at any moment…

"In your deeds you should rise to the level of heroes and be not weak-willed people!

"Remembering about one's own death leads to 'unidirectional resoluteness'!" [53]

"The position, pride, and power — all vanish before death. Realizing this, strive day and night — with purity of the body and mind and spirit — to realize the Higher Self by serving all living beings!

"The body should be supported and kept as an instrument for this purpose.

"But remember, you are not these bodies, and these bodies are not you." [53]

"This body is but an instrument, a tool given by the Lord. And let it serve its purpose!" [53]

One should take care of the body: it is an instrument for development of oneself, for one's God-realization. It should be washed, fed, healed if it falls sick; at that, there are no contraindications for using medicaments and other medical means. [49-53]

But food is not a means for getting pleasure! Food is like fuel for a car. It is an essential element in service to God. [53]

Remembering about the approaching death should hurry one instead of inducing one to feel dejection and despair.

On the contrary, help provided to others, constructive discussions with spiritual friends, progress on the Path of self-development should fill one with happiness, joy.

"Happiness is essential for God-realization. It is one of the big gateways to Divinity. If man is unhappy, this is not just a flaw. This is one of the most serious flaws! This is an obstacle on the way to self-realization!

"In most cases people are unhappy because of worldly aspirations, attachments, and enjoyments: they pay too much attention to that which is worldly.

"In order to help one get rid of this flaw, it is necessary to point out how serious this flaw is. One should realize that worldly desires are never-ending like waves in the sea!" [35]

In many cases, the reason for people's suffering is that only through suffering God can convince them of the necessity of turning inside, into the *depth* of the multidimensional structure of their organisms, of the necessity of self-examination. Without this, such people will never get rid of suffering! God is inside, in the *depth!* He heals from there![156] [35]

"It is only when you are far from the Truth that you suffer and feel pain.

"At a distance from the bazaar, one hears only a huge indistinct uproar. But, as we approach it and walk into it, one can clearly distinguish the separate bargainings.

"So too, until the reality of the Supreme is known, you are overpowered and stunned by the uproar of the world, but once you enter deep into the realm of spiritual endeavor, everything becomes clear and the knowledge of the reality awakens within you. Until then you will be caught up in the meaningless noise of argumentation, disputation and exhibitionist flamboyance.

"Those who seek the Eternal through the path of bhakti (devotional love for God) should strive to acquire the following characteristics: they must keep away from the turmoils, the cruelties, and the falsehoods of this world and practice truth, righteousness, love, and peace. This is truly the Path of bhakti!

"Those who seek Union with God, those who seek the welfare of the world should discard as worthless both praise and blame, appreciation and derision, prosperity and adversity. No one, not even God or an Avatar can ever escape criticism and blame. But They do not yield to threats." [54]

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[156] **Going into the *depth*, however, has nothing to do with just philosophizing or even with "psychoanalytical" "picking" at one's past. *Subconsciousness* is the originally wrong term; it is not related in any way to the concept of *consciousness*. What is called *subconsciousness* is just that which was forgotten by the mind; it is also the manas.**

The mind is meant for maintenance of life in the material world, the buddhi — in the non-material world, first of all.

The manas must enter the buddhi through submersion into the spiritual heart and there — into the depth of the multidimensional organism — towards merging with the Higher Self. In that way, the personal mind of man merges with the Wisdom of God.

"Man must pray for newer and newer opportunities for service and exult in the chance that his hands receive. This attitude gives immeasurable joy. To live a life that is suffused with this joy is indeed bliss! … If life is lived accordingly, then it becomes one long unbroken service to the Lord. The feeling of 'I' and 'You' will soon disappear, all traces of self will be destroyed." [53]

"Many aspirants and hermits, many sadhakas and sannyasis lost all their achievements, which they won by many years of struggle and sacrifice, because of their attachment to the self." [53]

"Whatever the wealth of words, whatever the standard of scholarship, it is all useless. In order to bring the Teachings… into the actual life, it is necessary to extirpate the feeling, 'I know,' see the very Essence and introspect on It. Only in that case one will certainly achieve bliss…

"If however the awareness of 'I' produces pride…, a fall is inevitable!…" [53]

Service to others performed in accordance with the principles of Karma Yoga not only develops people in all the criteria and makes their karma better but also leads one to gradual merging of one's self with the Divine Self, provided one has the right attitude to this service, i.e. regards oneself as an assistant of God.

"At home all members of the family do work intended for them. In the evening, when all the work is done, no one says: 'Father, I have done this work, you have to pay me'. This is one family, therefore you do not ask for the payment for your work, you just do it.

"But if someone from the outside comes to work in your house, then you arrange about the payment and pay accordingly. What you pay to someone shows that this person is not from your house.

"But when someone becomes 'yours', it is not necessary to pay this person. He or she works with interest, not expecting any reward for the work.

"It is the same with God. When you know that God is the closest and dearest Being for you, and that He and you are one family, you do not ask for the payment. The one who devotes oneself to God completely is Mine and should not expect any reward.

"But if someone says: 'I have dedicated to sadhana so much time!' and establishes trade relations with God, saying at the same time: 'In my sadhana, I have done this, and I must get a reward!' then it is completely different.

"A child, who is too small, does not say to his mother: I want milk, I want my napkin changed, and so on. The mother herself keeps her eyes on what is necessary for the child without the child's requests about this. When you have

devoted yourself to God completely and become His child — it is not necessary to speak about what you want. He will give you even more than you would ask!

"Because of your love for Him — let Him be the dearest for you!

"Perform your sadhana, and you will approach God! When it happens, it will not be necessary for you to tell Him that you want this or that — because you will become for Him as His small child. He will come and give you even more than you ask!

"Just as a ventilator is an instrument, you are the instrument of God. Is it a ventilator which puts itself in motion? Or is it the electric current that puts it in motion?" [35]

"To entrust yourself to God means to devote to Him each thought and to act not wishing (for yourself) the fruits of this act. Perform acts not because of their fruits, but because it is your duty. The act is devoted to God, and the result is reaped by Him as well.

"The acts performed in that way without a selfish desire for their fruits are free from negative karmic consequences. Because the ego during such acts is not fed and stimulated, it disappears soon." [35]

Sathya Sai Baba, as we have seen already, is against casual sexual relationships, against being obsessed with sex. But He supports marriage, family life, including upbringing of children. Marriage also helps "washing out" the primitive lower self, because family life is favorable for transformation of the "I" into "we".

Marriage and Karma Yoga teach one to care for others. In that way, the ability to take care grows, this ability is an attribute of love. In that way, the sphere of one's love extends to more and more people. One's personal "I" dissolves in the universal "we".

The further progress in that field is ensured by meditative techniques which wash out all remaining coverings from the Higher Self.

But Sathya Sai Baba warns that one should not trust various "gurus" only on the grounds that they proclaimed themselves a "guru". He says that a real guru is the one who knows God and can lead people to Him. But such people are very few. Anyway, it is much better when your guru is God.

Sathya Sai Baba also very precisely points out that meditative training is not meant for everyone. People differ between themselves by the age of souls, first of all. For young and immature souls meditative training may be destructive. Not all people can even comprehend what meditation is. For example, dreamlike mental images, such as flying to other planets, are a wrong and harmful practice [35].

The true essence of every human being is the Ocean of the Consciousness of the Creator. Our task is to develop ourselves to the stage of practical realization (not only mental understanding) of this truth through sadhana (the way of spiritual endeavor).

On this Path one should transform from a jiva (an individual soul attached to the body and material objects) to a chit (the pure, i.e. a consciousness which is purified and refined to the level of the Creator, and is identical to the Atman, to the Higher Self of man).

A developing soul, who walks this Path, from a certain moment gains the ability to see in the subtle eons, as it explores them more and more. A human consciousness, which has entered the higher eons, learns to see God — as Living Light-Fire — and to interact with Him.

From a certain stage of Buddhi Yoga, adepts can experience the material world as if "superimposed" on the Light of the Divine Consciousness. Then it is easy to "fall" into It, dissolve in It, become It [52].

But such a level of the meditative work is accessible only for very few successful disciples of God. For beginners Sathya Sai Baba recommends the following series of meditative training which for sure cannot harm anyone [35 and others]:

Light a candle. Remember its image very well. Then transfer this image into the anahata (this can be done while sitting with the back turned towards the candle), fill the volume of the chakra with the light, imagine in it a flower consisting of light and beginning to open. Then direct the light into the arms, into the head, into other parts of the organism. Then fill with this light the bodies of the most beloved people, then the bodies of all people, animals, plants…, the whole world gets filled with the light, my self sinks in it and disappears, I and the light merge together, the image of the light created by me has merged with the Light of the Consciousness of God…

Mastering each element of this meditation may take much time. But it is a straight Path towards the cognition of God and Mergence with Him.

If one includes in this meditation a Fiery Image of Sathya Sai Baba or of any other Divine Teacher, then such work will be much more effective.

Bhakti Yoga, i.e. self-realization through love for God, is the highest Yoga, the Highest Straight Path.

The true (potentially) essence of every human being is God. God indeed resides within the multidimensional organism of man, in its very *depth*, in the subtlest eons. It is necessary just to learn to move there with the concentration of the consciousness, and then to establish oneself there. This will be full Self-

realization, God-realization of oneself, full and final Liberation from the bondage of the world of illusions.

One achieves God-realization through love, through falling in love with God. This love allows one to sink in His Flame, in the Embrace of His Love, to merge together with the Beloved.

This is the only way of attaining the highest spiritual achievements, there are no other ways. This is what God has been teaching during the entire history of mankind and teaches now. This is the fundamental of all serious religious systems. But people forget about this, and God has to remind them again.

One of people's problems is that they do not listen to God, but listen to various false pastors, false gurus, leaders of numerous sects. Some of them suggest themselves to people as an object of worship, instead of God. Others speak about God, yet pervert His Teachings to the opposite.

An example of this is a well-known, widely promoted sect of "Yoga", where its followers — as they were — were suggested that every one of them is God, a coessential to Him Part of Universal God. They "expanded the consciousnesses" and, as a constant practice, asked themselves: "Who am I?" The answer had to be: "Higher Self!", "God!".

The leader and the members of this sect knew neither God, nor even the direction in which one must seek Him. They recognized neither repentance, nor the necessity for the refinement of the consciousness, nor love for God: Why, God is what I am!

And if I am God, then all my desires and acts are flawless, Divine! They are a manifestation of the universal Divine Will!

This large sect produced a great number of primitives who considered themselves "Gods", the primitives who lived by the coarse uncontrollable passions, which became "legitimatized", "Divine" for them.

Sathya Sai Baba, answering once in a conversation, disapproved the work of this sect and said that its "guru" made spiritual progress only later on, when he stopped his activity [35].

The techniques of the *expansion of the consciousness*, of its *crystallization* are very dangerous methods, in the sense that if they are given to people with the non-refined consciousness or with the undeveloped intellect and perverted ethics (with traits of violence, egotism), then diabolization of these people happens, in the very direct sense: they become devils. They transform into devils, dooming themselves to much suffering. They also bring to the Earth the will of the devilish eon, manifesting it through their bodies.

Therefore, Sathya Sai Baba strongly recommends not to trust such "gurus" but to become a disciple of God. Let God be your guru! No one can put oneself between a person and God! Trust in God, and He will help you!

Love for God is the Straight Path!

Divine Teachers — about Themselves

Revelations written by Anna Zubkova, Mikhail Nikolenko, Maria Shtil, Larisa Vavulina, Svetlana Eremina, Olga Stepanets, Anton Teplyy, and Vladimir Antonov.

Throughout the millennia of existence of the human civilizations on the Earth, many spiritual seekers, who had been searching for our common Creator and following His Teachings, attained complete success on this Path and merged with Him, having become Divine.

Now They, as Parts of One Universal God-the-Father, help people who have not finished their personal evolution yet. Sometimes They even accept incarnations into human bodies and become Avatars, Christs, Messiahs — as They are called in different languages.

The life and activity of some of Them are fresh in the memory of a large number of people. Among Them are Huang Di, Krishna, Chaytanya, Gautama Buddha, Jesus Christ and His Apostles, Babaji and some of His Disciples (Lahiri Mahasaya, Yukteswar, Yogananda), Juan Matus and His friend Genaro, Rajneesh (Osho), also Sathya Sai Baba and David Copperfield working now on the Earth in material bodies.

There are only vague memories left in legends about some other Divine Teachers. They are Surya ("Goddess of the sun" of the ancient Aryans), Assyris ("God of the sun" of the ancient Assyrians, Who worked also in ancient Russia), Lada (the Goddess Whom the ancient Slavs believed to be the patroness of the hearth).

There are some historical personalities described in literature Who also attained Divinity, but only few people know about Them. Among Them are, for example, Ptahhotep (we came to know Him thanks to the book *Initiation* by Elisabeth Haich [34]) and Elisabeth Herself.

Here we present conversations with these and many other Divine Teachers.

* * *

The following basic information can help understand this material better:

1. The universal space is really multidimensional. Its dimensions (eons, lokas) differ by the degree of *subtlety-coarseness* of the energies which fill them. The most subtle dimension is the Abode of the Creator. Very close to it is the dimension of paradise. The most coarse dimension is hell.

2. Consciousnesses (souls) of incarnate and non-incarnate beings abide in various dimensions, which represent the strata of the multidimensional universe. The higher is the level of evolutionary development of a particular soul the closer to the Creator this soul is.

3. The meaning of our lives consists in conscious development of ourselves with the purpose of becoming closer (in the quality of the consciousness) to the Creator and entering the Highest loka. Merging with the Primordial Consciousness of the Creator, enriching Him with oneself constitutes the positive accomplishment of the personal evolution of the soul.

"And remember: a fundamental right of every soul is to become one with the Father!" — God teaches us (see below).

People who have approached this state become capable of direct cognition of the Creator and of conversing with Divine Souls, Who have finished Their personal evolution already. They become Divine Teachers for such people and willingly converse with them.

… How can we start walking this Path? By gaining the complete *ethical purity*, first of all.

Eaglestform

"Tell us, Eaglestform, why is there no one in Russia who needs what we do?! It should not be so!"

"Tell Me, who needs mountains? Who needs oceans?

"How many people on the Earth know that they need mountains from which rivers flow into the Ocean? Most people take water not from rivers, they just turn on a faucet in the kitchen… Nevertheless, they too drink water from My Mountains!

"Mountains are needed! Mountains are needed so that rivers may flow from them into Me!

"Be a mountain!"

* * *

"*Freedom* and *calm* reign on the expanses of My Beingness. Having not known them, a soul cannot flow into My *infinite* Life.

"I send growing souls to the world of earthly concerns and passions, where they acquire experience and strength. By going through many life situations, by getting involved into various earthly affairs, they have to grow and to mature.

"With time every soul has to develop a desire to stop being a part of all this worldly activity and to separate itself from it, by starting the search for Me.

"This aspiration of soul means that its *desire of Freedom* has ripened.

"Yet, striving to break away from the earthly, the soul does not know yet what the true *Freedom* is. The soul continues to live with earthly standards and concepts. Therefore, I guide the quest of such souls. I know the Path to the *Freedom!*

"This Path leads from the state of limitedness — to My *boundlessness* and to the *infinity* of beingness in Me.

"So, the soul has a difficult task: to break away from its habitual limited earthly form and to become boundless and infinite.

"When this transition happens and the soul does not separate itself from the entire *infinity* any longer — then it becomes truly *free*."

"Eaglestform, tell us please about Yourself, we know almost nothing about You."

"A long time ago I was embodied in India. I grew in the traditions of Krishna. In that incarnation, I cognized Nirvanic states. Only one step separated Me from Mergence with the Creator…

"I became an Avatar in the next incarnation in the north of the South American continent.

"… I lived in a mountain region near the border between Venezuela and Brasilia, in the middle of the nineteenth century. My father was a Spaniard, a descendant of the conquistadors, My mother was an Native American. They loved each other…

"The life of a mestizo was not easy. I was not accepted by Native Americans: to them I was a despicable mestizo. I was not accepted by white people either: to them I was an 'Indian bastard', a 'half-blood'…

"In childhood I could not understand this attitude. I could not understand why people hated Me…

"And I strove to win the respect of playmates with My qualities. I was not just brave or strong — I could risk My life for the sake of moments of glory and attention.

"Sometimes boys even made a bet that I could climb a steep cliff without ropes or cross a mountain river in a place where doing it was dangerous for life. They win money from each other, while I, in the situations of extreme risk, entered the state of deep *calm*. I felt every stone I could step on. I felt beforehand every movement I had to make. I felt a wonderful clarity! It was the state of clarity and *calm*, of special detachment. I called it *the feeling of the spirit of death — duende* in Spanish. It comes when you walk along an edge of a precipice without violating the *Laws of the Spirit*. I did not know, that in reality it was the *Spirit of Life*. In those moments I did not think about death or glory. I simply lived *in the time of the Spirit*.

"Despite being famous thanks to such 'feats', I remained alone… The loneliness among people depressed Me…

"Often I went to the mountains: there My loneliness did not depress Me. There I felt freedom. There I was not alone: there were the mountains, and they 'understood' Me. And I knew their harsh customs — and their great beauty! All who lived in the mountains knew the *rules of the Spirit* and respected Him. They also respected plants growing over precipices, birds hatching their young, animals hunting there. I too respected all of them, respected their freedom, their right of life, and even the right of a puma, for example, to try to take My life… And they also respected Me.

"I did not believe in the existence of 'God of whites': it was only painted statuettes, worshipping them did not help anyone. I also did not believe in the gods of Native Americans. Yet I believed in the *spirit of death* because *it* was real for everyone: neither whites nor Native Americans could avoid meeting with it. It had power over Spaniards, Native Americans, birds, beasts. I did not know at that time that it was the *Spirit of Life*, but I could see how Its *Wing* touches souls sometimes and reveals their essence…

"I began to work as a guide in the mountains…

"A guide is the one who walks ahead of others and leads them, the one who finds a firm foothold and tries its security, who is responsible for the lives of people walking in the group…

"I knew all the trails. I could translate from Spanish or English into the local languages of Native Americans: My father was a well-educated person and taught Me many things. I guided both expeditions and single travelers in the mountains…

"From then on, when I guided people, new feelings came to My life. I had to feel not only Myself and the path but also every person in the group: an error of anyone of them could result in the death of all…

"… Living on the edge, at the limit — when there is no place for doubts and wavering, when thoughts and deeds have to be in absolute unity with each other and when only this unity makes possible the accuracy of actions and quickness of the reaction, when a wrong movement could result in death — thus I lived in My last earthly incarnation…

"I was a *Wayfarer* and was always alone, from childhood. First I learned to be one-to-one with Myself, then — with the mountains through which I guided people. I lived one-to-one with the death, which heightened to the utmost all the strengths of the soul. I could find satisfaction only in the moments of utmost tension.

"The mountains, people, and I — all became one whole to Me. I was well self-satisfied…

"… Yet the time came when My self-satisfaction based on the human 'I' as the center of everything had to be replaced with 'God-satisfaction' where the only 'I' is the 'I' of the Creator…

"… Have you ever watched a sunrise in the mountains?

"At the top of the highest mountain there was a plateau. Sometimes, I rose there. From it, there was a spectacular view — everywhere, up to the horizon, there were mountains with smooth tops, steep slopes, and bottomless precipices. And above them there was the boundless sky which as if lied on the shoulders of the mountains. When the Sun rose, then everything: the blue sky and the mountains became suffused with sunlight. Everywhere there was only light, majesty of calm, expanse, and — freedom! And in absolute quietness, one could understand the smallness of oneself in front of the infinity of the universe!

"… Once, when I was going back alone, intuition let Me down, or to put it correctly, it was time for Me to meet the *spirit of death*…

"I fell down a precipice… My body broke… I thought that I had died… Yet it was not death, it was… — Life!

"I fell into boundless Light… In it there was no body, there were freedom and joy of Beingness, the fullness of Life, the shining of joy in the infinity of Light!

"The death of the body did not come. For a long time I was between death and life… I came back to the body for a moment, then dived again in the Light… I glided between these states through a kind of passage similar to a tunnel in a mountain filled with water… On one end of this tunnel there was an entrance to the body, on the other end — an exit to the *Ocean of Light*. Yet these movements were done not by Me: He did them for Me…

"I did not want to come back to the body. And I embraced with Myself the entire Light striving to remain in It forever…

"And then suddenly I rose above the *Ocean of Light* like a giant mountain. I felt Myself entirely: I was living, real! I had a face and arms, I could see, move, I was fully self-aware! I could also submerge into the *Depths of Light* from which I had risen as a *Mountain*…

"Great *Calm, Power, and Understanding* filled My new being. I was in *Unity* with *Everything*.

"… My body looked tiny. I tried to pull it into Myself but did not manage. Then I understood a suggestion of the *Great Primordial Light*, understood it without words, as I used to understand formerly Him Whom I knew as the *Great Spirit*. I submerged into the *Depth* where there was only the *Primordial Light*, dissolved in It, and began to fill with It from the *depth* the passage to the body and then the body from within. And then a miracle happened: the body was healed!

"… I spent a lot of time in this unbreakable *Unity*. I cognized Higher Truths in the *Primordial Source*, being submerged directly into the knowledge of answers: into the knowledge of the Laws of God, the Laws of Beingness!

"Now — the *Great Light* was looking with My eyes. It was looking at people, including those who never liked Me, — and Love of the *Great Light* was flowing to them. And I understood that it was My Love, that I could not live in any other way than becoming a *guide* for them — a guide leading people through the *precipice of death* to the *True Life*.

"… I returned to people and began to teach them that life does not end with the death of the body: that there is the *Higher Justice*, which we meet beyond the threshold of death. I learned to see states of souls and bodies, causes of diseases, and many other things. I saw that anger, aggression, hatred make the energies inside the body dark — and such people could not be healed. Only deep repentance and change of the very essence of the person could help. I saw the shining of the states of love and tenderness — transforming, allowing one to submerge souls with such qualities into that *Light*…

"For a long time I taught this — the Laws of Love, the Laws of Life!

"I keep on doing this work of Mine!

"And now here — I am so glad to give you the last steps of the Path! It is a rare fortune!"

Sacral

"Sacral, how did You attain Divinity?"

"I was a servant of God."

Sacral showed the state in which He lived before attaining Mergence with the Creator and how He came to the awareness of the *Unity*.

… He was a great priest — a servant of God. Many previous incarnations were dedicated to spiritual growth. He had greatness and purity of the soul — the soul became similar to a temple in which one worships the Creator of everything existing. The shining Consciousness of Sacral was similar to a transparent dome towering to the sky and exceeding by far the size of any earthly temple.

There was nothing else in His life: only His Love-Worship for Him Whom He served, and Love-Compassion for people… And the respect of people was large…

And then it was like this:

He stood in an empty temple. His body looked infinitesimally small in comparison to the volume of the temple… He was in meditation: "There is only God and the presence before Him with full giving of oneself to Him". And then this great soul began to flow into the *Ocean of the Creator*, losing its separateness and individuality… It was a giving away of the personal 'I', refusal of the earthly greatness, respect, glory merited by His righteous life and great service, refusal of being an individual giant consciousness and a giving of it as a gift to God — up to the full dissolution in the Primordial Consciousness…

In this way, the rivers of similar incarnations flow into the *Ocean as waterfalls of life — waterfalls* whose transparent power in the final cascade, in the final chord dissolves and turns into the Eternity of Beingness of God — into the Bliss of Beingness!

And then Sacral showed His body lying dead on the floor of the temple. The *Ocean* looked there… and the temple and everything around became filled with the *Ocean*. And Divine Sacral stood up over the earth.

… Then Sacral showed His *Hands*. He showed His many Hands with infinite number of Fingers, every Finger touching a particular soul. When someone, even for a second, turns the eyes of the soul to God — the Divine Fingers know about this. This constitutes the essence of the Divine omniscience: every soul is on the tip of His Finger and is felt completely…

… He walked conversing with Me as a Pillar of Divine *Fire* moving over the surface of the Earth and coming from the *Depth*. And He suggested learning this from Him.

Sarkar

We sit near a fire in the fir forest. It is the time before dawn.

… A fire… Its flame not only warms us but also enchants with a dance of its tongues… From time to time, it emits sparks flying up — small particles of fire…

Divine Sarkar came to us.

Vladimir Antonov reminded us how we learned to look at a fire from the anahata chakra[157]… He told us that it is good to place now a large image of a fire into the expanded anahata chakra and turn this image into the *Divine Fire* — and then to shine through the body at the world of matter with the 'Sun of God'…

Sarkar said approvingly:

"This is My meditation as well! I grew thanks to it!"

Then He addressed Vladimir:

"My contact with you was not difficult, because We similarly perceived the Path of cognition of the Creator".

… He showed that when He was incarnate He walked along sand beaches and expanded with the spiritual heart over the expanse of the sea, how on corresponding *places of power* He fell into the depths of the multidimensionality, how He washed His body with flows of Brahmanic *Light-rain*, how He turned an image of a fire — into the *Divine Fire*…

"Your paths to cognition of the *Highest* are well-known to Me… I know them as if I walked these paths together with you… I, too, was a master of Kundalini Yoga!

"I traversed all three stages of it known to you:

"At the first stage, the Kundalini[158] energy is brought to the body and moved through it…

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[157] **Anahata is a chakra located in the chest. It contains the spiritual heart on the initial stage of its development. (See [6,7,13]).**

[158] **Kundalini is a potential of Atmic energy accumulated by successfully developing souls in a series of incarnations. Its description can be found in [6].**

"At the second stage, one does the same but on another scale: the Atmic energy of Kundalini gets unarchived — and then follows a new level of cognition of oneself as the Higher Self.

"At the third stage, one has to learn to help others in this.

"… Recall how in the past I taught you Mergence: the Self of God and the self of man are united by the laws of Love. Love unites with love, two separate selves merge into *One* — and then there is only the United Self!

"The essence of Kundalini Yoga can be outlined as follows. A developed human soul consciously allows the Divine Self to enter it and to unite so that full *Mergence* happens. Then a *passage* through the human body opens — for the United Flow of Love in Which there is no separation on the Self of God and the self of the soul… Through this, one gains the fullness of the awareness of Divinity…

"… I am also a master of the *Atmic Divine Fire*… You could notice it by how I manifested Myself to you.

"The paths of Kundalini Yoga and the Yoga of Agni[159] are not opposite to each other and do not intersect, but can be united quite naturally. It happened in My case and in yours as well.

"Yet for convenience of the readers of your book, I am going to separate them now, in order to outline each of these paths from the beginning to the end.

"… The last time I lived on the Earth was in the northern part of India. It was not an ordinary incarnation: I accepted it with a certain purpose, being already a developed consciousness. My development went on quickly, because it was determined so by My *intention* from the non-incarnate state.

"Even from childhood I aspired to *cognition*. I wanted to know the structure of this world, to unravel its mysteries, to develop Myself with the purpose of discovering My new abilities.

"Neither material wealth, nor earthly love — nothing attracted Me as much as the *unknown* which is concealed behind the mysterious veil of the starry sky, or the *unseen* which nourishes all of the diversity of life around. Most of all I desired to peer behind the curtain that conceals this knowledge.

"I could satisfy My thirst for cognition only when I grew up. I received an initiation in the tradition where they practiced, among other things, working with *Fire*. Not with physical fire, of course, but with non-material *Fire*, which was called *sacred, purifying*.

"On the initial stage, the students had to learn to use an *image of fire* for working with it inside the body. It had to be not an image of a violent flame but

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[159] **The Yoga of Divine Fire, Agni Yoga.**

an image of calm, even flame like that which softly wavers over the coals of a long-burning fire.

"The students began this work with placing an image of a small fire in the center of the chest — and then igniting it so that it fills the entire volume of the chest.

"On the next stage, the students had to learn to spread the *fire* from the chest — to other parts of the body. With flows of this *fire* we cleansed the meridians, let the *fire* into the arms and legs, treated with it other energy structures of the body, thus cleansing them from adverse coarse energies.[160]

"At the end of this stage of work, the students had to purify the body completely — to burn with the *sacred fire* everything unnecessary in the body, so that its volume became even, uniform.

"Then the students began to work with another *Fire*, which fills the core of our planet — on the non-material plane, of course. It was a principally different stage, because now the students had to learn to feel themselves and to act not as a separate small consciousness inside the body but to move far beyond the body and to merge with the *Sea of Fire in the depth*.

"One of the exercises on this stage was to connect the volume of the body — with that *Sea of Living Divine Fire*.

"The students also had to learn to act from the state of the *Sea of Fire*: to stretch arms from there and to influence something with these arms, to heal others with this *Fire*.

"In this School there was also knowledge that deeper than the *Sea of Fire* there is space of *Clear Light* and that this *Light* is superior to the *Fire*.

"Having found a passage to this *Light*, the students mastered Mergence with It.

"And when Mergence with the *Light* became firm enough — the students learned to shine with this *Light* through the anahata chakra of the body at the world of matter, at people.

"The ultimate success on this Path was to *settle in the Light*, i.e. the ability *to be this Light* almost always, controlling at that the body in the world of matter.

"… In that incarnation I became a fakir. I could easily ignite with the Consciousness any flame: from physical fire — to the Divine one. I showed Divine mysteries as illusions: in this regard, David Copperfield and I are colleagues.

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[160] This has a powerful healing effect.

The same technique (called *jyoti*) is suggested by Sathya Sai Baba.

"I had a wonderful companion and assistant in everything — My wife. She had a remarkable ability to feel the partner. It was a joy to work with Her for the public… And it was a bliss to teach Her!…

"She became the mother of the dynasty of fakirs Sarkars…

"At present, She (or He, to be correct) is incarnate and continues the great work of developing the art of the Divine *Magic of Love*…"

David Copperfield

"David, how do You manage to earn millions? This is not 'typical' of an Avatar."

He laughs: "This is My siddhi or a 'byproduct', to be more correct… Without these millions, no one would pay attention to Me in America and in the entire world of materialists… Unfortunately, people value Me according to the amount of dollars I have… Without them I would remain an unknown illusionist on the streets of New York… True miracles strike people less than millions of dollars. Yet, I earn money honestly, there is no magic in this!" He laughs.

"I try to speak about God without saying the word *God!*…

"I teach love without saying the word *love!*…

"I play My role in the world where people have ceased to believe in the existence of God, where they have ceased to believe in miracles — in very common miracles!

"I 'dematerialize' the unbelief of people!

"I try to bring man outside the boundaries of the material mind which says: 'It is not possible!'…

"I came to say:

"It is possible!

"It is possible — *to fly!*

"It is possible — to believe in the victory over one's own lower self and in cognition of the Creator!

"It is possible — to love!

"It is possible — to rejoice and to laugh!

"In order to *fly up* one day, one has to believe that it is possible! Faith removes the limitations of the mind and 'turns on' the Power of God. When the power of a human soul and the Power of God unite — then happens that which people call a miracle.

"But in reality, God and creative interaction with Him is Reality. And all the rest is the world of Illusion, Maya…"

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"To transform positively the souls of people — this is the 'trick' that I have been working on hard in My current incarnation and have not succeeded fully yet…

"… It is not easy to love people when they do not understand you…, hate you…, betray… One has to learn to be Love towards every one of them — the Divine Love! I say this not about Myself, I say this for you.

"You went beyond the limits of your destinies. You lived everything predetermined for you according to your karmas for the present incarnation and you have not been disembodied. This is not the immortality of the body yet, but this is a unique situation when the incarnation can be continued without predetermination! This is an absolutely unique opportunity! Possessing bodies and a vast amount of knowledge allows you to influence significantly the way of mankind's development and to help restore the spirituality on the Earth!

"It was very hard for Us to create this situation! And very soon your every deed, decision, thought will produce noticeable changes in the spiritual life of people on the Earth.

"You have to continue learning now to give over the control on the sphere of thoughts and emotions — to the Higher Self. This is the foremost task!

"Everyone who has assumed the duty of upbringing My souls has to understand what great responsibility has to be accepted in this work.

"Such a disciple of Mine has to be impeccable in order to demonstrate to people Divine Love, Divine Perfection: Perfection in everything!

"And in general, let Me congratulate all of you on your great success! None of Us expected that everything could go so smoothly!

"Tomorrow let us go on a new forest hike. I will be among you!"

Yamamuto

"The beauty is everywhere: above me
and below me. And when I leave the body,
I will also walk the path of beauty".
(From Hindu teachings)

"Yamamuto, tell us please how did You become *One* with the Father?"

"My path is similar to the path of Lao[161]. I came to My last earthly life having an experience of dissolving *calm* originating from the contemplation of the beautiful. It was a great heritage from My Japanese ancestors.

"I could dissolve, disappear — and stay for hours in mergence with the *beauty* of blooming sakuras, feeling every blossom, every stamen, the fragrance of semi-transparent white petals illuminated by sunlight… I felt then a great ecstasy: My joy would turn into calm, and the moment would turn into eternity!

"The *beauty* is inherent to that which is eternal! And in that flow of *eternal beauty*, I would become streams of transparent brooks, the calm of stones warmed by the sun, the boundless blue of the sky, and foamy crests of waves — as on Japanese paintings…

"I could feel the bliss of a grass blade swaying in the warm wind and breathing in the sunlight… I could rise together with the sun over the calm ocean…

"Thus I lived before I began mastering meditations on a vast *place of power* in New Zealand, which I described to you earlier. This place is similar to a volcano with a crater of kilometers in size… First I perceived it as a precipice, an abyss leading to the infinite *Living Light*…

"I would come and *jump* into that *Light*[162] and learn to be It…

"Every time I jumped deeper and deeper, I could stay in It longer and longer… And I managed to become It — as I had used to become the *beauty*…

"Then I felt Myself as a giant blooming *Tree*… The entire *beauty of the world* blossomed on the branches of this Tree, its trunk was a passage to the *Infinity of the Ocean of Light* — the Foundation of *Everything*. The roots of this Tree nourished all the lives on Its branches…

"I began to go deeper under the roots of that Tree, to its *Foundation*, and asked:

'Great Light, of which everything is created, how do You create the beauty?'

"Great Light did not answer but invited Me to go deeper and deeper into It…

"I came again and again… — until I merged with It completely — in unceasing ecstasy which became the *Calm and eternity of Love!*

"After that I learned an answer to My question. Because the infinite Ocean became Yamamuto.

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[161] **See the chapter about Lao in this book.**

[162] **Jumped with the consciousness. We described such meditations in the film *Places of Power. Three Steps of Centering*.**

"And inside Yamamuto, there continued to live the beauty of blooming sakuras, the transparency of flowing brooks, the blue of the sky, the foamy crests of waves, the blades of grass breathing in the sunlight, the sun rising over the calm ocean…".

Divine Emperor of Ancient Japan

"Once I was the first emperor of Japan. I had also several other incarnations after it…

"In My last incarnation, I was born into a royal family. From childhood, My life had only one purpose — to become the Emperor. Not just a monarch — an ordinary person who is fortunate to possess the highest power in the country and can live in pleasures and luxury at the expense of his subjects. No, I had to become a *Divine Emperor*, that is an embodiment of *Perfection* for My people.

"Many people in My country had a difficult lot, they had hard work. Yet among them all, My work was not easier.

"The qualities of a warrior that a samurai had to develop, the honesty and the sense of duty that a state official had to possess, the righteousness that every citizen had to follow — the Emperor had to demonstrate to people all of these qualities. And He could not fail in anything, could not be less than *Perfection* — because He had to be Divine.

"My life was not the life of a mere mortal: the ideal qualities that people strive to develop for years and often do not succeed because of indulging in weaknesses and worldly desires — I had to manifest these qualities with My life every minute! And I could not allow Myself a moment of weakness, in which many ordinary people indulge most part of their lives.

"The Emperor lived not for the sake of Himself — He lived for people. He dedicated His life to them, making it an example of *impeccability*.

"Such a task of My life made Me a person to whom there is *no personal concerns*, who has no *personal life*, but who lives with concerns about the life of all people entrusted to Him. The very meaning of the Emperor's life was to be the highest ideal to people!

"… Thus I lived My life. I lived not as a small ordinary soul immersed in its personal problems, but as a great Soul existing everywhere and taking care of everyone."

"Tell us please about the methods and techniques that Your tutors taught You during Your young years to prepare You for becoming the Divine Emperor!"

"You know these methods well! They are the same methods that I and all of Us taught you!…

"I can tell about how I was educated in early childhood…

"Though I came to that incarnation from the state of Divinity, but even a Divine Consciousness needs time to unite the Divine awareness with the growing and developing material body.

"At that time, I — a boy-Emperor — had two wise Tutors.

"One of them taught Me reading and writing, history and meditation. He also taught Me *the calmness of the mind* and the clarity and broadness of *the calmness of the consciousness*, in which every thought has to unite with Will and Power, with Wisdom and Beauty.

"He showed Me how the beauty of several words united in harmony gives birth to images which live then as verses for centuries.

"And how several hieroglyphs written on a blank page can contain in themselves a great meaning of the law and change the destinies of the country and people.

"And how a thought expounded against the background of *the calm of the mind and consciousness* can bring in itself the power of the Intent of the Creator.

"He taught Me to think, having united the Consciousness with the mind of the body: making the brain a well-functioning tool that perceives the Divine Wisdom and manifests it in the physical world.

"My other Tutor taught Me the higher art of military valor. He was a samurai, a faithful subject of My father. It is His training that allowed the Divine Consciousness to unite with every cell of My material body, so that the Consciousness could easily control the movements of the body making them either slow or lightning-like.

"He taught Me to feel to the tiniest instant — against the background of deepest *calm* — the moment when one has to act.

"In My life, I did not need the ability to fight with a sword. Yet the skill of this art allowed Me to know that moment when My Power and Will unite in a Divine Intent and manifest an *impeccable action*. This is the *art of Intent* in which the Will of the Creator manifests Itself against the background of absolute *calm* and at the right moment of time.

"Both these Tutors possessed great courage, yet they taught Me *humility*.

"No one but They had a right to strike the Emperor to be. They both knew that if I had willed it, they would have paid with their lives for being severe with Me. Yet they both had the courage to strike Me until they became convinced of connectedness of My Divine Consciousness with My material body…

"Their art of training was a great mastery!"

Yamamata

We are approaching a big hill overgrown with birches, located among sphagnum swamps in fir forest. Even at the foot of the hill, one can feel "gaps" leading into the higher spatial dimensions and perceive very well the boundaries between the eons, which can be likened to membranes between the strata of water and transparent oil contained in the same vessel. On this place, it is very convenient to acquaint beginner students with realities of the multidimensional structure of the Absolute.

Yet, the most interesting thing is seen behind the top of the hill. There a Divine Soul shines like a rising "Divine Sun"!

We enter with our bodies into It, dissolve by the souls in Its Bliss!…

Then we begin to become acquainted.

"My name is Yamamata. I am from the Land of the rising sun, from the northern part of the Japanese archipelago: from the Kurils. I was embodied there at the time when the Kurils were not a part of the country of Japan.

"Japan is called the Land of the rising sun. And I developed Myself as a *Sun* rising from the ocean — as if from 'the edge of the Earth'."

"Were You related to the Divine Emperor of Japan?"

"No. I was incarnated centuries before Him. And I am not related in any way to the art of sword.

"… Our community lived as one family. We worshipped the sun — as a personification of God. And we learned to merge with it — as with a Divine Soul. First, we would spread by the spiritual hearts over the ocean, then turn ourselves into an image of the sun — above the horizon or behind, below it. And from that point, as you know: there remains only one little step to the Abode of the Creator."

"What would You advise us?"

"Your flame is growing for all people of the Earth! And it warms already the hearts of many people! Do not fade away, as an earthly fire may fade! Let the *Celestial Flame* of the Father, His Divine *Light* shine through you for all the Earth! I will help you! I will act through your bodies!

"Pay attention to those people who can shine like Me!

"My *Sun* rises for those who are devoted in their hearts to Me.

"If a heart is open to Me completely, My *Sun* can enter it — and such a heart begins to shine with My *Light*.

"I am a Representative of the most ancient religion on the Earth — the religion of worshipping the *Sun*: the 'Sun of God'!

"The sun rises in order to *shine*. To *shine* is a fundamental principle of working with the 'Sun of God'!

"I want to give you the state of the rising 'Sun of God' — the state of *Dawn*, which is always with you!

"When you become a *Rising Sun*, your heart will be a Giving and Warming Source of Love!"

"Tell us please a little about Yourself, about the culture and customs of your nation, about how you learned!"

"Listen!… And try to experience all My meditations so that you imprint them with the consciousness!

"In those ancient times on these islands there lived people possessing a high spiritual culture. The climate was warm, our way of life was simple, our nutrition was pure. We fed on cereals, fruits, and plants from the sea.

"We had light boats, similar to modern kayaks, but with a keel for better stability. We traveled on these boats between islands, collected sea plants, and meditated."

… Yamamata shows: there is the oceanic *expanse* everywhere — wherever you look! Soft waves on the surface of the ocean… The human body and boat are infinitesimally small compared to the *expanse!*

"There is the 'ocean' of light-air above, the 'ocean' of light-water below! In these conditions, spiritual hearts grew and expanded successfully!

"It was also habitual for us to dive into water permeated with sunlight and to collect sea plants. We learned it from childhood. The skill of diving was quite natural for us, as well as the ability to feel oneself as the whole *tatva of water*…

"It was easy to learn and to teach meditations, because the worldview of these people included the knowledge about God and about the meaning of the soul's existence in the material body.

"We worded it very concisely, like this: 'The Earth is a tiny islet of manifested life in the Infinite Multi-deep *Ocean of God*. The *Ocean* contains many such islets of manifested life. And everyone embodied on an islet has to grow to the subtlety of the *Ocean's Depth* and to the size of the Ocean — and then to merge with It!'

"The Sun of the physical world was a symbol of a passage to the World of *Light-Fire* located in the *depth of the Ocean*. An image of the Sun — like the Nirvana yantra — allowed the consciousness to move to *the other side* in relation to the manifested world. *There* one had to learn to feel arms, to swim with their help, to move deeper, and to dissolve oneself."

"Did You achieve immortality of Your material body, Yamamata?"

"We had a different tradition. Those who came close to the final stages mastered the *art of incarnation*. This allowed one to gain a new material body — with the required *qualities of the energy of matter* — through a natural birth. The memory of the consciousness was retained in this case.

"Of course, it is possible only when the society is highly developed spiritually. And the correct education allowed one to 'recall oneself'!

"Periods between incarnations were short. Several such incarnations in this region allowed Me to finish the program of personal evolution.

"On the final stages, We learned to live perceiving the material world from *the other side* — from the Creator. Being *the Ocean of the Creator*, We stretched *Arms* into the world of the Creation — and every *Part of the Consciousness* smiled and gave bliss to incarnate creatures capable of *perceiving*.

"Thus the Life of the *Ocean* gradually became the Essence of Every One of Us.

"… And then… I did not need to embody Myself for development, because since then I developed in *every incarnate creature* of My Infinite Beingness. I grew in every such a life — and then absorbed it into Myself.

"This is how I live now!"

Yogashira

On a small clearing in the forest, I suddenly enter Divine Light-Love similar to subtle and tender mist sparkling under the rays of the morning sun.

He entered my body, filled it with His Divine Joyful Light — and… the body began to dance! Soft flowing movements, the body as if floats above the ground, the *hands of the soul* caress everything around… A Stream of Divine Love from the universal *Depths* flows out from my anahata.

"What is Your name?"

"Yogashira, from Japan. My last incarnation was in the region of Nagasaki."

"Tell us something about Yourself!"

"Japan is My country! I was embodied there several times, achieved Divinity, and merged with the Creator. Now I represent Him for you and for other deserving people."

"Please, tell us about Your Path to the Creator: in what spiritual traditions did You work?"

"I walked to the *One Source of Everything* through *love*: by growing love in Myself, I grew as a giant *Spiritual Heart*, I learned to support with the Hands of

My Arms growing from this *Source* all living beings, to nurture them with My Love.

"I spent many incarnations for this development of Myself.

"I began as you did: with love for nature. The Japanese culture and mentality are very favorable to this!

"My mother was a highly privileged geisha. She was a very beautiful and clever woman, knew the art of dance, singing, painting. She could speak several foreign languages, knew history and philosophy."

"Was it she who taught You to dance?"

"Yes. I learned *softness* and the ability to *live in harmony* with the world from her."

"What did You want to tell me by this dance?"

"Dance can contribute to spiritual development of man! On the background of dance, with its help, one can teach the higher philosophy and love!

"When the body of the seeker of *Truth* is purified from coarse energies, and the consciousness developed as a *spiritual heart* is merged in love with the Divine Consciousness — then through such a body one can convey to people Higher States directly from the Original Source, convey the feeling of the *Eternal Truth* and *Pure Love*.

"For example, the dance that I showed you contained the entire essence of the Path — respect for every life, humility and love, caring attitude towards all living beings. And you understood Me!

"Other people can understand it as well — when their distorted perception of the world will be corrected and when they will have a Divine Teacher to attune to!

"This is an express method of conveying the Truth: directly to the soul, without intermediates!"

"Tell something more about Yourself please!"

"Well, listen…

"I was not a samurai. When I grew up, I did not have to fight for victory…

"I was not a ruler, yet I could dictate laws to the emperor.

"I was not a painter, yet the beauty that I saw could be painted by others.

"I was not a poet, yet the best poets wrote verses which I inspired to them.

"… Once I was asked: 'How can one be happy?'. I answered:

'The happiest person is the one who grows a garden inside oneself-soul! The one who has become a master of one's own desires is the most rich and happy person! The emperor of life is the one whose heart blooms with love!'

"… Telling My biography cannot add much to cognition of Me, but maybe it can help someone advance to cognition of the *Truth*.

"The Living and Immortal *Truth* cannot be held in hands, cannot be drawn as a picture, cannot be expressed — in all Its fullness — in words.

"The Divine *Truth* lives on the *other side* of the manifest world.

"It is like *Quietness* behind the sounds of a song…

"It is like *Light* behind the beauty of nature…

"It is like *Love* which is present always and everywhere, one needs just to be able to dive deep into It…

"This *Truth-Light-Love* is God in the Aspects of the Creator and of many of His concrete Manifestations; I am one of Them!

"Having become this *Love*, you understand that there is nothing which is not contained in this Boundless Calm of the Eternal Universal Primordial Consciousness…

"This Primordial Power, this Infinite Being lives manifesting Itself in everything! And every soul is just a dewdrop in the endless expanse of the Infinite Ocean of Life…

"So, listen!

"I was a son of the emperor. But I never ruled the country.

"My mother was a concubine of the emperor. It was a very high position in Japan of that time. Besides that, the emperor's semen was considered holy. She, as I have said already, was very beautiful, and she loved him sincerely.

"If the emperor's wife had not given birth to a son, I would have inherited the throne. And until the birth of My junior brother and emperor to be, I was raised as an heir to the throne.

"When My brother was born, I was 'transferred to the reserve': anything could happen…

"My destiny was good. I received the best education and a remarkable 'vaccine' against the *feeling of self-importance*: from childhood I knew that there could be born a person who would be a candidate for the throne more important than I.

"Of course, I could begin to fight for the power and riches… But My mother was a wise woman: from childhood she trained Me to be a senior brother of the emperor.

"I did not comprehend immediately the role destined for Me… But love for My country and for My people helped Me master it.

"When My brother and the courtiers became convinced that I did not aspire to power and throne, they ceased to be wary of Me.

"And soon everyone began to regard Me as a great sage.

"… I lived alone on the bank of a small lake. All the Beauty, all the Love, all the Wisdom of the Creation were available for Me for contemplation and merging — for My growing *spiritual heart*…

"In childhood I, as an emperor to be, was taught that *God lives in Me*. And that My body is a container for the Divine Consciousness. With time, going farther into the *Depths of the heart*, I learned to feel — in those *Depths* — God's presence and guidance.

"The Infinity of the Great 'Sun of God' became open for Me! And I learned to live in this *Primordial Depth!*

"And then I learned to manifest subtle Divine states from that *Depth* — to the world of people. I learned to give Divine Touches even to those who were far from Me, to those who never saw Me, but I saw them…

"… One of the qualities that ensured *Immortality* for Me was a positive outlook.

"I abandoned completely a negative way of interaction with the world. I had a positive attitude to life, I loved the world around! Thanks to this, My life was filled with harmonious and joyful states, which allowed Me to settle in the Creator.

"I want to share these states with the entire world!"

Wrestler

"My last incarnation occurred in the south east part of Mongolia. Since childhood, I felt Myself as being large and strong, like an epic hero: the large and pure consciousness was incarnated in a sturdy body. The villagers called Me — Bator[163].

"From childhood I liked wrestling. In wrestling, I felt freedom. When wresting, I felt Myself in My elements — as a bird sailing in the wind and enjoying the freedom.

"I was never aggressive, never caused pain to others.

"Before each bout, I felt a deep and joyful calm. And every time I felt that a *Source of Inexhaustible Power* stood behind My back, filled My body, My arms — so that I felt I could bring down a mountain! I called this *Source* — Great Spirit, Great Wrestler. I knew that He was My Friend, that He loved Me and would never leave Me without His support.

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[163] *Wrestler*, in Mongolian.

"Men from neighboring villages often came to measure their strength against Mine. I embraced them with My arms, suffused them with the light of love and then tenderly and carefully put them on the back. After the bout I always shook their hands and said:

'Thank you! It was fair wrestling!'

"They could not be angry with Me, only smile shyly and go home…

"I knew the rules of fighting and never violated them. The most important rule for Me was the *Golden Rule* given to Me by My Great Friend. Often He as if infused Love and Power into My body and said:

'Always, however hard the fight may be, you must be in the state of steadfast calm! Always, whoever your competitor may be, you must be in the state of unbreakable love for him! This is the *Golden Rule*.'

"People of our village respected Me much, boys ran after Me. They looked at Me with rapture and wanted to learn My art. I gladly taught them the *art of power* — power without violence, without aggression, without anger and arrogance.

"I felt Myself the 'father' both of these boys and of all the villagers. I loved very much these simple people and cared about them. Thus — in joyful calm — I lived My life. I was happy and could not imagine greater happiness…

"… Strangers seldom visited our land, and when they came everyone immediately knew about it.

"Once rumors spread in the village about a new stranger. My boys came to Me and told about a stranger who came from the East. They said that He was an unbeatable wrestler who wanted to fight against Me, that he had visited many countries and nowhere could find his equal. The boys said that this stranger spent all morning on the square. I went there to greet him — My future competitor.

"I saw Him from a distance. He stood in the center of a crowd of onlookers. For the first time I saw a man possessing power no less than Mine. But His power was different, unknown to Me: dark, paralyzing. I saw how it spread over the people standing around him, and it was as if they became smaller — stooped, bent down. Our eyes met — and I felt His 'heavy' look. I greeted him, and we agreed about the time of our fight.

"The day of the fight came. My power was great, but His power was no less. His arms consisted of hatred. His dark malice clung to Me from all sides and suffocated Me…

"I was always open and kind towards the opponents, yet towards this person I could feel only disgust. For the first time in My life, I felt disgust! I

could not find in Myself a spark of that calm which always preceded My victory.

"Rage boiled in My body — and in that instant My power left Me. My arms became weak, as it happens in a dream, My eyes almost ceased to see. I felt a hole in Me through which dark poison flowed in, paralyzing My body. After a few seconds I lied on the back. I almost could not breathe as if My body was pressed by a giant stone…

"… Leaving the square I could see only sad looks and hunched figures of people — people who lost hope, lost faith. It was My fault! I wanted to tell them something, yet they did not look at Me. I could look only in the eyes of a few people, but in some of them there was pain, in others — contempt.

"… I went away for a long time — walked without seeing the road, went away from these eyes. I went until I fell. I lied for several hours without sleep. Night fell, but neither the night's cold nor the starry sky — nothing brought Me relief. I lied unmoving, with closed eyes, the body was as if petrified…

"After some time I felt that My face, arms, breast were caressed by gentle warmth. I opened My eyes — the first rays of the Sun caressed and stroked Me. The Sun, in all its morning majesty — rose over the horizon, suffusing the entire world with goldish and pink light.

"The Sun smiled at Me! It did not turn away from Me, did not despise Me, did not deride! The Sun — with the same power and love — bestowed its light upon Me and upon the entire world! Rising higher and higher, it suffused with gentle morning warmth, with goldish shining everyone and everything! It filled with the rejoicing of love every inch of space! The Sun unswervingly followed the golden rule — to love everyone! — the rule violated by Me…

"Recalling the events of the previous day, I thanked the Great Wrestler for this lesson, thanked Him for My defeat even more than for hundreds of previous victories…

"I stood up overcoming the pain. I collected My strength and stretched the rays of My love to all sides, stroking the morning freshness of the Earth, the dew glittering on the grass, the misty distant mountains… I stretched Myself to all sides, farther and farther… — until I embraced the entire Earth. I gave the entire of Myself, suffusing the entire space with Myself-Love… I even did not notice the moment when I dissolved completely in the Light and disappeared, forgetting about everything: about My broken body, about the bitterness of the defeat. There remained only Boundless Light — and It was everywhere! There remained only Love caressing the Earth! There remained only boundless freedom, without limits!

"At that moment, I recalled about My body: it is here! — inside of Me, inside of the Boundless Light. I touched it with the Light of Love. The power flowed into its chest and arms — and the body became filled with the Divine Might. In that very moment, I realized that I am the Great Spirit, I am the Great Wrestler!

"I became free, absolutely free! I could go wherever I wanted…, yet I came back to the village. Who would I be if I had deprived My children of hope and My support?!

"… Of course, there was the second fight. I am not going to describe it, I can only say that invincible is the one who has defeated the evil in oneself! The true power comes only at the moment when you rid yourself of the last vestiges of evil!

"The true power is the Power of Love! Only this power is unconquerable!"

Annie Besant

"I liked to sit near a fire with My friends, as you are doing now, or alone — and work meditatively with the fire by becoming it, by turning the consciousness into the *Divine Flame*. As a result, it formed as if a *Volcano* filled with *Flame*. The base of the *Volcano* and the source of the *Fire* were in the depth of the core of our planet.

"It was Me who showed these techniques to you, when you did not know Me personally yet…

"A more subtle state of the Divine Consciousness can be found beneath the core, deeper than the core. The core of the planet is one of the entrances to that state.

"This method is universal, it was known in the spiritual schools of Zoroastrianism, and in those existing in Tibet, and in the *forest schools* of ancient Russia, and in Chinese Taoist schools.

"… If it was raining, I lied near a fire, My body covered with a raincoat. And I listened to the *quietness*, dissolved in the *quietness*… The cover of the raincoat helped to create an illusion favorable for meditation: one can extend the raincoat's sides turning them into the dome of the *Universal Temple*, in which one can easily find the deepest layer — the Abode of the Creator… I learned to fill this *Temple* with Myself… And the rain pattering on the 'roof' of the raincoat helped Me to feel the dome of the *Temple*…

"Do you remember how I helped you to feel this *Temple* on corresponding *places of power*?"

"Yes! I am infinitely grateful to You! And I infinitely love You!"

"I also explained to you the methods of *laya*[164] and gave you *yantras*[165]…"

"Did You manage in Your last incarnation to take someone else with You into the Abode of the Creator?"

"No. No one understood Me! My friends perceived everything with the mind rather than with the heart as I did…

"And I did not know the methods of working with anahata which you have now…

"I had a developed spiritual heart, yet I had no memory about this. And I could not understand why people did not understand Me, why they could not live and feel as I did…

"I developed the spiritual heart earlier — at the time of My Indian incarnation. Krishna, Chaitanya, and Babaji were My non-incarnate Teachers…"

"What do You do now?"

"My friend Leadbeater is embodied now in India. He is a pundit[166] and writes a book. I help him."

"How is he? Has he 'achieved enlightenment'?"

"No, but any book has its own imperfections! His books even in the past awakened people from the sleep. And this time it will be the same."

Danish Lady Gott

"You told us that You came to Your Danish incarnation being already Divine. Tell us please in more detail about that life of Yours."

"Yes, I came to My last incarnation from the *Home of the Father*. But it took Me many years to recall and become aware of My Divinity.

"Denmark! My beautiful Denmark! You know what it is — to live on the shore of the northern sea, to listen to the calls of gulls, to breathe the freshness of the sea wind, to embrace this expanse with all the soul!…

"I was born at the end of the nineteenth century into a very cultured and well-to-do family. My life went on very joyfully and calmly. At a young age, I married a wonderful man whom I loved much. One could think I had an enviable fate: a loving husband, family harmony, no material problems, a

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[164] Methods of "dissolving" the consciousness.

[165] Graphic schemes (either painted or produced by other similar means) used in meditative training.

[166] Scholar (in Sanskrit).

beautiful house at the seashore… Everything was very good, yet with time I felt more and more depressed about the fact that we had no children. And I wanted so much to take a baby into My hands, to stroke its small head, to feel its soft hands embracing your neck, to hear how your baby calls you 'mama'…

"This problem caused a crevice in the soul, the crevice grew larger and larger and turned into an aching inner emptiness… For several years I sought with all My strength for anything that could fill this emptiness… Literature, art, friends, church — this could alleviate the pain only for a short time… I began to seek and study spiritual literature, to visit esoteric meetings, to converse on these subjects with other people.

"My husband was a physician, his life was not a life of a spiritual seeker, yet it was a good life. His life was filled to the brim with caring about other people. He was not very interested in My new search, and probably regarded them as a fancy, yet he never told Me about that since he saw that it was very important for Me.

"I received much help on this stage from the books of Helena Blavatskaya. I read *The Secret Doctrine* and felt that My heart 'came to life'. This book awakened in Me the memory about the past — and the light from there began to seep in, filling the emptiness. *The Secret Doctrine* served Me as a pointer, a beacon showing the Way in full darkness. I saw where I had to seek this unique *Source* which alone can satisfy the thirst of the soul, and decided to exert all My strength to reach it.

"Yet, theoretical knowledge alone was not enough. I needed very much a Master, an Instructor, a Divine Guide! I even thought about visiting India, but suddenly… My friends invited Me to their house, where an Indian Swami[167] traveling across Europe stayed for some time.

"When I saw Him for the first time, I could not discern the features of His face. I saw only Pure Light, which flowed through His face and body. I was sure that He was a Divine Guide sent to Me. I asked Him for help, and He agreed to help Me…

"Swami stayed in our town not long, yet He taught Me much during this time.

"When it was time for Him to leave our land, I did not ask Him to stay. I understood that His Mission was to bring the light of Wisdom to other lands. He saw My sadness and said to Me when departing:

'Do not be sad about My departure. I will be with you even after My body leaves this town.'

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[167] **Monk.**

'How is it possible?'

'You have learned much. You have strong hands and a heart full of love. Now you should teach this to other people! I will help you!'

'But I will not be able to hear and see You!…'

'You will… if you throw away all the garbage from your head…'

"… A year passed. I tirelessly worked on Myself but did not dare to begin teaching others…

"Soon I fell very ill. Doctors could not diagnose the disease, but now I know that it was viral meningitis.

"I had a very strong head ache. I could not eat, only drank a little of water or tea. My husband — a remarkable physician — tried to heal Me, yet the pain only increased. I could not even stand up from the bed. In the beginning of the illness, I hoped for doctors, for medicine, yet nothing could help Me…

"Finally, I understood that I could count only on Myself. And I began to recall everything that Swami taught Me…

"Pushing Myself away from the strong pain with the *hands of the consciousness*, I went deeper and farther from the body, submerging into the soft *quietness of Light*… When I could manage to break away from the pain-filled body and spread the consciousness in the *depth*, the pain became less.

"Then I began to touch with these *hands* My body lying on the bed. I introduced the *hands* into the head and took away from it the heaviness, pain, and all the 'garbage' of *unnecessary* emotions and thoughts… As a result, the illness receded, the pain decreased every day!

"Once when I began My next healing seance, I felt that there was nothing to cure — the head was pure and light! I was overfilled with joy! With the open *arms* I began to embrace the *Light*, which healed My body, and began to submerge deeper and deeper in It. Finally, I embraced and submerged into the very *Source* of All-Embracing Transparent Purity! I as if drank from the very *Source of Life* — and with every seep It dissolved Me in Itself… Then I became filled with It to the brim, and It absorbed Me completely into Itself… We became one: It became Me and I became It!

"In the *quietness*, I heard the well-known to Me voice:

'Now I can continue teaching you. And you will teach others!'

"For the first time in several months, to the surprise and joy of all My friends, I could stand up from the bed. The weakness went away quickly, and I began My work…

"… Only then I realized My Divinity and recalled who I was. And then God gave Me *children*. My disciples became My *children by right*: I gave to them a second birth! I was their Divine Mother: I cared about them, by transforming

their consciousnesses with My Hands. I explained to them the meaning of our lives. I was an example of the Divine Purity to them…"

"Did You have the mastery of dematerialization of the body?"

"No. Frankly speaking, I did not aspire to this. When I saw what opportunities were open to Me, when I understood that I could help people by healing souls — this captivated Me completely!

"I did not have the skill of dematerialization, yet when the moment of departure came, the death so lightly and tenderly touched Me with its hand that I even did not notice how I left the body…

"… I came to the people of Denmark with the purpose of showing them the Path to God-the-Father, with the purpose of paving this Path for them. For My disciples, I opened with Myself the *entrance* into His Abode, I was this *entrance* for them. By attuning with Me, through Me as if through a gate, they could enter the infinite world of God-the-Father and cognize Him."

"Did any of Your disciples manage to settle in the Abode of the Creator?"

"Yes, a few of them. As for others, I helped them by teaching them love and calm, by giving them examples of pure, light emotional states."

"Why do You put so strong emphasis on work with youth?"

"In a human incarnation there is an age when one begins a conscious life, but this is true only for evolutionary developed souls — souls that are capable of being conscious. This is the age when serious re-evaluation of everything takes place and when one chooses for the future the direction of the adult life. For most people this is the time of finishing university, that is 20-25 years old.

"It is very important that one receives by this moment a maximal amount of knowledge and possibilities for making the right choice in life…

"It is necessary to bring your knowledge to that part of youth who make their conscious choice, determine the direction of their life for many years for the future! One has to make them interested!

"To modern young people of European countries God is too distant from the real life. He is accepted in the worldview of most of them, yet He is 'on the periphery' of their attention, He exists separately from the rest: 'Does God exist? Yes. So what? Does it matter?' God exists separately from their lives, separately from the entire knowledge accumulated by humanity. God — in the minds of many young people of these countries — as if even opposes the scientific knowledge!…

"But scientific knowledge about God that you possess can change many things!

"… Once when I was going to give My first lecture, I made a list of twenty questions that were interesting to My future students…

"It is a question and not an answer that is the best catalyst for the beginning of one's search. It is one of the means of finding seekers…"

"You told us how You worked with people in Your incarnate state by giving them knowledge about God. How do You do it now?"

"I like Danish people and introduce into young minds the correct thoughts about the Creator and about the structure of the universe — I 'enlighten' these minds. I also embrace them with My Heart, caress with My Hands, melt their hearts, give them the Love of the Creator."

Juan Matus (don Juan)

"Many people on the Earth, who become involved in religion superficially, believe that their 'religious duty' is to weep.

"Yet, spiritual warriors neither weep, nor complain, nor pity themselves. They see their own defects and — without stopping to fight — get rid of them once and for all!

"When we are concerned *only* with seeking our defects and grieving about our imperfections — we miss the opportunity to perform a really serious work on helping people and developing ourselves.

"We have to be able to take our attention off the personal 'I' — and to look at the One Whom we love! We have to learn to live and to act by His example and follow His precepts!

"We have to ask Him to help us to understand our mistakes and to reform — yet, we should keep in mind that the success depends, first of all, on our own efforts.

"And the main thing — we have to change our attitude towards events which look unfavorable to us. We have to learn to regard them from His standpoint, i.e. from the standpoint of the Evolution of the Universal Consciousness and spiritual growth of individual consciousnesses on the Path to Him.

"… Do you know, for example, how to master the art of perfect control over matter? It is very simple! One has to learn to laugh!

"I like to laugh! Do you want Me to tell you about the *laugh of Nagual*?

"Spiritual warriors from the very beginning must learn the *laugh of Nagual*: they laugh at their own vices and thus make them burst like soap-bubbles — vices burst together with the inflated *feeling of self-importance!*

"Many people believe that it is weapons that make man strong. This is wrong! It is *laugh* that makes man strong! The laugh of Nagual turns the

envelope of the 'I' into nothing. The only thing one has to add is *calm* and *love* — and then… There is only *infinite, flowing, free consciousness*…

"Search for *personal power* is just a hook, a trick which the *One Power*[168] uses for 'catching' and teaching them who do not hear when they are told about Love… or Tenderness…

"If they do not learn this from the *Power*, they are not going to progress…

"There is the following law: the *Power* does not belong to anyone, only you can belong to the *Power*.

"The *Power* just is, and It is the *Power of Love*.

"When you gain *Freedom*, you just merge with It into *One*… Your desires and the desire of the *Power* become the same, your choice and the choice of the *Power* become identical…

"They who try… to 'command' the *Power* fall into Its trap. The *Power* catches them by this desire, and they become Its tool, even without knowing about this. They live as the blind, stricken by the *feeling of self-importance*, and may never become sighted.

"And the process of growing coarse power can become irreversible like a cancer process…

"… On the other hand, the ability of laughing at one's own vices, making fun of them is the first step to the real mergence with the *Power!*

"They who have learned to laugh so that their vices, which they laugh at, cease to exist — they are about to perform great deeds!

"The spiritual warrior can laugh only at oneself and never makes fun of other people!

"From the state of union with the *Truth*, the warrior looks at his or her own imperfections and laughs at them! And when there remains nothing of them — the warrior becomes *Everything*, becomes a true Nagual, the warrior's laugh unites with the joy of Beingness, with the *Freedom* and *Power!*

"Then the warrior gains the ability to affect the particles of the *Great Whole*, removing everything that prevents the joy of beingness, prevents the *Radiant Light of the Power* from becoming manifested in others — in those who entrusted this warrior to be their leader, their Nagual on the Path to the *Freedom*.

"See how beautiful the *laugh of Nagual* is: it heals souls, ridding them of burden and pain, it makes them capable of *flying* into the *unknown*…

"Do you understand now the basics of the art of perfect control over matter?

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[168] **God.**

"When you have mastered this, I will tell you further… And do not forget to put on *My hat*[169]: this can help.

"… Impeccable acting of the spiritual warrior in interaction with the *Power* fills the warrior's life with special acuteness and silent passion.

"And the life of Nagual becomes a *manifestation* of the action of the *Power*.

"One can learn wisdom in universities — and this is good. Yet, one can and should learn the higher Wisdom interacting with the *Power*. When you seek solutions for the *Nagual's party*, when you find methods for teaching the students — you gain Wisdom.

"Genaro and I are Those Who live and act, and not just speak about this. We have always lived and live now a life filled to the brim with the state of impeccable Love and Power.

"Feel this state of Nagual's life in the moment of 'now', feel that the Power of God fills every moment, everything:

"… This burning campfire…

"… The quietness of the forest…

"… Earth under your body…

"… This *place of power*, which allows one to cognize the living consciousness of the Earth… and further, deeper… even deeper…, where there is only Great Love and Power of the Creator!

"… This cannot be conveyed to others by means of words. This has to be 'tasted': as one bites off, chews, and swallows a piece of bread — only then you can *know* it.

"Such is the spiritual Path: if you have chosen it — walk it! Then every moment of life in interaction with the *Power* becomes an invaluable experience for the soul.

"In the life of true spiritual warriors there are no holes, they never feel bored, cannot be depressed by past failures or worries about the future. The spiritual warrior has only life to live and lives it to the end with maximal efficiency, with full awareness of the Goal, with full responsibility for his or her own decisions! And then the *Power* fills this life to the brim…

"You can be the *Hands of God* if you do not separate yourselves from the Ocean of the Creator. It is the Ocean of Love-Power that pervades your bodies and cocoons and manifests Itself through them. We called it — kindling of all emanations of the cocoon, aligning their energies to the subtlety of the Primordial Plane."

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[169] **"To put on the hat of don Juan" is one of the powerful meditations given to us by Juan Matus.**

Genaro

We walk a forest trail for a long time, then cross a small swift river by an almost decayed wooden bridge. After the river, there is a pine forest — a favorite place of don Juan and Genaro. Here don Juan taught us to *wear His hat*.

After walking several tens of meters, we enter a space which is filled with laugh sparkling with joy — it is Juan and Genaro greeting us.

… What is the *laugh of Divine Teachers*? It is soft waves of goldish sparkling *Light* that rise from the universal Depths and spread like rings on the water. They enter into you and fill the consciousness and the body with Their joy and bliss!

This is how They both laugh.

"Do you see how it is easy when one is joyful and does not lose heart?!" jokes Genaro. "And the *Divine laugh* makes man also kind! Once you merge with Me and dissolve in Me — there is no you, there is only *My laugh*, there is only I!

"You love Me — and merge with Me. But I also love you — and merge with you! Mergence can be only mutual and voluntary. Any deviation from this rule is violence!

"In order to achieve absolute fullness of Mergence you have to become *like-minded to Me*…

"It is very hard to cleanse and enlighten the mind. In order to become *like-minded to Me*, one has to begin with throwing out from the head all habitual, old stereotypes, which are easy to use, — the stereotypes of thinking and behaving. The spiritual warrior has to make the mind open for receiving *new*.

"One needs also courage, power, and knowledge.

"You begin to live *really* only when you stop interacting with the outer world through your 'masks' and stereotypes. They are offered to you by your mind — the creator of your lower self…

"One has to learn to perceive the outer world with the 'naked consciousness', cleansed from the traces of the lower self — to accept the world as it is in reality and not in the mind!

"… There is a trick of awareness which gives you a key to the *Freedom!* It is the ability of being aware of oneself not as a body. This ability brings one to the freedom from the body — from this dense material container of the soul.

"First, one has to know that he or she is not the material body. Gaining practical experience of this kind means the first encounter with the world of nagual[170].

"For many people, however, this stage becomes the last one: one needs courage to choose to go further on the Path of Freedom and Knowledge, of Love and Power! There is no place for vain curiosity on this Path. Cowards and ditherers, sluggards and egotists cannot withstand the *Freedom*: the *Freedom* destroys them, wipes them out, rips them! It is like a rocket engine, which should not be attached to a child's bicycle.

"The *Freedom* sets down its condition which don Juan called *impeccability of a warrior*. Every non-impeccable step on this Path can become a complete failure, one has to keep this in mind.

"One has to know an important point: after a certain stage, spiritual warriors cannot return to the ordinary life. They can live only as warriors. After a certain moment, there is no way back for them, there is only the way forward!

"But the freedom from the body is only a fragment, it is only a part of the *Freedom of Spirit*.

"… The freedom from the body cannot be achieved at once.

"There are methods — and you know many of them — for moving the self-awareness within the body and then outside it…

"One has to become absolutely free from the material body! This freedom cannot be taken away in prison, it does not disappear when death comes…

"The *Freedom* is a possibility to move — at your will — to the world which you choose. It is also the freedom to stay there if you want it!

"Let the world which you choose become 'assembled completely'! Let the *Primordial One* become more real than the world of material bodies! In the same way as you had to master the strata of the Absolute, to learn to assemble in each one of them the entire world of that particular eon — in the same way this deep stratum of the universal Beingness — the Beingness of the Creator! — has to become not just a reality which you know, but you have to *learn to live* in it!

"The farther from the body you move — the easier it is for you to perform.

"And then — *there* — you have to grow!

"You have to become so large in the Abode of the Creator that you *cannot be contained* in the body and in the other strata of the Absolute!

"For example, you cannot now put onto yourself a baby suit which you wore in childhood. Even if you try — you cannot do this! The same happens if you have grown yourself *there* and habituated yourself to living in the

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[170] With the non-material world.

Primordial Consciousness! Then comes the moment when the old perception of the world does not fit you, however hard you try to 'put it on'!

"And then you have to do a little: just to treat the energies of the material body… The body has to become completely identical — by the quality of the energies — to the world where you want to go. This allows you to disappear entirely from this world and to 'assemble' completely the other one!

"A perfect Nagual has the freedom to move to any world which He chooses. This is omnipresence, the freedom to be where you want. This is the freedom to be *Everything* and to move the concentration of Yourself inside Yourself — Universal, Boundless! At that, the center of Yourself has to remain in the *Home*: in the *Home of the Primordial One*. One should never forget about this rule!"

"Genaro, what can You advise our readers concerning how to rid oneself of the *feeling of self-importance*? Please, tell us how it was in Your case?"

"The *feeling of self-importance* disappears when the *mystical death* happens: when you die completely to everything worldly. How can it be achieved? Only through self-control, unceasing control over one's own indriyas. It is the indriyas that bind one to worldly things.

"*Disappearance of the feeling of self-importance* brings one to *the loss of the human form*.[171]

"Yet, it should be noted that the *feeling of self-importance* has positive aspects.

"In the beginning of the life path, this feeling is necessary, one cannot develop without it!

"It is due to ambitions that people try to become better, cleverer, stronger. And it is out of the desire to be loved and respected that they perfect themselves. This is the first positive point.

"The second point is that you cannot train a person who is devoid of the *feeling of self-importance*. An absence of this feeling gives one *psychological invulnerability*. How can you guide or correct such a person if in him or her there is nothing to 'press on', to 'strike to', to 'fillip on'?"

"Genaro, could You share with us Your own experience?"

"I was always of an 'easy' temper, others have an 'ill' temper. But the *feeling of self-importance* is present virtually in everyone, it is just its outer forms that are multifarious.

"Once My Teacher told Me that I would be a powerful sorcerer when I would rid Myself of the *feeling of self-importance*. I believed Him and devised a

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[171] **Explanation of the terms can be found in the chapter *The Teachings of Don Juan Matus*.**

plan how to fool this quality in Myself and become free from its control. I tried — and did not allow it to act. Among other means, I devised the following tactics: to not exult at My success and to not become despondent about failures.

"For example, when I succeeded in something and was about to inflate out of pride, I had to look at the situation from such a far distance that nothing could be seen.[172]

"In other words, when the *Power* 'rolled over' Me creating certain situations and I was about to inflate with pride or anger, I had to move immediately outside of the *cocoon*, outside of Myself and merge with the rolling *Power* into one.

"But do not think that ridding oneself of the *feeling of self-importance* is the acme of perfection. No: it is only the beginning of the next part of the Path…"

Juanito

One calm sunny day, being on the seashore, we noticed a Mahadouble of a Divine Teacher over a glade. As always, we began the acquaintance by asking His name. He resisted for some time:

"Why do you need it? It is not important!"

But then He "gave up":

"Juanito, a young Native American Chief in the last incarnation."

"When was it? At the time of Spaniards?"

"No, it was before the Conquest. I was the Chief of a small tribe in Mexico.

"It was a tribe of explorers of the nagual. And it was the tribe's way of life — to expel unworthy people and to invite worthy ones from everywhere, from all other tribes. This was the kind of 'tribal' spiritual School we had! In the history of this tribe, there were always about 100-200 students.

"Then the Conquest began, and we all were shot dead…

"And now — I remain alive and am with you!"

"Have You ever been with us before today?"

"Every time you met don Juan, I was nearby. I like this place especially!…"

"What about Mexico?"

"No, there remains no such person…

"And here — on every clear day, I admire the rising and setting of the sun!

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[172] **It is about the meditative location of the *assemblage point* — the area of concentration of the consciousness. This can be fully accepted and realized in practice only by those spiritual practitioners who have a sufficiently large and strong consciousness, which can freely act far outside the body.**

"And I dream that every person from any corner of the planet could come here and develop spiritually!"

… We ask Juanito what, in His opinion, is most important for us now.

He shows the meditation the *Hat of Juanito* and says, laughing:

"Look at the Freedom! You have to look forward: at the Freedom!

"Realize also that I remain always That What I am, independent of the conditions occurring on the material plane. You, too, have to master this: to be Me independent of what happens around.

"One of the aspects of the *art of action* is that if spiritual warriors happen to be in adverse conditions, they never merge with them but always remain true to themselves. It is not *places of power* on the Earth's surface that have to dictate you who you are, but rather you have to remain that which you decided to be — independent of the energies of the surroundings and other influences!"

"Juanito! Tell us please about Your Path to the Creator, about Your tribe, which imparted from generation to generation the knowledge about spiritual methods that allowed one to cognize God! How did You learn, how did You help others?"

Juanito smiles with His whole Calm of the Consciousness, which gently envelops us from all sides… From this transparent Calm, images begin to appear and words flow softly…

… Warm calm night… A fire is burning. A young Native American Chief is sitting motionless and looking at the fire not with the eyes of the body but with the eyes of the consciousness. Nothing disturbs the calm except the quiet crackling of the fire and distant cries of birds…

"Every member of the tribe learned to be 'invisible'," Juanito began His narration. "It was accomplished through gradual mastering of the methods of *total reciprocity*. (Of course, we called it by a different term). In order to become 'invisible', one has to learn to merge with the surroundings in deep calm. Of course, one could not master this when 'living in the head': dissolving and merging is possible only from the lower *bubble of perception*.

"For hours the student could be mastering the ability of *becoming one* with stones and rocks — and then the steadfastness and stillness of cliffs became such an experience of the consciousness that to spot the body of such a person, looking at it from a distance, was almost impossible…

"Then — trees, forest… Embracing the space with the consciousness, the student would disappear, the student's body would merge with the surroundings and not stand out against the background.

"Staying in calm-mergence taught students love. We had no special techniques for opening the spiritual heart, but we knew that man's spirit abides in the center: where the source of breathing and the heart's rhythm are.

"Then one had to learn *moving* in this calm. We chose animals whose movements were the most soft and graceful. And the student learned the ability of looking like one or several animals: to move softly, to see and hear the surrounding space with the consciousness, to give with the consciousness signs to others and to receive signs from them… If one stays with the consciousness in the lower *bubble of perception* and tries to see something which only an eagle can see from such a distance, then gradually one gains the ability to see with the consciousness that which cannot be seen by the physical eyes.

"Then, worthy students were initiated into *young Chiefs*. Becoming tutors for beginners, *young Chiefs* could learn to feel the students as clear as themselves, could learn *love-care*. At the same time, they could gain the ability to perceive the *Higher Chiefs* and the *Supreme Chief* — the Great guiding Power, the Supreme Will.

"*Young chiefs* also mastered the ability to see and hear in the *space of the Spirit*. *Seeing*, i.e. perceiving with the consciousness, leads to knowledge, to understanding the essence of what you see and hear.

"In this way, gradually, students came to the direct perception of God. And then it was simple — as in your case: the methods of the final stages are not much different between different spiritual Schools, only their names differ in different languages. And the ability to dissolve and be that which you merge with — provided remarkable results: the transfer of the *self-awareness* into the world of the *Spirit*, the world of the *Power* could be accomplished very easily.

"In this way, we helped consciousnesses to move to the worlds of the Holy Spirit and then — to the Abode of the Creator. And Every One Who achieved the *Freedom* became a *Guide* leading others to It…"

Silvio Manuel

"I, Silvio Manuel, tell you: only a daring person can walk confidently on the Path of knowledge! One has to have a venturous heart to travel to the Unknown!

"I, too, followed such a Path. Having set out on a sorcerer's journey to the unknown worlds, I never thought about returning to the worldly. I strove only towards new unexplored expanses awaiting Me on this Path. A life filled with sorcery and new worlds — drove Me forward!

"But as I advanced, I gained Wisdom. And I turned from a 'restless' sorcerer-traveler striving for the unknown worlds — into a *Calm*, which embraces everything.

"Gradually I gained understanding of the true Goal of the Path, granted to Me by the *Power*.

"And one day I moved from the state of a separate self — into the state of the Higher Self and became the entire boundless *Light-Power*."

"How did You manage to attain everything in one lifetime?"

"It was the only purpose of life for every one of Us. Seeing unbelievable prospects open to Us, We discarded from Our lives all the rest, let go of everything that We 'clung to' before.

"… In relation to this, let Me tell you about *detachment* — an essential attribute of a warrior's life.

"*Detachment* implies two things: a system of values revealed to the warrior by the Spirit and resolute adherence to this system.

"To have detachment means to walk through your life not as if through a bazaar, idly looking here and there, but to move forward taking every step in accordance to this system.

"Don Juan said about the same when He explained to Castaneda that spiritual warriors have to plan their actions asking advice from death.

"And one more thing: sad is the future of those who do not seek companions, do not take others on the journey! Spiritual warriors weaken, faint if they have no one to fight for!

"First, the spiritual warrior fights for oneself, then — for others, and grows thanks to this. A warrior who has no one to fight for weakens and soon dies a natural physical and spiritual death.

"Therefore, one must fight!

"I invite you to My *Depths!*

"But do not try to entice people into Me!

"The Freedom which lives in My *Depth* is the highest reward only for those who truly strive for it and are ready to pull themselves out of the commonness and limitedness.

"Do not entice anyone into Me! I receive in Me only those who desire to live with Me, in Me — and not for a moment, but to unite their lives with Me!

"As a water current flows around all obstacles and runs to the *depths*, so you — pursue your course and do not turn back!"

Eagle

"I like the name *Eagle*. Eagle means much to a Native American…

"The eagle knows the freedom! The eagle knows the flight! The eagle lives where there are only the wind, the sun, mountains, fathomless precipices, and — the freedom!…

"The eagle is born free and dies free! It is born to fly, to live its life soaring over mountains! Uniting the wings with the wind, the eagle gains the power which allows soaring!…

"And when death comes — the eagle knows beforehand the time of its coming. The eagle rises high to the sky, for the last time, — and casts off the flesh unneeded from that moment on. The eagle continues living in the spirit, soaring above the tops of mountains illuminated by the rising sun!

"… I like the name *Eagle*. The Warrior of Spirit can be likened to an eagle! The Warrior of Spirit is born to live free and to die free! The Warrior of Spirit unites the *Wings of Spirit* with the Power of the Creator — and learns to soar over the world of matter, being guided and supported by this Power. The Warrior of Spirit soars through the *current of Eternity*, and the Power of God manifests Itself through the Warrior's body. The Warrior of Spirit glides in the Infinity and Eternity of life, bound by nothing but Love, and united with the Power by this Love!

"… The Warrior of Spirit knows the time of the death of the body and casts off the flesh, needed no longer, a moment before the body would die due to other reasons.

"But one can achieve even more: by uniting the *Power* with the material body and igniting the *Fire from within*, the Warrior of Spirit can turn the matter of the body into Spirit!"

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"Eagle, teach us please the language which could appeal not to 'romantic women' but to souls who are ready to receive great initiations!"

"Mountains speak the language of silence. Through their greatness they express their essence!

"With the flight of freedom speaks the wind to those who have spread their wings!

"With souls ready for Higher Initiations, God can communicate without words. It speaks to them with His *Touches!* And when such a soul partakes of the *Unity*, it begins to aspire to the permanent *Mergence*.

"The words are needed not more than the murmuring of streams, than the whisper of the surf or rustle of the wind through the leaves.

"When God speaks to a soul walking the Path, He speaks the language whose words are but a reflection of the *Great Love* between the soul and God!

"… One can submerge a mature soul into the Abode of the Creator with the help of your methods in one month or a little more…

"But to smelt, to remake, and to grow souls who are young, to teach them to be one with Me, shedding the clothes of egocentrism, overcoming the *human form* — this requires years of arduous efforts. It can be likened to carving a sculpture out of a block of marble: one has to chop off everything unnecessary — and then there remains only the clear Atmic Essence — the Higher Self."

"Eagle, tell us please how did You perceive Yourself when You were incarnate among Native Americans."

"My body was filled with the *Power*. To Me, there were no insuperable obstacles. I regarded all obstacles just as something to overcome!

"In My incarnations, I was never absorbed in the problems of earthly life. I never 'reduced' Myself, as many people do by getting bogged down completely, i.e. with the whole consciousness, in a situation of an earthly problem and thus 'jailing' themselves in this situation.

"The *expanse* was My 'home' — from the state of *expanse* and *totality* I performed My deeds.

"I never fell into the trap of illusion that the earthly plane was the only world where I lived. For Me, this world existed only on the surface of the boundless Ocean of Beingness. The Life of the *Ocean* was My true Life. From there I acted."

"But how did You manage to live in a body and to retain, at that, the awareness of Divinity?"

"I never reduced Myself from being the *Ocean* — to the earthly life alone, never deluded Myself by making various earthly situations My only 'space of existence'.

"You switch your awareness from Me to the earthly life when a particular situation or problem becomes to you more important than life in Me. Then this situation seizes your attention, and you get drawn into it with the consciousness.

"If you want to take the consciousness off the problem, just direct the look of the consciousness from your anahata backward — to My Infinity — and submerge into It.

"Interacting with the material plane, do not regard yourself as the person you were formerly: a small man involved in the worldly affairs! Strive to retain

the awareness of *My Beingness!* I gave to you the expanses of nature not to make you feel small amidst it but to help you feel how large you are!

"When I perform My deeds on the Earth, they reflect My *Unlimitedness* rather than 'floundering' in the sea of worries.

"… Every anahata developed to the Divine level is a hole leading into the *Depths* of Me, i.e. to the 'bottom' of the depth of the multidimensional space. In principle, through every such a 'hole', one can enter My *Depths* and cognize Me. It is also important to know how to expand, having passed through such 'holes'. This is the basis of everything, as every one of you knows.

"… Understand also that I am *not dependent* on any outer conditions, whatever they might be. *Everything* lives and develops *inside Me!*

"Behold My controlling Hand in every event and accept My Will, without leaving the state of Mergence with Me! This is the way to cognizing the *Oneness* of everything existing in the universe.[173]

"… And one more thing: you have to create new 'nests' where My nestlings can grow and then become Eagles! This is your task!"

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… An early morning in autumn can be wonderfully calm and transparent! The morning freshness and purity around us is filled with tender light of the sun and gold leaves of autumn birches and aspens. We are going to visit Eagle on one of His favorite *working sites* in the forest…

… I enter it and… fall into infinite *Light!* There are no boundaries: Infinity! Expanse! Freedom! I do not perceive myself as a body anymore! I am a pure consciousness consisting of Light-Love! Immediately I get the feeling of *wings* — it is Eagle taking me into His giant strong Hands and helping me to spread my *arms-wings*. He supports me while I am trying to start to fly.

I alternate flying in the infinite Light — with dissolving myself in Him…

"Tell me, Eagle, why is this sensation of flying so familiar to me? In childhood, I flew in my dreams, but then — as if my body was fettered: I could not rise, could not fly! But now You give me this blissful joy again!"

"In the depth of every correctly developing soul, there is a memory about the Freedom. And the Freedom can be likened to flight — flight to the unknown. It depends on how deep this memory is and on the strength of a

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[173] Before this, Eagle spoke about cognition of the Primordial Consciousness; in the last two paragraphs — about cognition of the Absolute.

Both have to be mastered on the spiritual Path.

soul's aspiration to the Light. After all, in order to rise, to take off the ground, the look of the soul has to be directed to the sky!

"Do you know from where the wings of birds grow? They grow from anahatas! To rise, to soar high, one has to have wings, and to have wings one has to have an anahata! The wings are an instrument by means of which one can rise and glide over the world of matter, but the carrying power is the power of love!

"One must also learn to merge with all the infinite Light of the Creator, abandoning one's separateness and becoming Him — the Living Consciousness of God! And this can be done only with a consciousness consisting of Love."

… I merge with Eagle, submerge into Him completely and dissolve: there is no me, there is only Him! Or I can fly with the help of the arms-wings of the consciousness! Love and power, united together, spread the wings! Infinite Bliss!

… Eagle begins His next lesson…

Behind my back, there are large wings made of subtlest light.

Eagle teaches:

"Feel yourself one with these wings! Unite with them! Feel their strength!

"When your wings strengthen and you are not afraid of winds, your flight will be the flight of Power and Freedom.

"This is My gift to you — the wings of light. Become aware of them, accept them, and fly![174]

"You do not have to be afraid of anything: all the Infinity is Me!

"You cannot fall anywhere because all space is filled with Me!

"Become aware of My omnipresence! Submerge into Me!

"The only sacrifice that you have to make is your limitedness. Erase the boundaries of the individual 'I' and realize all the greatness and power of My Freedom and Love!"

"Eagle, will You please tell about Your past? How did You grow from an ordinary human to Divinity?"

"I did not attain Divinity on the planet Earth. I came to the Earth being already an Avatar — a Son of God. As other Sons of God, I came to the Earth in order to serve the Evolution on this planet, young at that time. My territory is North America, I embodied Myself there several times among Native Americans."

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[174] **Here, Eagle means flying not by the physical body but by the developed consciousness.**

"Eagle, how did You teach Native Americans cognition of God? I always respected Native Americans, considered them strong and noble."

"Among them there are very different souls… But the quality which all Native Americans develop from childhood is living in accordance with the laws of nature.

"Native Americans are an ancient civilization, and their worldview in those old times was quite different from the modern one. I taught them to perceive the world as *One Whole Organism*. I taught people to respect every life, taught them to live and to act on the Earth impeccably, without disturbing the harmony, balance, and beauty of the environment. From childhood, a Native American learned to listen and understand the world around — the sun, the stars, the wind, the forest, the rivers, the lakes, the animals… Native Americans learned to follow the laws of nature in their life, they understood that by violating these laws one causes unnecessary pain to the living.

"Teaching Native Americans was easy! They, in contrast to the modern Europeans, did not 'imprison' themselves in stone houses, were not 'shackled' by dogmas about the structure of the world. Native Americans felt themselves an integral part of nature, their home was the boundless forest, rocky mountains, blue lakes, waterfalls. The state of *mergence with nature* was very natural for them!

"Crossing a river on a pirogue, walking forest trails, Native Americans felt themselves one with the wind, water, mountains, birds… Since their young age, they knew that the body is but a small fragment in the world of matter, that it is not more important than pines swaying in the wind, than clouds floating in the sky, than squirrels frolicking in trees or fishes swimming in waters.

"How did I teach them? In the way the same as I teach you. I taught them to fly! I also taught them not to follow only one's own power, but first of all — love and wisdom.

"Gradually, as disciples matured, I showed them that the world of matter is not everything that exists, that the picture of One Whole World is much richer. And if there were those who walked steadfastly the Path of Love and learned to create beauty and harmony with every act, I took them with Me into the flight to the World of Spirit — by taking them out of their bodies.

"And they began to see that everything around is pervaded with Light, they learned to feel themselves as one with this Light. It took years to master this, and for some disciples — lives.

"Not everyone but only the brave ones who were ready to go further to the Unknown could come to the next step — 'a jump into the abyss'. I did not have

to seek *places of power* for this: I could create such a place with My power of the Consciousness.

"And at a certain moment, I opened wide the ground in front of those brave — and rose from the *Fiery abyss* as a shining *Fiery Divine Eagle*. In this way, I opened with Myself an entrance into the Abode of the Highest Spirit, into the world of the *Divine Fire!*

"Only those with a pure heart, who were not afraid of the *Fire of the Creator*, jumped *There*.

"And they who jumped never came back as they were before: they returned from this *Fire* renewed — returned to gather their strength — and to jump again.

"And some day, impeccable disciples made their last jump and became consumed completely by the Fiery Consciousness of the Creator. Thus, from age to age, new Sons of God were born in the Native American land.

"… I came to the Earth many times — because otherwise people would lose the Path to the *Freedom*, the Path to Me! I dressed My Spirit with a material body and came here. I explained by this that I am real, that I am cognizable!

"All the Infinite *Power* that I can manifest with Myself — is God! When you lose your confidence in Me, you lose the connectedness with this *Power*, but My *Power* is always ready to be merged with you!

"You must submit yourself fully to the Will of God and have absolute confidence in His Power, which is present in you as well. If you do not believe in My Power, which can be manifested through you, you cannot perform anything great, you cannot seriously help anyone!"

"Eagle, I would like very much to give people something from You!"

"Give them the sun! Give them the rising of the sun over the earth!

"Give them also the *Fire!*

"There is the fire of a home hearth, there is a campfire, their flame warms bodies…

"But you should give them the *Fire* brought by God to the Earth — the *Fire of God's Love, the Fire of the Heart!*

"Give them the sky and Heaven! Give them the boundless blue of the sky and the clouds illuminated by the rising sun, resembling a trace of My *Wings!*

"Give them My *Depths!*

"Give them the *Mountains!* The *Mountains* whose tops reach for the sky and whose bases rest in the *Depths of the universal Divine Ocean!*

"Give them the *Freedom!* Give them, at least, the knowledge that there is the *Freedom*, that it is possible!

"Give them the *Wings* and the aspiration to *fly* with Me, to Me!

"Give them My Love!

"I can teach you an unbending will and unswerving intent of the Warrior of Spirit whose main goal is to attain the highest *Freedom*: the Freedom to cognize God, the Freedom to stretch the *wings of Love*, the Freedom to dissolve oneself in the Ocean of My Beingness!

"I offer My help to you every day and every hour of your lives! Call Me when outer difficulties become too hard — and I will come to you with all the infinite power of My Love!

"Be aware of the *Flight of Freedom!* If you have become a *Heart* soaring in the Ocean of God, growing and living in interaction with Me — then the Path of growing into Me becomes open for you!

"… By the way, White Eagle[175] is not a myth. It was God Who once again came to the Earth in order to bring the *Fire of the Heart* to people and to open for them the way to Heaven — the *Way of Freedom!* This is a Gift of the Heavenly Father to people!

"Everyone can accept this Great Gift! Everyone can possess it! — but… only if one gives it to others!

"… The *Freedom* is near! I open the Shining Path to it — the Path of impeccable Love!

"… I will rise over the earth together with the sun… Come to Me! I appoint the meeting at the dawn. I will teach you the kindling of the *Heavenly Fire* — the *Fire of Love!* I will rise with the sun as many times as necessary, I will do this always!

"I will wait for you on the way to *Home!*

"I will walk nearby showing you the Path!

"And when you arrive *There* where there is only I, the 'Sun of God' will obtain one more ray.

"Then *You*, too, will be able to rise together with the sun — *You* will become a *Young Divine Chief*, and I will add another feather to My headdress…

"I am waiting for you!…"

Pyramid

I see a huge Mahadouble of a Divine Teacher among fields. I come closer. There is Purity, Transparency, Tenderness, and Calm inside Him. Here it is very good to cleanse the body from energy contaminations. It is also good to work with different variants of the meditation *Pyramid.*

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[175] **In one of His incarnations Eagle had this name.**

"What is Your name?"

"Pyramid."

"Are You joking?"

"Not at all! This is how the locals called Me in My last earthly incarnation in South America."

"Tell me about Yourself, please!"

"I was one of the Atlanteans Who were the bearers of the true knowledge about God.

"Having left Atlantis before it submerged into the ocean, I went to South America to continue My service to incarnate people there.

"At that time, scattered Native American tribes lived on that continent. I settled on the border between modern Bolivia and Peru, near the Lake Titicaca. It was a paradise on the Earth! Nature, including the climate, and everything else here were favorable for creating a new civilization with the true spiritual knowledge. So I set to work.

"First of all, I had to win the confidence of the locals, build some housing, and create a scientific-cultural center where I would be able to teach people.

"I started the construction of the capital of a new civilization with a pyramid. By using knowledge of the Atlanteans, with the help of the Divine Power, I moved and processed stones. A magnificent structure was growing day after day. That structure was convenient for My Mission in many ways: it was a temple, a house, a castle, and a scientific-cultural center at the same time.

"Of course, I had helpers among the locals. I wasn't doing all this alone.

"Gradually, the people of that area started trusting Me and respecting Me. They came to the pyramid, and I taught them different sciences, crafts, and healing methods. But the most important thing that I taught was how to live properly in the world, by observing the Supreme Laws of the Creator.

"Before this, they had worshiped many gods. I, on the contrary, taught them that there is One Universal God and that He is the One Who controls the entire world. I also taught that He lives in the boundless *depths under* the world of dense matter and that it is necessary to study those *depths*.

"I did not force them to abandon their customs and beliefs but instead gradually introduced the conception of One God-Creator into their worldview. In order to help them to accept easier the knowledge about One God, I described Him as the infinite *Living Sun* That shines giving everyone who perceives It Its purifying light and life force."

"Tell me, how did you teach spiritual practices? I also want to know if in those lands You had worthy disciples who managed to fulfill in their personal development what You taught them."

"Yes, I had worthy followers among local Native Americans. They were very apt disciples because they were not burdened with excessive belongings and needless concerns. They also lived a simple life in harmony with nature, understanding it and loving it. So I just supplemented this knowledge of theirs with the knowledge about the Creator of everything that exists and about how one can cognize Him.

"The spiritual Path, like an ordinary earthly life, is full of difficulties and dangers. However, a conscious overcoming of them gives a spiritual warrior an opportunity to develop necessary qualities of the soul in order to attain the Perfection.

"Only this is important for the Creator! Only the correct development of each particular soul is important for Him! And if a spiritual warrior looks at himself or herself and at his or her life in this way, then this person has great chances of victory in the struggle for the Perfection."

"What spiritual practices did You use in the process of teaching?"

"The first and the most important practice was the dissolution of the soul in the harmony of nature, the mergence with its beauty and the ability to listen to the silence, that is, to remain in the state of inner calm. Of course, this calm must be filled with the emotions of tender love, emanating from the spiritual heart — the main center of the soul.

"I also taught them how to wash thier bodies with transparent, slightly golden Divine Light and how to fill these bodies with tender Divine Fire. This allowed one to heal the diseases of one's body.

"Then each disciple repeated, in his or her habitual conditions, all that he or she had learned, thus consolidating this knowledge."

"Did You have disciples who cognized the Creator?"

"Yes, I had some. I initiated them into the higher meditations such as *Pyramid, Pentagram, Hexagram,* etc. The meditation *Pyramid* was the basis of many training methods. It is so, because this image is very easy-to-use and that is why numerous meditations can be created on its base.

"I also gave lectures inside My material pyramid, during which I taught the ethical laws of God. This knowledge helped people correctly build relationships with the members of their families and tribes, as well as with the entire surrounding world. This in turn allowed them to live happily and harmoniously.

"Additionally, I taught various sciences and crafts. I taught people to create a human-made beauty.

"This was My daily work, nothing heroic, a constant laborious work on transforming the souls. But joy was also great when the souls became better.

They became cleaner and brighter and then — in these qualities — grew quantitatively!

"As a result, I was able to create in this part of the surface of the Earth a very significant center of true spiritual knowledge, which existed for a very long time."

"Did You have a Divine Teacher?"

"Yes, My Teacher was Adler. He led the life of people in Atlantis, and long before that He was the Creator of the planet Earth.

"He taught Me from His non-incarnate state. I learned from Him what wise calm is and the understanding of the essence of all things and phenomena, as well as of the essence of the Creator.

"He was the One Who sent Me to South America in order to save the true knowledge about the Creator and about the Path to the cognition of Him.

"I saw non-incarnate Adler, heard Him, understood Him, and tried to follow His instructions.

"He, for example, taught Me to merge with Him. From this state, I was able to penetrate the Earth with Divine Fire, by kindling the Flame in the *depth under* the entire material world. This was the Fire of Divine Giving Love, Which filled all the embodied beings who were capable of attuning to the Love of God with the vital force.

"But before this it was necessary to fully realize the functions of all three main bioenergetic structures now called *dantians*. In other words, one had to cleanse them and to develop as much as possible.

"Then Adler said to Me the following:

'Relax! There are no worldly affairs on the Earth for you anymore! There is only I — Boundless, Infinite, and Eternal!

'Your arms of the soul embrace Me! Your lips of the soul kiss Me! And the entire Infinity responds with Caress to your caresses!

'Let Divine Love-Tenderness, intensified by you, fill all the infinite space! And you dissolve in Me completely!

'And let just your arms of the giant spiritual heart continue their normal work of giving Love to all souls, be they Divine, or successfully growing, or yet very small!'"

Ptahhotep

We are on a road winding among fields, on a *place of power* of Ptahhotep. Walking along the road, we swim by the consciousnesses in His giant

Mahadouble, fill with ourselves His Universal Form, merge with Him. High in the sky above the clouds, one can see His Face. He freely permeates the matter of the Earth, coming out from the primordial universal *depth* — from the Abode of the Creator. Power, Greatness, absolute Purity and Transparency, subtlest Light of Love — so Ptahhotep manifests Himself to His incarnate disciples!

The meaning of working with Mahadoubles of Divine Teachers is the following:

Filling with the consciousness the giant form of a Mahadouble, we grow quantitatively. And merging with the Teacher, dissolving in Him, feeling unity with Him — we habituate ourselves to His Divine state. This transforms the consciousness qualitatively, subliming it. In such a way, one realizes the process of *crystallization* of the consciousness on the higher stages of spiritual work.

For souls, who have no experience of such work from past incarnations, it is quite a slow and difficult process, because new states are not familiar to the consciousness and thus are not habitual.

Moreover, as Ptahhotep explained to us, the nerve cells of the body have to be adapted to the qualitative change of the consciousness. One has to habituate them slowly to this, it cannot be done quickly. If this process is speeded up, it may result in disorders of the energy system of the organism.

To facilitate this task for the disciples, a Divine Teacher may densify, to some degree, a part of a Mahadouble. The Mahadouble, in such a case, becomes a continuum which crosses several eons. On one side of such a Mahadouble there is a dense part, which is convenient for disciples to enter, while on the other side there is the Primordial Consciousness. This is what the *Vine* is, that Jesus Christ told about.

Ptahhotep begins His narration:

"Today I am going to tell you about the *Intent of God*.

"I am one of the Manifestations of this *Intent*.

"It arises from the *Depths of the Creator* and brings to the world of the Creation His original Will — the Will by which this world was created.

"The ability of working miracles comes from this *Intent*. The *Intent of God* creates whole worlds in the universe — in the same way any lesser material object is created; it is only the scale of the process that is different.

"The *Intent of God* is absolutely independent, i.e. it is not affected by anything of the manifest world, for It originates in the *Primordial Depths of the Absolute*. Therefore, in order to manifest the true *Intent*, one has to be completely free from the attachments of the lower self.

"Miracles worked by an Avatar are actions of His Consciousness from the state of Mergence with the Creator. A seeker of God gains this ability too, but only after mastering living in the Higher Self."

"Ptahhotep, will You please tell us about Your life in Your last incarnation on the Earth?"

"That time I was born and grew up in a family of the country ruler. I was destined to become a spiritual leader of that nation, to form and direct the way of its spiritual development. I was a *Messenger of the Divine Preceptors* and came to this incarnation with a certain purpose. But it is just the general direction of My Mission[176] that was predetermined. I had to plan and undertake all actions Myself, taking into account the current situation.

"My childhood went on smoothly, without afflictions. In a pure and sound environment, My body grew, and My mind developed.

"At the age of eleven, I had to receive the first initiation, which signified a change from the life of a growing child to the level where, for the first time in that incarnation, a serious knowledge was opened to Me.

"This initiation began with reading texts. They were records written by spiritual seekers who had lived before. I read descriptions of their achievements, their reflections about this world — and My mind could easily comprehend it, since the Consciousness *knew it already*.

"I, an adolescent, read the works of sages and, thanks to the experience contained in the Consciousness, could easily see what part of the Path they had traversed, and I also understood that they had not managed to reach the Final Goal.

"For Me, it was not a process of learning but rather a process of *recollecting*, formulating for the mind something that was already known, yet hidden in the depths of the Consciousness. Besides that, I had to learn what ideas and concepts had formed in the mentality of that nation.

"Once this basic stage needed for the subsequent work was mastered, I had to plan and carry out My further activity according to the *Intent* that I had in My Mission.

"First, I needed to establish contacts with the priests and the local nobility, which might be useful in the future. To some extent, I even played along with the priests by allowing them to 'instruct' Me and to teach Me certain rituals. However, I never took their edifications seriously, because the world of the *True Beingness* was always open to My eyes. Behind Myself, I felt the True *Source of*

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[176] **Ptahhotep relates about His Incarnation that followed the one described by Elisabeth Haich [34].**

Power and Knowledge. **Compared to It, all the customs and rituals of the priests looked like petty swarming of insects absorbed in their concerns and incapable of seeing the light everywhere around them. They were preoccupied with observing the rituals inherited from their ancestors instead of trying to take their eyes away from that which is worldly and direct them to the *Infinite Light*. And for Me, My life was always the Life in this *Light*. Getting involved in the affairs on the physical plane, I never broke away from the *True Beingness* and was never fettered by the illusions of the material life.**

"On a certain stage, in order to ensure the freedom of action necessary for the realization of My Mission, I had to overturn the religious system of that society. I ceased supporting the priests bogged down by their rituals and proclaimed a new religious doctrine.

"I was supported by the military elite, since they esteemed the leader of the country and by a part of the nobility. Some of the latter were not really concerned with religious matters — they just followed a bright, strong leader; the others were captivated by My ideas.

"I proclaimed the principle of *Oneness*, of *One Source of everything*. I said that like a leader governs the country and his governing ensures the prosperity of the nation — in a similar way, the *One Source* governs the entire world.

"To make this idea more understandable for common people, I illustrated it by an example of the 'pyramid' of the social structure, which comprises different social layers and the ruler, who honors worthy people by letting them to the next level and thus bringing them closer to himself. In the same way, taught I, everything in the world exists on different levels of ascension to the *One Source*, Which governs everything, illuminates all with Its Light, gives life to everyone.

"And when I, in white clothes, was present among gathered people, sitting on a throne or standing high, I shined at them with the Light from the Abode of the *One Source*, showing this *Source* to them, personifying It for them.

"I taught that despite having different social ranks, all people are equal before the *One Source*, that the lives of all beings have one purpose — advancement towards the *One Source*, that all beings have to achieve it sooner or later and merge into It. All are equal before It and differ only by the level of ascension.

"I taught that the duty of everyone is to work on that level where they happened to live, and to help others in this, that everyone, thanks to good work and righteousness, will ascend some day to the higher levels and merge eventually into the *One Source of everything*.

"Thus I taught people to view everything from a new perspective — from the perspective of *Oneness of everything*.

"During My governing, there were no large-scale wars between My country and its neighbors. God provided peaceful conditions of existence to aid establishment of the new religion.

"And those who accepted My Teaching never viewed foreigners as aliens. They viewed all visitors from other lands as equals who also go to the *One Source*, and were glad to share this knowledge with anyone.

"Thus I spent that incarnation, living by the body on the Earth and by the consciousness — in the Abode of the *One Source*, shining with Its Light to people, giving It to them."

"Tell us please, is there anyone working with You apart from us?"

"Yes, on the south of the Arabian Peninsula there are many people who know Me well."

"Are they meat-eaters?"

Ptahhotep shows an image of big leaves similar to those of lettuce or cabbage.

"I suggest to them to eat this. There are people who eat these leaves cooking them like cabbage rolls with rice and oil. Stewed, they are very delicious! For some communities this is the main food, plus, of course, various kinds of grapes and other vegetal and milk products."

"Has something remained of the spiritual culture in Egypt which existed in Your time?"

"No. There is a good potential, but eating meat does not allow people to advance far enough. There are Sufi schools which try to induce intoxication-like states in order to switch the manas off. Yet, this is a wrong tendency, as you understand.

"… And now listen to Me well.

"You have become mature enough for assuming the mission of serving God throughout the Earth. Let none of you count oneself little or unable! I — possessing Unlimited Power — will act through you! I will realize through you God's Plan of accelerating the evolution of souls on the Earth!

"I will involve big and small souls in the realization of this Plan. The main criterion of selection for this work is love for God and the desire to serve Him. Everyone will be given a task according to their ability.

"I begin acting through your bodies, spreading the Light of True Knowledge! It will be happening like a chain reaction, when every kindled heart helps many new people go to Me.

"Amen! Let it be!"

Elisabeth Haich

We are visiting Elisabeth Haich on Her favorite place in the forest situated near a Mahadouble of Her Teacher Ptahhotep.

"Elisabeth, we are very glad to see You once again! What would You like to tell us today?"

"I am going to tell you about Us, about the work of the Divine Teachers on the Earth.

"We are trying to bring to incarnate people the truth about life in God-the-Father. We serve the Evolution of One Universal God and this constitutes Our Life.

"We realize His *Intent* on the Earth.

"We are One with Him and full of His Love for all the living."

"Tell us please: do Souls, Who have merged with the Creator, develop further?"

"We do develop through cognition. We cognize new things and develop Ourselves by acting in the world of the Creation from the Divine level."

"But aren't You *omniscient*? You know *everything* already, don't You?"

"Cognition through action in the world of the Creation is a part of the process of the Evolution of God. Knowing the future entirely in advance, knowing for sure everything that is going to happen, what will happen — this would nullify the very essence of the process of creativity!"

"Why don't the Divine Teachers manifest Themselves on the Earth more apparently — so that no one of incarnate people can doubt Their existence?"

"What for?… We do not need this… This would prevent people from developing through their freedom of choice, freedom of will!…"

"What are the nearest goals of the Divine Teachers on the Earth?"

"To make the geopolitical situation more stable, in particular, by supporting all good undertakings of people in this direction and by suggesting to them ideas about new goals and possible ways of acting."

"Is there a limit of a Divine Teacher's capabilities for action?"

"There is such a limit. A Divine Teacher's capabilities are limited to that area and scale of action which He or She has chosen for Himself or Herself."

"What do Divine Teachers feel when They interact with the world of people? Do They feel joy, disappointment, etc.?"

"You know the answer to this question. You can see, feel in contacts with Us — Our joy, Our love! Yes, We do feel all this! To live in such emotions is a part of being *fully free!* And We are truly *free!*

"As for fear, hatred, pain — no.

"Fear results from a lack of trust in God. But We are merged with Him completely. Therefore, fear exists on the *other side from Our world*.

"The emotions of hatred are peculiar only to those people who consider themselves separate from the rest of the world and *fight against others*. We, on the contrary, *help others*, We help them to become Us.

"As for the pain, it can be different.

"The physical pain originates from the attachment of the consciousness to the material body. We are not attached to anything material; this would contradict the very essence of being God.

"As for the pain of the soul, yes, sometimes We feel sad if some incarnate disciples do not ascend to the next stage that was offered to them and remain on the same level looking only 'under their feet'…

"Every opportunity to ascend to a new step by learning something principally new about oneself or about the world is an invaluable, unique chance provided to man by God, and it is in this way that one should view such an opportunity. It is more valuable than any living condition and material object, because it is such steps of cognition that form the 'stairway' leading the soul to God, while material objects and conditions have only a transient value!

"… My path to cognition of the Father was not smooth and even, but rather thorny. It was so because the soul's aspiration for higher initiations originated not from its maturity and being satisfied with the manifested world, but from the desire to imitate the honorable and respected spiritual leaders.

"Yet, the burden of higher knowledge, of higher responsibility before God — turned out too heavy for Me, a young, immature soul. I could not carry it all the way to the successful finish of the Path.

"Therefore I had to undergo again and again 'training' in little in order to learn to bear the load of responsibility without going astray from the path being attracted by the temptations of the world of matter.

"It is not easy — to pursue the right course among the diversity of these temptations. Various manifestations of Maya attract the soul because of the soul's thirst for cognition, it is with the purpose of cognition that souls come to the Earth!

"And it is not easy to see behind this variegated picture the Highest Manifestation — the Creator, Who is infinitely larger than all the rest.

"In a similar way, one cannot notice at once the underlying canvas behind rich embroidered patterns. Only when you try to grasp the whole picture, without being captivated by all the details, you may see their common Base in all Its Greatness."

"Can we hope to receive financial aid from someone in the nearest future?"

"God takes care of you, so do not worry about such things.

"… Let Me say also a few words about the importance of positive emotions.

"Positive emotions open for man the 'sluices' into the world of *Light* and allow the Holy Spirit to flow freely into man's body, to harmonize it, to fill it with healing Power and Love.

"A human soul can be likened to a closed vessel inside a multidimensional ocean. Any human being has a possibility to 'open doors' and to enter any spatial dimension. The 'keys' to these doors are emotions, emotional movements of the consciousness. The dimension to which you 'open the door' corresponds to the quality of your emotion: on what depth you open it determines what waters you let in yourself. The more subtle and light the emotion is — to more deep and light worlds the passage is opened. And having opened it, the soul naturally gets filled with the quality peculiar to that stratum.

"Now it is easy to see to what energy stratum leads the passage opened by the emotions of sorrow, fear, irritation, hatred… By feeling negative emotions, the soul more and more firmly establishes itself in the coarse states — the states of hell…

"Just as there are physical laws in the material world, there are certain laws in the spiritual world.

"The destinies of people are but a result of their usage of the freedom of will given to them."

"Elisabeth, we often see You together with Your Teacher Ptahhotep. Do You carry out some common work?"

"Yes, I help Ptahhotep: I infuse female colors into His Universal Greatness!" jokes Elisabeth.

* * *

"It is very important to feel Me as Living! There are no dead among Us!

"God is not a symbol or some sort of distant Being. Feel that I am God as well! You can love Me directly, embrace Me, kiss Me, and I can embrace and kiss you!

"It is necessary to feel God as the closest Friend! When someone feels Me so, he or she is always happy and satisfied!

"The plenitude of life is reached only in this way!"

Ushastik

We have known Ushastik for many years. On His *place of power*, inside His Mahadouble, there is a Divine Flame filling you with the state of joy and happiness. On this place it is very easy to cleanse the energy structures of the body — the chakras and meridians, and to learn to be in the state of the Divine Consciousness. There are also special points on this place where one can train oneself in transferring completely the consciousness from the head chakras to the anahata chakra. In past years, we brought beginner students to this place.

Today we came to Ushastik to interview Him about His past…

"When I embodied Myself on the Earth, it looked quite different than it does now. At that time, there grew ferns as tall as contemporary trees…

"People's way of life at that time may be called primitive from the modern standpoint: they did not build houses, did not wear clothes — they did not need it: it was warm. People lived like flocks of monkeys, but the intellect of those sent from other planets to incarnate on the Earth was high.

"I indeed embodied Myself in the Carboniferous period of the development of this planet, and since that time I have never embodied Myself on the Earth again."

"Could You tell us how the first people appeared on the Earth?"

"I was among the first people incarnated in human bodies. The bodies of the first humans were created by God right here. People were an independent biological branch.

"Man did not evolve from the ape. Neither was the human body materialized."

"Was it a mutation of the ape?"

"I cannot say yes or no. The ancestor of the naked-skin man was the furry man."

"You told us that at that time there were almost no mammals…"

"But I was!…

"At that time there were just a few very small areas where the first humans appeared and multiplied. There were also dinosaurs, including flying dragons… I saw it Myself."

"Had You been embodied before on other planets?"

"Yes. From other planets I brought the possibility of cognition of what I am."

"Can one call You the first Avatar of the Earth?"

"Yes, this is true. Huang Di embodied Himself in China much later than I did.

"Since there were only a small number of people on the Earth at that time, paleontologists will never find the remains of their bodies: a full diffusion of the remains happened. When paleontologists find some petrified bones — it is only a few out of millions or even billions of remains. Only an extremely small part of remains is preserved — thanks to special conditions favorable for preservation. If it were the other way, then all the earth would consist of bones! But this is not the case!"

"How many people lived on the Earth at that time?"

"Their number amounted to dozens. Actually every such group was a family, which can be likened to a family of black grouses, well-known to you. It never happens that black grouses multiply so intensively that their flocks contain thousands of birds: their number is limited by predators, first of all. It was the same at that time — there was a 'flock' of people attacked from time to time by dinosaurs.… They swallowed the bodies of people completely… — what kind of paleontological remains can be found in such a case?!

"There were mammals as well, but they were also few: due to the same reason. Most of them were small rodents.

"An intensive multiplication of people began only after the great *ice age*, as it is called now, when dinosaurs almost disappeared."

"With what purpose did You incarnate Yourself at that time?"

"I embodied Myself with the purpose of giving beginning to humankind on the Earth. I also taught people how to survive and cultivated in them *humanity* by founding and supporting the basics of ethics."

"You said that You were embodied on another planet. Could You please tell about life there in more detail? Can one call its inhabitants by the word *people*?"

"On this planet there is life similar to the life of humans. Yes, there are material bodies on it very similar to the bodies of terrestrial people. The human genome is *at the disposal of Heaven!*"

"How much is its civilization developed?"

"The development of consciousness is the priority there. And the laws guiding the process of the development of souls are the same in the entire universe.

"Let Me note that God quite easily controls the evolution of material bodies, controls the process of genetic mutations. So you shouldn't wonder at the quick formation of human bodies in those times when there were very few other mammals on the Earth. By these words I correct the theory of evolution of material bodies described by Darwin and Wallace."

"What kinds of souls were incarnated in the bodies of the first humans? Souls of people — in the evolutionary respect — have to be higher, on average, than souls incarnated in bodies of mammals, which were almost absent at that time."

"Transfer of souls between planets is not difficult for God! It is quite an easy matter! It is the same with souls of other animals: be it a mouse, a dog, or a whale."

"What was the life of people like on that planet?"

Ushastik shows an image of palaces surrounded by high walls, landscapes very similar to earthly steppe with hills separated by ravines, and people. People of low height, with longer arms, their faces similar to those of humans living in South East Asia, but with a much higher forehead and with large pinnae.

"For what purpose were there walls around the buildings? Were there wars?"

"The evolution of the human kind was always the same as on the planet Earth. There were epochs of conflicts and wars. There were different kinds of weapon, including halberds and firearms. Everything was similar to the events that happened later on the planet Earth. It is the same human kind!"

"And what about other planets?"

"Everything lives and develops according to the same laws everywhere.

"Creatures with a human-like mind but with bodies that are not humanlike — are fantasies.

"Differences in the form of human bodies exist, of course. Yet such differences exist on the planet Earth as well."

"Are there interplanetary ships?"

"Ask Vladimir: he observed them personally and knows about it.

"Yet it concerns, first of all, the non-material plane."

"Do they exist on the non-material plane?"

"I did not mean that. There is materialization, including materialization of interplanetary ships. Yet these ships do not travel between planets in a material form!

"Whatever kind of inventions were made by this humankind!

"These apparatuses exist only for moving within the sphere of attraction of a planet: to make it more convenient for the astronauts to feel themselves. Another purpose is to make miracles… and converse with some inhabitants of the Earth…

"But for consciousnesses the distance does not matter."

"Do mushrooms grow on these planets?"

"Yes."

"Where were the first settlements of humans on the Earth?"

"They existed in the distant past in the region of Novaya Zemlya, that is to the north of Siberia, and in Africa, later — in Malaysia. Why? Because the equator at that time was almost perpendicular to the modern equator…"

"What was the reason for the shift of the axis of Earth's rotation? Was it an impact of a large cosmic body against the surface of the Earth?"

"Yes. And it happened several times in the history of the planet."

"Can one say that there was no *ice age* — as a period of 'freezing' the entire Earth — that in reality the Earth's poles just 'wandered'?"

"Yes. And such significant shifts of the axis of Earth's rotation and of both poles happened about five times. And every time above the new poles ice caps grew with time."

"Thank You!"

Huang Di

"Now I like chess very much…

"Nowadays, when on the Earth there are no Divine Rulers[177], 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?"

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[177] **Incarnate Divine leaders of countries. Huang Di was such a leader in ancient China.**

Here He jokes about it.

"It was so long ago that I cannot recall it!" jokes Huang Di. "I became One with the Primordial Consciousness 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.[178]

"I do not construct Brahmanic Mahadoubles, and almost always remain on the other side of the *Mirror*[179]. 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*:

"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.

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[178] **Huang Di means here protoprakriti and protopurusha. (See in [6]).**

[179] **See in [6].**

"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 oneself[180], one has to feel — in *calm! — the arms of the consciousness: the arms of the spiritual heart*. One has to learn to

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[180] **Oneself — as a multidimensional structure and as a consciousness.**

touch 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!"

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"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 *Godcentrism*."

* * *

"'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 "oneself" — 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…"

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"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 sublimation[181]. 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 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

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[181] **Transformation of energy from one kind into another.**

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 mergence 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 healer[182] 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'.

"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

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[182] **Read about the principles of healing in [12].**

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 attainting 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'[183] 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.

"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.

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[183] **Here, in the form of a joke, Han speaks about one of the meditations given to us by Juan Matus.**

"The 'bulb', like that of a tulip, is formed in Tao. Into 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*[184] 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 *immortality*… 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.

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[184] **Possessing an *Immortal Body*, which is the Consciousness *crystallized* in the Abode of Tao.**

"… 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!"

Krishna

"Only Love can contemplate Me in My Innermost Essence and merge with Me!"
Bhagavad Gita

"Do you know what Yoga is? It is Mergence!

"Do you know what Mergence is? It is when the separate become *One!*

"Do you know what *Oneness* is? It is Love!

"Do you know what Love is? It is the nature of Perfect Souls! And Love is God!"

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"In service to Me let everyone forget about themselves! Then only I remain, and everything transient disappears, there remains only the *Foundation of everything!* It is I!

"Walk boldly towards realization of your goal! Do not be afraid of anything or anyone: I decide everything! I stand behind you, I help you!

"… As a plant grows with its roots into the soil, even so a soul can grow with its roots into God.

"As the Earth nourishes and sustains all the lives on it, even so I fill with Divine Aroma souls open towards Me.

"As flowers blossom, as trees bring fruits, even so souls nourished by Me bring their fruits to humanity on the Earth.

"There are souls that create earthly *beauty* but do not realize the Great *Beauty* That gives them inspiration. Lives of such souls can be short yet bright as a flash. They are geniuses. Through their lives, I breathe *Beauty* into the world…

"There are also those Souls Who are aware of Their *Origin* and are merged forever with the *Ocean of Beauty.* Such Souls can give humankind the Highest — the Light of the Divine Truth."

"Krishna, tell us, please, how did You attain Divinity?"

"It was long ago, at the time when the Earth was inhabited by people who looked very different from modern people.

"At that time, the nation among which I was embodied did not know about the existence of the Divine, and among My tribe I was a Pioneer Who found the Way.

"From youth I strove to break away from the limited world of common, everyday existence, I strove to find a greater expanse, greater *freedom.* And for some reason I believed that I had a Great Friend Who saw and knew everything. He was not present among the ordinary world, yet He was always with Me as if on the other side of a kind of 'cosmic curtain'. I believed that He would never leave Me alone and would help Me in My quest.

"Once I addressed Him mentally:

'How can I cognize You?'

"He replied:

‘By keeping and developing love in yourself! Love will be that gate inside you through which you can enter from your usual world into My World of Light, the World of My Beingness.

“Since that moment I directed all My strength and efforts to developing love in Myself. I stretched from My chest the arms of love to all living beings around, I caressed, embraced them with these arms.

“Then I learned not just to stretch the arms of love from My body to other beings, but to fill the space around with love flowing from My chest. And I could feel Myself as a large lump of love, which was much larger than the body.

“However, after some time these achievements ceased to satisfy Me — I wanted more than just to be a lump of love caressing others. I wanted to find the world of My Great Friend!

“Again I addressed Him, asking to show the way to Him. I received His reply as an understanding that on the next stage of My development I had to learn to move as a lump of love into the *Depths*, there — deeper than My ordinary world — are strata of *Light* in which I have to learn to live.

“Having found this world of *Light* in the *Depth*, having entered it and exploring it, first I just stretched My arms in it. As one opens the arms and turns the breast and face towards the fresh wind — even so I opened there My arms, opened Myself towards the *Light* coming from the *Depths* and looked to these *Depths*.

“I felt amusement and joy having discovered this new world — the world of Joy, Freedom, and Light — beneath My ordinary world!

“I submerged into the world of Light and attuned Myself to Its subtlety and purity. Gradually I learned to merge with that Light. The feeling of the separate ‘I’ disappeared completely, and there remained only the Light. I could stay for hours in this state.

“Yet I understood that this world of Light is not the Foundation of everything.

“My next breakthrough in cognition happened much later — after many years. I had to grow more, to become mature in that incarnation.

“… Among people I became an instructor of youth. And I came to know the harmony of life, serving others.

“Yet I did not abandon the desire to move to the world ‘on the other side’[185] — where My Great Friend lives. And one day, aspiring to Him with all the soul, I penetrated into His world of the Primordial Purity and Subtlety, boundless,

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[185] **On the other side of the *Curtain* that separates the Creation from the Creator.**

infinite world. And there My Great Friend met Me with His Embrace opened to all His infinity!

"… After that meeting with the Friend, I came back to My body but My life changed forever — it received a new meaning — the meaning of His Universal Beingness!

"… Remember and tell others:

"Let love and power walk together being guided by Wisdom!

"Only absolutely pure love can merge with Absolute Power!

"And Absolute Power abides in great calm.

"And only from the state of great calm, one can cognize the fullness of the Truth!"

Chaitanya

All space around us begins to sound with the Mahamantra — Chaitanya has come to us.

Hare Krishna, hare Krishna!
Krishna, Krishna — hare, hare!
Hare Rama, hare Rama!
Rama, Rama — hare, hare![186]

"Chaitanya, tell us please how it happened that You began to praise Krishna with these words?"

"'Hare Krishna' is not just words for Me. It is My Beingness, the Beingness of the One Who cognized the fullness of Mergence with the Lord!

"Guided in life by My infinite Love for Krishna, I attained *Enlightenment* — and then the entire manifested world began to shine for Me with the *Light of Krishna*, the entire world changed in one instant and turned into infinite and various Manifestations of My beloved Friend and Lord!"

… Chaitanya whirls in His dance of love, His Arms, like soft waves, embrace the space around — and the space becomes filled with goldish *Light*…

"Everything is Krishna! All of His Countenances are beautiful! Everything existing shines from within with His *Amber Light!* Krishna! He is everywhere! He is around and inside Chaitanya. Wherever I may look at — He is there…

"Thus I live since that moment — *in infinite ecstasy of recognizing Him in every new appearance*. The sun rises — how fresh and beautiful the morning countenance of My Beloved! Stars shine at night — they are the eyes of My

[186] **Praise to Krishna, praise to the Omnipresent!**

beloved Friend and Lord looking at Me from the sky! Whether I see a flight of a moth, or a flower dancing in the wind, whether I meet a stranger on the road — they are numerous magnificent faces of My Beloved!

**"*Hare Krishna, hare Krishna!*

**"*Krishna, Krishna — hare, hare!*

"From every petal of a rose, from every mango fruit — His Eyes look at Me from everywhere… Rustling of the wind in the grass, songs of birds, whisper of sea waves, laugh and hubbub of people — it is Krishna talking to Me!

"Only He exists for Me! My eyes see Him alone in everything!

**"*Hare Rama, hare Rama!*

**"*Rama, Rama — hare, hare!*

"All space is pervaded with Krishna, all space sounds as *Mahamantra!* In Mahamantra is all My love for Krishna, all My submergence and disappearance in Him, the ecstasy of *Mergence!*

"Wherever I look — *Hare Krishna, hare Krishna! Krishna, Krishna — hare, hare!*

"Whomever I meet — *Hare Rama, hare Rama! Rama, Rama — hare, hare!*"

Mahavir

"I greet you, new GUIDES to the world of Nirvana, to the Abode of the Primordial Consciousness, to the Abode of the *United We!* You have opened the Straight Path for people again! I am glad to see that the purity of the Higher Knowledge is open again for people of the Earth!"

"We can feel very well Your presence here. All the space around us is filled with Divine Calm, Light, and Joy!

"Will You allow us to see Your appearance?"

"Try it! (He is laughing).

"But how can you see the One Who is 'clothed in the four quarters of the sky', Who has dissolved Oneself completely and has become *Everything?*

"I am everywhere and in everything: in space filled with the air which you breath, in the multidimensional depths inside the earth which you walk, in the Shining of Brahman that you merge with, in the Great Calm of the Primordial Consciousness of the universe!"

… But then Mahavir assembles His Appearance of Shining Light — and allows us to see His smiling Face.

Then He continues:

"The One who has managed to achieve the fullness of Mergence, the fullness of Nirvana during life in the material body — is called *Jain*, i.e. *the Winner*. A Jain is the One Who has conquered the lower self. This gave origin to the term *Jainism*.

"In Jainism, as in Buddhism, the main purpose of human life is depicted as follows: one has to cross the violent river of sansara and to reach the opposite bank — the bank of Nirvana. Those who were the first to traverse it, paving the Path for others, are called 'Creators of the Passage'.

"Every Avatar strives to open again this Straight Path for people — the Path which is laid directly through the 'Passage'!

"Unfortunately, people do not preserve this Knowledge in its original purity… And it is not the fault of Those Who give Divine Teachings that with time people pervert these Teachings into the opposite… Vladimir described it very well in his books!

"… Yes, now it is your time to show people the Straight Path paved by you. Why now? Because today one can talk to people in the language of scientific knowledge. And this great work is done now by your efforts!

"… I can tell a few things about My Path and about the Knowledge which I brought to people when I lived on the Earth in the material body, feeling at the same time the fullness of Mergence with the Primordial Consciousness.

"It was a long time ago. Twelve books written by My worthy disciples have not survived till present days…

"… Let Me draw your attention to the fact that it is enough to begin to talk about the One Truth in other words, using slightly different terms — and people begin to regard it as new Teachings… But the Truth — which is One Divine Law common for everyone and for all times, called Sanathana Dharma in Sanskrit — exists without boundaries of differences related to the historical or ethnical peculiarities or to the aureoles of Personalities who pave the Path!

"Sanathana Dharma is One Common Principle of the development of the entire multidimensional space. According to this Principle or Law, souls go through personal evolution and become clothed in material bodies time and time again. Having reached in this evolutionary ascent the stage of being born in human bodies, souls gain the possibility to cognize their Highest Essence, to merge with It, and to achieve thus the Liberation from the necessity of incarnating again. Jains and Buddhists call it Nirvana — dissolution in Mergence with the Primordial Consciousness.

"I, like Every One of Us, am very grateful for the work done by Vladimir on collecting information about the Path from various religious movements and expressing it very clearly for people of all religious confessions! The true

meaning of Taoism, Buddhism, Christianity, Sufism, and of other Teachings shines now in the original purity! I am glad that Jainism is among them now!

"… My path was similar in many aspects to the path of Shakyamuni Buddha. I began to seek the Truth not because of personal problems or calamities. I was born and grew in a prosperous family of kshatriyas and could live a comfortable life. But I could not accept the injustice of the society subdivided into castes, the nonsense of religious rituals. I wanted to find the true purpose of human life! I sought it not only for Myself: I wanted to help all people. Thanks to this, the Divine Souls — Those Who had traversed this Path to the Abode of the Primordial Consciousness long before — helped Me in My search.

"As a result, I left for people My 'Passage'.

"I traversed the entire Path, I preached and taught, and then I left this world and dissolved Myself completely, including the matter of the body.

"What did I teach? I taught that only a soul incarnated in a human body can realize its higher purpose, I taught that prayers, sacrifices, and reciting of the Vedas cannot help in this task. The basis of My preaching for all people was ethical laws of love and harmony with the surrounding world, with all the creatures living in it. The principle of ahimsa — love-compassion for everything and non-harming other souls by words, thoughts, and emotions — this was the ethics that I tried to introduce into people of all levels of evolutionary advancement.

"I also told about the necessity to distinguish the tasks of those who want to continue to live in the world — and those who are ready for more and choose the path of monasticism.

"It is the latter that need the meditative practices of higher levels — as the only means of gradual Divinization of the soul and cognition of the Primordial Consciousness and the Absolute. One's sex in not important in this matter, among My students were both men and women.

"I taught My closest disciples about the structure of the Absolute, which includes not only the material plane but also various non-material worlds differing among themselves by the level of subtlety; and the most subtle Foundation of Everything is the Primordial Consciousness. As for the material world, it is infinitesimally small in comparison with the Primordial Consciousness!

"Gradually I led My disciples in meditations into more and more subtle strata of the Absolute and taught them to dissolve the consciousness there.

"I taught them also that the multidimensional human organism is similar to the structure of the Absolute — from the point of view of multidimensionality.

Yet this knowledge was perverted by people to the opposite, as it often happens unfortunately. They decided that God resembles the human body… In the books of My future 'followers', the description of the structure of Absolute was a mixture of fantasies and images from meditations…

"Unfortunately, such a degradation of the true knowledge about the Path — when it is reduced to myths and rituals — always happens if there remains no one who can inherit the Wisdom…

"But now I am glad that the true Divine Knowledge has been revived and presented to modern humankind by you!

"On My side, I will try to help by attracting worthy followers to you!

"And let the eternal Gate to Nirvana be open again for all those who deserve it!"

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"I want to tell also about the significance of the *Path of Heart!* It is very important not only to talk about love but also to teach people to live as a soul transformed into a spiritual heart!

"Without love even the rule of ahimsa turns into fear: 'I should not violate the prescribed rules…'. And fear is the opposite of love!

"Therefore, to everyone who wants to enter on the Path of transformation of oneself, who wants to become 'clothed in the four quarters of the sky'[187] I recommend to begin with the exercise *The Cross of Buddha* described and shown by you. And let the emotional waves of love, calm, and tenderness flow from the spiritual heart to all sides:

"May all beings have peace!
"May all beings be calm!
"May all beings feel bliss!

"Do it to all sides one after another — forward, to the right, backward, to the left, upward, and downward!

"And let everyone remember: the Path to Nirvana opens for those who dissolve themselves in Divine Love and become It!"

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[187] **Mahavir means here, among other things, the article *The Clothed in the Four Quarters of the Sky* published on the website www.swami-center.org.**

Patanjali

During one of our conversations about the importance, on the spiritual Path, of the system of the stages of Yoga by Patanjali (you can find more details about this in book [7]), He personally came to us, manifesting Himself vividly as the Giant Consciousness full of Light.

When we asked Him whether He achieved the Divinity, He answered:

"You yourself can see it!"

Then He continued:

"I have not only written down wise words, generalizing and systematizing other's experiences, but also made this experience the reality of My life!

"Not those who just understand the correctness of different ethical or meditative truths, but those who fulfill each stage of Ashtanga Yoga in their lives become worthy of the Union with the Creator of all existing! The Unity with Him is the true Immortality, the transition of the soul from a human life to the life of God!"

"Do you have Your own *working sites*?"

"Yes, I do. Most of them are in India, but there are also those which are located in the United States of America and in Europe. I take care of those spiritual centers where the ethical purity, self-discipline and healthy growth of souls towards the Divine Perfection are cultivated."

"Are these serious spiritual centers with which we should establish contact?"

"Rather no than yes. These are correctly orientated groups of the initial level. Most of the people there are too far from Buddhi Yoga.

"I, as well as all other Divine Teachers, am ready to help all those who move in the correct evolutionary direction. Yet you understand how the help provided to those who make their first timid steps towards the Light differs from the help provided to the mature souls.

"I am ready to help each one to see inside himself or herself those faults or vices which it is time to eliminate!

"I am ready to help all those who aspire for the purification and transformation of the souls, to all those who really follow the Path of Yoga!

"I can teach those who are truly ready to work on themselves how to overcome whims and the lack of the discipline of the mind!

"I am ready to teach those, who have purified and refined themselves, how to master Samadhi, preparing oneself in this way for the Union with the Divine Consciousness!

"However, I do not support those who fan their 'egos', thinking that they know everything just because they 'have read about Patanjali'! Those who just have read and are proud of it, instead of putting into the practice at least the first stages of the scheme, lose much in their lives! This terrible disease of the spiritual blindness towards one's own imperfections is very contagious! Many of those who glorify themselves as 'gurus' are affected by it!

"Those who didn't manage to master ahimsa and tapas, aparigraha and santosha, sathya and asteya can't expect to gain victory on the spiritual Path!

"'Gaps' in the transformation of the soul are the cause that one has to pass again and again through problematic situations during one's new incarnations!

"Only those who work tirelessly on the transformation of themselves as souls and eliminate all their faults can escape from suffering and reach the Bliss of Mergence!"

Babaji

"Babaji, tell us please how did You become Divine?"

"Since the time when the Himalayas rose up — Babaji has been on the Earth. I became One with the Ocean of the Creator so long ago that I feel Myself as Eternal as He is. I cannot even remember that in the past I was a separate soul.

"Do you know, for what purpose the Avatars come to the Earth? They come to reestablish the link between man and God, to manifest on the Earth the reality of God, to remind people who they are and why they are here…

"Avatars come when the light in souls and righteousness in lives of people fade, when people look only at the world of matter and do not want to know anything more.

"From age to age, I come to the Earth!

"I manifest Myself so that one can touch Me with one's hands and not be burned…

"I speak so that My words can be heard by many and spread throughout the Earth, and thus people may remember that there is God…

"I restore the Eternal Law of God…

"I work miracles to make people know that I am not a small body but God — the Creator of the manifested universe…

"Yet, the most important of everything I do is the change of the direction of souls' growth:

"from darkness — to Light,

"from fear — to fearlessness,

"from hatred — to love,

"from wanting for *oneself* — to giving to others,

"from laziness and sleep of the soul — to *Karma Yoga*, that is selfless service to God through serving people.

"Every Avatar does this.

"Be heirs to My art of redirecting souls, 'smelting' them in the *Divine Fire* in order to rid them of vices and evil, growing them so that their hearts bloom with Love for God!"

"Babaji, how can one learn not to leave the state of Mergence with You?"

"One has to become the *Ocean!* One has to perceive oneself as the *Ocean* — the *Ocean* where there is only Babaji!

"Babaji means Father!

"With the arms stretched in Me and from within Me one has to caress, support, heal!

"One has to feel oneself as an integral, inseparable Part of the Whole, coessential to the entire Primordial Consciousness! Then no power in the world of matter can separate you from Me!

"In general, everything goes well! No one expected such a quick success from you! We supported, helped you, but did not expect that you would manage to 'break through' all together!"

*** * ***

Once we were walking on a wonderful *place of power*, where one can always meet Babaji. Vladimir and others, gathering mushrooms, went forward, and I stayed for a minute to embrace Babaji…

"Don't fall behind, follow him: *your babaji!* He is a Great Master equal to Me!"

"Babaji, do You know what he said a moment ago? He said that he has not mastered yet the siddhis demonstrated by You, like the control over matter…"

"I know!" Babaji smiled radiantly, embracing all of us with His Love — me and Vladimir with his friends walking through the beautiful *Dale of Babaji*. "Of course, I know it! But I know also that he would not exchange the great art of *transforming souls* mastered by him for any kind of siddhis like materializing smells or making objects disappear…"

*** * ***

"Having students does not make one a Master…

"Possessing knowledge and meditative methods is not enough for leading people to Me.

"One has to learn to love them as I love!

"The miracle of love is in its selflessness and, as a result, in the absence of wanting something from others.

"Love is that 'foundation' which can help you to solve 'troublesome' situations. Only love — as a thing completely devoid of egoism — can show you the way out of the 'thicket' of problems born by the ego (lower self).

"When in you there remains nothing but love, there are also no problems, by which the lower self torments itself.

"All negative emotional states result from the attachment of the lower self to earthly affairs.

"Everyone goes through life situations where his or her lower self gets manifested — until it is erased completely.

"If you act consciously in such situations — you can reach success quite quickly.

"Success here means that, having cognized Me and merged with Me, you do not exit from Me — in any circumstance.

"Learn to look at earthly affairs with the eyes of God!"

"Is it You Who supervises Russia now?"

"Yes. I also care about everyone worthy of it, including you."

"How are the duties distributed between You and other Representatives of the Creator?"

"Every One of Us has Their own fields of activity in Divine Service depending on the personal developments in the past. Someone protects, cherishes, educates children. Another supervises those engaged in sports. Others, including Me, provide help on the Path of cognizing the Highest and spreading the higher knowledge.

"As you know, Every One of Us has something to share. Thus We serve, first of all, with the highest abilities We have.

"Every One of Us has a favorite work. I am One of Those Who help you directly, in any moment of your lives. And I stretch My hand towards any appeal if it originates from you or your friends.

"I know about all your affairs. And I never forget about the needs of every one of you!

"Every One of Us exerts every effort so that the School may grow and the situation may develop well!

"From every one of you I expect maximal efforts for fulfilling the Plan which I designed for creating a spiritual Revolution on the Earth — *Mahakranti*."

*** * ***

"Everyone who crosses the last border on the spiritual Path comes to the *Full Freedom*. Yet, crossing this border requires one's desires and aspirations to be directed to *My World* — the *World of My Freedom!*

"People's desires and aspirations can be likened to ropes that either bind one to the world of matter or help one to move to the other side of the border.

"I will help everyone worthy! Yet, until they stretch their 'ropes' across the border to My side, while they are attached by the 'ropes' to their side — they can hardly cross the border.

"I live for you: for all those who are worthy of this!

"And you, the worthy ones, must repeat My Path!

"Only those who assume this obligation are guided by Me along the Path towards Me, towards the Unity with Me and with all of Us!

"If, on the other hand, egocentrism prevails in a person, then let this person develop himself or herself without My help! I have nothing to do with this!"

*** * ***

"I give you everything you want. I realize your desires. But only when you stop desiring — only then My Will can be realized through you in fullness!

"… I want to talk once more about love and sacrifice.

"If you have no love which is ready to sacrifice itself in service to Me — I cannot accept you in Myself! In such a case, you cannot merge with Me, become Me! For I am the Sacrificial Love!

"I am also Wisdom! If you waste your love, you will not be able to achieve Mergence with Me!

"To be ready for Calvary does not mean shouting about the Truth everywhere — and being killed then! It implies that you are ready to give all of your life — to Service to Me and to the Path to Me!

"Let your love be guided to realization of it by My Will!"

* * *

"Your School is for those who want to come to Me, only to Me! It is for those who have chosen Me as their Highest Goal and do not thirst for anything else!

"Let others seek their own ways. They, too, will come to Me but not now.

"Your path is straight like a flight of an arrow. And you must not offer this path to those who seek now only earthly well-being and happiness. They have other paths.

"Remember this always and do not offer your path to those who do not want to walk it *up to the end!* In the past, you had other directions from Me, but they were needed for your own development.

"And one more thing: to want and to try to go *to the end* as much as you can does not mean that you will reach the end in the current earthly life. But it is this desire — to exert all your efforts out of love for God! — that is the main criterion here!

"… Wide distribution of knowledge usually results in perversion of the original Teachings. Therefore when an Avatar comes to the Earth with a Divine Mission, He or She brings to people Dharma — the Law of God — in its original purity. An Avatar does not bring psycho-techniques intended for achieving Perfection in Mergence with God. Realization of the Straight Path is always the task of esoteric schools, schools for the chosen.

"Avatars prepare the soil for Divine sprouts. They redirect large masses of people of the tamas guna from hatred and inane activity — to love and righteousness. But the real spiritual sprouts will appear only in the next incarnations of these souls.

"The task of schools of the Straight Path consists in helping a few students chosen by Me. It consists also in giving to people pure knowledge about the Straight Path.

"The Straight Path is like an elevator shaft leading to Me, to My Abode! It is a *secret passage*. If it becomes available to unworthy people, then I close it and destroy such a situation completely.

"Look: even the methods for opening the anahata are an accelerated technique! And it is not always good to give to a person very quickly the knowledge which he or she would have to master, in normal conditions, during the entire life!

"This can be likened to a situation when one comes to the mountains on a helicopter instead of walking afoot for many days through swamps and brooks, with a heavy backpack, cold nights, wet feet, yet with beautiful sunrises and

sunsets, through beautiful valleys. One appears at the same place in the end, but without the experience that can be gained from walking the path afoot!

"Moreover, if one does not want or is not able to go further to the mountains, overcoming glaciers and precipices, in order to reach the summits — then this indicates that such a person is not mature enough.

"… Consider the following example: if a teacher in a regular school with an undeveloped anahata tried to give this knowledge to students, then how many children — because of this bad teaching — would dislike the knowledge which they would otherwise like! You may recall the despise you felt towards some books that were imposed on you in the school!…

"… Successful opening of the anahata signifies the beginning of the Straight Path to God! Yet even in this task you should not help everyone! Only they deserve practical help in this matter who make their own efforts on the path of mastering love.

"It makes no sense to give to people answers to the questions that have not arisen in them yet! And one should not teach even the most remarkable methods to those who are not burning yet with the desire to love Me and to cognize Me!

"You have to leave for the next generations only 'beacons', pointers on the Path, which will help seekers of Me find Me, not more. These are books and films about love for nature, about the meaning of life and the methodology of its realization, also photographs. This is what I need from you!

"… For small children there are one set of rules, for adults there are others. For children there are rules of the game where kind God rebukes them mildly, corrects them, and always forgives them… As for adults, they have to strive to live according to the Laws of My Beingness — the Laws of Love! And if you do not observe these Laws, they will turn against you and the entrance to Me will be closed for you for centuries…

"At the stage of mastering Mergence with Me, the control over your states of the consciousness does not work automatically. This control depends entirely on you! But the Laws mentioned above still have their effect here! And no tears or promises, like 'I will never do it again!', can influence these Laws.

"The essence of My Laws is Love! Not the love which you receive, but the love which you give to others, to Me!

"Any of your deeds performed not in the state of love can result in your fall. By betraying the state of love, you betray Me!

"To become Me, having merged into Me, means, among other things, to become Love for all creatures and to love everyone infinitely, as I do!

"Those who do not understand this rule or disregard it are not allowed to come to Me; I do not allow it for their own good.

"… The process of transformation of the personal self into the Higher Self is hard. It cannot happen at once just due to the fact that you understand its necessity. One has to transform oneself into Love! And for this purpose one needs constant self-control and self-correction!

"But when it happens — then truly Great Happiness comes: you enter the highest form of being — Being Me!"

The Head Wind

I send the head wind to those who
have chosen the Straight Path.
It is not for weak souls!

The head wind blows away the ashes and ignites the heart!
I am sending this wind! I am going towards you!
Do not yield to weakness and fear, do not seek the ways of escaping!
I am embracing you with My Heart and dissolving your pain and doubts!
I am hugging you with the Fire of My Love and Power —
And the scraps of your ego burn down like old useless rags!
I am taking off the shackles from your heart —
Surrender to My Divine Power!
This is how ore is purged of slag and becomes pure gold.
Become the purity equal to Me, become — only Me!
Love will merge with Love, and I will become you!
I will make My feet your feet!
With My words I will fill your mouth!
With My Love I will fill your heart!
And let your Path on the Earth become Mine!

* * *

"Let nothing but Me remain in You! Then your karma from the past will be washed away completely! You are standing at the threshold of the future and looking into it with My Eyes! It is the great *now* in Mergence with Me! My Hands show you the Way, My Love illuminates the Heaven of the eternal beingness!

"I am everywhere! I am in every creature. I live and work on the Earth in every one of you. Through your bodies, let My intentions be realized!

"I am the Father and the Mother of everyone. Become united with My Love!

"I am the Higher Self of every one of you!

"I am looking in your future: it is clean! I guide — through you — all worthy ones to the final Victory: to Mergence with the Infinite Consciousness of the Creator!

"The word *God* sounds differently in different languages, but in all developed spiritual hearts *Love* sounds the same! All people of the Earth have to come to know this, with your help in particular.

"I want to say so much to people through you!… Nirvana, Nirodhi is My Path… And let many embodied people walk these steps through you! This is the purpose of the work that you do on the Internet. One has to make available to mankind a serious foundation of spiritual knowledge! Relate this knowledge with My name! And when this knowledge begins to spread on the Earth as a powerful wave — only then the river of worthy souls will flow into the Ocean of Me!"

Emil

"What can you advise us regarding our spiritual advancement? How can we accelerate everything to become like You faster?"

"Don't rush! The time hasn't come yet. The development goes gradually.

"Each one of Us takes care of you, and there are no obstacles on your path! There is no sense in accelerating the process of development right now! The qualitative and quantitative growth of consciousness should complement one another."

"We wish to have enough time to master all this!"

"Those have enough time who do not stop working!

"When a person who stands on the spiritual Path gives up, his or her body dies, and then he or she continues his or her growth in the next incarnation, depending on that karma which he or she had created for himself or herself.

"Yet if a person keeps making efforts and moving in the correct direction, God gives everything necessary to such a person!

"In other words, you should not stop! Let nothing earthly tempt you!

"I have another observation that is not directly related to you: one of the causes of stopping could be earthly glory. When one starts looking for glory and admiration of people and dedicates one's life to increasing this attitude of

others towards oneself, the development of this soul stops and the body of such a one dies quickly as well.

"As for you, I entrust you with the task of bringing this knowledge to all people of the Earth, of explaining the Truth in such a way that everyone can understand his or her life-path: from the earthly to the Divinity!

"The knowledge that you have accumulated already is great, but you need to continue this work until I say: 'Wow, that's enough! The limit of satiation of people with the knowledge about God is reached!'"

Lorenz Byron

We are at the sea coast, at a *working site* of Divine Lorenz Byron. We have known this place for a long time, many times worked there and conversed with Him. Yet He has not told us the history of His Path of cognition of the Creator: there was no time for it because of intensive meditative work. Telling this story was postponed again and again…

But today He told us that it is time to tell His story.

"I was born and grew in England. However, I was not a descendant or a relative of the famous English poet Byron.

"In the fifties of 19th century, I received a diploma of military doctor and departed to military service in India, which was a colony of Great Britain at that time.

"… I was enchanted with the beauty of Indian nature and with the spiritual treasures coming from the depths of Indian history.

"But I felt pain looking at the poverty and injustice existing in the life of the majority of people of that country, which provided riches and welfare to England…

"What could I change?… I just helped these people using my medical skills. I also performed the duties prescribed by military service.

"Apart from this, I dedicated my free time to studying the traditional Indian methods intended for development and healing of the body. I also read the spiritual directions of Patanjali's Ashtanga Yoga and other texts.

"Yet this reading did not make Me a man of knowledge. It just stimulated My interest in spiritual knowledge and in human possibilities that become open beyond the material plane…

"I met pandits and Hatha Yogis, but none of them left a good impression on Me. They considered themselves 'great sages', but in reality they had not known the *depths* that attracted Me.

"… Once I was sent to a new place of service — to a distant settlement in the Himalayas.

"… A small group of people, which included soldiers and civilians, men and women — started on a journey. The group was headed by an officer with an inflated feeling of self-importance…

"It was late autumn. Packed mules, several carts — our caravan was not well-prepared for traveling through a snowy mountain pass…

"Our guides left us once they noticed the signs of approaching foul weather…

"Soon a snow storm broke. The officer, who led the group, began to rush about in dismay, and it nearly brought us to a deadly end. Fortunately, he got a fever attack, which 'calmed' him.

"However, we lost the way. Because of the snow storm, visibility was close to zero. We were among steep cliffs, near the edge of a precipice, blown by the strong wind…

"… I did everything I could to save the people and animals.

"I managed to find a large cave where we could hide.

"We unpacked the luggage, took food, made a fire of everything that could burn…

"The next day the wind dropped, but our situation was difficult: everything around was covered with snow, no trail could be seen, and we had no idea in which direction to go.

"I went to explore the area around us, hoping that I would be able to find the way back by My trace.

"… The day broke sunny. I admired the beauty of the blue sky and pure fresh snow sparkling under the sun!

"The view of this mountain landscape was majestic!

"I observed this majesty with the sad feeling that most likely we were doomed to die in this beautiful place!…

"… I began to try to talk to God, though I did not expect to receive answers and help… I asked Him questions about the purpose of human life, about the immortality of the soul, and about what I could do in that situation…

"After giving vent to My emotions in this way, I suddenly found Myself submerged into light transparent *quietness* — and I dissolved with the consciousness in it… I did not know for how long this state of dissolvedness and blissful non-existence continued…

"… Suddenly I saw a person approaching Me.

"He wore light clothes but apparently did not feel cold. And He did not look like a lost traveler…

"He came to Me and asked:

'Have you gone astray? I will show you the way and will help to save your companions! Bring them here! I will wait for you.'

"I bowed to Him and went back to our group. While going, I several times looked back to check if this Guide, Who was so miraculously sent to us by God, had disappeared?

"But He stood at the same place and waited.

"… Then everything was like in a dream… We followed Him. His body radiated soft *Light*. Soon this *Light* expanded to include us. All of us — both people and animals — were embraced by Him. He embraced us with Himself and submerged us into Him… We forgot about the cold and tiredness while walking in this sphere of *His Light*…

"… No one of us could recall then how long this travel continued. We traversed a distance that normally takes three or four days to walk.

"… When we approached the village that was our destination, the Guide said goodbye to us.

"I thanked Him and said that He saved us from death. I also bowed and assured Him that I understood how great His abilities were and that I placed My life at His disposal.

"He replied:

'I will wait you to come to Me after two years. I hope that time you will be ready to traverse the Path from the human 'I' to the Divine Consciousness!…'

*** * ***

"Of course this story changed — to a certain degree — every one of us. We became real participants of a new legend about the Himalayan Saints…

"I also felt a joyful expectation about My future meeting with Him! I as if approached an open gate leading into the Abode of Boundless Divine Light and Ultimate Happiness!

"I prepared Myself for this meeting. I began with resigning from service. I became a vegetarian and began to practice Hatha Yoga exercises.

"I also tried to meditate. I say 'tried' because I did not have even a little understanding of meditation!

"Sometimes, attuning to the memory about the Divine Guide, I would become filled with the blissful feeling of the presence of His Light-Love in My body. In these moments, He showed Me the necessity of work on filling the anahata chakra with the consciousness.

"And I began to learn to submerge into the anahata chakra fully, together with the head, and then to expand from within it…

"…I also read a lot. I found several persons who could translate sacred Indian texts into English for Me.

"Several times I tried to go to seek this Guide… But every time I heard from casual people phrases like: 'Too soon!', 'He will find you when you are ready!'…

"… After two years, a Hindu barely speaking English came to Me.

"And we went to My Teacher.

*** * ***

"I lived in His mountain ashram about half an year.

"First, His disciples taught Me some pranayamas and exercises for cleansing the chakras. Then I had to learn to expand the chakras and to look from within them, not only forward but also backward, to the sides, downward and upward, to all sides at the same time. The most important chakra in these exercises was anahata.

"As a result of these exercises, the consciousness became purified and refined, and I could easily move outside the body. After that, real work on cognition of the Absolute and the Creator through meditations of Buddhi Yoga began.

"There were not many disciples in the ashram, two of them were Europeans.

"Every one of the members of the ashram had a personal cell-cave carved in the mountain.

"Most part of learning took place in common meditations together with the Teacher.

"Sometimes we would gather together around a fire and had conversations with Him. He corrected our mistakes in understanding and gave us great knowledge about the nature of the universe, about God — the Infinite and Eternal Primordial Consciousness… Sometimes He told us about spiritual warriors of India, about the depths of Christianity, Islam, and other religious directions.

"… When I had mastered the ability to enter the state of Mergence with the Ocean of the Creator and to come out from It — the time of My staying in the ashram of the Teacher came to an end.

"As a farewell, He said:

'Now You understand that for Those Who are merged together in the *Unity* of the Creator there exists no separation! And You, too, can now enter this *Unity*!

'You also know that it is enough for You just to think about Me and I appear near You!

'I led You through the Path more quickly than people usually traverse it.

'You have not lived through certain life situations that were predestined by the karma of Your past lives.

'This is why I send You back to the world of ordinary people where You can participate in the events that must happen. And You have to strive to retain the state of unbreakable *Unity* with Me.

'You should follow My recommendations and bring to the world of people the knowledge about God and about the spiritual legacy of India.

'When it is realized, You will depart from the body as I taught You.

'I will be with You — and will help You in everything.'

*** * ***

"I fulfilled this task given by Him. After coming back to Europe, I gave lectures and classes. I also published and sent around to libraries translations of Indian texts. I also played My small role in stimulating interest to the Eastern spirituality, which arose in Europe at the end of 19th century.

"My incarnation came to an end in the Netherlands. I had there several worthy disciples. When I learned that the time came for Me to leave the body, I left it on My own will: I entered the state of deep meditation and remained in Mergence with the Primordial Consciousness.

"During the years of My earthly life I was not allowed to tell publicly about My Teacher and about His miracles. Why? In order that the cult of a new Messiah do not overshadow the main thing: One Divine Foundation of all the religious teachings — the Ocean of the Primordial Consciousness from where all Divine Teachers come out.

"The story which you learned today was told for the first time.

"The name of My Divine Guru — it was Great Babaji — was revealed to the world in due time by His other Disciple — Yogananda."

Sathya Sai Baba

… I love Sathya Sai Baba infinitely! Through this love, I learned to feel myself in meditations as a part of Him. And when He talks to me, the feeling of infinite Love-Care of my Universal Parent does not leave me.

"Baba[188], how can one learn to think as You do?"

"One cannot just throw away everything from the head and replace it with Me, with My Consciousness… — then one would become a biorobot, a puppet. No, one has to grow one's own intellect, one's own ability to think so. And only then this ability to think with the consciousness[189] unites with My Divine Wisdom!

"In this way the development of a soul goes on. First, one has to learn to be love and to grow as love. Then one learns to give one's love to Me. In this way, gradually, such a person masters Mergence with Me.

"If you have no love yet… — you have nothing by which you can merge with Me!

"Then love should be supplemented with the aspect of power.

"When you dedicate all the strength of the soul to serving Me[190], then you begin mastering Mergence with My Omnipotence. This is a very gradual process…

"In the same way, gradually, one can learn from Me Divine thinking.

"Being in Me means to be Me! Therefore, the flow and the essence of your thoughts must correspond to this. I suggest that you master broad-thinking — thoughts flow easily, smoothly, and calmly and become manifested from the Depth on the physical plane. And then one can encompass with the consciousness not only forests, meadows, rivers, lakes with their inhabitants, but also countries, continents, nations and communities of people, feeling them all together and every one in particular.

"Yes, one has to learn from Me — to love, to think, to act! The lower self must be substituted with the Higher Self — with your True, Divine Self, Which is coessential to the Self of God.

"… But this is not the end of the Path. Every Soul that became *One* with Me continues to develop in Me, growing and perfecting Its service — the service to the evolution of consciousnesses in the universe.

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[188] **Father (*Sanskrit*).**

[189] **I.e., not with the manas but with the buddhi.**

[190] **This constitutes the main essence of the true monasticism.**

"Those of Us Who come to the Earth through an incarnation differ from each other. It does not mean that Some are superior or inferior to Others… The difference is that Some are like sprouts which just have appeared on the surface from the boundless *Foundation* — from the Ocean of the Creator, while Others are like strong great trees which have been growing for a long time.

"Nevertheless, however great may be Every One coming out from Me, He or She is but a small particle of the Great Primordial *Ocean!*

"… Avatars always have something to say to people: They are Flows of the Divine Energy directly from the Creator.

"… I am going to tell you about how live Those Who became *One* with the Father. They live helping people cognize their Higher Nature. They live manifesting the Father. And Everyone learns to help…

"I learn too…

"Shirdi Sai Baba was a Saint only to a small number of people who were near His body.

"Sathya Sai Baba became close to millions of people on the Earth. Many of them have never seen My body; nevertheless, I became a reality in their lives.

"When I was a boy Narayana, I talked only to those who saw the eyes of My body. And now I really help many of My followers living in bodies of children, adults, and old men. The love of Sathya Sai Baba for them — and their love for Sathya Sai Baba — in an instant! — connects Me with every one of them like a current: one pushes a button to light up the bulb of love — and My Current flows to this person!

"I do this in all corners of the Earth, the distance does not matter here. I come to them so that they can hear My voice, can see Me. When they urgently need My help, I react instantly and redirect there a part of My Power. And miracles happen there. This is the reality of relationships between man and God.

"I learned to do this. It is not the body of Sathya Sai Baba that does this; it is the Part of Me-Consciousness That is present in the Creation and works there; and this Part is Giant!

"I also heal the bodies of My followers by guiding the hands of surgeons during operations. I write books with those who do this for Me. And I just sing bhajans[191] with those who cannot do anything else yet.

"… I easily manifest Myself on different levels of the density of consciousness.

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[191] **Songs which praise God and accustom one to love for Him.**

"Look: now I am of a human body in height…" Baba shows Himself walking slowly over the road in the park where our conversation is taking place: He walks as He does on darshan: I see His orange robe and thick dark hair, it seems that I can touch them with my hands.

"Or I can enter your body…" and Sathya Sai Baba looks through the eyes of my body at the leaves falling slowly from the trees; then He moves my arms…

Then He showed His Face familiar to us from communication with Him… It consists of Light-Love, Light-Tenderness, and His Arms can take on the Palms any soul on the planet and get to know everything about it…

"And this is I — Universal!…" Sathya Sai Baba appears in a Giant Mahadouble coming out from the Ocean of the Primordial Consciousness.

"The Brahmanic part of Me is so great that I can be everywhere — wherever it is necessary.

"It is very important to learn to live being a consciousness free from the body: to love, to hear, to perceive, to speak, to act!

"To be and to act from the Ocean of God-the-Father here, in the world of matter, is possible only out of Great Love for His children. This is the state in which God comes to this world!

"And to be able to awake the hearts of people one must have also… the Divine patience!"

"Tell us please about the Divine patience. How can one gain it?"

"Patience is the foundation of calm, the basis of the true ability to work creatively. The more patience you have, the more you can achieve in all areas of life, and, of course, — in cognition of Me.

"Patience must not be passive: what use is it to be patient doing nothing? No, the true patience is an active state.

"One must patiently, step by step, reform in oneself all the defects of the soul, reform oneself in accordance with the ethics of God. In the process of this work, one gains the Divine Patience.

"Patience is also necessary for understanding of other people. One has to learn to understand other people! Without such understanding one cannot help them!

"I understand everyone who addresses Me. And My understanding results in people trusting Me. Trust is the foundation of faith. The true faith manifests itself as full trust in Me.

"Trust in Me is born and grows when man addresses Me, not only in the moments of despair but always: in sorrow and in joy, in work and in rest, being sick and being healthy. In the process of constant communication and

interaction of the soul with Me, mutual understanding and trust are born, the true faith is formed, which is founded on one's own experience and knowledge.

"Everyone can fill his or her life with Me to a certain degree. This is very simple: one has to open one's heart and invite Me into it! One also has to learn to ask Me questions. God has Divine Etiquette as well: I never come there where I was not invited, nor do I answer unasked questions. Observing the Law of freedom of will, I do not interfere in people's lives without necessity.

"… Love is multifaceted! You can know its various aspects: love-friendship, love-care, love-tenderness, love-respect and reverence… And now — unite all these together!

"And let friendship be without dependence, care — without attachments, tenderness — without a desire to possess…

"To love means to give, to shine with the Light of Love, to be Love in all Its fullness, purity, and transparency!

"Also, watch Me, watch My every move and My every thought. I guide every one of you! One of the ways I do this — is through the acts of vile people…

"Ponder: what is your goal? The answer is simple and obvious: to become Me completely!

"To become Me, to be Me — what can be higher than this? It is in My Beingness that you will find all the Highest that man can dream of!

"Explain this to people! Unfold to them this Goal in all its majestic greatness! Let everyone understand that God is not a ruler-usurper, but in Him is the highest Freedom of everyone, the Freedom which most people cannot even conceive now!

"First, they who have dedicated their lives to Me have to come to know what it is like — to be Me.

"Then they have to make a decision to sacrifice the life which they lived before — for the sake of coming to My Life in its fullness. And such a sincere seeker receives My help.

"Gradually, they must abandon their old way of life and transform their lives to the Life which I open for them.

"When in their lives there remains nothing of the cravings of the lower self and there is only Me — then they truly become a Part of Me.

"God cannot give Himself to those who do not yearn for Him with all the heart!

"All who seek to cognize Me have to kindle in themselves a great yearning for Me — for the Ocean of My Love! I want from people not a languid remembering about God…

"Everyone striving for the full cognition of God has to make Me their main Goal! Meditation brings true fruits only when love flares up so that between you and Me no obstacles remain! And then — your separateness does not exist any longer!

"The true cognition of God begins when the flame of your heart becomes a part of the *Divine Fire*. Only when you become the *Fire of Love* — you may know the main Essence of yourself, Which is God in the Aspect of the Creator!"

"How can one kindle such love in people more successfully?"

"Fire is kindled by fire…

"My burning Love touches the hearts of incarnate people and ignites the souls!

"One has to bring people to the threshold where they come in touch with Me. And then let everyone remain there one-to-one with Me.

"If a soul, after touching Me, continues to shine for others — then this is the true burning!

"The one who goes to preach Me and My name has to do it even in the absolutely empty desert: so that even a single traveler who happens to come there by chance may hear this preaching.

"But your particular situation is different, and you know about this.

"I love you, My son!

"Your voice is not a voice in the desert, and many people hear you!

"You are a Sower who went to sow true knowledge! I thank you and bless you to make new feats for the sake of Me!

"My Abode is for few! It is for those valued by Me, for those who lay down their lives for the sake of Me, not for their own sake! This is the main criterion!

"I am always among you! Every one of you can feel My Love everywhere!

"I give My eternal Freedom to those who are devoted to Me, as you are. I invite everyone to come to My Abode, yet the time needed for traversing this Path is different for different people. For someone it is 100 or even 1000 incarnations. For another, this time can be reduced to 1 year or less. It depends, to a large degree, on to whom this person was devoted during the previous incarnation on the Earth.

"Let everyone feel here and now the dynamics of the flow of the evolution of consciousnesses: it can be likened to a situation when some particles of water become foul in the swamp, while other particles, in a rapid current, rush forward outrunning each other!"

"You told us that You are going to leave the body, to leave the earthly plane. And what about the millions of Your followers — how will You build Your relationships with them?"

"I will remain with everyone who have entrusted themselves to Me. I will continue to guide them through their lives to My Abode — to the Primordial Ocean of the Universal Consciousness. I will talk to them through you too. Many times I tried the purity of your hearts, the strength of your love, the reliability of your hands. And now I know: your hands are My Hands, your hearts are My Heart! I bless you to continue My work on the Earth!

"Fill souls with My Light so that they may arise to life in Love!

"I radiate Brahmanic Light through your Atmic Mahadoubles, They are like Light pipes!

"The strata of the Absolute are your 'clothes', and you live beneath them.

"Always perceive your new Atmic Bodies[192] — to the Full Height! You have to learn to live with them, in this process, the material body becomes divine and the soul's control center moves into Paramatman — into the 'I' of God!

"The total freedom from the body is possible when it is separated from the consciousness through death. But another freedom is also possible. This freedom is achieved without the death of the body, and it is as total as the other one. To gain it, the body needs to be treated with the Primordial Consciousness…

"People Who have learned to be the *Ocean* — live being connected with the Infinity of Me…

"In order to completely transfer the self-awareness into the Creator, one needs not only to have ethical purity and devotion but also to bring the energies of one's body to the Creator's state. Apart from this, one needs to learn to live in the state of "non-I", because the Creator is contrary to the individual 'I'.

"So, let all your dreams and intentions become Mine!

"Let all your aspirations become Mine!

"Let all your decisions become Mine!

"Let all your love become My Love!

"Let all your deeds become My Deeds!

"Let all your desires become My Desires!

"Let all your life become My Life!

"… And do not think about money which you 'cannot get from anywhere'!

"Jesus had nothing on the Earth and did not always know what He would eat and where He would sleep with His disciples. Yet, this did not prevent Him from carrying out His Mission…

"And Krishna, after the battle, did not possess any earthly wealth: they left carrying nothing; their only wealth was the memories that they left for the

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[192] **Atmans in Paramatman.**

future generations… At the moment of the death of His body, Krishna was as rich as Jesus dying on the cross: They were richer than other people, for They did not just give Themselves to Me but changed the history of the Earth by Their Lives — and even today souls *flow into Me through Their Channels*!

"Now it is your turn!…"

Rajneesh (Osho)

The Flute

The flute is a small instrument in the hands of God,
Who plays on it
His song.

The flute is a polished piece of wood.
It is hollow inside.
But it can be filled with the breath of God…

God takes
this hollow lifeless piece of wood
and touches it with His lips.

God starts to breathe Himself into the body of the flute,
and it comes alive…
And from His breath and the flute the music is born.

The breath of God and the small instrument
merge
and become the sound of a Divine song…

There is only the breath of God
and His gentle Hands,
which touch the flute with the fingertips…

There is only the song of God…
The flute itself is mute
without His Divine breath.

Your body is the flute.
And then there is no you, there is only the Creator,
Who sings His Song of Love!

Guru Nanak

Once Mahavir, the Founder of Jainism, acquainted us with Guru Nanak, the Founder of Sikhism.

This acquaintance happened on a forest trail surrounded by tall spruces, where the presence of Nanak could be felt very vividly.

"Is this place a *working site* of Yours? Are You present here always?"

"No, this is not quite right. I am present here now for you, My dears!"

"Does it mean that You will tell us something? We are always glad to receive from Divine Teachers recommendations, directions, and stories, including auto-biographical ones!"

"Very well! Let people living today on our planet hear My words addressed to them:

"Realize how it is easy to live and to cognize God for a person who is not fettered by passions and attachments of the material world!

"One needs to become an ethically pure soul capable of renouncing the concepts of 'I' and 'mine'!

"And then there will be no obstacles that can hinder one's work on the development of the spiritual heart and on merging this heart, which becomes gradually larger and subtler, with Boundless and Eternal God, Who is present everywhere, Who is *Everything!*

"In this Mergence, the heart of the spiritual warrior can cognize its own Infinity.

"Such a seeker can also realize very clearly that everything in this world of matter does not exist on its own: in the *depths* beneath everything 'manifested' and transient, there is the Great Eternal Foundation — the Universal Creator!

"One cannot cognize the Creator immediately. One does it gradually by means of the meditation NAM[193], which allows one to cognize the *Depths* of the universe and the Evolutionary Essence of the Absolute. I am talking now about

[193] **NAM is a description of God from the point of view of the multidimensional structure of the Absolute and concrete Manifestations of the Primordial Consciousness in the form of Holy Spirits — Divine Teachers.**

the same thing that Vladimir described in the *Chart for Studying the Structure of the Absolute*.[194]

"So the purpose of human life consists in cognition of the Creator and in mergence with Him.

"And God is the true and highest Guru.

"So, learn to contemplate God!

"The true pilgrimage is the meditation NAM!"

"In books one can read that You did not attach significance to the necessity of killing-free nutrition… And that even You Yourself once killed a deer… Yet, any kind of nutrition based on 'killed' food does not allow mastering the highest meditative methods…"

"I know it. I did not kill a deer… That situation was created by Me on purpose: in order to show the falsity of the ideas preached by selfish and haughty 'brahmans', who did not know anything about God and just commanded 'the flock' to perform useless rituals, to follow useless rules, to worship manmade idols…

"However, it is true that I did not pay much attention to the subject of sattvic nutrition in My preachings. My task was different: I had to introduce into the minds of people other ideas: about the necessity to renounce striving for material wealth, striving for *possessing* — possessing everything but the knowledge about cognition of the Absolute! On the other hand, I also denied the parasitic way of life typical of many Hindu 'swamis' at that time.

"… I came to the last Incarnation from the state of Mergence, from the state of realized Divinity. It was possible thanks to My work in the Sufi tradition during My previous life on the Earth.

"In the last Incarnation, I did not choose My destiny Myself: it was God who sent Me.

"And I did not want to become the founder of a new religion! It was God Who wanted to proclaim once more — through the vehicle of My body — knowledge about the Universal Creator of everything!

"It was the time when people of India needed teachings about One God existing for everyone beyond all variations of beliefs. Suffering from forays of outer enemies, India had also an inner problem: quarrels between different faiths. The country became a place of conflict between two religious traditions: Hinduism and Islam.

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[194] See in [6]. This book also describes the methods of mastering the meditation NAM.

"My body was a tool in the hands of God, which He used according to His Will. The body was just a 'stage' from which God proclaimed His Message to incarnate people. In other words, My body was a place where a Part of Him abided.

"When I looked from within My body at Him, I perceived His constant Presence — like the Shining of a Giant 'Sun of God', Which was present both inside My body and in the infinity outside it.

"… You know already that such a state of constant connectedness of the Divine Light-Fire with the body of the spiritual warrior signifies the last stage of the Liberation: both the body and that part of the consciousness which remains connected with the body are impregnated with God — and the matter of the body begins to live according to the laws of the Spirit rather than to the laws of matter.

"… The Most High filled My body — and miracles happened in the course of My Mission. They were performed by Him —through My body, which belonged to Him rather than to Me.

"I brought Divine Light — and people capable of attuning with this Light could easily become submerged into It. With My mere presence, I could give the state of Samadhi to those who loved the Creator and accepted Him in their spiritual hearts. People regarded it, too, as a miracle. This is how, among other ways, they were 'converted to faith' during My travels and preachings.

"… I strived to wean people away from the dull performance of rituals and worshiping of idols! I wanted to give them the feeling of real God, Who is common for all nations and religious traditions! I suggested that they live with a constant feeling of the presence of God, which helps one to purify the soul and to grow love which is realized in one's deeds!

"Unfortunately people turned My Work… into rituals of worship of My body…

"… Only a few of My followers managed to fulfill the Teachings given by the Most High through Me… You can do now much more for people!

"I am glad to help you and to participate in our common work!"

"Tell us please which meditations did You teach to Your closest disciples?"

"I imparted to them the techniques intended for growth and *crystallization* of the consciousness, the meditation NAM, and the methods of Divinization of the body.

"But I never made this information public, it was never recorded.

"I gave to every disciple only that what he or she needed at the current moment."

"You dematerialized Your body, You had control over matter. Could You advise us something in this regard?"

"I cannot pass to anyone the quality of non-attachment to the body or control over miracles.

"I taught people in the past and teach them now to have such love-attachment to God that all other attachments fall off by themselves!

"Full devotion, submission to Divine Will, lowliness of mind, and love — these are My methods!

"You, blessed with the gift to impart the Truth from God, be always happy, feeling how God abides in you, feeling how you expand in His All-Embraciveness!

"Live as *Suns* of His Love!

"Shine to people — and God will live and grow in You!

"A candle illuminates small space around it, but it gives light and casts out darkness.

"A fire is larger than a candle, it warms and illuminates those, who stay near its flame.

"The Sun gives light and warmth to everything and everyone on the Earth.

"God creates and illuminates with Love all existing.

"Let souls grow: from a small flame of love for each other — to the Universal Shining of the Creator!

"Serve God with love and devotion — and Divine Fire will become one with the souls!"

"Tell us please: why did it happen so that Your Teachings were imparted within the tradition of warriors?"

"Spiritual seekers have to become spiritual warriors possessing discipline and the sense of duty that should be higher than any worldly desires and attractions!

"And everyone should remember that they were born on the Earth not for living their lives anyhow, but that their lives have a higher meaning, a higher predestination — and they should impeccably follow it.

"The life of spiritual warriors implies constant struggle — struggle against one's own imperfections first of all! You know it very well from your own lives. This is how your Master led you. And recall what you were in the beginning of the Path, how hard it was to walk it, how difficult that war was — the war inside yourselves!

"Inner war, outer war… Yes, they both may happen on the path of spiritual warriors…

"In this regard, it is much easier for those who from childhood were raised in a healthy spiritual environment, in a spiritual community like the one I wanted to establish.

"However, spiritual warriors are not necessarily born in healthy communities, in families of people close to Perfection. Usually those aspiring to spiritual Perfection (if they have achieved the necessary age in the current earthly life) have to struggle for this Perfection, have to free themselves from the environment of atheists or misbelievers where they were born, raised, and educated.

"Thus their war begins. And it is only the beginning of the war… One has to wage this war strongly, confidently, and wisely. Wisely means that one has to win without violating the principles of ethics of righteous struggle, in the state of sincere love, including love for those who you struggle with! And quite often one has to learn it… right on the battlefield…

"Let Me give you just one example: it is not always wise to take on arms and to begin bloody battle if you see armed enemies who are ready to attack you. Wouldn't it be wiser to walk around them — and to continue the Path to your Goal?…

"… The war of spiritual warriors continues up to the very end: until they achieve full Perfection! This is struggle for oneself, for one's friends, for the good of the entire humanity, and for the sake of the Creator! The Evolution of the Universal Consciousness goes on thanks to such efforts of spiritual warriors — warriors of God, warriors of the Creator!

"… And now let us talk briefly about how spiritual warriors fight and what they fight for, at the stage of their development when one lives in the process of direct cognition of Me:

'God is One and only One' — this is the main principle of Sikh philosophy.

"This is one of the greatest truths! God is One in the Aspects of the Primordial Consciousness and the Absolute. However, this Oneness consists of many concrete components.

"From a methodological point of view, it is very important to understand and to accept this principle as one of the most important meditations. The positive evolutionary tendency consists in Mergence with the Primordial Consciousness and with the Absolute. People have to strive to get rid of the feeling of their separateness — with the help of the methods of intellectual-ethical self-correction and with the help of meditative training.

"Let Me repeat once again: the positive evolution of human souls is determined by aspiration to *infusing* oneself into this Unity, into Its primordial

and main Part, first of all, — i.e. into the Heart of the Absolute, into the Primordial Consciousness.

"And the power which unites souls into One is love that has to be developed by everyone in themselves. Love of man merges with Love of God — and thus Mergence happens.

"Therefore, the first and foremost thing that man has to learn on the Earth is love! This predetermines man's success in all the rest: in the intellectual and power aspects of the development, in refinement of oneself as a consciousness, in creation of a positive destiny for oneself, which ensures quick advancement on the Path of spiritual development.

"And the opposite tendency consists in defending one's own separateness. It is manifested as the qualities of the soul that in aggregate can be called 'selfhood': pride, self-conceit, boastfulness, the ability to humiliate others, to subdue others, to humiliate others, to steal from others, to harm others out of selfish and egoistic motives. Such people usually develop emotional coarseness. Their destiny is growth of negative karma, and hell after the death of the body…

"… So My main precepts for everyone at all times are the following:

— forget about everything that divides people in the outer aspects: about castes, sexes, races, and ethnicities; what is important is the essence of the person,

— live a righteous life without harming anyone as possible,

— do not take but give,

— do not hate but love,

— seek — in meditations — the Source of EVERYTHING that you see!"

Sufi Grand Master

Our group is visiting a place located between two clear brooks in a birch forest. Along the brooks, willow bushes grow thickly together. The forest is filled with the moist aroma of autumn morning and with the odor of birches.

We build a fire of dry branches and fallen birch trunks. The smell of birch smoke from the fire enhances the feeling of tender forest coziness…

Apart from us, no other people visit this place. But it is inhabited by snipes and woodcocks, displaying in spring. In winter, one may come across traces of hares, wild boars, and foxes. Along the banks of the larger brook, one may see beaver teeth marks on the trees.

Today we have come not to them but to the Divine Teacher; He calls Himself Sufi Grand Master — Grand Master of Sufism.

He says that He is one of the founders of Islam, the creator of its main — Sufic — branch. In the first century of the Muslim calendar, living in Arabia He accepted fully the Teachings about God given through prophet Muhammad and *fulfilled* them.

"I cognized Allah and became His Integral Part. In that sense, I am Allah," He says about Himself.

This is true indeed: the Consciousness of Grand Master comes out immensely from the Creator's Abode, remaining inseparably connected with the Creator.

Inside the Mahadouble of Grand Master, the space is filled with Divinely subtle energies. This is one of the remarkable *places of power* for cleansing the chakras and meridians, for *crystallization* of the consciousness and further growth of the developed consciousness into the Creator.

The *Tenderness* of Allah dominates here.

We ask Him to tell about the methods which He used to attain the state of Divinity and which He imparted later to His disciples.

He begins narration:

"My Path is the *Path of Heart*. Allah taught it to Me. I accepted this Path and under Allah's guidance developed it and imparted it to others.

"The *Path of Heart* implies embracing the principles of *Love* and *Quietness*.

"… He taught Me to *listen to the quietness*…

"First, one has to learn listening to the sounds around: the sound of the wind, the lapping of waves, the calls of birds, the crackle of a fire… After that, one can start listening to the *quietness*.

"I came to know that all various sounds are local and transient, while the *quietness* is omnipresent and eternal. Beneath all sounds existing in the universe, there spreads infinitely the *Great Quietness*.

"For hours I could listen to the sounds of the world — beautiful and diverse, and then I would 'release' Myself and 'sink' into it — into the *quietness*. There I could see the clear transparence of the *quietness*, hear its *silence*. I could freely and easily swim in it, submerge to the very *Depths* of it… Gradually the *Great Quietness* became My home…

"From there, I saw that all sounds of the worlds are as if created by the *Great Quietness*. I saw how its *breathing* fills from within all forms of life — and they sound as a well-trained choir of various musical instruments. Like flowers, sounds unfold for a moment in the eternity of the *Great Quietness*…"

"Why did You *listen* to the world? Were You born blind?"

"This, of course, would be a beautiful version, but no — I was sighted. Someone is born a painter, someone is born a musician. Someone sees and someone hears the world. I *heard* it.

"By the way, for beginners it is more beneficial to *listen* to the space around. By listening, you can embrace a much larger volume of space, you can even hear *that* which you cannot see.

"The one who has learned to *listen* can become the *Master of Quietness*.

"The *quietness* gives you calm.

"The peculiar feature of the *quietness* is that it *gets filled with you*.

"The *quietness* — as a result of studying and cognizing it — becomes filled with you and with God…

"Allah suggests cognizing Him through this method."

"But You have missed an essential point: one has to listen to the quietness not with the ears which are on the head, but with the hearing of the spiritual heart…"

"Yes, you understand it correctly. But I told about this in the beginning of My story…

"Indeed, I developed anahata earlier: before the incarnation among Arabs. And earlier yet, I was one of the first Christians-Hesychasts[195]… It is then that I learned to *listen to the quietness*.

"Moreover, by the time of incarnating among Arabs, I was a sufficiently developed soul, and thus I could choose where to incarnate. I became not a nomad, who breeds cattle, but placed Myself in an oasis.

"Peach trees among date palms, wheat fields, and an abundance of other boons… — all this provided Me with adequate nourishment. And this is an essential condition for retaining and developing further the best qualities of the soul. Every one of you knows this very well: formerly your Master received this information from Me…

"… Thus I began My service on the Arabian Peninsula. Among the deserts of Arabia, I had to create one more spiritual hearth on the Earth.

"… In the West, the way of life is quite different from the one in Arabia. In Arabia, most of the population were free nomads whose life was not bound by a certain place of living. They bred cattle and moved with their herds from one place to another… This way of life made them freer compared with the people of the western world. They less willingly accepted any power over themselves, the very idea that some person can hold power in their lands was strange to them…

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[195] **Hesychasts are seekers of *hesychia* — inner quietness. (See more detail in [13]).**

"To make them listen to Me, I had to capture their interest, to propose to them an idea that would captivate their free minds.

"I captivated them with ideas about the *Higher Justice*. I taught them about walking the path of good towards the *Supreme*, Which represents the *Higher Justice*.

"The *Supreme* is the source of all ideals, the origin of every virtue. The *Supreme* does not depend both on anyone and anything; no power has a hold on It. Therefore, It is the *Foundation of the true justice*.

"The *Higher Justice*, taught I, will always prevail. Somewhere among people there is injustice, but it cannot last forever. The *Supreme* will set a limit to it and judge: what was just and what was unjust.

"I said that the *Supreme* shines like the sun. In Its Light, everything is seen in its true nature. Thus, no tricks can help untruth appear as truth, when it comes to the judgment of the *Supreme*.

"I taught not to seek revenge on offenders, not to search for the thieves in order to punish them and to return the stolen items. I taught not to judge others, because such a judgment is but an illusion of justice: it is only the *Supreme* that can judge justly — and in due time It will judge everyone and everything. I said that no court on the Earth can judge on behalf of the *Supreme*, and no ruler has a right to declare that his judgment is the judgment from the *Supreme*. A virtuous heart aspiring to the *Supreme* can directly perceive the *Higher Justice* — and then such a person will live according to Its laws and under Its protection.

"… But the most confidential thing which I taught and which alone opens the gate to Allah's Abode is what the anahata chakra is, how to develop oneself through it, how to learn to go outside of it in order to settle and live in the new Home — in the Abode of Allah. I have shown all this to you already during the years of work of our common School — the School of Allah, the School of the Creator. Now I spread your knowledge — using your bodies — throughout the planet."

"Could You tell us more details about Your childhood? This would be useful from the pedagogical standpoint: how to educate children in order to create the most favorable conditions for developing in them qualities which are important for their evolutionary growth?"

"Well, listen.

"… Once My father took Me, a little boy, with Him on a caravan journey to Mecca. It was the strongest impression of My childhood! The awareness of the soul awakened! And I looked at the world around not with the eyes of a child, but beheld the Earth as a Creation of Allah! Since that moment, He became real for Me!

"… Once we stood on the edge of a high plateau; it seemed to Me that I could see the whole world from there! I could look down from a bird's eye view!

"The sun was rising. Caravans in a valley below looked as tiny figures of people and camels. Flocks of birds were passing below Me…

"At that moment I felt how Great is the One Who created all this! For the first time, I realized: 'Allah is Great! There is no one superior to Him! His Power is unlimited!'

"Allah, Who created this world, filled then My being with wonderful joy of experiencing His Greatness!

"I praised Allah, the Lord of the worlds!

"… Seeing My rapturous devotion to Allah, which was growing from year to year, My father sent Me to one of the first madrasahs for studying.

"It was not only about religious education. I received an opportunity to become acquainted with the heritage of many centuries of Arabian wisdom…

"… When reading the Quran, I felt as if Allah Himself was present with Me, reading it with Me, and explaining the meaning of every word…

"Yet sometimes… I was just looking through the lines and could not feel His presence…

"I asked the preceptors:

'Why does it happen like this?'

"They answered that Allah willed so…

"Then I began asking Allah and studying Myself. I understood that when My heart is full of love for Allah — He comes to Me, He stays with Me, He fills My heart with Himself. And then the words of the Quran sound like Celestial hymns!

"Then I started learning to enter the state of exalted love for Him, the Lord of the worlds! At that, My chest would fill with warmth, and tears would spring to My eyes — so great was the joy of feeling Him, so immense was the gratitude to Him for His Love, for His being with Me!

"This adolescent experience allowed Me later to create *zikr*: a meditative method that creates a field of love and attunes all the participants to openness to Allah. I studied its mechanisms later, but at that time, it was the first occasion when I felt the power of meditations performed from the spiritual heart — and the Joy of Allah filled My life!

"… I was already a big, *crystallized* consciousness by the time of coming to this incarnation. Thus when I read or talked to others, it had a profound effect: people would fall in the state of love and feel God. Seeing this power in Myself, after completing My education I went to preach the Teachings of Allah, and I

felt that He blessed Me to walk this Path! I preached and taught that which I knew at that time…

"… But once an unexpected delay happened to Me on this path… It taught Me a lot…

"I met a girl… She was filling a jug with water… I asked her for a drink. She gave Me some water… I felt flame enveloping Me. Tenderness filled My hands, and My tongue began to speak in verse… Her joyful laugh was like a purling brook, her figure was grace incarnate… In her eyes, behind the long thick eyelashes, was an ocean of tenderness… When a flick of these eyelashes opened for a moment her look, I saw shining of stars in its depth… I touched her hand. The flame of love flared up in Me and reddened her cheeks. Her lips opened towards the feeling, which captivated us both…

"I thanked Allah for this love! I cognized the greatness of love between two souls!

"… We got married and were happy together.

"… Time passed by… I got a home… My life became more and more filled with worldly cares, and… I had less and less time for God…

"I got two more wives, as is customary in the East…

"Had it lasted a little longer — and My life would have become completely subject to worldly concerns…

"… And then Allah sent Me an illness. Death was looking Me in the eyes and telling Me that I had not fulfilled that which I made the purpose of My life when I decided to come — with Allah in My heart — to people after completing the madrasah…

"Then I began to realize the truths about monasticism. I realized that a servant of Allah has to be *always* turned with the soul, that is with all the attention and aspiration, towards Allah and strive to cognize Him! And I understood that… I realized this too late!…

"… They sent Me in a stretcher to a famous healer… On the way, our caravan was attacked by warlike Bedouins… They counted Me dead, other people were killed…

"An Indian, who was travelling with another caravan, picked Me up… He took Me, half-dead, to a village nearby and stayed there with Me for some time. He healed Me partially and then began to teach Me about the human organism, about the chakras and meridians… He taught Me the basics of meditation — about working with the consciousness. It is from him that I learned about the ethics of *killing-free* nutrition.

"… I did not use bodies of killed animals for food from childhood: I pitied them. Yet, I violated this principle once, and this caused My serious illness…

"I realized My mistakes, and repentance helped Me to cleanse the soul. Thanks to the methods learned from the Indian, I could continue healing My body…

"He left before I recovered. He told Me that I would recover Myself and that great service to God awaited Me…

"… And then Allah filled with Himself every day of My newly obtained life — a life with Him!

"I was allowed to touch again the *Light* which I felt in Myself formerly as Allah's presence — and to touch, beyond the limits of the body, that *Depth* of multidimensionality where He abides!

"Then it was easy. Allah could lead Me: now I was able to hear and comprehend His Will very clearly!

"I submerged into His *Depths* in His *Great Quietness!* I cognized Him!

"Now I was able to see Him — My Beloved!

"The hands of the soul touched His *Light*, and His Shining in Me became brighter and brighter!

'Enter into Me, submerge in the Ocean of My Light deeper! What you feel now is but My surface, go deeper into Me!' He was telling Me.

"And, full of reverence, I submerged into Him — and He embraced Me from all sides! We merged together! I was in Him, and He was in Me, We were *One!*

'O Allah, O My Lord! How can it be that I am merging with You, yet I do not burn down of love, which overfills Me? How can it be that I submerge My arms into Your *Depths* to embrace You? How can it be that I see Your *Light* with the eyes of the soul, and yet I remain alive?' I was asking Him in the ecstasy of love.

'You know now very well that I exist! And I love you! I let into My *Depths* those who love Me! I live in them, and they live in Me!' He was answering Me.

"… Since that moment, I did nothing without Him. He was in Me. He manifested Himself in everything around; He filled everything with Himself!

"I started to teach people and to create methods that would allow one to become closer to Him, to cognize Him. I did it by combining all the best that I had learned in the course of My life. They were the methods of the *Straight Path*, which were shown by Him. I had disciples striving for cognition of the Supreme. The Teachings became known to more and more people. Among My disciples, there were young as well as mature men… Their number was growing…"

"Tell us please, how did You teach Your disciples to work with the chakras?"

"The methods of this work are well known to you. But it makes sense to tell about them once again, because there is a great confusion in the minds of people about this matter.

"In total, the chakras are seven. The chakras of a successfully evolving person — healthy and harmonious — are developed and full of pure energy. In weak or sick people, or in those indulging in vices, the chakras can be undeveloped or, if developed, full of coarse dark energy.

"It is designed by Allah that the chakras are a part of the human organism. Emotions are born in them. They are regulators of the activity of the consciousness inside the body. The chakras are also passages to the depths of the multidimensional universe. But in order to enter these subtle worlds, one has to develop the chakras, cleanse them and fill them with pure, subtle light. Yet, such work can be done provided one observes *killing-free* nutrition and actively works on the ethical transformation of oneself.

"The main one of all the chakras is anahata. It is from this chakra that one has to start developing oneself as a consciousness.

"The *Light of Allah* enters souls of people only through the cleansed and developed chakras.

"There are only seven notes — yet there is no measure to the number of beautiful musical compositions! There are only seven chakras — but what a wealth of various subtlest states of the consciousness the *Light of Allah* can give us when it enters the chakras!

"Allah, as a Great Musician, can play the Divine melody of Love on this 'instrument' created by Him — on the human organism. Yet this Divine melody can sound only if the 'instrument' functions properly.

"… But let Me continue My story…

"Once I sent one of My disciples to My former home to find out what had happened to My wives. He came back and told Me that when the wives came to know about My death, two of them got married again, but My first beloved went to search for Me and since then no one had seen her…

"… I traveled and taught a lot. In an oasis, a center of the School was established… My disciples went from it to various parts of the world describing to people the Path to Allah illuminated by His Love.

"Once a man eager to study came to Me… And when he lifted his eyelashes, in the depth of his eyes familiar stars flared up and looked at Me. I recognized her… — My first beloved…

'I knew that Allah would bring me to You!' she said. 'He told Me that when I would go to seek Him, I would meet You too. I thought that it would happen after death, when Allah allows the loving souls to meet in paradise!… He is

truly omnipotent, our Lord! I even did not dare to believe that I could meet You before death! Allow me to stay and to learn that which You teach!'

"Great was My joy! The design of Allah was marvelous! I asked her to change her men's clothes: Allah had never forbidden women to cognize His Love!

"She became My first female disciple. And she cognized Him in all fullness!

"She wrote wonderful poetry devoted to the Great Beloved. She helped many people realize that God brings us closer to Him not on the basis of sex but on the basis of the aspiration of the heart. And women's hearts, with their natural tenderness and subtlety, are capable of coming to the Heavenly Beloved and merging with Him even more quickly than the hearts of men. And after crossing the threshold of His dissolving Love — both men and women become equally *One* with Him!

"… I disclose neither My nor her name here, so that no one of those who worship only names begin to worship the names of Ours…"

"What would You like to tell people through us?"

"God wants to speak in the soul of everyone! And then everyone can and has to listen to Him!

"Yet God begins to speak only when one listens with the 'ears' of the spiritual heart, rather than with the ears on the head."

Sulia

Sulia is a Sufi woman. Men's qualities of character — energy, leadership, fieriness! — in a strong female body.

She looked so in Her last incarnation. And now She appears before us as a most tender *Divine Fire*, arising from the Universal Depths. She embraces us with Her Love and dissolves us in Herself.

"Tell us please about Yourself."

"Everything is Allah! And there are no other Gods besides Him! One day, the Light of Allah came to My heart — and never left it. I was a Conveyor of Allah's Will: He spoke and acted through My body in My last incarnation."

"Where had You been embodied before?"

"It doesn't matter! A Sufi, if he or she is worthy, is born a second time[196] in the Abode of the Beloved — and completes the Path in its Depths! Therefore, the homeland and the final asylum of such a Sufi is Allah's Abode!

"… I was one of Grand Master's disciples. Allah gave Me a male body in that incarnation, and I devoted Myself completely to the apprenticeship: to cognition of Beloved Allah!

"Grand Master is a true Master! Learning from Him was the greatest happiness!

"… At the age of 23, Allah called Me into Him — and the 'vacation time' came: the time of rest from earthly life.

"During the 'vacation', I was writing works on the fundamentals of Islam through several embodied disciples. These works exist to the present day in the libraries of Kazakhstan.

"My next incarnation, the last one, was in the eighteenth century in Kazakhstan. I was guided again by My Grand Master: He conveyed the Will of Allah through My body…

"… And now, after returning finally to the Abode of the Beloved, I continue working in Kazakhstan — in that part of it where there are museums, archives, and scientists who study Islam.

"It was Me Who suggested to you the e-mail sending to Kazakhstan's people with the purpose of informing them about our knowledge."

"Is there any result of that sending?"

"There is no quick result. The youth got interested, but scientists did not. They did not treat this knowledge as true Islam. I will continue introducing our knowledge among young people. As for adults… they proved unpromising.

"Meat-based nutrition results in the dullness and inertia of minds! The consciousness loses its agility. Meat eating is an affliction of the contemporary Islam!

"It is extremely important to spread our knowledge among the youth! As the youth grow, one may try to clean up in these people the *Eye of Allah!* One has to connect a human soul with Allah, and this makes an *Eye of Allah!* Then Allah manifests Himself through such a soul — and a spiritual oasis forms around it.

"Love, kindled in hearts, has to direct minds to searching for the Creator!"

"Sulia, will You please tell us how do You *experience Yourself?*"

"Who am I, Sulia?…

"I experience only the Greatness of Allah, His Infinite Transparent Calm!

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[196] **See the Gospel of Philip.**

"And when He looks at the Creation — Divine Goldish Streams run from the *Depths*, Streams of various hues and soundings. One of them sounds with the name Sulia.

"Learn to experience yourselves thus in Mahadoubles. Learn to be blissful!

"I feel unceasing Bliss: Allah is inside Me and around Me… At any moment, I can make a step backward and dissolve in the Primordial Calm… Or to make a step forward — and again Sulia as a Goldish Wave brings the Love and Will of Allah to the Creation!

"… In order to attain this, one has to leave the 'islet' of the body and move to the *Ocean* of Allah to live there! When the body does not carry the burden of the 'I', Allah can live in it.

"One has to impregnate the body with the Bliss of the Creator's Abode and then — to dissolve, to disappear! Allah enters from within — and one dissolves in Him…

"To accomplish this, one has to rid the consciousness of everything that is not love: only love is capable of dissolution!…

"… But… many night moths fly to the flame of a candle. Yet, one should not allow them to come too close: the fire can burn them!

"It is the same with the *Fire of Allah!* It is not for little souls! Only they can approach this *Fire* who already have this *Fire* burning in them!

"… Listen! I will whisper to you flaming words… And you, listening to Me, attune yourself to the rhythm of the *Great Whole*, to the *Breathing of His Beingness*… — so that the nectar of the Divine Love not be spilled and the phrases do not break up into separate words and momentary thoughts, so that the soul may become filled with sounding and meaning of the Truth, and your heart may unite with the Life of the *Primordial*, Whose name is Allah!

"The fire of passion cannot burn the soul kindled with love for Allah!

"The whirlpools of life cannot seize the soul moving to the Primordial Ocean!

"In the desert, the source of life will create an oasis which will emanate fragrance, will send forth life-giving currents of love, will bloom and give fruits!

"In the fire of the spiritual heart — a human soul becomes naked!

"In the purity of love — it appears before its Beloved!

"And for it there is nothing but the Beloved!

"It is always before Him!

"Its hands caress Him,

"And it does not take its eyes off Him.

"The only light for it is the Light of His Love!

"His Light makes the eyes of the soul shine!

"His words of Love flow through its mouth!

"The hearts unite — and there remains nothing but Him!

"He fills with unspeakable bliss those who have become One in Him!

"… The life of every one of you has to be full of Me!

"You have to fill your lives with Me — more and more fully!

"Where I appear — grief and destruction go away!

"As I am gradually superseding all remnants of everything worldly and perishable in your lives, they will be becoming one whole with My Life.

"Listen:

"O Great, O Eternal, O Infinite One! The waves of Your Love are so soft and tender!… Everything is permeated with Your Primordial Purity!

"There is no place where You are not! The Waves of Your Love are everywhere. They carry this world manifested by You as on the fingertips of Your countless Hands!

"I merge with You! Now, My Beloved, there is nothing but You!

"Feel yourselves not bodies but Love which flows and expands around! Give to everyone the Light of Allah!

"Rejoice at My Love! Conversing with Us constantly, become like Us — ethically pure and wise! Do not react to the disturbing factors of the surroundings!

"… I can suggest to you the following meditation:

I Am in Love with You!

My only One! I am in love with You!
I am in love with blossoming fields,
I am in love with shining of the sun,
I am in love with spring gardens!

My Beloved! Your cover is so beautiful!
Tender murmur of brooks!
Gentle calm of the forest!
Infinite sky above!

I am in love with You! You are everywhere!
I am in love with fragrant flowers,

With sunrise over glassy waters,
With translucent rivers and lakes!

O my Beloved! I see only You
In the smile of morning and in the languor of day,
In the coolness of evening and in the quietness of night —
I see only You, my Beloved!

Let me in and dissolve me!
Allow me to become a part of Your Love!
Allow me to know Your blissful Calm!
Allow me to become *One* with You forever!

Lady-Sufy

On the spiritual Path, the energetical purity of the body is extremely important. One cannot exit into subtle eons from a body contaminated with coarse energies, which originate from one's own coarse emotions, from a contaminating diet based on 'killed' food, from communication with energetically coarse people, from somatic diseases and traumas. Moreover, energetical coarseness present in the body can attract inhabitants of hell, and this may result in possessions leading to somatic problems, to psychic disorders of schizophrenia type, to epilepsy and feeblemindedness.

Therefore in one's spiritual efforts, the methods of energetical purification of the body have to precede the work on refinement of the consciousness and on increasing its size. In the beginning, they are the methods for cleansing the chakras and the main meridians, washing the body and the *cocoon* with the help of certain psychophysical exercises and meditation *Pranava*, also accepting help from *plants of power*, moving the Kundalini energy through the body, etc. [6]. On the higher stages of spiritual ascent, one finishes this work with the help of the Divine Fire, which is created at first by Divine Teachers (Holy Spirits) and then by the spiritual practitioners themselves.

For many years we have been doing this work at *working sites* of our Teachers. Yet in our bodies there remained insignificant energetical inclusions different by their subtlety from the subtlety of the Primordial Consciousness.

… Once we worked, as many times before, in the forest inside a giant Mahadouble of Ngomo. That time we studied the mechanisms of how the

Representatives of the Creator influence from Their Abode on material objects in the Creation.

Suddenly I noticed movement of energy among young pines growing nearby. I wanted to come there and see: what was it?

Upon entering this place, I found myself in a strong subtle energy field which made final purification of my body without any effort on my side!

At first I was bewildered: we had spent so much time and effort to progress slowly in this work, but here it happened by itself so quickly…

I called my companions:

"Come here. What do you feel at this place?"

They felt the same.

We stepped aside and began to think: was it done for us by Ngomo or was there someone else?

Then we saw a Mahadouble of a Divine Lady standing over this place.

"Was it You who helped us so miraculously? Will You tell us Your name?"

"Yes, it was Me helping you. You deserve it now. And My name is Sufy."

"Tell us please about Yourself!"

"I grew in Sufi tradition. During many incarnations I was guided by Sufi Grand Master well-known to you.

"In one of My earthly incarnations, He made Me meet Danish Lady, that you know — and We learned together.

"Then I was embodied and worked in Kazakhstan together with Sulia."

"Are there in Kazakhstan people capable of achieving spiritual heights?"

"We try to create there such a spiritual center. But this work progresses more slowly than We would like it to.

"The spiritual life in Kazakhstan suffered much from the Soviet regime: those who preserved the true spiritual traditions were killed…"

"Were the ideas of Sufism lost completely there or did they survive?"

"There is 'Sufi whirling' and other kinds of similar nonsense. But unfortunately there are no people who want to cognize Allah and do deserve it.

"Sufi means pure. Pure — before God and people! Pure in emotions, in desires, in relationships with others, in relationships with any living being! This is what purity before Allah means. And there must be also ever growing love-aspiration to Him: to cognition of Him, to Mergence with Him in the Embrace of Love!

"I cognized this truth. And I brought many souls to the Creator. I continue to provide My help now from the non-incarnate state. I have helped you too! I helped you in the past by suggesting correct decisions in various situations. And every one of you made his or her own choice.

"I will continue helping you! And Every One of Us will! You work not for yourselves! You serve the Evolution, serve God! It is for such people that Allah opens the gate to Him!

"Please tell My message to people:

"Only the one who has purified oneself can help others become purified!

"Once in the past I had purified Myself completely. And therefore I received the necessary knowledge and an opportunity to help others, as I have helped you."

"Were there such methods of work in the tradition of the School where You learned?"

"Yes, I was taught this. And now I teach it to others from My non-incarnate state. I help deserving people who are at the final stages of the Path to purify themselves.

"I also want to tell you the following:

"Yes, this place is very auspicious for doing purification of the body.

"But purification of the soul, as you know, is done in a completely different way. And one has to do it while living in the body: it cannot be done after the death of the body. And every uncorrected feature of the soul forms negative tendencies in one's destiny for the next incarnation.

"Here, at this *working site*, I help you see all non-transparent lumps of energy in your bodies and *cocoons* and remove them. Here, together with Me, you can create small whirls that capture and move these gray inclusions of energy away from your bodies. Like specks of dust they are sucked into these whirls and casted away. Only the purest transparency remains!

"Such a work is suggested in Sufism only to those students who already possess a large successful experience of purification of both the body and the soul.

"In Sufism they say that a Sufi must not 'cast shadows'. Of course, it has nothing to do with shadows from the material body. They are shadows 'cast' on one's destiny by non-good states of the soul, even very short ones.

"To destroy in oneself the last remains of such 'non-transparent' thoughts and emotions is a task of those who approach the threshold where one has to fill the body with the constant presence of Allah.

"The methods of psychical self-regulation developed in your School allow achieving this goal, provided one has constant self-control!

"The one who has become absolutely pure gains the right to become an *Eye of Allah*, that Sulia told you about. When the body and the *cocoon* become similar to a transparent lens, then one gains the ability to manifest through them the Will of the Creator in the material world."

* * *

"Sufism is a religion of *pure ones*. *Sufi* — in translation — means *a pure person*. In such a person, an absolute purity should be in everything! Each follower of tariqa should necessarily discover and study in himself or herself different directions, branches of himself or herself, so to speak, and maintain purity inside each one of them! This implies a pure style of nutrition, where one should follow the precept: ethically pure people should not use for food those bodies in which we find blood; this concerns all animals. The energies of the body and of the chakras must also be pure. Apart from this, one should maintain the purity of thoughts and emotions.

For those who live in emotions of irritation, condemnation, hatred and malevolence, there is no place on the *Path of Purity* or the *Pure Path*. This truth should be reminded all the time to those who have a claim on the title of devoted disciples of God.

* * *

Everyone should never forget the beauty of the morning and the harmony with plants, birds, and Us! Becoming embittered in the conditions of urban life, a person loses Me and all of Us easily! However, the life in the midst of nature embitters as well if one does not do what one should, forgetting about the meaning of one's life.

Every one of you can start every morning, feeling Me, all of Us, in the rays of the sun, ascending over the forest, sea or steppe! Then each day will pass successfully!

Hajji Bei Murat

Over a hill overgrown with low "fluffy" pines with long needles, there stands a Mahadouble of Hajji Bei Murat. His appearance is of a young man of about twenty years old, shining with bright, clear, pure youth.

"It seems that Your last incarnation ended when You were that young. How did You end that incarnation?"

"I 'soared' into Heaven!"

"Did You dematerialize Your body?"

"Completely!"

Lada joined the conversation:

"The 'ascension' was as follows: the body soared up and dissolved.

"His ashram was on this place. Sufi teachers would gather here from the neighborhood. And then they would initiate mureeds into the mysteries of the 'golden flower'."

Hajji Bei Murat pointed at other non-incarnate Great Souls and continued:

"Look at Our Children! They are Sufi sheiks' disciples who gathered here and listened to the preachings. Non-incarnate Lada was also always present among them. Some of those present here have not achieved the Mergence, but the majority merged with Allah."

"Tell us please about Yourself, about Your Path to Allah!"

"The boy Murat was born very joyful and happy. He was born as the one who could feel the presence of Allah. He came to the Earth knowing that God is in everything, that He is Loving and Omnipresent, Caressing and Omnipotent!

"The true Islam helps one to understand this. And any true spiritual knowledge also brings one to the understanding that Truth is God!

"I began that earthly life of Mine with experiencing this Truth. And I ended it — with Mergence!

"I lived in the bliss of feeling the constant Presence of Allah! I was happy to see the smooth flow of His river, branches swaying from the breathing of His wind, splash of waves of His sea… I drank His Blissful Nectar and partook of His Blissful Gifts!

"Everything that the river of destiny brings to a Sufi is Sufi's talk with God, Sufi's learning from God! The Sufi gladly accepts everything sent by God!

"A Sufi's life is communication with Allah through everything that the Sufi receives from the Beloved. The Sufi receives everything as a gift! It is Sufi's learning; it is Sufi's bliss! It is Sufi's song of thanksgiving, Sufi's reply with love to the love of the Creator!

"Everything that comes out from the Sufi's mouth is a hymn to the Eternity and Beauty of Allah! It is the fragrant nectar of love, which either accepts the form of words or music, or becomes silent lines and forms and leave guiding lights to those who walk the Path of Allah. And those walking can touch these lights and start burning with more intensive love, gaining the power and confidence needed to overcome the difficulties of the Path."

"How did You learn, who was Your Teacher?"

"Only Allah! I came to the last earthly life being open to perceiving His Love and Power directly! I did not need intermediates, which instruct people on religious dogmas and rituals. The Lord of everything was with Me: I saw His Presence in the manifest and in the non-manifest, in people that I met on the Path, in everything that His generous Hand gave Me! I did not divide these gifts

into good and bad ones, because Allah does not give gifts which one should not receive!

"I thanked Him for every such gift! Every meeting, every turn of My life, every day and every minute, every drink of water and every breath of air was His Gift! I thanked — and this conversation of Ours was beautiful! What can spoil your life with the Creator but your ingratitude for His Gifts?

"Every minute of your life is a message of God to you and your response to God. You can read every moment as you read the Quran! Because everything is the Book of Beingness, and He teaches you how to read it. When you have learned to read it, you will experience only the Bliss of His Love! And when you talk then — it will be your song of thanksgiving to the Creator!

"Songs of birds, fruits you partake of, and every person you meet is a gift of Allah to you! This is an invaluable experience of the soul! This is your talk with the Creator!

"It is in this way that I lived: I looked and listened to Life! And I got filled with the Bliss of His Presence — independent of whether sweet or bitter was the fruit I partook of.

"As a result I learned to hear the rhythm and melody of Allah and to talk to other souls in Allah's language. Allah gave Me this mastery, and it allowed Me to begin teaching people whom He brought to Me…"

"How did You teach? It must have been difficult, because we know that it is not an easy task to teach a person to feel God!"

"Yes, for this purpose, it is necessary first to wash the vessel — a human body where the soul dwells — with the Light of Love, and then everything becomes easy!"

… He shows a human body whose middle meridian resembles a transparent pitcher without bottom that has to be washed inside. He also shows streams of Living Light that flow freely through this form and wash it. As a result, it begins to shine with light…

"This is how I taught. Yet the main things are love and gratitude to the Creator — they compose the soul's song! I taught how to accept God in one's life. I helped My disciples to feel His Presence in every moment of their lives. And then — Allah began to play the instruments of souls, while I just tuned the sounding of these instruments."

"How did You dematerialize Your body? Did You learn this ability?"

"I wanted to achieve the Fullness of Unity — and Allah responded to this desire…

"Allah knows each one of your thoughts, each one of your desires! And He fills them with Power only if His desire is one with yours. This results from

Unity. If you are suffused with Allah's Will, then everything you want or think becomes filled with His Power for realization. And your desires become fulfilled! And when there remains only the last desire for the Great Reunification — then let it be! In this way I left the body!

"Those who pray do not know the Love of Allah. But those knowing the Love of Allah praise Him!

"And nothing can spoil the Bliss of those who know Allah! Even a jail does not bind them, even those exerting violence do not constrain them!

"The earthly life of such a person is a dialog with Allah. And when the time of earthly life comes to an end, he or she makes the final step and comes to the Whole. When the earthly song of love for Allah is completed — he or she plays the final cord — and the music of the soul merges forever into the melody of Allah's Beingness and helps then other seekers to tune the strings of their hearts and to create new songs of praise to Allah!"

Divine Imam

In a high and thick fir forest, there is an oblong low dell overgrown with young birches. There reside bright, consisting of Divine *Goldish Fire*, Mahadoubles of Eaglestform and Babaji. And there is also He Whom we formerly called simply the Divine Sufi. On this place, He gave us and our students the first states of Samadhi. Near Him stands His Divine Disciple Karas.

This time we came to the Divine Sufi with the purpose of making a closer acquaintance. We ask Him to relate about Himself.

He does not reply immediately, but suggests to attune to Him once more and again gives us a most intense feeling of Divine Bliss… Only then He replies:

"Allah is one! There is no God but Allah! We All — in Him — are *One!*

"This is clear enough for you, but many other people delay themselves by not gaining this understanding."

"How should we call You?"

"The only name is the name of Allah!"

"Tell us please how You developed to the state of Allah."

"I do not remember it, do not know it, and do not want to know it! I came to know the Oneness with Allah — and dropped the rest from My memory. It was not of value for Me any longer."

"Tell us, at least, where were You embodied the last time?"

"In Persia, in the land of modern Iran, at the time of the last padishah. I served in a mosque as an imam. At that time, around that mosque an oasis bloomed: people came there to touch Me…

"But I did not develop Myself at that time: I had another status already — the status of Allah. And I represented the Creator for people."

"What recommendations can You give us?"

"Everything will go on according to the Will of Allah; there is no need to peep too far in the future. Proceed with your current affairs. *Insh'Allah!* — Let it be as Allah wills!"

"What would You say about our present level?"

"You have mastered the 'platform'. Now you have to master being Allah."

"But to what extent is it possible for a person in the embodied state?"

"It is not only possible, but is necessary for all of you."

"How?"

"You know how. There is no need to invent something else. You will succeed! You just need to substitute your will with the Will of Allah!"

"What could You say to beginners?"

"I would like to tell them about Sufism.

"Many understand Sufism as one of numerous religious doctrines with its own set of rules, dogmas, directions. Yet, Sufism is not a 'dead' set of rules. Sufism is life, a way of life based on love. Therefore, any person regardless of the confession — a Christian or a Buddhist — can be called Sufi if his or her heart, full of love, longs for Me and wants to embrace with love the entire world.[197]

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[197] **Sufism is the main branch of Islam, for it is only Sufism that can bring psychogenetically developed souls to cognition of the Creator and Mergence with Him. See about Sufism in [7,32,39].**

Similarly, the branch of Raja Yoga and Buddhi Yoga is the main direction of Hinduism and Buddhism; and Hesychasm — in its modern form — is the main direction of Christianity.

These directions have one common methodology, though there is a greater variety of concrete methods, which ensure development of souls to Divinity. It is the commonness of the methodological essence of Sufism, Hesychasm, and Raja Yoga and Buddhi Yoga that allows one to say that each of these terms is suitable for denoting the higher steps of spiritual development universal for all people.

As for ritual forms of religion, which are dominant by the number of followers in all major religious directions, — they are needed as well. Their main function is serving psychogenetically young souls on the very initial steps of their spiritual awakening and growth.

"To be a Sufi means to live by the *Beauty — the Beauty of God!* Wherever the heart of a Sufi turns — there it should see the *Beauty of the Beloved* invisible to the ordinary eye. The whole world is pervaded with *His Beauty*, which is perceivable only to the eyes of a loving heart!

"Now, who can become a Sufi? Is it possible only for people living in the East? And who is a Sufi, anyway? Is it the one who just proclaimed oneself so? Or the one who was attached to a certain tradition and wears special clothes?

"One can become a Sufi independent of which corner of the Earth he or she was born or lives now. A true Sufi is the one who does not take the eyes of the loving heart off the *Beauty of the Beloved*, the one who lives by this *Beauty!*"

"Tell us please about Yourself."

"My Path is the path of dissolution of 'oneself' in Allah! I am the *Great Silence of Allah* filled with sounding of strings of the Souls Who merged into Allah."

"Why are You on this place — which is visited almost by no one of the incarnate people?"

"You visit it… Besides… it is so blissful to permeate the Earth with the Light of Allah!

"Blend with Me completely! And let the *Flow of Allah* stream through your body!

"… Samadhi is the state when Allah enters your spiritual heart inside your body. Nirvana is when you can submerge into the Heart of the Absolute and dissolve in It. And then only Allah remains. Discover the connectedness of these states. And rise from the *Depths* to the body filling it with the Light of Allah! Let it be only the Light of Allah everywhere, even inside your body!

"I have been teaching this always: when I was embodied and now when I have no body. I taught this to you and to many others…"

"Were You capable of dematerializing and materializing Your material body?"

"What is the need of it? In the last incarnation, I did not perceive Myself as a body at all! I had entered the body with the purpose of bringing to people the knowledge about the One. His Omnipotence manifested through My body whenever it was necessary.

"But I never worked miracles for attracting attention. I worked in a different way. I filled the hearts with the Light of Allah, giving to people a possibility to experience His Love. I taught naught but Love. It was My Mission — to make it possible for seekers to touch Him!

"There is a border where your meditation ceases. There you cease to be as an individuality. Beyond this border, there is only Love, Which is Allah!

"I *dissolve* in Myself those who come to Me with love in the heart! And the Light of Allah fills them!

"The heart which has nothing but love for Allah allows Me to enter it.

"I bring Myself closer to them if they are little.

"I submerge them into Myself if they are large. I submerge them into Allah to that depth which they have grown up to.

"But always it is the same thing that happens — *dissolution* in the Light of Allah!"

Karas

"The last time I was born was in the land of former Assyria. As an adolescent, I served in a temple where they worshipped the Sun as the progenitor of *everything*. Every morning we would perform a divine service at the time when the Sun rose above the horizon.

"During these services, I assisted the priest who performed them. Yet, I did not accept sincerely this faith, nor did I try to comprehend its postulates with the mind. For Me, this faith with its rituals was a part of the daily traditions of the society where I lived.

"… But one day, something new came to the habitual daily routine of My life — it was a stranger who came to our land. He sought manuscripts containing religious — namely esoteric — knowledge. It was for the purpose of collecting such manuscripts that he traveled.

"He was received with respect. During the repast, he had a conversation with the priests. He asked questions about our faith and told about his views and about the religion practiced in the land where he came from.

"As a servant, I had an opportunity to be near the table and hear their conversation. His narration captivated Me. Unlike our priests, He was not a dogmatic person who blindly accepted the faith of the ancestors. He did not avoid confronting different views, doubting postulates, drawing his own conclusions. There was something *living* in his faith and in this man himself — in contrast to the priests.

"This conversation made Me sincerely interested in the knowledge and practices of the tradition described by this man. I wanted very much to follow him — to gain this knowledge. And I beseeched him to take Me as a servant with himself.

"This way I came to Sufis…

"… The main thing that happened to Me on the first stage of My apprenticeship with Sufis was *opening of the spiritual heart*. I began to *live by the heart* — and the entire world transformed for Me! My life became full of love, which I did not know before!

"For opening the spiritual heart, Sufis used a method similar to the one used by Christians-Hesychasts at that time. Abandoning all other thoughts, one had to repeat — with love for Allah — a prayer-appeal to Him to come to one's spiritual heart. And after some time, the feeling of increasing bliss appeared in the chest, in the anahata chakra, as a sign that Allah accepted the prayer.

"After cognizing and mastering this state, the mureed[198] could live in it and not just experience it during a prayer.

"Then the mureed was taught that since *Allah is great* — one's love for Him must also be *great*.

"And if one's love for Allah grows, from a certain moment it cannot be contained in one's chest. And thus, quite naturally it begins to pour out, to expand beyond the chest.

"Pushing the walls of anahata from within with the hands of the consciousness was one of the helpful methods in this work. It allowed one to experience oneself, for the first time, as a *heart-love* of size larger than the body.

"The mureed was taught to expand with love as wide as possible: Allah is present everywhere, thus one should love Him in the *entire space around!*

"Expanding thus with love and living in this state, the mureed gradually *lost the habit of perceiving oneself as a body*.

"The mureed lived by love for Allah, and the feeling of *Allah's abiding in everything* gradually replaced the feeling of the mureed's separate 'I'.

"And when the separate 'I' disappeared completely, *only Allah remained*.

"… But we learned not just meditation. In Sufism there is a rule: in the process of learning, mureeds have to develop themselves along many directions, one of which is to master the craft of their sheikh. As an apprentice of My Master, I started to learn the art of carpet weaving.

"The carpets created by My Master were highly valued by the townspeople. They believed that a carpet bought in our shop brought to the house happiness and joy. Indeed, these carpets had such a magical power, because My Master created them as yantras.

"At first, I, as other apprentices, learned the carpet weaving technique itself. After that, we began to practice by reproducing the patterns created by our Master.

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[198] **Sufi student.**

"I liked to stay for long in the shop and observe how He worked. For Him, carpet weaving was not just a craft: He did not weave, He *created* carpets! I saw how masterly He chose the color of thread out of a great variety of hues of goldish, red, light-blue… Each carpet created by Him was… a declaration of love for the Creator! It looked as if He wove love…

"I tried to imitate His work and stayed for a long time in the shop.

"… Once I noticed that the Master stood behind Me and watched how I worked. I got confused…

'You are trying to construct love with your mind… But it lives in the heart! Kindle in your heart love for Allah — then your hands will tirelessly create beauty for the glory of Allah!'

"I heeded the Master's advice, and love appeared on My carpets. Yet, My works were not that good as those of the Master. I asked His advice, and He replied:

'Your carpets are good. But the true *Beauty* lives *deeper*. In the *depth* of the expanded spiritual heart will you find the endless *Source of the Beauty!* There live the vivid colors of joy! Threads *originating in the depth* of a developed spiritual heart shimmer with all hues of love! Pictures, which you can find there, will bloom as living flowers and sing as spring birds on your carpet! If you do so, then Allah Himself will create *Beauty* through your hands for the glory of Himself!'

"Since that moment, My learning of carpet weaving went along with mastering of meditation. Every time creating a carpet, I had to connect the hands of the consciousness with the *depth* which was achievable for Me — and create from that *depth*. And then, this *depth's Light*, with which the consciousness was connected, refracted into the beauty created by the hands.

"Of course, not every apprentice became a Master. Most of them were capable of mastering only the craft of carpet weaving. The process of teaching was arranged so that not everyone could find out where the true mastery lies, what its secret is. But those who managed to solve the secret ascended to the next step, where the *craft* of carpet weaving turns into the *art* of carpet creation…"

"Excuse me, please, Karas: Your description of the methods of cognition of Allah does not seem sufficient, in my opinion. Going the path outlined by You, mureeds most likely did not find the Abode of the Creator, but *crystallized* the consciousnesses in that eon of the multidimensional space which was most convenient for them, most habitual for abiding in. For cognition of the Creator, one needs the methods of refinement of the consciousness and, at least, to have general ideas about the multidimensional structure of space and methods of

crossing the borders between the eons. This is necessary because the Creator is the Most Subtle of all consciousnesses!…"

"Yes, you are right. I wanted to tell about this a bit later.

"Yes, refinement of the consciousness cannot be done against the background of 'killing'[199] nutrition.

"You are also absolutely right that the control of one's own emotional states — with complete refusal of coarse emotional manifestations! — is an essential part of any spiritual progress.

"The beauty of the Creation, of our common home created by Allah, was important as well! And the attunement with this beauty, which reflects the beauty of the Creator, was practiced too.

"The students who could not encompass this were excluded from intensive learning; they were switched to another work. If they wished, they were allowed to stay at the School and perform various household duties. In Sufism this is called a *station*. It can last for years. Then these students were involved again into the esoteric practices if they desired it and if it was in accordance with the Will of Allah…

"But I have not told yet about the main thing.

"My Master was a real sheikh knowing the art of educating… But there was another great moment in My life: when My Master counted Me ready, He took Me to Divine Imam…

"You developed in a different way… There was not incarnate Allah with you… You had to carve the way yourselves… Our intent in this case was to make it possible that you accumulated a comprehensive collection of spiritual knowledge…

"But it can be in another way… — when the spiritual Path is clearly shown by, as Messiah Isa[200] said once, a *Vine* — by an embodied Representative of Allah, an embodied Part of the Creator.

"…I also want to tell you about My Great Teacher — about Divine Imam.

"It was a miraculous gift of Allah: to see Him incarnated in a body!

"Love for Him Who became One with Allah has neither borders nor limits!

"I witnessed a Manifestation of Allah on the Earth! I saw a Son of the One; He wore flesh, but was not this flesh!

"I knew then that the Beloved Lord can be attained, that one can dissolve in the Almighty! I saw this manifested through the Teacher.

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[199] **I.e., that which includes meals made from bodies of killed animals.**

[200] **Arabic pronunciation of the name *Jesus*.**

"It was enough for Him to touch a heart aspiring to Allah, — and it flamed up, like oil in a lamp, with fire radiating the Light of Love!

"He taught: a heart filled with Love is *fathomless*. And invited to submerge into His own *Fathomlessness*…"

Kayr

"Kayr! How did You merge with the Father?"

"I died… I died of plague… Everything ended — and there remained only He… He alone — One and Boundless — remained, and there was nothing but He…

"Everything I did before, striving to the Mergence, — all meditations, all other efforts, pain of the body — everything was over, He alone remained…

"And now, when He looks at the Earth — Kayr appears on it."

"Could You tell us a bit more?"

"In the past I was embodied in Middle Asia and grew in the traditions of Sufism. It was then that I touched for the first time the Primordial Consciousness. The name Kayr is from this incarnation…

"Do you remember, I described how I meditated when the sun was rising in the desert?…

"Do you know who is a dervish? A true dervish is not a poor Sufi monk who goes begging… No: a dervish is a *wayfarer*, the one who *goes* and *seeks*… A dervish is the one who goes on the Great Path towards cognition of the Creator!

"My sheikh was not Divine, he was like a person who rests calmly after traversing a part of the Path. He did not aspire to God with all his heart, but lived in calm and harmony. I am grateful to him: it was he who taught Me correct meditation, correct methods of working with the consciousness.

"One of My first strong impressions in learning was from Sufi *whirling*. This method helped Me to experience for the first time that I was not a body but a consciousness: living self-aware *light*."

… Kayr shows His appearance in that incarnation: a face with dark eyes of elongated form, a white turban contrasting with swarthy skin, a regular oval of the face… Then He slowly begins to *whirl* — and His light clothes fly up and turn in this movement into gentle waves like those on the surface of the sea…

He continues to *whirl*, and His clothes become similar to a transparent veil that extends to the horizon... Under this veil, a sea of *Light* sways softly…

Then the *whirling* ceased — yet the *Light*… remained…

Kayr shows the movement of the arms that helped Him to submerge into this sea of *Light* under this veil. There was only *Light* under it…

Then He continues the narration:

"There was also the *desert*… It is an expanse where — up to the horizon — there is only sand and the boundless sky above it. There was no one there — only Eternal Almighty God and a small grain called Kayr in the midst of the desert… We were always *two together*… One-to-one… And — no one else, wherever you look…

"There God taught Me to watch the sunrise…

"Have you ever watched the sunrise in the desert? It is quite different from the one in your land…

"… The dark sky, full of stars, *lies* on the surface of the planet… My body sits on the sandy bottom of this ocean of stars… The eternity and infinity of the universe embraces Me from all sides…

"Then gradually dawn begins… The sky becomes brighter, changes its color… The giant disc of the sun appears over the horizon… Rising of the sun! The ocean of the starry sky turns into an ocean of light above the earth…

"It is in this way that I watched the sunrise of every day of My life…

"But once I suddenly 'sank' into more subtle *Light*, which lied *deeper*. With gentle strokes of My now giant arms, I could submerge deeper and deeper…

"It was a wonder! — this *Light* did not disappear after sunset!

"Since that time, sitting in the desert and waiting for sunrise, I could *already* be in that *Light*.

"And when the light of the risen sun filled the entire expanse — immeasurable joy of experiencing the presence of God *in everything* filled Me! My body could walk towards the sun — while I was below and *deeper*, dwelling in the *Light* of God, supporting tenderly with My palms the sea of light above the surface of the Earth!

"I learned to stay in the *Depth* always. There, as if in 'the heart of the Earth', was a passage to the Creator of everything, into the *Heart of the Absolute!*

"It is in this way that I acquainted Myself with the Consciousness of the Creator, but I had not become *One* with Him…

"… Before My apprenticeship with the sheikh, a young woman touched My heart…

"Now I see how foolish was My understanding of asceticism… I could have taken her with Me into the Path!… But at that time… At that time, I began to seek solitude in the desert in order to forget her…

"This longing for earthly love, an earthly love that *had not been experienced*, brought Me to a new incarnation.

"… It took place here, in this land where you live. Here I met My earthly love, got married, had a child…

"… However, in dreams, I often saw sunrise in the desert… And again I began to seek the *Path*, became a *wayfarer* walking this *Path*… I grew here, on these *places of power*, which are known to you too. I was helped to recall that which I knew in the past… — and I cognized Mergence with Him deeper and deeper, learned to be *One* with Him, completely *One*, learned to love all lives, learned to love people… Then I moved to Middle Asia… And what happened then — I told you already…".

… Kayr was smiling from His appearance familiar to us. The day was dawning in our northern land. Tender joy of Kayr was mingling with singing of skylarks and rising of the sun! The *Ocean of the Creator* was looking from Its Depths through Kayr's eyes, and His *Hands* were supporting all the living on the Earth's surface…

Kayr continued:

"I feel tremendous joy now, always being with you! On the experience of our common work, I master new methods of helping souls in our common School! I continue to learn thanks to you!

"It is in the interests of God that branches of the School be created throughout the planet!".

"Tell us, Kayr, why do Mahadoubles of the Divine Teachers very often stand in the midst of busy streets, squares, in parks, on lakes — on the places visited by a large number of people who do not aspire to God at all?"

"The answer is simple: We are 'Fishers of men', as Jesus once put it! We act like radars — detectors of good emotions in people — even the slightest ones. And We seek to support these tendencies in every person. We also are *Realizators of people's destinies*…

"An embodied person is a separate autonomous system. Usually there is no entrance from the outside, the doors can be opened only from the inside. What opens these doors? Emotions. Good emotions, especially those which accompany altruistic deeds and make the soul opened to the *Light*. It is this *openness* that allows the *Light* to flow inside the soul."

"Why is it so difficult? God is omnipotent. Why can He not enter in some other way?…"

"Of course, God is omnipotent, and every soul is on His Palm. Yet, the *freedom of will* which He granted to people does not allow Him to intervene uninvited in that autonomous system called a *human*.

"The task of the Holy Spirit (or the Holy Spirits, to be more precise) consists exactly in this — in detecting every new opportunity for contacting souls of people for the sake of correcting their advancement, missing no chance.

"… I would like to talk also about *intent*.

"The *intent* to cognize the Creator, to merge into Him, and to help other people in this — this must be an absolute dominant in the life of the spiritual warrior, and this intent must not contain anything worldly. Only then will it be able to accomplish miracles, by passing freely through all the earthly difficulties, and achieve the goal. Only such an *intent* has the true *power to create*.

"The true *intent* of the developed consciousness of the spiritual warrior is beyond the sphere of people's notions about 'possible' and 'impossible'. Therefore, it equally easily accomplishes both the 'possible' and the 'impossible'.

"One has to subjugate completely the mind, body, and consciousness to the *intent of uniting with Me*. One has to aim for the complete Mergence, in which there is nothing left of that which the former separate self considered its own.[201]

"In that case I, too, give Myself fully to such a warrior.

"In the entire universe, it is only love that can bring one to the true unlimited Divine *Freedom*.

"I love you and want to give you this *Freedom*.

"I am ready to give Myself to everyone who sincerely desires it. Such is My essence — I want nothing but to give Myself through love — to give Myself to you and to everyone worthy!

"Entrust yourselves to Me completely! The best solution to all earthly troubles is in Me!

"The first thing to recall in the situations of earthly troubles is My *Universal Calm!* To be in calm means that you do not allow yourself to become involved recklessly, with the whole consciousness in some earthly situation where passions boil.

"From the state of My Universal Calm look at your troubles and see how petty and insignificant they are!

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[201] This recommendation concerns only those people who have grown up in their personal evolution (both in psychogenesis and in ontogenesis) to the capability of becoming true monks.

As for the rest — they have to prepare themselves for this stage of personal development by "ripening" in living a righteous life and in learning in the material world.

"Never engage in the battle by the lower self, never cease the awareness of being united with Me! Whatever happens in the course of the battle — I lose nothing! The lower self can suffer defeat, but the Higher Self — can never!

"… How many lives can one live through, approaching the *Threshold*, cognizing the state of *Mergence*, yet failing to attain the *Unity…?!*

"How many times does one have to be incarnated again, having not traversed the final step of the Path, and begin this difficult travel as if from scratch (in every new incarnation one has no memory of the past achievements of the soul!)?!

"How many times has one to begin it anew until the soul has no desires but the yearning for becoming *One* with Allah…?!

"We went through many lives — in order to come *Here*.

"We lived through many destinies — in order to come *Here*.

"We grew up many times in order to learn to be conscious of oneself as of the Higher Self.

"We did this many times in order to come finally to the understanding that He alone exists and His Beingness has no end.

"And Every One Who gave Himself or Herself to Him completely — remained in Him in order to merge into His Beingness and be Him."

Al Bewl

"I smile — and the Light of My *Sun* illuminates the entire Earth!

"Persia was always a source of confidential spiritual knowledge on the Earth. Pythagoras studied there, Jesus also travelled to Persia…

"What concerns My past, My story began a long time ago. I grew in the Sufi spiritual tradition — incarnation after incarnation. I will tell about it in more details later. This story will tell about My personal search for our Creator, about My trials and mistakes, about love, tenderness, and, of course, about Him — about Beloved Allah!

"Heed to His words! They are so beautiful!"

"What about Your recent incarnation in Iran?"

"I came to it as an almost Divine Soul. There is nothing special to tell about it. I recalled quickly what was mastered by Me in the previous incarnations — and I merged with Him! It was not difficult!

"I can only add that the outer conditions were not favorable that time. Yet, this even helped Me in certain sense…

"Find Me in the *Depths under* everything!

"I will embrace you with the Tenderness of Allah and will give Him — as a boundless Ocean — to you!"

Solar Wind

"What is Your name?"

"Solar Wind."

"Were You embodied in Russia?"

"No. I lived in Middle Asia long ago. I traveled with trade caravans between Buhara and Samarkand. I lived a free life and preached Islam."

"What practices did You use?"

"Love for Allah!"

"What can You advise us?"

"Feel Me: My Arms are made of the Subtlest One! Let your Arms, too, be like this! And with these Arms you should act from Me!

"The first thing every mureed has to do is to cast off the 'dense garment' of ego: thus one gains a little of Freedom!

"Then follow the refinement of the consciousness and cognition of Me.

"And this continues until the end, until the Freedom of being Me becomes full and absolute!

"You have all the methods needed to realize this — you have much more than the required minimum! By combining these methods and *places of power*, by choosing the right time, by alternating work and rest, effort and relaxation — you can work for Allah! I will take care about the rest: you are My children!

"To live as a consciousness free from the body while the body is still alive is not a myth, it is possible! Your confidence in this must be unshakable! You have to remove all the limitations produced by the manas. Work patiently on moving the self-awareness to your own Divine Mahadouble which is connected with the entire Primordial Consciousness.".

Titan

Over a high steep bank of the sea, we found a Mahadouble of an unusual form.

"Who are You? What is Your name?"

"The Lord of the universe!"

"But what was Your name in the last incarnation?"

"Enter into Me! Then you will know it!"

We enter His Mahadouble.

"Titan."

"Who was Your Teacher?"

"Sufi Grand Master."

Titan shows that He came to these lands from Arabia. And He brought here the knowledge received from Sufi Grand Master. It was the first school of Sufi knowledge founded in this land. Near to this place, by the way, there was a Sufi library. Titan was not related to the School of Pythagoras.

"What methods did You use?"

"Sufi whirling: the cone of the consciousness expanding to the Abode of the Creator. But prior to this, one had to develop anahata. It is the growth of anahata that I direct into the Depths of Mine."

"Why do You have such an unusual form of the Mahadouble?"

"It is the form of a tower, a tower — for going down to the *Depths!* One has to go backward-depthward inside My Mahadouble, pushing the hands against the Mahadouble's walls. In this way, step by step, one can go deeper and deeper in order to drown forever in the Ocean of Bliss, in the *Depths* of Me!"

"Can Your methods be useful for us?"

"No. You should not use them! Your present methods are much better than those used by Me."

"Can we bring other people to this place for training?"

"Of course, you can! But not with the purpose of cognizing Me, My Deepest Essence. With the help of the methods which I had, I managed to bring *Inside* almost no one. Only I Myself achieved success… and 'one and a half students traversed a half of the Path'…

"Now I know that the one who suggests only one method should not be trusted by everyone!…"

Anatole

"I came to say thanks for translating your works into French! They are much needed in the French-speaking regions of the Earth!

"… I Myself developed in one of the oases on the north of Algeria. There was a School created by spiritual descendants of Sufi Grand Master.

"After that incarnation, living and working in the non-incarnate state during many centuries, I felt pity that there is no higher spiritual knowledge in that region! When people have no such knowledge, they are like newborn kittens who do not know where to seek their Goal!

"Only when people possess higher spiritual knowledge, there is a possibility for Us to help them very much!

"You all have this experience: for so many years Vladimir had to make hard efforts until he found the Creator, and then it was so easy for you to walk this Path paved by him! Now you together have made this Path more firm and beautiful, and it will be so pleasant and joyful for your numerous spiritual followers to walk it!"

Shakyamuni

"The true foundation of the entire universe is Love!

"The one who wants to know the primal essence of all things must be full of love, first and foremost.

"The opposite of love — disregard towards others and self-conceit — casts man into the abyss of ignorance and illusions.

"It is love that endows man with the eyes which can perceive the Truth.

"Love for all living beings helped Me, too, find the Way.

"Without such love, man can only wander about in the darkness of illusions.

"Let this love illuminate the way of every seeker of the Truth!"

*** * ***

"My purpose in the last incarnation was to bring to people the state of total freedom from the shackles of the material world, to reveal to them that there is Liberation, that it is really possible."

"What are the distinctive features of Your Path?"

"It is the Path of realizing that all of us — in our very essence — are potentially completely free.

"I cognized this Freedom in the depths of Myself, when I sought the Primordial Essence of everything. I cognized that in My Deepest Essence I am not bound by anything happening in the world of matter.

"It is this truth that I wanted to convey to people: that in their very Essence they are free and that this Freedom is by far more valuable than any property in the material world. Thus, there is no reason to fight against each other, to envy others, to be jealous. Everyone possesses the most priceless Treasure from the very birth. One needs just to discover It."

* * *

Conversation in a tent, during the rain:

"It is raining, but this is not a problem. Rain is a good time for meditation!

"I liked to meditate in the rain. You just need to spread the consciousness with the rain in the space around your body — and feel every falling raindrop by coming from the 'other side' *beneath* it.

"In this meditation, you can feel the difference between Me and an ordinary soul. An ordinary embodied soul experiences itself living only in its body, while I experience Myself living in everything that happens: in every sway of the grass, in every rustle of the leaves, in every falling drop of the rain…"

* * *

"I will speak with you more, will tell you more things useful for you and for other people."

"Why have we not felt You before?"

"Because you sought Me *there*, while I am *here*: in the depth of your developed spiritual hearts — simple and tender, loving you…"

* * *

"Everyone who begins a spiritual search deserves to be helped. Everyone walking the Path receives Our help, even if his or her path is not straight yet.

"… Yes, incarnate people forget many things, when the knowledge is imparted through centuries.

"To keep the purity of the Teachings and, at the same time, to make them comprehensible to many is a very difficult task. Only a few have managed to realize it.

"Every Avatar coming to the Earth exerts every effort for realization of this goal initiating into the higher knowledge everyone capable of comprehending it, giving the basics of the laws of ethics to all people so that they may walk the Path of Light."

"Why was God, as the Purpose of the search of every soul, not the main theme of Your preaching?"

"… When I started My own spiritual search, I sought the Higher Justice, sought the possibility to liberate people from suffering.

"I loved people and wanted to help them.

"I was born into a family of an earthly king and was destined to become a ruler. I was kind and just. Soon I would have the entire power in the country. Yet, I saw that My justice and power could not defeat suffering, diseases, death, which are unavoidable for all incarnate people…

"I started My spiritual travel and sought the meaning, the reason — why man, born into this world, has to undergo pain, calamities, and death. I sought the answer from hermits and sages… I sought the answer Myself, exploring the depths of the soul, going deeper and deeper into meditation.

"And I found the answers! I saw many worlds — lokas of the multidimensional space. I saw the laws of karma, which determine the reasons for birth and death, suffering and happiness occurring in every earthly life. I found the ways of how to overcome the suffering through transformation of oneself, transformation of one's own attitude towards the world and towards the souls living in it. I found the Great Freedom!

"I sought this not for Myself. I wanted to give the possibility of *conscious* living, the Path of Liberation — to all people!

"I walked the Path where the ego disappears and becomes 'emptiness' (this is the state of Nirodhi[202]). And when this happens on the deepest, subtlest plane

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[202] Nirodhi is one of the highest meditative Nirvanic states of a developed consciousness. One enters the state of Nirodhi by performing the meditation called *total reciprocity*. This meditation results in disappearance of the consciousness from the 'center of principal coordination'; on its former place one perceives then the 'emptiness'. In this meditation, the individual consciousness becomes merged with the Consciousness around it.

In the beginning, one masters *total reciprocity* not in the highest spatial dimension (this is why the followers of Buddhism say that there exist different 'emptinesses', which can be perceived in different spatial dimensions-*lokas*). The purpose of practicing this technique is to gain the ability of entering the state of Mergence with the Primordial Consciousness.

In our practice, one easily masters *total reciprocity* at corresponding *places of power*. Yet it is feasible only for those who developed themselves as large spiritual hearts and achieved a high level of the subtlety of the consciousness.

Nirodhi is a quite effective means of Merging the individual consciousness with the Primordial Consciousness, though it is not the only one.

It is important to emphasize that such Merging can be performed only by a developed spiritual heart and provided that one has intense love for the Primordial Consciousness.

Therefore, one has to begin the Path to It with accepting and realizing in practice the basics of spiritual ethics, with developing the emotions of love, and with practicing the methods of transforming oneself into the spiritual heart.

of multidimensionality — then there remains the only existing Eternal Consciousness — the Universal Primordial Consciousness. And then — at the moment when the 'I' disappears — one becomes an Integral Part of the Only Existing Being. This is what I called the Liberation, this is what the Nirvana is. In this state the Higher Self of the soul is aware that It is one with the Primordial Consciousness. The Diamond Sutra is about this."

"It follows from Your words that You rediscovered anew everything that Krishna taught — the fundamentals of this knowledge had been expounded in the Bhagavad Gita far before Your last incarnation. How could it be that You, a member of a royal family, were not familiar with the Teachings of Krishna?"

"India at that time was not a united country: on that territory there were several kingdoms or principalities… There was not even a common language… Mass book printing, mass media appeared much later…

"Moreover, My parents and tutors 'protected' Me from the higher spiritual knowledge…

"Yes, I and many people around Me did not know the Teachings of Krishna. Therefore, I had to 'rediscover' everything Myself, guided by the non-incarnate Higher Consciousness.

"If I had attained the Mergence with the Primordial Consciousness through the Bhagavad Gita, then Krishna would have been My Teacher. Then His words, His precepts would have appeared in My Message to people!

"Yet, it often happens that the eternal truths have to be discovered again and again.

"… In India at that time, for many people the knowledge about the Truth brought by Krishna was superseded with the rituals of worshipping mythical 'gods'… Ritual and ceremonies substituted for the Truth. You may see the same problem at present, by the way…

"Yes, I sought the Path Myself and tried to tell people once again that they have to live according to the laws of non-harming and giving love, that they have to make their way to the Freedom not through praying but through a righteous life and meditations."

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"It is not enough just to master entering Nirvana. Many of your students cognized the Nirvanic states, but by their wrong decisions or actions, originating from the personal 'I', they brought themselves back to the circles of destinies and incarnations to begin seeking the Unity again in the future. Their future path will be easier, because they touched the Truth, but… Many of your

Divine Friends told you as well that They knew the Nirvanic states in the next to last incarnation but did not manage to establish Themselves in Mergence with the Primordial Consciousness that time…

"The Unity with the Primordial Consciousness has to become one's essence, one's beingness! The individual self must be fully replaced with the Divine Self!

"It was not that I just achieved the state of Nirvana for a short moment. I replaced the personal self with the United Higher Self. And since then, I lived thus. I still lived in a material body, but I became absolutely free, because the individual mind was replaced with the Divine Consciousness.

"… There are several stages of conquering the mind:

"First — one has to master *inner silence*, to make the mind silent. One achieves this by moving the consciousness into the spiritual heart.

"Second — one has to learn to merge oneself as a consciousness with the Divine Consciousness.

"At the third stage, one's thinking is moved into the United Primordial Consciousness, into the *United We*."

"Tell us please — was the meditation *Cross of Buddha* gifted by You?"

"No, but it presents a realization of My ideas concerning the spiritual Path. Everyone who invites Me into the spiritual heart, when performing this meditation, receives My help.

"Everyone has to choose *love* as their main guiding principle in life. It must not be 'love' for oneself but love directed from oneself to all living beings — incarnate and non-incarnate.

"Everything is filled with *life*, everything develops thanks to *love*, regardless of whether one knows about it or not. And it would be unwise to turn away from this knowledge when it knocks at your door."

Lao

We are walking to a place of Lao in the forest.

It is a wonderful place — an ashram of Lao existing on the non-material plane in our northern lands.

… Lao told us about His monastery existing in Cambodia in the middle of the 20th century. Many spiritual seekers — both men and women — came to it from Cambodia, Laos, and Vietnam.

More than a hundred disciples achieved Divinity at the monastery of Lao.

Then the monastery was destroyed by "communist" troops. All its inhabitants were tortured and killed. They merged forever with the Ocean of the Creator and… are grateful to the killers for helping Them to move to the Heavenly Worlds!…

… Now the monastery is situated here…

… Walking along a trail among grass and flowers wet of dew, we come to a non-material lake covered with mist and illuminated with the rays of the morning sun…

Love for nature overfills our hearts!…

Silence!…
Infinite calm!…
Reeds whispers silently
Words about love to us…
The rising sun
Caresses with its rays
The smooth surface of a lake,
Like a mother, so gently!…
Fishes splashing…
Birds blissfully singing,
Grant us subtlest peace and comfort!…
Mist floating above us like weightless veil
Freezes in ecstasy, dances and whirls…
Let's become this mist!
Let's fly up!
Let's embrace everything!
Let immerse trees and birds in our love!
And caring Lao again
Gives us His Kisses from the Primordial Depths.
He Embraces and calls us
To become like Him — Gentle,
Caressing,
Eternal!

… Lao and His Disciples meet us.

"Lao, how did You fall in love with God? How did You fall in love with God so much that You and so many disciples of Yours attained Mergence with the Creator?"

"I do not know… Even when I was a child, He was always near Me… I knew that His fathomless Eyes were always looking at Me and giving Me Love,

and I dissolved in this Love… When I listened to the rustling of leaves or to the whispering of rain, to the murmur of a brook or to the singing of birds — I always heard His voice… In the quietness of evening and in the clearness of morning — He was near Me. He told Me about Love… He smiled with the corolla of every flower, caressed Me with sunlight, stroked Me with the wind touching My face… When I walked the earth, I felt His Hands, which supported and guided Me…

"… When does a baby begin to love its mother? When it grows in her flesh? Or when it drinks her warm milk for the first time? Or when it sees her first smile?… The baby does not know it. The baby just grows in this love.

"I do not know how I fell in love with God. I was born in His Love, breathed it, grew in it. And My love for Him grew together with Me…

"Then I understood that people do not know this Love… And I began to seek how to help them.

"Thus I found My lake, and on its bank an ashram was built… There God began to teach Me how to help people — He taught Me love, care, and patience of a mother who supports her children with her palms… My children were flowers, birds, trees, grass, people — My people who learned to love…

"It is in this place that I became that Lao Whom you know now… And My heart became a *Lake* of the Divine Love — a small drop of the Great *Ocean*. Everyone coming to Me submerged into Its Waters and took with themselves as much love as they could contain… Those who stayed with Me in the ashram grew in My Heart, which never separated itself from the Ocean of the Creator anymore.

"… I also would like to tell you the following. On the spiritual Path, the spiritual warrior is never left alone: God always takes part in the warrior's advancement. In other words, the spiritual advancement is not a result of the efforts of the warrior alone, but a result of the common work of the warrior and God.

"It is God Who creates conditions for further advancement of the spiritual warrior. By doing this, God gives the warrior a chance to become what the warrior chooses to be.

"God gives the warrior opportunities for self-development by involving His Power in this process. The more fully and self-sacrificially the spiritual warrior is devoted to the work of self-development and helping others in their development, the more marvelous possibilities and prospects God provides to such a warrior.

"I want everyone walking the Path of Good to remember always about the constant presence of God in their lives and to never doubt His Power! The one

who goes through life together with God, always feeling His presence, can never become dejected. Dejection is a denial of the presence of the infinite Divine Power in one's life, a separation of oneself from God, a refusal to accept His help…

"… With subtle morning mist I cover green shoots, which have just appeared from the ground.

"They are very fragile and tender, they are My children. I support them with My Hands, warm them with gentle sunlight.

"They grow under the Rays of My Love.

"I lavish My Care and Tenderness upon them. I help them to become stronger, to grow up, and to bloom.

"And then subtle aroma fills the entire universe…

"Be gardeners in My Garden and help Me to grow My flowers!

"The heart that has contained the Infinity of the Creator's Love becomes a *Temple of God*. Then it can create hearths of spirituality in any place on the Earth.

"If one has become a *Temple of God* and represents now the Abode of the Creator, then through such a person a Divine Stream begins to flow — a Source of the *Water of Life*, a Source of the *True Life*. Everyone drinking from such a Source receives a chance to begin their own ascent!

"God needs your earthly bodies! They connect the World of God — and the physical plane! Through these bodies people can see the Light of the Creator, the Light of Truth! Therefore, dematerialization of your bodies is not planned for you. Instead, your service is needed! If you perform dematerialization, then you cannot help people from the incarnate state, and this is undesirable at present!

"Every one of you has to burn with the desire to give God to others, the desire to shine from the life-giving Source of Truth, so that thirsting souls may come to It…

"When serving, you have to shine with the Divine Fire! Give Us — to everyone!

"My dream and the dream of Every One of Us is to turn the Earth into a blooming Ashram! Though We understand how much evil there is on the Earth now…"

"Lao! What can one do to prevent situations when children who received our knowledge 'fall back' to the opposite inclinations?"

"First, you have to develop love in children! Then such 'falls' will be impossible. A soul which has grown as love cannot degrade!

"Second, you have to strive to create groups of children (or children and adults) similar to forest ashrams — with a pure and harmonious environment for living and growing. It is in such environment that one can form in souls strong, positive principles of life, ethics, principles of interaction with the world of living nature. *Forest schools* are a possibility to provide help to sprouts of good, which need to be cared for constantly in the beginning.

"To be different from others — normally — is not possible for a soul in a child's body. To oppose the aggressive primitivism is possible only for an adult and strong person. Also, not all children can withstand by themselves the temptations of the dull contentment of the tamas guna.

"But if there are companions on the Path, then the child — even if he or she was an outcast — accepts a new positive role and becomes one of the *heroes-pioneers, defenders of the good*!

"To a child, it is very important to have like-minded companions both among adults and among children!

"… One has to lay in children the foundation of development in the form of growth of love! Then future difficulties, including the temptations of the egoistic attitude towards the world, become less dangerous.

"It is love that has to be the foundation of the education of souls of any age! This makes their degradation impossible! If the hands of the spiritual heart — the hands that give and create love — became the basis of a soul's life, then such a soul cannot fall! And it is against such a background that one's intellect must be developed! A healthy and joyful way of life in harmony with nature, giving love to others — this is how souls have to be educated! The development of heart love towards each one of God's creatures can help children on the spiritual Path! *Forest schools* make it possible to create a spiritual environment for children's growth!"

"How can one help those who turn away from love?"

"They have many lives ahead… God's help comes to those who seek how to help others."

Maida

"I invite you to the *Inner Abode of the Spirit*! It is there that the flowers of the Divine Love bloom!

"My Divine Teacher Lao taught love through working with anahata and growth of the spiritual heart. Not just meditations, but His whole life and the lives of every one of us were aimed at growth of love! The hands of the spiritual

heart which give light, care, caress — we worked with them all the time: when meditating, or planting flowers in the ashram, when healing, dancing, creating harmony in our houses and gardens.

"This is how Love grew in us, so that we could take on our palms all evolving souls of the Earth!

"This is how Lao opened the *Inner Temple* of every soul ready for it — the Temple where abides the Primordial Essence of everything."

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"One should cross the threshold: from oneself to Him! One should become Him!

"You can learn this, stretching again and again the *Arms of Care* from the Primordial Existence to all incarnate beings.

"God is the Creator of Himself! He does this, taking care of incarnate beings.

"God is the One Who has the great and exclusive right to be called the *Universal 'I'!*

"To become Him, one should live like known to you Buddha-2, Who stretches millions of Arms to millions of living beings, including even to each blade of grass, and loves them all, being in the Mergence with them!

"I wish all of you that which is the most pleasant! I wish all of you the highest wellbeing!"

Tchao Li

She came when we were having a rest near a fire after intensive meditative work. Consisting of Light-Tenderness, She bathed us in Her soft, dissolving Love…

"What is Your name?"

"Tchao Li."

"Could You tell us please about Yourself? We see that You attained Divinity…"

"Well…

"I came to My last incarnation in Korea as a mature soul with a rich experience of subtle states of the consciousness from the past lives. I could stay in soft calm, was capable of thinking creatively, learned to live for others and sacrifice Myself for other's sake. I could see and appreciate the beauty, merge

with the harmony of nature and dissolve with the consciousness in its purity. I missed only the knowledge about God: about His Beingness. I missed also the methods of development of oneself as a consciousness, which allow one to achieve the complete Self-Realization and then to help other people more efficiently.

"And God took care of Me: I met My future husband and spiritual instructor Kim.

"This meeting happened later in My life, while in the beginning…

"… I began to dance since early childhood, after I had barely learned to walk. Our family had a small garden. *Quietness* and communion with birds, flowers, and trees attracted Me much more than contacts with other children. For hours I could look and listen to what flowers or birds say, watch fish swimming in the transparent water of our small pond. I *understood* and loved them, and tried to talk to them without words, expressing My love for them with the help of gestures and other movements. And every time a new dance was born…

"For example, I felt Myself as a flower: My trunk was a lithe stem, My arms were leaves, and the corolla of the flower was always inside My chest. I began to move the trunk-stem, to caress with arms-leaves the sun, the sky, the space around Me… Bliss flowed through My body. I forgot about everything and danced, radiating love to all My friends!

"When I grew a little older, My parents sent Me to a school in a Buddhist monastery where I learned the art of dance.

"Studying was easy and joyful for Me: dance had become My life already. I just polished My skills, bringing every movement, every gesture to perfection.

"We were taught that the most important thing is to convey the emotional state, this constitutes the essence of dance. My improvisations from childhood were very useful for this purpose.

"The dance of oriole, the dance of crane, the dance of nightingale singing in spring… — I danced and forgot about all the rest: there were only the oriole, only the crane, only the nightingale — and there was My love, which I gave through the dance… When dancing, I as if sang soundlessly with the soul — My heart sounded with different shades of love!

"… From outside it looked very nice: people enjoyed and admired Me dancing…

"Yet, I had a strange feeling of inner dissatisfaction…

"Later I understood that in this age I could not convey to the spectators the entirety of love: I missed the shades of that tenderness which is known only to people who are in love with each other… My love was not mature then…

"… In that school we received an all-round education; we studied philosophy, religion, history, and other subjects. Let Me stress that this is extremely important!

"But the main thing to Me was an acquaintance with the Teachings of Buddha. Consciously I discovered for Myself a new Divine world. It was the world of *Light and Love!* I learned the laws that Buddha followed in His life and commanded us to follow, the laws of purity of life: compassion, benevolence, truthfulness, kindness, love. I followed these laws in everything I did.

"Then I came to know the love of a man — with Him Who, too, could *give Himself*.

"Kim became My husband and My spiritual guide into the Abode of the Primordial Consciousness. He helped Me to master meditative methods, gave Me His power and love. And I gave Him tenderness, embraced Him with calm and caress. Full harmony of Our relationships helped Us both in advancement on the spiritual Path. The ecstasy of mergence of souls, the bliss of giving tenderness to each other, the joy of giving oneself — without such valuable experience, love cannot gain all its power and fullness!

"And My dance became now a means of expressing My love for the *Primordial One!*…

"… Today I help to restore the ancient art of dance in Korea. I help those who want to *give themselves, to give their love* to others. Only such an aspiration can bring man to Perfection, to Mergence in Love with the Divine Beloved!

"… In any country one can create schools for teaching this art to children and to adults! Today Europeans, especially the youth, have a high interest in oriental dances!

"This teaching can be arranged in a way that brings the philosophy of God to people — with the help of dance.

"I will help one in this task: I will give the necessary states, will show the necessary movements of the body.

"Do you remember? — the dance of oriole, the dance of crane… In this way — through dance — one can imitate any sattvic bird!

"First, one needs to learn the habits of these birds, to watch their life, to learn to love them — and then to express this love through dance.

"One can express in dances not only the life of birds but also the rising of the sun, morning mist over a lake, spring… The most important thing here is to supplement the movements of the body with proper emotional states!

"The music used for such a dance can be very simple (for example, sounds of different bells).

"In addition, in such classes one can explain to the participants the meaning of life…"

Kim

A broad smile, strong gentle Arms of the Consciousness embracing us, Divine Tenderness… It is our Friend — Kim!

"May I tell you My story?"

"Yes, Kim, of course!"

… Korea… Kim shows a Buddhist monastery in the mountains. Neatly paved trails, planted trees, bushes. A mountain brook flows through the monastery territory and beautifies its every corner. It fills lakes, rolls over stone steps, and makes small babbling waterfalls…

Transparent waters run over stones… A high and pure sound of bells floats around: the wind touches them gently — and clear sound fills the transparent air…

Kim continues:

"Buddhism in its original purity is, first and foremost, ethics. It also implies perceiving the world in harmony. It is also *calm*.

"Have you ever thought about the meaning of the word *Boddhisattva? Boddhi* or *buddhi* means 'developed (individual) consciousness'; *sattva* means 'harmony', 'purity'… Everyone has to strive for achieving the state of Boddhisattva — in order to dedicate the life to saving all souls from the abyss of suffering.

"And everyone can eventually become a *Buddha* — a *Completely Liberated One*.

"The main principle of Buddhism — *ahimsa* — implies non-causing harm, as possible, to other creatures. It is the foundation of love-compassion. Everyone who observes this rule in their life is on the Path to *Light*…

"… Even when I was a small boy, I liked to be a defender. I liked to protect the lives of bugs, birds, plants. My grandfather explained to Me why man cannot use bodies of animals for food, why we have to strive to avoid causing pain to other living beings… I gladly considered Myself a defender and a savior of bugs and rabbits, butterflies and baby birds — of all creatures! I was only five years old when I took on Myself the 'mission' of *defending all the living*.

"But one day… My brothers and I played with a nestling, which fell out of its nest. Accidentally I broke its leg. I almost wept. My grandfather looked at

Me with contempt. He told the older children how to treat the nestling. Then the grandfather told Me that My *amusement* became a pain for this small bird…

"Since that moment I understood fully the holy principle of *not causing evil, not causing pain, not doing violence* to living creatures… Since that moment I have never violated it.

"… When I grew up, I fell in love with a beautiful girl. She became My wife and the mother of our three sons.

"… Once an awful epidemic happened and took away many lives. My wife and children died too… I… could not protect from the disease and death those whom I loved…

"Then I made the decision to become the one who possesses the *Higher Knowledge* about how to save and protect…

"… Monasteries in Korea at that time were centers where people studied reading and writing, medicine, and cognition of the Primordial Consciousness. Normally, only children from noble families were sent to monasteries for receiving education.

"And I was almost 40 years old… I walked from one monastery to another, but no one agreed to accept Me as a student. They offered Me shelter and simple work, but when I asked for more — they only laughed at Me…

"… Once when I received another refusal from a haughty monk, I went towards the gate… Suddenly… I saw a *Great Sage* walking slowly out of the temple… Our eyes met. He made a slight gesture with His hand and that monk, prostrating himself before Him, jumped and rushed to call Me back…

"… From that moment, I was as if in a dream, though I remember all the slightest details.

"He was a *Great Teacher!* Love and Wisdom shone from His eyes.

"He beckoned Me to come close. I went to Him as if through a volume of water, forgetting about everything around!… I forgot even to kneel before Him… He smiled and touched My head with His hand… Only then I recollected Myself and prostrated at His feet…

"He said quietly:

'I will teach you…'

"These words touched Me very deeply… The sleep of the soul ended! Its awakening began!

"He commanded that I was to be given a possibility to wash Myself, to be fed and brought to a cell in the monastery… He said also that He would wait for Me the next day before dawn.

"The next morning before dawn, I was brought to Him. He made a gesture with His hand and the monks left us alone.

'What do you want?' He asked.

"I began telling My story… He interrupted Me in the middle:

'I know everything about you I need to know. Tell Me another thing: are you ready to serve the *Great Cause* from now on up to the moment when all souls on the Earth receive *Liberation*?'

'Yes!…' I whispered.

'Then you have to make up for the forty years of your life… Are you ready to work so that every day brings fruits of forty days? You have to make up for lost time and to never be satisfied with the achieved results. I will help you. But in the beginning other monks will teach you. I will call you later… And now… follow Me.'

"We walked to a terrace of the temple…

"… The sun was rising over the mountains. The blue haze of mist over a dale turned into a sea of living shining light. In silence, in quietness of the great mystery of Light and Life — the sun was rising over the horizon. We stood together: a Great Teacher and a forty-years-old man, who just began cognition of the *soul's path towards the Light* so that later to guide other people on it…

"Then everything went as it should. I learned sciences and meditation keeping in mind that ever day I had to accomplish as much as others accomplish in one month…

"… One day, in the evening after hard work, I began to meditate in My cell. Suddenly, the Teacher appeared before Me. I prostrated Myself before Him and wanted to touch His feet…, but My hands moved through His legs: He came to Me in a non-material body!… He laughed with His shining Body of Consciousness while I, astonished, sat on the floor…

"He said without moving the lips:

'Well done! You see Me and understand Me well. Now — go to bed. You need to have a good rest. Starting from this moment, I Myself will teach you. Every morning you have to enter meditation — and wait for Me. I will come as I did today…'

"Thus the stage of My initiation into *Buddhi Yoga* began.

"Only occasionally My Teacher called Me to Him to give additional explanations through His material body. I learned to feel His presence not only during morning meditations: now in every difficult situation I could ask Him — and receive His answer in words or as an understanding. When I relied too much on His support, He did not answer: He came, but I felt only His disapproving silence. In such cases I understood that I had to seek the solution Myself.

"… Once He came and told Me that He was abandoning the earthly body…

"… The Great One left… The monastery was in mourning…

"… I was overwhelmed with grief… The next morning it took Me much effort to enter meditation… I ascended to a platform where one could watch the sunrise… I tried to expand with the consciousness over the expanse, but tears streamed from My eyes…

"… Someone touched My shoulder… I raised My eyes and… saw the Teacher…

'I told you so many times that there is no death!' He said smiling.

"I prostrated Myself before Him and, to My astonishment,… touched His feet. His body was real, material! I could touch Him!

"He said:

'Some time ago you promised not to miss a single day in your work and to dedicate your entire life to cognition of the Path and helping others in their search for the *Light*. Do you remember?

'I will come in a body the next time to congratulate you when you receive supervision over the monastery. And now — you do not need My body for learning further from Me… I will continue teaching you without it…'

"… The Teacher kept His promise.

"Yet, this happened in My next incarnation…

"That time I had the name Kim. In meditations I constantly saw Him — My Teacher.

"My path to Mergence with the Primordial Consciousness was easy and straight. I cognized Nirvana in Mergence with Him and then accepted supervision of the monastery. That day the predicted miracle happened: My Divine Teacher came in a materialized body and blessed a new stage of My path — the stage of Great Service."

"Kim, could You tell us in more detail — what methods were used in that monastery for achievement of Nirvana?"

"The methods of Buddhi Yoga are almost the same everywhere.[203] Only nuances are different. All of you studied them in your School and have good understanding of this.

"Now I want to put the emphasis on the following. For achievement of success, it is very important (otherwise it is simply impossible!) to stay always in a calm and joyful positive emotional state.

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[203] **Of course, this is true only if one understands correctly the tasks of this part of the Path. We know a number of people who meant by this term cosmological fantasies rather than meditation practices of higher level.**

"One must not live without positive emotions, without *enjoying* — and *dissolving oneself in the enjoyment*! An example familiar to you is dissolution in the sattva of your beloved nature, which is very dear to Every One of Us, too! Nirvana can be easily achieved after mastering deep sattva — the state of joyful *calm*, blissful inner *quietness*!

"To achieve this purpose, one needs *satisfaction!* Dissatisfaction with something, which becomes dominant, represents a significant obstacle on the Path.

"There must be only one dissatisfaction — dissatisfaction with one's own spiritual advancement because of unachieved full cognition of the Primordial Consciousness and Mergence with the Higher Self! This dissatisfaction has to remain and… impel one forward!

"All other needs of the sattvic soul have to be satisfied! The food has to be sattvic and tasty; yet one must not eat too little or too much! The body has to be washed daily, so that it and the soul do not suffer from dirt! One has to be able to commune with living nature and enjoy this! One has to have meetings with beloved people! Satsanga is a society, a community of spiritual friends who love each other, who 'travel in one boat' from the bank of sansara to the place where there is only Nirvana!

"It is also very important, though not everyone understands this, that the sexuality peculiar to all young and healthy individuals be given an opportunity to manifest itself and to contribute to the spiritual development of the partners! Monasteries are places where spiritual warriors, who aspire to cognition of the Primordial Consciousness, come together and work hard! Monasteries are not for those who torture themselves, wait for death, and are afraid of speaking about sexuality… It is tamas!…

"Healthy, sattvic sexuality allows one to learn to take care of others, fills one with tenderness, refines one's emotions, and removes the unwanted sexual dominant, which hinders one's search for the Creator! Of course, the ethical component in sexual relationships has to be observed always.[204]

"If everything is done correctly as it has to be, then the purity and freshness of the emotions of the erotic field — tenderness, caress, admiring the beauty — overfill one and give subtle energy, which is needed for the proper growth of the consciousness.

"God always blesses such sexuality; He does not bless the sexuality of the tamas guna. You can ask anyone about this, ask Jesus Christ, for example."

Jesus:

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[204] We have discussed this subject in this book and in the book [11].

"Yes, this is My opinion as well. Every One of Us, representing the Father, can tell you the same. The Path to Me, to the Heavenly Father goes through sattva, not through tamas.

"Let Me also stress the importance of inner *quietness*… It can be achieved only if, among other things, there is a harmonious satisfaction of one's sexuality. Or when one's sexuality is left in the past[205]…, but the soul's tenderness remains!"

Kim:

"I acquainted you with Tchao Li. How did you like Her?"

"She is a most subtle and tender Divine Being!"

"She is My second wife! She, too, cognized all this. She supported Me then. And I brought Her together with Me into the Abode of the Creator!"

"Kim, what was the name of Your Teacher?"

"Lin!"

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*…

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[205] **This takes place, in particular, when on the highest stages of Buddhi Yoga one's chakras merge with the Primordial Consciousness. Then the energy is not accumulated in the body's chakras (including svadhisthana) anymore. This is the reason why incarnate Divine Teachers are not sexually 'interested', though They acknowledge the positive value of sexuality for students.**

"… 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 *spiritual 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*[206] 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:

'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!'"

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[206] Here Lin means the higher meditative steps. Earlier meditative training began in His life in childhood — in meditations of merging with the living nature.

"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*[207], 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

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[207] **Atman, Higher Self.**

became similar 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 sansara[208] 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…"

"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

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[208] **The material world, where maturing of embodied souls takes place.**

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*'[209] 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!"

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[209] **The *Curtain* is a boundary between the Abode of the Creator — and all other eons. See the Gospel of Philip.**

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"Meditation implies feeling His presence constantly.

"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!"

Moksha Dharma

"I was a personal disciple of Gautama Buddha. Later on, I also witnessed the beginning of the degradation of Buddhism.

"In that life I gave a vow of *not recalling oneself and not talking about oneself* — so that only the Primordial Consciousness remains.

"In general, I attained the fullness of Nirvana."

Yasin

One day, many years ago, we were walking along a forest trail being guided by Jesus. Suddenly, we found ourselves in front of a pyramid of Divine Living Light-Fire! Another Divine Teacher!

We greeted Him and asked:

"What is Your name?"

"Yasin."

… Yasin-God… I remember this name from fairy tales… This name sounds like the Russian word *yasny* — which means pure, clear…

… Later, many times we enjoyed being in this Mahadouble of Yasin, attuning with Him… Years later we found two other Mahadoubles of His, situated several tens of kilometers away from the first one. One of them was on the place of a former Finnish house… and another one on a large glade in the forest.

On these places, many times we learned to *be* the Divine Fire and cleansed our bodies with It…

… Now, long after our first acquaintance with Yasin, we are visiting Him again in order to ask Him to tell about how He developed spiritually: from an ordinary human to that Divine Yasin Whom we know now.

Yasin offers:

"Let's go!"

… We walk as large anthropomorphic consciousnesses along a road among fields suffused with sunlight. One can "walk" touching the road with the feet, one can "walk" *over* it, or one can "walk" *under* the road: a refined consciousness easily passes through material objects including the earth's matter…

Yasin reminds us how in the past He taught us to move in the *Clear Light* with the help of the arms of the consciousness. We can feel the hands of these arms in the place where we want to appear. Then we shorten the arms — and appear with the spiritual hearts in that place… It works so because a spiritual heart is located between the arms that grow from it…

Such training on moving in space can help remarkably to accustom oneself to be a pure consciousness free from the material body and, in general, from the dependence on the world of matter.

Yasin taught then:

"Imagine that your body has died, but you continue to be! You can exist well without it!"

… It was also possible to *flow* through the body from any side as many times as one liked, seek energetical disorders in it and fix them with the *arms of the consciousness*…

Yasin taught:

"Your body has to become as transparent as the Consciousness of the Primordial Plane is. Then it does not impede the growth of you as a consciousness inside the Primordial Plane…"

… Why is the work inside Divine Mahadoubles so important for us? Not only because it gives the possibility of communicating easily with God, but also because here the Divine Consciousness manifests Itself much more intensively,

and therefore it is quite easy in such places to *attune* with It, to *merge* with It, and to accustom oneself to being It, thus *crystallizing* oneself in It.

It is not by chance that Divine Teachers call such places, where Their Mahadoubles are present, — *working sites*.

Realization of *Mergence with God* begins with Mergence with concrete Divine Teachers. And one can learn this most easily inside Their Mahadoubles.

Let me repeat the same in other words: if I enter into Him completely and perceive neither my material body nor the material plane in general, nor other planes except for the Divine Consciousness — then this represents that very Mergence though in a small volume of space.

Then this volume can be increased up to the universal scales if one continues training…

… And now Yasin continues:

"I was embodied in ancient Russia long before the coming of Christianity. I was embodied several times.

"My Service was not limited only to helping people from My incarnate state: I helped them always.

"I began My Service on this land when people lived here as tribes-communities not united by some power into one country. I worked with them by conveying to them through folk tales and beliefs — the ideas needed for correct development, by suggesting right thoughts, by supporting in them good emotions — especially in their leaders, elders — in those who were respected by people, whom people followed. In this way, I influenced the worldview of the nation, formed the characters of people.

"In that ancient time, this land was inhabited by people of character quite different from that of the modern citizens of Russia. Their main qualities were calm, nonviolence, kindness. They could live among nature and interact with it very harmoniously. And nature provided them with everything they needed. It was the harmony of interaction with nature that was one of the fundamental components of their culture of life.

"Such interaction with nature and kind, nonviolent attitude towards others helped these people to grow with the experience of happiness and joy of life. And benevolence, mutual understanding, tenderness and caress in relationships with each other did not allow 'dirtying' the souls with negative emotions and hostility.

"The happiness in life is ensured not at all by technical achievements of civilization. These tribes did not have even a tiny part of the modern technical achievements, in many aspects their life was much more difficult. Nevertheless,

they lived with the feeling of *freedom* and *happiness* — in contrast to the modern Russians.

"The life of people in the modern technocratic society became 'fettered' and is far from happiness and freedom. The reason for this is the desire of people to ensure, first of all, the material aspect of their lives, hoping that material wealth will bring them happiness.

"Yet, happiness — by its very nature — originates not from something outer, but from the inner. Happiness is a state of the soul. Therefore, only they can be happy who live not by the concerns of the body, but by the true aspirations of the soul.

"Let Me repeat that the ancient Russians had values different from those of the modern society: harmony of communication with nature, nonviolence in relationships with each other, respect for the freedom of everyone — this made them happy, free people…

"… One of My last incarnations was on the territory of the modern Kostroma region.

"At that time, this land was inhabited by beautiful people — pure souls. Their outer appearance was very beautiful as well: harmoniously shaped bodies, light slightly curly hair, eyes in which one could see purity, clearness, deepness.

"They lived in communities comprising several families. They lived simply and purely, in harmony with nature. It was a norm of their life."

"Yasin, where does Your name come from? I read that *Yasin* is an Arabic name. Were You embodied among Arabs?"

"No, but I like all Arabs too as My children. And I am always ready to help them to cognize God: Allah, Svarog, Heavenly Father — it is just the words that are different, but the essence is one.

"The name *Yasin* means *Clear Light*. It is this *Light* that I cognized and that I became when I attained Mergence with the Creator."

"Yasin, You have not told us about how You cognized the Creator…"

"It was in one of My incarnations, when I was brought by Svarog[210] to one of His *forest schools*.

"First, we were taught to dissolve in the energy fields of plants — spring birches, ashes, poplars; then — to let the *clear light* of the morning sun into the chest and to fill with it the chakras, to move it through the main meridians. *Sunny* purity had to fill the entire body, making it shining and almost transparent, — then the student could move further.

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[210] **Svarog is a Slavic name of the Creator.**

"And then our work was similar to yours: we learned to spread with the spiritual hearts over lakes and fields, disappearing in the quietness of the forest…

"Then we cognized the Brahmanic eon and all other strata of the Absolute — with the help of Assyris and other Divine Teachers.

"And on the higher, final stages, we had to fill with ourselves the image of a *Tree*, whose branches stretched into the material plane, and the trunk went through the *deep* subtle spatial dimensions; then we with the consciousnesses grew, like roots, in the layer adjacent to the Abode of the Creator.

"And what happened then — you may understand very well.

"… This is My biography. Is everything clear for you?"

"Thank You, Yasin! Please tell something more."

"Well…

"You began to do what I want, what We all want; in other words, what the Universal Creator wants to manifest now for people of the planet Earth. Yet you have not understood fully the scale of the work intended by Us!

"What you are doing now is like a small seed. Looking at this seed, you cannot see the size of the tree that you are planting now. But I see both the tree, and its blossoms, and its fruits, and new future seeds!

"… And now I want to tell about the Yoga of ancient Russia. Without this, the picture would be incomplete.

"I embodied Myself for the last time on the Earth — from the state of Divinity — long before the coming of Jesus Christ to the Earth.

"I was one of Those Who were called in later times *Magi*. They were incarnations of Souls Who accepted on Themselves care about the growth and evolution of consciousnesses of incarnate people. They created ethical norms that later were called *customs*. These norms became imprinted in the people's way of life: in everyday work, in rest, in celebrations. And with time, they became *traditions*.

"The rites of these people were not a meaningless series of ordained bodily movements or memorized words. They were thought-out actions that helped the participants to create good emotional attunement, good thoughts; this created a *positive life program* for all the participants.

"The customs formed in this way helped to establish joyful spirit in work, harmony in marriage, good relationships in the family and in the community. But the most important thing is that they contributed to the tendency of *uniting the consciousnesses*. Everyone learned to live feeling themselves as a part of the family, of the community, of the entire world of living nature, a son or a daughter of the mother-Earth and Father-God. This was achieved not through

words, not at the level of words — but through performance of rites which produced such states of the consciousness.

"We, Magi, created variations of these rites which would be more effective for correct development of souls.

"Take for example, sowing of grain or gathering of harvest done by the entire community. Merged together, the consciousnesses of people doing this work created an *energy field of power and joy* which helped to work easily! It is similar to the effect of your *meditative running* — when it is very easy to run! The field sown in this way becomes a *place of power* in the full meaning of this word; the harvest and the energy of the grain grown on such a field are also extremely good!

"Another example is building a house: one chooses trees for this work, then asks forgiveness from every tree before cutting it… Every part of the tree is used: bark, branches, and the parts which are not used in building — they become spoons, splinters for the torch, fences made of branches…

"The ethics of relationships with plants was an integral part of the rules of how one should build a house so that to make it firm, to have good relationships in the family, to give birth to healthy children in it.

"By following other similar *rules of life*, people learned to create good, to create beauty.

"Celebrations also served the purpose of strengthening health and cultivating joy in the soul. They helped also to remember about God-Creator!

"People learned such *mergence of consciousnesses* also in harmonious dances and choral singing.

"These people had domestic animals, which provided milk and eggs. But they did not hunt animals living in the forest.

"The nature provided people with mushrooms, nuts, berries, and honey. It was enough for good and healthy nutrition. There was enough food!

"And relationships of man with the world of nature were not hostile. We taught to live in unity, in cooperation with all the living: with forces of nature, with inhabitants of the forest…

"There was no trade at that time, but there was exchange. Usually it was in the form of *gifts* that have to be responded with *gifts* — it was also a law of life. One tried to give to others something that he or she was a master to make, or something that others needed more. In this way people lived, according to the law of GIVING and THANKING! Such was 'business' of that time!

"Magi were creators of these rules of life and teachers of people, including children.

"Magi did not have a family and a home: all people were Their family. The

Abode of the Creator was Their *Home!* They traveled from one land to another, stayed in the local communities for a long time, and then walked further. They were a connection link between many tribes of Slavs of that time; also — a link between people and God.

"The higher knowledge was not written but conveyed in oral form or from Consciousness to consciousness. And We protected the purity of the spiritual knowledge.

"… But, to Our regret, the time came to Russia when there remained almost no one who could learn Our Mastery; there remained only a few worthy disciples…

"For a long time, I supported from the non-incarnate state these traditions, which had been created with My help: I strove to cultivate in people a kind character, love for work, and love for the Earth. Even after millennia, there remained echoes of what was called *customs*. For example, Nekrasov was amazed and delighted by the fact that enslaved Russian people kept nevertheless the inner purity and power.

"And if there had been no total drunkenness destroying souls like poison, one could continue this work even now…"

"Could You tell a bit more about work in *forest schools*?"

"You ask Every One of Us about exercises for the body and soul performed at the initial stages of psychoenergetical work!… Yes, such an exercise was, for example, *dance of the sun*. It resembles the so-called *spontaneous dance* existing in different spiritual schools. But its main feature was to feel *the center of oneself-soul* as a *shining sun* in anahata. The student invited Father-Svarog into the spiritual heart — and began the dance of love-thanksgiving to God! The *Sun-Love* in the spiritual heart, burning brighter and brighter like a rising sun, created the state of *giving love, radiating it* to all sides, as in the meditation *Cross of Buddha*. Then this *Light* filled the arms, the legs, the head — and the *Light* began to flow through the arms, through the eyes… It was done as a dance. And one gave flows of this *Light-blessing* — through the *arms of the consciousness*, through the *look of the consciousness* — to all living beings around.

"As the soul grew, this morning meditation did not become obsolete, but the size of the *sun* became much larger than the size of the body. Then one moved the feeling of the *center of oneself* to the center of the Earth, and then to the Abode of the Creator.

"In this way the disciples of God meditated at dawn of every new day, learning to be *Svarozhichi* — sons and daughters of Svarog.

"There were also songs resembling a combination of mantras and inducing

positive resonant states in different energy structures of the body. But let Lada tell about this: She developed this direction perfectly."

"And what about the *Tree of Life* or *World Tree* — is it related to You or to Your Teachings? For example, in Scandinavian legends this Tree connects all the worlds."

"Such myths existed in almost all nations. They are 'fairy tales about the truth'. The *Tree of Life* is a higher meditation. Variations of this meditation were known throughout the entire history of spiritual initiations on the Earth. It is Mergence with God in the Aspect of the Absolute. The *Tree of Life* grows from the Primordial level of subtlety and pervades the Creation with Its Divine Power of Life: 'I am Life creating life!'

"Its analogy is the *golden flower* of Taoists, and the *Vine* of Jesus Christ. It can be called differently. This image shows the structure of the multidimensional Absolute.

"Do you remember how Don Juan described to Castaneda the *emanations of the Power*? He said that these *emanations* resemble trees, and living beings in their *cocoons* resemble *fruits* on branches.

"The cosmic bodies of planets are also similar *fruits*.

"And the Creative Power is the One Primordial Consciousness, God in the Aspect of the Creator, the *United We*.

"In the tradition where I grew, with the help of the image of the *Tree of Life* they mastered not only submergence into the Abode of the Creator but also *reverse motion*: growing from the Divine plane into the body. Thanks to this, the energy structures of the body could be treated up to the tiniest details.

"The body of man is just a branch of the *Divine Tree*. But the structure of the body's inner channels resembles a branching tree. The Divine level of subtlety has to be realized in the meridians of the backbone, also in the energy channels branching from the backbone and transmitting in the body flows of energy which can be called by the word *Life*. This method allowed one to control all vital systems of the body: breathing, blood circulation, heart rhythm… However, this is only possible in full Mergence with the Divine Power, Which, among other things, gives life inside the substances of a human body."

Assyris

A sphere, looking like the sun, made of subtlest goldish Living Light, easily visible to the *eyes of the consciousness*, emerged once from the Ocean of the

Creator and rests now above the surface of the Earth. It permeates the forest with the Divine Tenderness. This is a *place of power* of Assyris, His *working site* for teaching incarnate disciples.

"Tell us please about Your past!"

"First, embrace Me from outside and become Me inside!…" laughs Assyris.

… We merge together. Now there is only He…

Then He begins the narration:

"Long ago I raised two 'waves' of spirituality on the Earth: one — on the land of ancient Assyria and Persia, long before the establishment of Islam there, another one — on the land of Russia, before the coming of Christianity.

"I supported these 'waves' from My non-incarnate state.

"People worshipped Me as the *God of Sun* or *God of Fire*. Usually I would come to My students in forms similar to the *Sun* or *Divine Fire*. And only occasionally I would assume, for a short time, the form of a herdsman or a wanderer — an appearance visible to ordinary people.

"I was not born, nor did I die in this Kalpa… I acted through *My Children*, Who could easily perceive Me…

"I taught worshipping not the sun or fire — but the One Father existing in everything… And I continue teaching this now.

"The methods that I suggested are most precisely represented in your *Three Steps of Centering*[211]. These were three fundamental stages of development that students had to master one after another.

"First, the spiritual heart of any person has to develop in everyday life. And only the one who becomes absolutely steadfast in the states of love-giving receives the possibility of further growth in a spiritual school which has serious esoteric methods.

"Only after this — on the first stage of studying in My School, the students mastered spreading with the *spiritual heart* over the surface of the Earth and then — *dissolution of the consciousness*.

"The second stage implied living in the state of a *spiritual heart* united with the *Heart of the planet*. Mastering this stage normally took more than one incarnation of the soul… The students also had first contacts with the Creator.

"On the third stage, the students cognized the Creator.

"And then, all these three centers of self-awareness had to be connected by a *Ray of the 'Sun of God'*. This Ray goes through the material body of the student, and the center where this Ray originated is the *Heart of the Absolute*…

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[211] **The video film *Places of Power. Three Steps of Centering* created by us.**

"When this Ray becomes a constant attribute of the Soul coessential to the Creator, then such a Soul becomes a *Son of God* or a *Daughter of God*. It is the fullness of a soul's Self-Realization.

"I would not like to tell you now about the further steps. I want to tell about another thing.

"I want to tell you about the Love of God, about how unconditional the Divine Love is.

"This Love is like the light of the Sun, which shines equally on everyone, warming everyone… It is the nature of the Sun — to shine… The nature of fire is to be bright and to warm; the nature of sugar is to be sweet; the nature of the Sun is to shine; the nature of love is to give!

"Let Me repeat: the nature of love is to give oneself to others!

"Love is the state in which God lives…

"And God shines: from Himself, with Himself!

"Some people aspire to *Light*; others hide in the shade… But they all receive their lives from Him!

"One has to learn to be the *Light of God's Love!*

"One has to live not as a body, but as *Light Giving Itself!* One has to *shine with Love* — then the soul gradually transforms into the Purity of the *Clear Light of the Creator!*

"… And now I am going to outline for you the last two steps of the Path. The first one of them you have mastered already, though you need to strengthen yourself on this level. This is the 'program-minimum'. And the 'program-maximum' is the next step which I also suggest for you.

"… The attributes of the Warrior of Spirit are a *Shield* and a *Sword*.

"For the Warrior of Spirit, the life in the material world is a life on the battlefield.

"In order to become independent and invincible, to avoid becoming engaged into the tumult of worldly passions, and to develop detachment — the Warrior of Spirit gains a *Shield*[212].

"One has to fight for this *Shield*. The Warrior of Spirit receives it as a result of many years of everyday struggle for Perfection.

"Possessing the *Shield* implies the ability of living in the Heart of the Absolute, behind the *Curtain*, much deeper than this world with its whirling of passions. From the very *Depth*, the Warrior of Spirit raises with the strong arms the *Curtain* as an infinite *Shield*; this *Shield* makes the Warrior invincible. This

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[212] **In Agni Yoga they say about the same, though in a slightly different language.**

is the *Shield* of the Creator. It is impenetrable to worldly passions, to hatred of enemies, to mundane fuss.

"However, one can attain more. The one who masters living in constant Mergence with the *Infinity of the Creator*, who lives beneath the *Shield* as an Infinite Heart united with the Heart of the Absolute, with the 'Sun of God' — such a one receives a *Sword*.

"The *Sword* is a Divine Ray, unchanging in its original subtlety and coessential to the 'Sun of God', which is directed from the very *Essence of Everything* — to the Creation.

"The *Sword* implies the ability of doing the Will of the Creator on the Earth in all fullness. It is a Scepter gifted by the Father, a symbol of the *Royal Power*. It is the *Intent of the Creator*; it is the whole Power of God concentrated in One Ray and directed to the world of the Creation, bringing fully the Will of the Creator to any object. The Creator says, 'Be!' and it happens!"

"What would You advise us now?"

"Whatever happens around you on the material plane — contrast it with the Eternity of Life in Me.

"And another thing: you have to inspire people to serve Me! You have to kindle their hearts with the ideas of service to God!"

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"How did You manage to collect so many disciples — so promising?"

"I collected them 'from the entire Earth', from the entire European part of Russia. I collected students by sending messengers of successful students."

"I see about 50 people."

"This is only a small part. Look deeper: there are hundreds of Disciples, whom I brought up during centuries."

"… During several incarnations?"

"Yes."

"… Incarnations of You or of the disciples?"

"I educated them through the bodies of My students. I Myself was here always.

"But later… everything good in Russia began to fade away…"

"Did You work here, in this region? Were Your *forest schools* here?"

"My School was throughout all Russian land! Over centuries I educated promising souls, raising one wave of disciples after another!"

"How did people prepare themselves for this?"

"I 'shepherded' them. At that time people were engaged in farming, cultivating the land. A wide network of *forest schools* was created, where I collected the best students and taught them.

"There was no ashram here — on the place where you are now. The best people were found mainly in the Volga region. Not in steppes. But in the regions with forests, there were schools. This is why I call them *forest schools*."

"What methods of teaching did You use? Did students study the structure of the organism, including the chakras and meridians?"

"Certainly, yes. I explained the essence of the structure of the Absolute and the methods of self-development. 'How' and 'what' — I have described, in general.

"Bring people here, so that everyone may experience Me, My Essence, as at the place of Lao!"

"May one call You Svarog?"

"Svarog is a generalized name. It was not a name of some particular Divine Teacher. This is an equivalent of the words God-the-Father, the Creator.

"Bring people here! Here I manifest Myself more vividly than at the place of our first acquaintance. I manifest Myself here in all fullness!"

"How did You manage to achieve such a result: so many disciples of Yours became a Part of the Creator?"

"The main point is to know well what your group has cognized and continues cognizing. Then, after the end of life in the body, everything becomes all right! If one remembers this well, then there is nothing special to do: everything happens naturally, by itself.

"It would be great if you could write a book about Me! It can be called *Ancient Russia — the Country of God*. This book could make a small beginning for collecting around you souls with good potential. Over many years, a small sprout could begin to mature. Write that it is not praying in temples but a transformation of oneself that constitutes the main essence of transfiguration of a common person into God! Among flowers, singing birds, rustling leaves, or opening spring buds one has to find the Main Essence of Beingness!

"Now let us talk about something else.

"Vishnu is spring!

"(Jokingly): I would take you into a journey to the places of My ashrams, but you have no money for travelling, so someone else will have to write the book *Ashrams of Vishnu*. You would also need a cart for going around!"

"Was the word *Vishnu* known in ancient Russia?"

"Yes. Vishnu and Assyris are different words, but they mean the same: Rising Sun and Spring."

"By what name were You called in Russia?"

"Assyris is the main Essence of Me as God. Vishnu… — too. Vishnu — Visna — Vesna… Vishnu-Vesna[213] is just a transformation of the word.

"I am like the Sun! I shine always!

"Shadow and light, day and night exist for you only while you live on the Earth and experience yourself as a body…

"The Sun gives its light always! Sunrises and sunsets are just a result of the Earth's rotation. Where there is Earth's shadow, there is night; where the Earth faces the Sun, there is day!

"I am like the Sun! I am always LIGHT, LOVE, CALM!

"All shadows and duality are in people. But I shine equally at everyone.

"Some people aspire to Me and grow in the rays of My Love.

"Others hide in the shadow, being unable to withstand the Fire of My Touches. But they, too, are nourished by My Light.

"Become the Sun of My Love!

"Love as I do!

"Only by giving My Love can you learn to be Me!

"As the Sun sends its rays, even so I send My Sons and Daughters to the Earth.

"Ancient Russia was a good soil for God thanks to the preservation of the ethical Divine laws, the laws of love. For a long time, I could preserve the knowledge about the Highest in My Schools. Thanks to this, souls could be embodied in the conditions where there was knowledge about the Path. These Schools were directed by Divine or nearly Divine Souls. Every such a Soul is like a tree that grows over the Earth and supports the existing hearth of spirituality.

"Only mature souls were selected to these Schools for teaching them the higher esoteric methods. The criterion of selection was the ability of the developed consciousness to think seriously. Possessing a developed spiritual heart was necessary, yet not a sufficient condition.

"At that time, in Russia there was a natural economy. And spiritual Schools always had enough food because local communities supported them materially. And the people of the communities received from the Schools help in the form of warnings about droughts and bad harvests, curing of diseases, teaching of children… Such a community and a School near it lived as one organism, as one family.

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[213] **Russian word *vesna* means *spring*.**

"… Those coming from Me helped, first of all, mature souls who did not need to develop the intellect through filling the mind with information… The mechanism of the development of the thinking skill of the consciousness was slightly different for these people. It was similar to ancient Greek philosophers who cognized through meditations the structure of the multidimensional universe, the spherical form of our planet, etc. It is clear for you that there are different variants of studying the same problem with the consciousness: starting from information that comes from one's own thinking — up to Revelations and direct investigation of the strata of the multidimensionality with the developed consciousness. Your talk with Me is another example of such cognition. Yet another example can be a meditation given by Me.

"The ability to think creatively is developed best of all against the background of contemplative calm.

"Many people grew inside such Schools. Through contemplation about natural phenomena, about all kinds of living organisms, children learned to think; the adults just corrected, guided this work of the consciousness. Any bug, any flying bird, any dry or living branch of a tree — could become a 'school-book' for understanding life and death, the connectedness of the consciousness with its material container, the similarities and diversities of the forms of life…

"It was the first stage of studying.

"And then it was very easy to explain to such a soul that God — Living! — is present always and everywhere, right here and now! And that everyone is responsible before Him for one's own thoughts and deeds.

"Then quite easily and quickly students learned to perceive the multidimensional space. They had a small numbers of indriyas connected to the material plane. It was easy for Me to redirect the indriyas of the soul to cognition of the non-material plane, to conversations with Divine Souls!

"It is conversations of the soul with God — with the non-incarnate Divine Consciousness — that was the basis of learning. Thanks to this, I could easily give lessons to everyone. The incarnate teachers just had to correct this process, to explain the main methods, not more. And the main Teacher was God! Submerging into the Depths of Me was as smooth and natural as life itself. It was growing up of children in a Divine Family. And there was no need to speed up this growth.

"Do you remember, I gave such an image: in order to cross a powerful river on a boat, one needs to make constant efforts, to row constantly: otherwise one cannot reach the other bank. So was your spiritual Path. But in those times, the worldview and the structure of the society allowed as if a wide bridge to exist. When there is such a bridge, one can walk over a turbulent river without being

afraid of the swift current and rapids. It is the correct structure of the society that allows making the Path to God a bridge by which one can safely cross the powerful river of sansara…"

Ngomo

"Each day is a small life" **— M.Gorky**
"Each life is a minute on the soul's path" **— Ngomo**

We have known Ngomo for a long time. He was one of the first Divine Teachers to take part in the formation and development of our School.

He has several favorite forest places.

This place in a pine forest is a small swamp covered with a carpet of soft green moss. Here He showed us special African dances. His giant Body of the Consciousness moved gently and gracefully with a rhythm of African melodies, filling us with *joy and power of Divine Love*.

There are also places where in His Mahadoubles, spread out for kilometers, He revealed to us — year after year — the secrets of further spiritual growth.

"We thank You for Great Love, for knowledge that You give us! Tell us, please, about Yourself: about how You grew up to Divinity, how You live now…"

"Well, listen…

"Once I was an Astrakhan Tatar and hated all Jews. Later on, according to the law of karma, I was an Astrakhan Jew, and was afraid of Tatars and hated them, as well as all Muslims. After that I was embodied in the Caucasus, being an Azerbaijani, and hated all Armenians. Then I was an Armenian and hated Azerbaijanis…

"After that nightmare, there was an incarnation that brought Me — a long time afterward — the Divine glory. The African incarnation has nothing to do with this: in Africa I was embodied later on, being already Divine.

"I know also 'Holy Russia' very well… I was an old monk in an Orthodox monastery. In that incarnation, Jesus Christ touched Me with His *Wings of Love*, and I understood everything!…

"Yes, My spiritual Path began in Russia, in Orthodoxy. I was mastering the methods of Hesychasm then.

"Vladimir, you are the first who understood My Essence! And I am very grateful to you for this! I will do everything to save this knowledge for people on the Earth!

"… My path was very long, because it was necessary to pass through many incarnations in order to clean Myself from the burden of the past and only then to merge with the Creator of the entire manifested universe. According to the law of karma, all the evil caused by Me returned to My destiny… — until I experienced all that I wished to others…

"… Once I lived on the bank of the Volga river… I was a boatman. The river taught Me a lot… I ferried people from one bank to another. The river carried My boat; the river taught Me wisdom and calm… I ferried many people and learnt a lot from them…

"I said to you once that I lived *under* the 'town Crane'. But do not look for it on the map… Cranes lived on the roof of My hut, and I lived *under* their town…

"… The one who observes everyday how cranes live will never be a man of evil. Their flight is like a dance: they lower their long legs when approaching the earth and, rocking on their wings in the warm air currents, gently land on the ground… Their song during the flight — the song of the soul — is incomparable with anything else.

"A crane can also tell with its beak about its love. It throws back its head, almost pressing it to the back, and, with fast clicking, beats out the rhythm of the song for its beloved:

'I love you, I love only you, and I will forever love only you, my Chosen One! You will be the mother of my children! I love you, you, and only you!'"

"Where did Your 'meditations of sands' come from? How did You invent these amazing meditations for the transformation of the energies of the body's matter? Were You embodied in Africa, in the desert?"

"No, the African incarnation has nothing to do with this… As for sands… — it was a game…

"I will tell you the story about a boy who lived on the bank of a river…

"… The boy is sitting near the river and playing with sand… Soft white sand runs down in a soft flow through his fingers … The boy plays, and the sand *dissolves* him in itself. The boy experiences the mobility of the sand's energies and *flows* together with it. In this way he begins to learn how one can be the *Living Light*.

"And from the sand, moistened with water, castles, sculptures, and bridges arise… This 'sandy world' consists of crystals of white-goldish sand… In a short time this 'world' will dry, and the wind will blow it away…

"Now the boy is not playing with the sand; he is looking at the river. He follows the cranes, flying above the river, with his eyes; he follows the water, streaming into the sea… The boy wants to *flow* far away with transparent water…

"If one looks at transparent water for a long time, then the water begins to sound… Someone said to the boy that people built a dam in a way that churches were flooded, and now the water of the river rings the bells, which people do not ring anymore… Now the river rings the bells to awake the souls of people…

"… The boy hears the bells ringing in the transparent water… The transparent waters *move apart* like curtains… An old monastery stands on the bank of the river, and its bells sing their song…

"… An old monk Zosima smiles in his cell. It is morning. God is rejoicing at the morning, and the old monk Zosima is rejoicing at the morning as well… Since Jesus has been living in his heart, the old monk Zosima is always in joy… He lights a candle, and the cordial warmth in this heart becomes brighter. He whispers quietly the words of gratitude to the Lord, and Jesus rejoices in the heart of the old monk Zosima. The morning of the Lord is on the earth, and the morning of the Lord is in the heart of Zosima… Zosima recollects in his prayers all whom he knows and whom he does not, and the cordial love of the old monk Zosima *flows* like a river…

"… Look at the flow of water: the transparent water washes away the image of the old monk — an image from My past, and there remains only the river… On the other side of each drop of water, the purest *Light* shines… In this *Light*, you can see neither the boatman on the river, nor the old monk Zosima, nor the famous writer who described in his books the path of the soul, nor African Ngomo Who would have died of tuberculosis if He had not recalled that He and the Ocean of the Primordial Consciousness are *One*…"

"It seems to me that You mentioned what is called 'sudden enlightenment', right?"

"Yes.

"Let Me tell about this in detail.

"An ascent of each soul is a long path, a hard struggle. As a result of this struggle, a complete transformation of the personality, of the individual 'I' into the 'I' of the Creator happens.

"'Sudden enlightenment', in the common understanding of this term, is an illusion. It is just the narrow, subjective view of those who are not capable of looking beyond the borders of one particular incarnation.

"What does 'sudden enlightenment' look like, seen through the eyes of an ordinary person? It looks like this: 'One lives an ordinary life, and all of a sudden — bang! — enlightenment happens: Everything is God!' Yes, it can be like this, but with a few, with those who in the course of many incarnations worked in the 'spiritual field'. If we 'lift the veil of the past' of such a soul, then

we will see that in the previous life it was enough for that soul to make a little step to attain the completeness of awareness.

"In this way the 'miracles' of 'sudden enlightenments' happen. All of them are created by Me! Miracles, extraordinary events, are the best 'hook', the most 'delicious bait' that attracts masses of young incarnate souls instantly. And sometimes this creates an opportunity to build one more center of spirituality on the Earth, to distract people from worldly bustle, from depravity, to sow in them the seeds of life dedicated to the quest for Perfection and cognition of the Creator.

"Those who experience 'sudden enlightenment' do not always have a recollection of how long and hard their own Path was. They just plunge completely into Me, into the ecstasy of *Unity* and often make a mistake by thinking that every soul at any moment of life can attain the same greatest state. But this is also used by Me. This is My test, My reconnaissance which allows Me to know how this or that soul will use this or that information.

"Yes, not all who 'swallowed the bait' make a right choice. But this is a *natural selection* among souls! I just suggest the Path, but all further development depends on many factors, including the initial qualities of the soul. For some people the statement 'All is God' instantly turns into a formula 'therefore, I am God!' and becomes a justification for all the manifestations of the lower self, even the most ugly ones. Others, on the contrary, having heard these words, perceive them as the *Law of Love*: 'All is God' means that He is present in everyone and everything. Therefore, I should treat each form of life with love and respect. And such a 'sudden' change of the outlook of the soul is the beginning of its Path.

"… The destiny which I suggest to you is always a response to your state of the soul. If you change yourself as a soul, your destiny changes too.

"… My advancement was not rapid. From the first touch of Jesus to full Mergence with the Creator, several incarnations passed…"

"Why did You choose from all Your names in different incarnations the name Ngomo? Does this name mean something special for You?"

"The name Ngomo means 'He Who dissolves others in Himself', and I like it because it reflects My Essence."

"Tell us, please, about that incarnation when You merged forever with the Creator."

"I was a doctor in Mexico. At that time I had already known the Creator and could merge with Him. I loved people very much and strove to help them, wanted to serve them as our Universal Father does. And He gave Me such an opportunity: I became a healer.

"The methodology of work was extremely simple. By My Arms of the Consciousness I penetrated into the diseased area and cleansed the damaged parts, removing the consequences of the disease. Then I filled this area with new contents — with the purest Atmic Light. Of course, prior to healing I explained to the patients the meaning of such work. In particular, I explained that the cause of the disease lies in vices of the soul. The results of these vices are sins. And if the patient accepted My explanations and by sincere repentance purified oneself, then the success was guaranteed: such a person recovered.

"I was able to help many people then.

"I told them about God, that He is our Universal Father and Mother, about how He loves us, about His Great Patience and Care, about His Tenderness and Love, that He is not a punishing judge, but a caring, understanding, and loving parent, that He can come to your life if you desire it with all your heart and aspire to Him."

"And how did You attain Divinity then?"

"Everything was quite simple. I worked for people and for Him, completely forgetting about 'myself'. There was only He, His Eternal Love, and those to whom He helped through Me.

"At some point all these became united: I disappeared as an 'I', and only He remained. And He was in everyone to whom I continued helping. My life became His life! And I attained the Great Calm!

"Later on I died a natural death: My material body simply exhausted its resources; I left it completely and entered the Father."

"Tell us why did You come again to the Earth after attaining full Mergence with the Father?"

"I came to My children, putting on again corporeal flesh, in order to give them an opportunity to recognize and experience their true Parents: the Primordial Universal Consciousness, Universal Father and Mother. I came to encompass them with true Love, true Tenderness, and true Care, to give them 'Heavenly Bread'[214]. The souls which accepted and ate this 'Bread' began growing and shining, illuminated from within with the Divine Light of Love. And no matter what happened to such a person afterwards, in the soul the memory of the Father remained.

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[214] **True knowledge about God and Path to Him.**

"… There is an amazing quality of consciousnesses — the ability to merge.[215]

"The consciousness is capable of merging with other consciousnesses; and when it merges with the Consciousness of God, the Ocean of Me engulfs you by Its Eternity…

"Nirvana is very simple: first there is the *Ocean of the Primordial One* in Which *there is no you*, then there is the 'I' of the Ocean That *is not divided anymore into you and Me!*"

Maenuel (Alexander Svirskiy)

"Maenuel, tell us, please, about Your last incarnation. In particular, how did You realize, recall the Unity with the Father? Did You know this from the beginning, from childhood?"

"No, not from the beginning… It took a lot of time to unite My new body with the realization of Who I am…

"Since early childhood, I had been seeking this Unity, the memory of which lived somewhere in the great depth… I sought Him! And this led Me to an Orthodox monastery. But My spiritual mentor — a sincere and kind man who taught Me humility, obedience, and meekness — could not answer My questions: he could not show Me the way to the Heavenly Father, because he himself did not know Him…

"Because of asceticism, which gave no results, because of the Church's ideas of the inaccessibility of the Creator, of the impossibility to cognize Him, and because of the doctrine of everlasting sinfulness of man in front of Him, in which I was taught, I was almost on the point of despair…

"Later on, having not found answers among people, I directed My eyes and My love only to Him.

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[215] It is in this that consists, in particular, the mechanism of falling in love with each other. This can help us understand the pain of souls when they have to break such relationships: they were merged into *one*, they were *one*.

Having "trained" ourselves in such relationships of love, we have to fall in love with the Creator, no less passionately…

Those who manage to realize this do not fall in love with concrete people or with objects anymore. They love people, animals, plants, and all the best in the Creation — love tenderly and with care — but without forming attachments to them.

Krishna said a lot on this subject in the Bhagavad Gita.

"I asked for the permission to live in the forest and received it… Living in the forest, I was alone… And I aspired to Him incessantly…

"… And one day — in the moment of the utmost exertion of the strength of the soul, I left the body like a closed monastic cell and 'fell' into His Light…

"He was Boundless, Living! *Everything* was created by Him in the Eternal Radiance of His Light! Everything was filled with Him and based on Him!…

"It was the Ocean of Love and Calm! And I also became this Ocean!

"I did not want to return back. I swam to the body and swam off again, submerging into the long-awaited Unity, into the state of being dissolved in Him…

"The Ocean called Me by a very familiar name:

'Maenuel!…'

"And I recollected My previous path to Him.

"… An endless expanse of Manchurian steppes, joy and freedom! Running horses, their manes streaming in the wind, and a boy united with his horse, are flying over the waving sea of the grass!… I recollected the monastery in the mountains, wise teachers, and the expanse between the sky and the earth with a carpet of delicate vermilion poppies. I recollected the state that now filled all My being — the state of unspeakable love for the Earth, for everything existing on it, for all His Creation! I recollected the meditations of Mergence with Him and why I am here now…

"… Then I returned to the body…

"I built a monastery on the place where I achieved this Unity with Him. And I tried to give people this Knowledge and Love which lived in Me now… But it was similar to oceanic waves which caress the shore stones with their transparent water, but cannot transmit to them the infinity of the depths…

"I had some disciples… Among them, there were real ones, but the rest were mainly children in *adult bodies* whom I taught by My own example: to carry water, to chop firewood, and to remember about Him at least sometimes…

"… I left an imperishable body on the Earth. But it is a pity that most of the pilgrims coming to it seek only to heal their bodies! And only few see the Ray of the Light of the Spirit, the Ray of Love which is the Way to the Father!

"Realize how great the wealth that you collected is: the methods of growth from the state of a human living as a body — to Divinity! I wish I had such methods in that incarnation of Mine!… Give them to people! Give the entire Ocean of the Creator's Love to them!

"I am with you! I am beyond each word of you! I — in your activities — continue My Service on the Earth!

Your Maenuel

Anastasiya

On a cozy clearing in the forest wet of morning dew and suffused with tender sunlight, we meet Divine Anastasiya, Surya, and Elisabeth Haich. We are in "Divine Women Society", imbued with their Divine Caress.

First Anastasiya addressed us:

"Do you understand Me better now? 'Broad' service differs from the 'narrow' one on which you have concentrated your efforts for many years.

"I want to tell you that people of the tamas or rajas gunas, as you call them, cannot be led to God seriously and immediately. However, they can be directed, here on the Earth, to a virtuous and pure life with remembering about God! At this evolutionary level, they have to dream about the earthly. And they have to realize their worldly desires! They cannot abandon this and direct their attention only towards Heaven!

"And you suggest that they give themselves to God immediately…

"They are not ready yet to give themselves to God; they first need to live here for a long time and to develop themselves! They need to learn *giving* rather than *taking* — to give something: to give to the Earth, to people, to God — thinking not about themselves but about others…

"Yes, you write about this in your books but do not explain how to do it.

"It is necessary that they plant even a tree: this is already *giving!*

"If they do something not for themselves, even if they just think about such a deed… — then there appears a possibility to re-direct souls from hell to the Light!…

"The most important point that I want to tell you about is introducing the principle of giving! It has to come together with opening of the spiritual heart and you have to suggest many different ways of realization of this principle!

"Think of how you want to realize this. It was a shortcoming in your work. It is a point which you forgot to suggest to people of those gunas; this is why they do not follow you…

"They need to be suggested the ways of positive development! They all want to receive — but one has to teach them to give and to create!

"And one has to teach not a few among them but the whole human mass from which lotuses will then grow. This is the work done by Avatars on the Earth…

"Avatars come — and transform, redirect large masses of human souls, change the direction of their movement for centuries: from evil — to Good, from hatred — to Love… It is done by introducing the principle of *giving*.

"Learn how Sathya Sai Baba does it! He gives both the knowledge about the Highest and precepts for 'children' for everyday life; He creates schools and teaches spiritual principles to physicians, artists, scientists, and politicians. It is done by His followers! It is their *giving*; and every one of them receives tasks according to their strength.

"Look at how God helps people! And you, too, should create new things! Now your time comes!

"… In relation to this, I would like to give to every reader of this book a *ray of love*, his or her own *ray*!

"Every person can begin to help God: to help to transform that which is *bad*. But everyone has to start by changing themselves — only themselves!

"Everyone can begin to create around themselves a small *space of love*. It is so simple that everyone can do it… One has to learn to shine with a *ray of love* from the spiritual heart!

"One can come to the forest; it is best to do it in spring, but any other season is also good. One has to stand near a birch, to touch its trunk with a finger, to stroke tenderly this living tree, and then to feel a *ray of light* coming from one's own chest, from the place where love lives. And then — to stroke with this *ray of light* the trunk of the birch: as with a finger.

"Then one can repeat this exercise several times — in order to really feel this touching.

"Anyone can do this: a little child, the mother or grandmother of the child; then the child can teach it to the father and the grandfather.

"Everyone has this *ray*; one needs just to *turn on the light of love*.

"If there is no forest or birches nearby, then one can stroke any tree…

"Then one has to learn to shine with this *ray* at any distance — and to give thus tenderness to all whom one loves.

"One can try to shine even at flowers which grow in one's own room and to see how they will grow better after that!

"One can try to direct this *ray* to our Earth and to stroke the planet with it, directing the *ray* into the *depth*: the Earth also *has* a *heart*… One has to stroke it very gently: Earth is living!

"One can also stroke God with this *ray* and feel *Joy of God* in response…

"… I congratulate you! I am very glad about your success! I would like to give to all people this knowledge: 'Everything around you loves you, man! Thus the Creation was created by God-the-Father! And if inside you there is a response of love, then *mergence* happens: separateness and isolation disappear and become replaced with the Love of Everything Existing! All energies of the universe inside man come then to harmony!'.

"This can be given not only to those who are close to Higher Initiations. This should be included into the basic course of opening of the spiritual heart!

"Harmony and Love of the Absolute — this meditation has to become one's background state, one's natural way of life, the correct self-awareness of the soul!

"Everything can be solved through submergence of the consciousness into the spiritual heart!

"I can suggest several other methods for beginners — for those who want to see and experience this but have not managed to do it yet. I will try to outline several simple and easy-to-use methods that can replace usual amusements of city life.

"Why does it happen that people cannot perceive the most important things themselves? Because from childhood they do not live a conscious life — they are used to 'feeding on' other's ideas and emotions! These other's ideas and emotions — coming, among other sources, through TV and music players — fill inside man the emptiness of the soul that originates from the unconscious way of life!

"One has to teach them to love — and only then the entire spectrum of perception and awareness of human souls can be realized!

"For example, one can learn to *walk the Earth*. One can remember that our Earth is a living soul, and simply walk, carefully stepping on the body of the Earth, feeling every touch of the feet to its surface. It is very simple, everyone can do this! Just ten minutes of such walking can result in first changes. Even children can be taught this. If people become aware that the Earth is a living soul, then they will be more kind and understanding, because a connection between two souls occurs: between the small human soul — and the giant soul of the Earth. This connection, if one feels it, can help to become more healthy and happy: it is similar to a link between a mother and her child connected by the awareness of mutual love!

"… Or it is possible to lie on the Earth with the arms spread apart, in a relaxed state — and become aware that we fly in the space on the planet called Earth… If a teacher or parents lie together with children in this way and tell them about the universe — then children's impressions from this conversation will be more important than those received in entertainment attractions!

"And a stay for a night in the forest can give unforgettable impressions if one lies so and looks at the stars…

"One can also touch with the hands *living water*. Water has wonderful qualities; people know only some of them. If one feels that the water in a pure

river or a forest lake is living, then one can wash oneself and swim in it in a very special way.

"For centuries people used water for healing; this use is based on the quality of water to change its structure under the influence of the consciousness. For example, when we touch with the hands something living, we can give our love… And water as well — will remember this for a long time…

"One can wash or swim in interaction with this wonderful miracle created by God on our planet — with water, which is one of the main components of the matter of living organisms. One can even talk to the water, to ask it to purify and to heal the body. One can swim, feeling water with every cell of the body. Thus one can increase the awareness, improve health, and remember this exercise as something very significant!

"One can also *wash oneself with sunlight*. It does not mean simply exposing the body to sunlight, but one has to interact with it! The energy of the Sun is so wonderful! It exists both on the levels that are visible and non-visible to human eyes; it penetrates the depth of us! One can stand under a flow of sunlight as if under a waterfall — and do the exercise *latihan*. And this can fill one with joy and health!…

"Of course, one should not suggest dedicating a lot of time to such exercises to people who are not interested in spiritual truths. For them it can be interesting and useful to arrange sport trainings in nature, to collect mushrooms, berries, and medicinal herbs. One can taste the gifts of nature: berries, leaves, herbs that are pleasant to eat. And let us thank nature for these gifts! This can also bring healing to bodies and souls! Many people can be attracted by this healing aspect — and it is very good in the beginning.

"One can learn to receive joy even from removing garbage from places where other people defiled the beauty of nature with it. This is also ecology that people have to learn!…

"It is in interaction with harmonious states of living nature, with concrete plants and animals, that people can come to understand with what great Love God created everything living!"

* * *

"Do you want spring? Then feel it during each moment! Feel even now, in January, opening buds on the trees and singing Skylarks and Black Grouses!

"A spring state of the soul is what, among other things, determines success, progress on the spiritual Path! A spring state of the soul should be maintained all year long!

"Experience yourself as the season of spring and convey this state to your friends! In this case, all nature will embrace you as well, because the state of spring is something that all nature awaits during the rest of the year.

"I am the state of spring!

"The dogs that came to you yesterday and were caressed by you also felt and remembered very well your *state of spring!*

"It is necessary to teach people to treat the animals that accompany them in this way! Then such souls will evolve much faster!"

Surya

"Sun loves every living being!
"Sun awakes your heart!"
Surya. From a conversation with Her.

"There was a culture in Russia where the cordial love was a norm of life rather than an exception. The Atmic component of the multidimensional human organism was included into one's life from the very beginning, from one's birth. And the states of harmony and subtlety, in which people lived, allowed *accumulating* this valuable potential of the soul very quickly.[216]

"In this way everyone developed in a series of incarnations until it was time for full realization of this potential in Mergence with God-the-Father — Svarog. And the methods of realization of this Mergence were also known. *Schools of soul*, where students were taught cognition of the Creator, existed near settlements, and there were 'soft' interactions of the spiritual adepts with other people.

"All this was natural. Some people after completing school go to university, others naturally want to create families and cultivate the land — it was the same in that time: some chose the earthly love, while others sought cognition of the Creator in love for Him. And there was no disdain towards those who were not mature enough to choose the latter — as it is in a loving family where all children of different age are friendly with each other, love their parents and each other.

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[216] **It is in this way that the Atmic potential of Kundalini is formed (see [6]).**

"The life of people was not a 'biblical Eden', where there are no difficulties and sorrows. But look: the people of hatred, when an affliction befalls them, take revenge on others to make others, too, feel bad. On the contrary, people of the opposite pole — the people of love — if affliction befalls them, continue living in order to help others to avoid this problem! This is the secret of earthly happiness!

"… My father was the elder of our community. Wisely and calmly he helped people who lived under his guidance, the guidance of not a cruel tyrant, but of a loving, caring father. People went to him to ask advice and help.

"When it was time for Me to decide whom My heart chooses, My look of the soul was directed to the *Sun*. And My father took Me to a School where they initiated one into cognition of the world of Spirit, of the world of God.

"The *Sun* was a symbol of Svarog. And every student had to learn to kindle the *Light of the Sun* first within the body, then — within the Earth; after that the stage of Mergence with *Sun-Svarog* followed.

"What can compare to the Shining of Svarog in His Abode?!"

… And now Divine Surya stands over the surface of the Earth with a beautiful female appearance! Her non-material *Sun* shines from Her chest and from the *Heart of the Absolute*. From there She stretches Her Arms of Love!

"Surya, did You embody Yourself from the state of Divinity then?"

"Yes, several times, always in Russia…

"The last time was when nothing had remained of the ancient traditions, even in legends and songs…

"I lived in the forest, in a small house… Only a person with a pure soul could find the way to it… I healed people and taught the *science of soul* to very few, tried to reestablish the tradition of *forest schools* of Assyris… From Myself-Light, I created fields in which My students accustomed themselves to new states… Yes, I could create any *place of power* with Myself-Consciousness. Then I taught the students how to achieve these states by their own efforts.

"The students capable of comprehending this were very few.

"I also helped those who did not see Me. At any distance I could manifest Myself on the surface of the planet coming from the *Ocean of Svarog*…

"I also paid much attention to mothers and small children: I wanted very much to help those who would be able to live in the *Light of God*, in harmony and love…

"Sometimes I was called to deliver a baby. Easy-to-use anesthesia was to bring the mother's Kundalini to her body and to fill with it the bodies of the mother and of the child. This not only made the childbirth easy, but also awoke

the sleeping energies of the souls. And such souls gained large possibilities of growth…

"Healing children, adults, old people, I always tried to teach them the basic methods of helping oneself and others… I taught them to shine with a *sun* from the chest, taught them to love nature, taught about the great healing powers of nature…

"… Incarnation of an Avatar is always a sacrifice: joyful, volitional… It means giving Oneself to people. Avatars come to those who have forgotten what love is… They, like Doctors, come to heal sick souls…

"I learned a lot at that time: I invented many methods that allow Me now to help those who… almost do not feel this help unfortunately…

"… My *forest Sun* shines always! Come to Me!"

"Please do not leave! Tell us in more detail: what methods of development of the consciousness did You use in Your work with disciples?"

"We worked a lot at sunrise, using the rising of the sun. We learned to *be the sunlight*, to shine with sunrays from the spiritual hearts.

"What do the majority of people do in the early morning? The answer is simple — they sleep! But if man — even once in a lifetime! — watched a sunrise consciously, leaving the warm bed and cozy home for this purpose, and, overwhelmed with delight, one-to-one with the rising sun, watched the sunrise, — then this person would have lived the earthly life not in vain!

"We used the same methods of work with the consciousness as you do; we just expressed them in different words."

"Tell us please about how You worked."

"The best time to begin such work is spring and summer. Usually we chose the place for meditation beforehand: it could be a glade in the forest, or a bank of a forest lake or river, or a high hill.

"We came out before the sunrise and walked unhurriedly to the intended place, immersing ourselves into the morning *quietness*.

"Have you ever noticed how wonderful the *quietness* before the sunrise is? Almost all living beings sleep a peaceful sleep. Nothing disturbs the *quietness* of the early morning…

"One has to be able to listen to the *quietness*, to become filled with it, and to be it! It is an important component of the spiritual development of man!

"For example, if at sunrise in the forest one begins to listen to the quietness of the space with the *ears of the soul* or, to be more precise, with the *ears of the spiritual heart*, then one can become the absolute quietness.

"When inside you there is only *quietness* — the lower self turns into 'nothing': nothing of it disturbs the *quietness* and harmony of the world around!

In such *quietness* one may hear everything: from soft murmuring of a forest brook, whispering of leaves, warm breathing of sleeping little mammals… — up to the most confidential mysteries of the Creation. In this *quietness* one may hear the Voice of God, one may ask questions and receive answers…"

… With my spiritual heart, I merge with Surya, I feel only the tenderness and warmth of Her Love… I submerge through Her Divine *Body of the Consciousness* into the Abode of Svarog… And then, having dissolved completely in the Primordial Consciousness, I begin to rise together with Surya as the Light of the Creator's Love…

"There is," Surya tells me after the end of the meditation, "only One 'I' of the Ocean of the Creator, where everything is clear to Everyone, where the only language that Everyone speaks is the language of Love. There, Everyone gives Oneself, One's Love — to All: to the United Creator!

"The essence of the Divine Beingness is very simple: Harmony and Love!

"But in order to become One with the Creator it is not enough just to achieve the Creator's Abode and to learn to live in it. Only Those become completely One with the Creator Who come out from His Abode to incarnate beings, manifesting the Creator, being Him. This is the completion of the full cycle of development. Many of Those Who had attained the Abode embodied Themselves again with the Mission of Service — in order to achieve this Completeness, this Fullness of the Divine State. You know many such examples. Thus I embodied Myself too."

Bright New Moon

Transparent non-material clear *Light*, youth sparkling with the power of life, joyful shining of the look and smile — this is Bright New Moon — one of the many Disciples of Assyris.

"If you could convey this state of soul through your films!

"To make the hearts be filled with joy!

"To make the ice of skepticism and despondency melt away!

"To help everyone to see how close the true happiness is!

"To allow souls to touch the life-giving joy of Light, Love, and Spring!

"Give these states so that everyone who has watched your films may want to share this joy with others and to tell others about this! Thus people will learn to enjoy watching opening leaves and sparkling dewdrops, white birches and murmuring brooks, singing birds and your eyes shining with joy!

"Our Tenderness will be behind every frame, every word, and every sound of your films! Our Hands will be stretched to viewers' hearts to make them aspire to Light, to Divine Purity!

"Everything is so simple! To become happy, one needs to make a little step in the right direction… And then it becomes clear that behind everything that is beautiful — there is its Creator: God! And one's heart filled with joy begins to aspire to Him!

"And the methods of further advancement are known to you…"

"Bright New Moon, tell us please how did You attain Divinity?"

"I just completed a *forest school* of Assyris!…"

"Were You taught dematerialization of the body?"

"I was not: probably I was too little at that time!

"There were two main directions in our education:

"The first one was development of souls as spiritual hearts, and cognition of God: first in the Aspect of the Holy Spirit and then — in the Aspect of God-the-Father, as you call Him in your language.

"The second one was the ability of living independent of the body and helping incarnate and non-incarnate souls from this state.

"As a result of such education, even those students who had not mastered the fullness of Divinity — that is Mergence with the Creator — after disembodiment continued their part of the service: everyone chose what they knew best…

"I would like to elaborate on this.

"Having mastered, for example, living in large subtle states, everyone would master the ability of giving them through oneself. Someone created *fields of love* on places where children play[217] — in order to accustom them to living in a *field of love*, so that even when playing games, children would not feel the emotions of offense, hatred, or irritation. And children got used to correct emotional reactions. And the parents explained to them the same thing in words.

"Or, for example, taking care about plants: about gardens or about trees in the forest. Have you noticed that on your *places of powers* there are plants of wonderful beauty? Beautiful tall trunks and dense crowns of deciduous trees, beautiful soft needles and trunks full of life of the coniferous friends of ours…

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[217] We observed many times this very important phenomenon when Divine Teachers (Krishna, Babaji, Sathya Sai Baba, Eagle, and Others) create a permanent higher concentration of Their presence on those places where out-of-town child institutions are situated or where youth sport events often take place.

While on places with adverse energies, especially those created by evil people, plants look like poor, sick children…

"Understand the importance of love that an incarnate or non-incarnate person can give to nature… One has to teach… not only a non-harming attitude towards our lesser brothers and sisters — but to love them! Because they are our lesser friends, capable for creating and maintaining on the planet the energy states of paradise!

"There were many other possible aspects of our service — for example, helping souls after disembodiment to become acquainted with life without a body, to create musical rhythms and tunes, etc.

"Every next step of learning was accompanied by mastering such skills of service. And whenever the death of the body came, the soul was already schooled in some spiritual 'profession', which was useful in life without a body."

"You are so young! Is this appearance from Your last incarnation?"

"Yes.

"… In our village, a house caught fire. 'By chance', I happened to be nearby. I rushed to rescue those who were inside — an old man and two children… I carried out the children. Someone splashed My body with water, and I again entered the house enveloped in flames. I took the body of the old man into My arms; it was very heavy… — and at that moment the roof collapsed… The body on My arms suddenly became very light… I continued holding it and with a part of Myself appeared in paradise, whereto the soul of the old man was drawn… He became glad, having recognized Me. I embraced him with the state of vigor and youth, and he easily stood up on his feet, despite the fact that his legs were paralyzed during the last years of his life… Other paradisiacal souls approached wishing to help him… Then I submerged into the *Depths of the Father*…

"Thus I live now — in Him and from Him!

"… It is very easy to support in people the traditions in which they grew up… It is much harder to help those who know nothing…

"Sometimes We manage to give even to such people the states of transparent purity, love, and tender calm, from which it is only one step to the Heavenly Father…"

… Bright New Moon was smiling and filling everything around with the state of youth, spring, purity, goldish light of the morning sun, power and tenderness of a young leaf appearing from a bud… — and with the Divine Power of Life…

Vasilyok

"Vasilyok, tell us please what can we do in the aspect of working with children?"

"Cognition of God and His Creation is so interesting! However, now on the Earth (with some exceptions) the word God is related in children's minds mainly with tedious edification from adults… But I am their main Friend, their main Companion in games and in life!… God wants to make their lives very interesting! It is called ecology. It teaches one to learn, to love, to guard!

"How can you help people? — think of something yourselves: this can be a web page on the Internet, a small book, a film. It should not be a manual for teachers but rather a training aid for children themselves!"

"How did You teach Your children?"

"In this very way: even a flower could become a whole world that tells its story including the structure of its life, ethics, philosophy, God…"

"When did You live on the Earth?"

"Not long ago, before World War II…

"I was a herdsman; children came to listen to My stories and simply to sit near a fire with Me…

"There was a library in the ruins of a destroyed monastery nearby that I discovered in My childhood… These books became a catalyst for awakening the *memory of the soul* and as a source of much knowledge… I intuitively recognized the Truth — and then retold it to children in a manner interesting to them. For example, I told them about the events as if I saw them with the eyes of God…

"They submerged into My love — and everything that I described was imbibed by them together with My love and became an integral part of their worldview. As mother's milk contains everything necessary for child's life, even so My love included the basics of worldview and ethics of God, and a little of concrete knowledge about plants, animals, Earth.

"It was great joy! — to see how their hearts were opening and aspiring towards the *Light*…

"… Of course, the children could not keep in secret for a long time that which I taught them… The soviet security service came to know about us…

"… The children were killed as if by accident… I was arrested and shot — 'for promoting false ideas about God and for contributing to world imperialism'.

"… Do not grieve about them! They were killed, but this incarnation was very useful for them: they all received a *mark from God* — so that in the next incarnation they will continue development on the chosen path.

"Do not grieve about those who could not go further together with you! Every one of them received such a *mark from God* as well, except for those who betrayed."

*** * ***

… After this conversation I read again our past records and discovered the following:

"Of Russians of past centuries Who attained Divinity… we know Vasilyok, Who comprehended completely the Teachings of Jesus Christ and lived His life in the state of subtle love. He tried to pass this state to others and had several young disciples. But they were killed by monks of the Russian inquisition."

This information contradicted the story recorded by me. I was confused…

Vasilyok told me:

"Why do you think that one of these stories is wrong? In reality they both took place…

"… When monks killed My students before My eyes, I was depressed… I loved them more than a mother loves her children… I would have given Myself to death to save them!…

"Yet the murderers let Me live because they knew: to die was a greatest happiness for Me then. And they enjoyed My despair. Every day they came to My cell and mocked Me…

"… I knew that despondency is a vice before God… I knew that suicide is inadmissible… Yet I could not withstand it and committed suicide…

"There is a law according to which every situation lived by you in a wrong way has to be repeated again: until you find the correct decision.

"Thus I was embodied again in very similar life circumstances… But this time, instead of monks-murderers, My children were killed by atheists-murderers…

"However, I did not repeat this same mistake a second time… I remained faithful to Jesus remembering His words: 'Father! Forgive them for they do not know what they do'[218]. I pitied with the Love of Jesus the hatred-maimed souls of My persecutors and continued to withstand their tortures — and the Love of

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[218] **Luke, 23:34.**

the Lord unceasingly flowed through Me. I accepted the death of the body with calm and joy.

"… And children — all children! — are always Mine!

"One has to teach them!

"It is children that need to be taught, first of all!

"Children need to be taught so that people of hatred, people of hell cannot raise them as fiends — by whatever idea they disguise their evil: under the mask of 'Christianity', 'Communism', Islam fundamentalism, or any other system where they teach to hate and to kill…

"So, you see what important things I wanted to tell you, and you were sad thinking that you understood Me wrong!"

"Thank You, Vasilyok!"

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We have come to a small hill in the pine forest overgrown with moss and lichen. We take off the rucksacks — and all of the sudden! — find ourselves on a meadow suffused with sunlight and full of cornflowers looking at us as bluish eyes.

… Here Vasilyok[219] meets us with His joyful smile! His blue eyes, light hair, broad smile — radiate joy! The state of freedom and happiness is everywhere!

Our hearts, too, are filled with joy!

"Tell us, Vasilyok, what do You do now, how do You help people from Your non-incarnate state?"

"Now I work with children — I teach them to be joyful. It is very important — to be joyful! People have ceased to rejoice at natural beauty — and this is very sad for God.

"There is much beauty on the Earth; one just needs to see it! Not everyone can see masterpieces of arts, but everyone can admire the beauty of living nature! Even in the desert and in the eternal Arctic ice there is a special charm!

"Ask people around you: how often do they look at the sky? You will know that the 'world' for most of them is limited to several meters around their bodies and even these meters are contained in their rooms and offices.

"One has to teach people to notice the beautiful! To notice it not only when admiring forests, meadows, lakes, steppe, seas… — but also in dewdrops, in the first rays of the rising sun, in the drops of rain, in grass blades, in the singing of

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[219] *Vasilyok* **is the Russian name of the cornflower.**

birds, in the thin new moon… — everywhere one can discover the wonderful beauty of the Creation!

"And when people learn to notice the beautiful and to enjoy it, then they can understand and fall in love with Him Who created all this: with the Creator! Living nature was also created by the Creator — as an inexhaustible source of joy and love!"

"Tell us: why do You work with children and not with adults?"

"To work with children is a great joy for God! Children's souls are more open towards the beautiful! The purity of their perception of the beautiful is much higher than that of adults. Children are also capable of comprehending very serious knowledge about God if one treats them seriously and speaks to them as to equals. They are capable of coming to the level of their instructor if it is interesting to them. They absorb new knowledge with the whole consciousness, contrary to the case of adults when the received knowledge unfortunately 'gets stuck in the head'.

"One must also keep in mind that children have the dangerous 'transitional age'[220], but this is natural. Those who pass it safely have a remarkable foundation for correct further development.

"Your help in this aspect is very small yet.

"Write a book about Me for children! Create new films — for children as well! So that watching them, every child can touch God with the soul!

"Give beauty to people! Give joy and warmth! Give love! Give knowledge about the Creator! Give Me to people!"

"Vasilyok, what can You advise concerning upbringing of one's own children?"

"One has to raise them by one's own example! By one's own example — in everything!

"One has to view the child as a student — and in the presence of students, the teacher cannot allow himself or herself to show even a little weakness.

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[220] The age of 'adolescent protest', the age of growing awareness of one's own 'I' and attempts to assert it. Quite often it results in a total protest against everything taught by adults.

But this stage of growth, biologically programmed and happening together with pubescence, is necessary. First, not all children are raised correctly. Second, the child for the first time receives the *freedom of will* before God: the freedom to choose by what path to go further, what credo to follow.

And it is very important that at this age children have — among the variants of choice — correct knowledge and skills that can help their further development. (We discussed this subject in more detail in [10,12]).

"The more difficult the student is, the more impeccable the teacher has to be!

"If one analyzes one's own behavior — then one can understand that the roots of many child's vices have roots in the soul of the teacher.

"One can repeat good words many times… — but what is the worth of the words of the one who cannot follow impeccably one's own advice? By such a behavior the teacher can forever depreciate the beautiful and correct values that he or she tries to impart to the student."

Lada

… It is early morning. We have arrived on a commuter train to a station in the forest and go to Her *place of power*.

Suddenly, we find ourselves inside a very soft tender-goldish *Light*, which embraces us and fills us with quiet *joy*: it is Lada Who has come to meet us!

"Lada, it is so wonderful — the way You give *joy* to others!"

"I can teach you, too, to be joyful. I will show you what the *Divine Joy* is!

"This *Joy* is quiet… It arises in the Heart of the Absolute, in the very *Primordial Depth*, and comes outside as transparent warm waves, filling the space with quiet, tender, soft *Light*!

"And then all beings, too, begin to feel joy! Every one of them finds one's own reason for *joy*:

"Dawn — early morning!…

"The rising sun strokes gently with its rays-fingers all the living!…

"Light, fluffy, soft mist dances over a lake!…

"Fresh wind caresses the face!…

"A baby embraces the mother; its head is pressed fondly against her breast!…

"A girl sits at the edge of a lake; her legs dangle in the warm pellucid water. She quietly thanks the Creator of this beauty. Joy overfills her!…

"Harmony!

"All the living rejoice — and sing the *song of love* to the Creator, filling with *joy* the morning, the light soft mist, the wind, the sun, and the hearts open wide for love! Many hearts — from very small to giant ones — blend together in the unity of *joy* and the harmony of this Love!…"

… Lada — Divine Lada! — since the time of ancient Russia, She brings to incarnate people the *Light* from the *Depths of the Creator*!

When She is present — soft goldish *Light* is visible even in the material world… Tender beautiful face, gold hair, caress of Divine Hands filling you with bliss, harmony…

"You are so beautiful, Lada!"

"Every one of you can be just as beautiful! It is not the beauty of the hair that matters here, but the state of Love which We give with Ourselves… You have to learn to live constantly on the plane of Spirit, free from the body — as We all live…"

… Lada shows Herself in various states of harmony in nature:

… Quiet rejoicing of sunny morning…

… Washing of the forest under the showers of summer rain…

… The calm of a starry night…

And She Herself is as an integral Part of this *beauty*, its Divine Component! She is Brahman: God in the Creation!

Then these states begin to sound — first joyfully, then gently, as if enveloping you in the sounds… The tones change, reflecting different aspects of love: spring awakening, joy of lovers, lullaby of a mother lulling her baby…

"In Russia, there was a tradition of such songs, which were not a meditation of adepts, but a part of culture, a part of life… They were called *lady*. I took part in creating them.

"*Lady* were sung in high-pitched clear voices. People sang them when seeding fields or harvesting, when two loving hearts joined together for life, when people celebrated the coming of spring; mothers sang them lulling babies or telling to children the history of the nation. This singing, which was often choral, attuned both the singers and the listeners to a higher level of subtlety of the consciousness."

"Lada, did You incarnate Yourself from the state of Divinity?"

"Yes. It was My last incarnation.

"I sang much then. God endowed Me with a voice whose power and beauty had a strong impact on souls…

"A little girl, I would run over fields and forests and hear the *lady*. When I sang them — people listened with rapt attention and asked to sing more. I did not compose songs: they as if poured out from Me uniting the flow of the voice and inner state…

"As I grew up, My voice became stronger — and more important things became the theme of My songs…"

Lada shows an image: when She sang, the Divine Tenderness like a Wave rising from the Depths of the Primordial Ocean suffused the space around. People listening to Her became immersed into Her Divine Light. She gave with

Herself subtlest states, and this allowed people to feel the Divine. This left indelible impressions in every soul. In Russia, people remembered Her for a long time, narrated legends about Her, and asked Divine Lada to help them to live in subtlety and love…

Lada continues the narration:

"Then our village was attacked by people who began to kill the villagers and burn the houses… I knew the power of My voice and was sure that I could stop them. I went towards them and sang…

"I was very astonished when they killed My body. They could not hear the voice of the soul…

"I have not embodied Myself since that time. However, I continued to sing the songs of love to souls, and sometimes they heard Me — better or worse… I sing now as well… Listen to Me…

"I will wash your eyes with morning dew,
"I will warm you with the caress of the sun,
"I will give you spring's water to drink,
"I will sing for you the song of life!

"The wind will touch you with living joy!
"The sun will fill your heart with morning dawn!
"The forest will whisper to you about its love…
"The music of the universe will flow in Heaven…

"Hear: your heart wants to sing its song,
"And to say to all the living: 'I love you!'
"And the voice of the Father of all the living
"Will sound in this song!

"Sing to the Father
your song of love!
"And God will gladly receive your love
and will embrace you!"

*** * ***

"An incarnate person goes through his or her karma and thus changes the course of events in the personal destiny. This person also changes the destinies

of those who are around him or her to a greater or lesser extent, depending on how he or she behaves.

"Time will show the results of the activities of this person after disincarnating. He or she together with God will sum up everything. Then this disincarnate person, no matter how high or low he or she was, will understand everything; that is, whether he or she managed to live his or her life with God, inside God, or whether the abyss of hell is waiting for him or her.

"No one among incarnate people, even the highest ones, can see totally to what extent he or she realizes the plan of God until this person disincarnates.

"Thus We observed the destiny of one of the Greatest — Sathya Sai — Who Himself will come to you some time after disincarnating and tell you everything.

"You have done great work and laid sound foundations of knowledge that will serve for centuries, for millennia! I am talking about the books and films created by our common School!

"Yet right now humanity is bogged down in vices and is far away even from a very statement of a question about the existence of real living God, with Whom one can talk, from Whom one can learn directly and Whom one should cognize and love, perceiving Him in His totality and merging with Him, with all of Us!

"As it happened before, the total collapse of civilizations that exist on the Earth now is unavoidable! But the planet Earth is quite suitable for the existence of humans and other living beings, and it will serve more.

Adler joined to the conversation and added:

"Not for the subsequent years, but for 100 or more, the criterion for evaluating the prospects of the existence of civilizations will be determined by how people perceive the Teachings of God that We transmit through you.

*** * ***

"Understand, please, how it is important to teach children to love the Good not out of fear of punishment and not just out of obedience!

"The perverted art of this time prevents Us from helping children fully! It is so difficult to reach them as souls through the 'wall of virtual computer shooters' and soulless 'superheroes', through female and male images, distorted by the 'industry of profit'!

"Almost no inspiring personages that can teach to choose Good, Love and Light consciously are left in books and films, read and watched by children!

"See how terrifying it is what quite normal children — good children — play in and dream about! When they reach 18 or 20 years of age, they don't know what they want to live for. And those who don't learn anything anymore and don't grow as souls walk on the earth, those whom death embraced even before their bodies die!

"Of course, not all people are like this. There are some exceptions, but it is so difficult for them to survive in this spiritually deprived desert!

"Help Us!"

*** * ***

"A mirror-like surface of water is an embodiment of *calm,* and if, additionally, morning mist is illuminated by the sunlight, this is sattvic *silence* of full value! Those who can attune to it touch a state of paradise."

Lastochka

On the sea coast — on beaches and over the sea — there are several *working sites* of Divine Teachers: Pythagoras, Lada, Konstantinos, Larisa, Nikifor, Thoth-the-Atlantean, Adler, Surya, Carthage. Then, after a part of the coast unexplored by us, there are places of Elisabeth Haich, Clara, Adler and Lada again, Lao, Sarkar, Odin, Boris.

Today our task is to visit the non-explored by us part of the coast.

We come there and discover a giant Mahadouble of a female Divine Teacher shining with young, frolic sexual power! In order to attract our attention, She transforms a part of Herself inside Her Mahadouble into a large swallow bird consisting of Divine Light and flies over our bodies.

"My name is Lastochka[221]!" — She tells us joyfully.

We feel that She is very happy that we can see and hear Her!

"In My history there were incarnate people who came here and understood Me, but you are the first such visitors during the last centuries!"

We ask Her to tell about Herself.

"In My last incarnation, I was a countess, a daughter of a landlord in this seaside. It was My last Incarnation, and I already had had several Divine Incarnations before.

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[221] *Lastochka* **is a Russian name for a swallow bird.**

"I was guided — from incarnation to incarnation — by great Lada. Now I fly over this beach, accept guests, give My Love and Tenderness to everyone who is capable of becoming attuned to Bliss even a little! And today I give Myself to you, My dear!

"*Lastochka* is not My real name. This nickname was given to Me due to My light temper. I received many guests in My house and arranged merriments!

"Since now I will be among you!

"I wish that your School exist forever on the Earth — the School from God, the School of God! I will help it exist for centuries. And you — with the help of your methods — have to give knowledge about Us to the current and to the next generations of people!"

"The experience of Every One of the Divine Teachers is extremely valuable for incarnate people. It is like numerous trails made through the wilderness that allow seekers of Perfection to walk much easier!"

"Your distinctive feature is Your sexuality — as a bright component of Your Divine Love! Would You tell something about sexuality to incarnate people?"

"One should not reject sexuality! Of course, except for situations that involve violence or causing other kinds of harm.

"On the other hand, even healthy and ethically impeccable sexuality should not supersede God in the attention of people who aspire to Him. In this matter, as in everything, one has to find the golden mean.

"It is also clear that with the help of sex alone, i.e. without special methods of Raja and Buddhi Yoga, one cannot come to Perfection, no matter how much one tries! (There are naive people who believe the contrary! There is also even such literature, as you know!)

"Sexuality was included by the Creator into the life programs of incarnate people with a purpose! It socializes people, teaches them to cognize, to understand, and to love each other, teaches them tenderness and caress. It teaches to GIVE ONESELF TO OTHERS! Without it, birth of children would be impossible. And education and upbringing of children is important both for development of the parents, and for continuation of the evolutionary process (the process of the Evolution of Consciousness) in bodies of people on the Earth.

"Moreover, sexual dissatisfaction creates in the soul persistent desires that impede one's spiritual progress. (Of course, I mean only those people who indeed work spiritually on themselves).

"So, sexual life is important both for psychical well-being and for spiritual growth!"

"What do You think: is it appropriate to tell here, as a kind of a joke that will make people ponder, that celibacy practiced allegedly for the sake of spiritual achievements can be regarded as sexual perversion?"

"Yes! I always believed so!

"Dedication of oneself to God — through efforts on personal spiritual development and service to Him by means of spiritual service to people does not imply renunciation of sex! On the contrary, healthy sexuality is a sign of good energy potential of the organism in the corresponding age within incarnation!

"Let Me assure you: God has never wanted from people that they renounce the sexual aspect of love — for the sake of Him! After all, sex does not impede spiritual progress — provided one has a correct attitude to it! On the contrary, it can help!

"You, Vladimir, very clearly defined in your books all the nuances related to sexuality.

"Yes, sexuality of different people can be subdivided according to the gunas. And it would be useful for everyone to study this subject and to apply the scheme of the gunas to oneself — to all ethically (and aesthetically) important emotions, thoughts, words, and deeds.

"Yes, 'mixture of gunas' can have very dramatic consequences.

"Yes, the main ethical principle is always the principle of non-causing harm to others, as possible.

"In particular, I am very glad that in the book *Sexology* you suggested that men be aware of their responsibility for the pregnancy of their female partners! Unwanted pregnancies, which often result in abortions, are the guilt of men rather than women in most cases! They are a crime of men who do not think about the consequences and make their female partners suffer!

"What concerns the erotic component in the activity of spiritual groups, you are completely right in this matter too: it brings refinement and energetical freshness, but, of course, one should behave appropriately and not tease people who think differently and can attack you.

"I agree with you in the question that one should educate the youth on sexuality and tell them about the correct behavior in sex. In this case, so many mistakes leading to bad consequences in human destinies could be avoided! And one should not be shy of talking on this subject!

"Everyone has to acknowledge that sexuality is allowable! People received it from God! Sexuality is not sinful at all, provided that people themselves do not fill it with sins!"

"Tell us, please, did You have children in Your last Incarnation?"

"It is not important! Just like you, I regarded all people as My children. Of course, at that time I had no possibilities, such as the Internet, for sharing My knowledge. Therefore, I dedicated all of Myself to providing help to concrete people living around Me."

"Did You manage to bring some of them to Your Divine level?"

"No. But I brought many close to it. Later on, some of them cognized Me in all the fullness. You know several of Them, for example, Andrei Arshavsky.

"His next incarnation took place in Russia near Saint Petersburg not too long ago. You saw Him several times in suburban trains, though you never contacted Him. Do you remember?"

"Yes, I remember… He had a noticeable appearance, a white beard similar to the beard of Rajneesh. Was it He Who led the struggle for sobriety in that region?"

"Yes. He chose Jesus Christ as His Teacher. Thanks to My lessons, He could dedicate this incarnation to real, true love for Jesus realized in Mergence with Him in one of His Mahadoubles. Thus Andrei gradually gained full coessentiality with Jesus, including the Part of Jesus that dwells forever in the Abode of the Creator.

"I see that you are impressed with His success! Yes, He, as I do, represents now One Universal God-the-Father for incarnate people! Receive His Love, His help!

"I wish success to all of you!"

"Thank You!"

Giant

Quiet autumn morning over a large forest lake. Gentle haze of mist… The odors of the forest and water blended into one blissful aroma…

We came to the water. Here is a unique *place of power* for development of the *arms of the consciousness*: the *arms* growing from developed spiritual hearts can be easily stretched to any distance *beneath* the lake's surface. One can hold on the arms the entire lake and caress the living beings in it, the trees growing on its shores…

This is the lake of Giant — one of our Divine Teachers.

He stands as a giant *Body of the Consciousness* over the lake. He is Love. And the water below Him is also saturated with Love-Bliss. When entering with the consciousness into the water, one turns into Divine Bliss!…

He does not stand immobile. No, He moves to any place where He needs to concentrate Himself for helping incarnate people. When we work on the *place of power* near the edge of the lake — He is with us. When we walk to another *place of power* situated on a hill which is 300 meters away from the lake — He comes there. On that place, He helps us to feel in all fullness the Divine *quietness* inside the spiritual hearts expanded in the Infinity…

… He has called Himself by this name — Giant — since the first moment of our acquaintance. He says that people called Him so in His last life in a material body on the Earth.

He teaches us how to become as giant as He is: to move in Mahadoubles over the lake, to support with the hands of the consciousness living beings and to saturate them with love, to caress small fishes and to feel how it is pleasant for them, or to become Infinite Divine *Calm-Quietness*…

"What would You like to tell through us to incarnate people?"

"*Quietness*! Inner *quietness*, *calm* inside consciousnesses developed as spiritual hearts — this is the main thing which can bring a spiritual seeker into Me! All the grandiosity of the Creator's Intention for people is contained in these words![222]"

"Would You tell us about how You developed when You were embodied on the Earth? Which methods did You use from the very beginning? What would You suggest to those who want to enter on the spiritual Path, but do not know clearly what to begin with?"

"Let Me tell first about the main thing.

"The structure of the *Whole* is composed of parts[223]. These parts are as eternal as the Absolute.

"The structure of the Absolute, which is described correctly in your books, existed and will exist in this form always.

"The *freedom of will*, in general, is realized through the choice — you choose in what part of the Absolute you will continue to exist further.

"In other words, *moving inside the Whole* you can choose that part of It which you want to be, becoming identified with it."

"Please tell us about Your path in detail! Every such a biography is extremely valuable for incarnate people who seek the Perfection!"

"Well…

"My path started long ago; it was natural, smooth, correct growth. It was similar to the development of a giant tree from a small seed. As a tree with

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[222] **See more detail about achieving such *quietness* in the book [13].**

[223] **Spatial dimensions (eons, lokas) comprising the Absolute (see [6-7,13]).**

every year gets another ring in its trunk, its crown grows up and wide, its roots go deeper into the earth — even so with every new incarnation, with every next cycle of life, grew My calm, power, and experience.

"I grew — through unity with nature. I always lived in natural harmony with it…

"With every such an incarnation, I felt Myself less and less a body, and more and more — a giant soul merged with living nature."

"Tell us please about Your last incarnation."

"Wait…

"… First become the mist over My lake…

"Become every drop of water hanging as a transparent miracle on the top of a fir needle…

"Become these circles on the water produced by fish touching the surface with their mouths… Stroke these fish with the hands of the spiritual heart — stroke their bellies between the fins…

"Stroke these ducks…, the reeds…

"Feel in yourself the *quietness* permeated with silent love for all the living…

"Take on your hands My lake with its shores covered with forest.

"Feel the hills overgrown with tall pines and lined with gray lichens…

"Feel the thick silence of the dark-green spruce forest, growing on the carpet of soft green moss…

"Let all this live *in you* — in the depths of your boundless spiritual heart…

"… From such a state one can merge with Me, one can perceive the world as I perceive it when I come out from the Father and keep on My Palms of Love the green carpet of forests on hills, which as if rests on the *sea of Living Light*. My lake is as if an entrance into *Its Depths*… Or — an exit from the infinite *Light* to the world of the Creation…

"Stand near Me as a Mahadouble and listen…

"… My last incarnation prepared Me for the life of an Avatar — the life for others, the life for helping them to achieve the *Freedom*…

"I spent My childhood in India. My father was an Englishman working in India, which was an English colony at that time. My mother was half-French…

"… My first deepest impression in childhood was the sea. I liked to dive. Against the background of deep calm, which I mastered in the past lives, I could swim underwater holding My breath for a long time. I did this almost effortlessly. And at a certain moment, I had a sensation that I had become all this calm and transparency of water permeated with sunlight. My body was

similar to the body of an agile fish swimming in the *tatva*[224] *of water*. I felt Myself the sea. *Inside Me* — seaweeds swayed and fishes swam; *in Me* — there were stones on the bottom, corals, shells, water plants, and the entire transparency of water. It was a completely different world!…

"… Then the parents sent Me to England for receiving education. And they remained in India.

"I felt lonely there… I asked for permission to move to My grandfather in France.

"The grandfather, raised with the ideals of the French democracy, instilled in Me the ideas of equality and brotherhood of all people, their right for the freedom of choice.

"In France, I continued My education in university. After completing it, I came back to India.

"I did not inherit the business of the father, but joined Indians in their struggle for freedom and independence of India.

"I developed in Myself then the qualities of a kshatriya which I lacked: the ability to be a leader, to fight for the life and freedom of others.

"My body was very tall. My Indian friends were as tall as the height of My shoulder. They called Me by the name Giant: for obvious reasons neither they nor I wanted to use My English name…

"That rebellion was defeated. I was jailed…

"It was in jail that I met an Indian tutor who began to teach Me another *Freedom* — the Freedom of Spirit. He recounted to Me the Bhagavad Gita and taught meditation.

"I escaped from jail. And continued to learn *Buddhi Yoga*.

"My next Teacher was a follower of the spiritual traditions and techniques of Babaji.

"Divine Babaji was His non-incarnate Guru and became such a Guru for Me.

"Not only was My body very large — the consciousness was also giant. I learned easily. The process of cognition of God went on quickly for Me. I cognized the Highest Nirvana in Ishvara[225] and merged with Him.

"In this way, I became the One Who helps others to achieve the *true Freedom*.

"And now you can see what a remarkable place I have chosen for Myself here: on the one side of it there is a Mahadouble of Great Krishna, on the other

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[224] **Element.**

[225] **The Creator.**

side — a Mahadouble of Great Babaji. They both are your and My Teachers! And I am here — a Keeper of a lake, which teaches people quietness in which Love lives!

"Listen to the Quietness! To listen to the Quietness means to listen to Me!

"And one has to try to listen — in the middle of Me!

"My friend, this forest is so beautiful! So beautiful is the world around you! Do not become dejected because of plenty of worldly concerns!

"Your next task is to expand your work across the entire Earth! However, while doing this, you must stay in the very depth of Me."

"Tell us, Giant, how can we help people more efficiently?"

"Understand: souls grow slowly…

"If one plants a cedar, only the grandchildren of this person will see the power of the adult tree.

"Such is the process of growth: the seeds of love and knowledge which you sow now — produce sprouts, but do not expect quick fruits…

"Do not be sad about this! Look from the Depth! Look with the Eyes of God! For Him, one life of a soul is just one of the numerous steps of that soul. Look from Him! Thus you will not expect an immediate result but will gain the Wisdom of the One Who has patience and always helps everyone, yet Who never interferes in the freedom of choice given to each person…"

Oleg Suhodolskiy

We went away a little bit from the lake of Giant to gather mushrooms and then to build a fire and have a lunch. Nearby there is another lake; tens of years ago we lived near it in tents and ran over forest trails training in *meditative running*[226]. These exercises helped us so much! They ensured the stability in subtle meditative states, provided us with the power of consciousness necessary for further advancement.

And in subsequent years we also came here to a remarkable *place of power* with the purpose of mastering calm in *transmirror* eons and *crystallizing* the consciousness in them. Here, as on many other *places of power*, — there are unique mushroom places!

All of a sudden, we see another Divine Teacher whom we have never met before. He stands higher than the forest, coming out from the Abode of the Creator, athletic, neat, radiating joy.

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[226] **See [6].**

"What is Your name?"

"Oleg Suhodolskiy!"

… Another Russian Divine Teacher? Wonderful!

"I am Russian, but not from Russia… I lived here before World War II when this region was a part of Finland."

"What did You do?

"'Shepherded'…"

"In what sense? In spiritual? Were You a spiritual Pastor?"

"Yes. I lived here and was happy that I did not live in the country ruled by the Soviet government. Here I shepherded young souls… Then the Soviet intervention began… I was not drafted into the Finnish army: I was Russian… I did not leave together with Finns to the north: I was Russian… Yet Russians captured Me and sent Me to a penal camp as a traitor… In the camp I died: I was killed by a guard when I tried to escape.

"And now I 'shepherd' here all who come to this place. I shepherded you as well when you worked in this forest but did not know Me."

"We thank You very much!

"Tell us: did You attain Divinity in this last incarnation or were You born being already Divine?"

"There remained a little of the Path I had to walk…

"In the last incarnation I was engaged in sports: running, jumping, I worked with sport apparatuses. And it is sport training that allowed Me to master easily the *crystallization* of the consciousness.

"My earthly Father wrote books, yet it was not related to fiction. His profession was optics and production of eyeglasses. He was a highly educated and talented person. I am very grateful to him: he raised Me very correctly. Our family moved to Finland in 1914. My mother died when I was a little boy, and she did not play a significant role in My education in childhood.

"I came to the last incarnation almost fully ready for entering forever the Abode of the Creator. I needed to do a little. I grew — as a consciousness — as powerful and pure *Light*. And I flowed into the Creator immediately once I was disembodied."

"Did You know the states of Mergence with the Creator when You lived in Your body?"

"Yes, I knew these states."

"What did You teach people in Your last incarnation?"

"I taught them sport training, correct positive emotional mood, vigor and energy."

"Who was Your Teacher before that incarnation?"

"It was in Europe. (He shows a Teacher of a Hindu appearance who worked at that time in Europe). He was a Swami."

"What did this Swami teach?"

"Buddhi Yoga. It was the same as in your case! The highest Yoga is the same everywhere: a giant and active spiritual heart, the arms of the consciousness, moving with the help of these arms of the consciousness from one layer of the multidimensionality into another, and — the Abode of the Creator!"

"Why did You need to be incarnated once more?"

"I just missed a little of the strengths of consciousness. I grew it — and entered the Creator."

"Was it a male or female incarnation?"

"I was a boy and cognized everything at a very young age. But I passed away soon — at the age of fourteen, thus I did not have enough strength for entering the Abode. But in the next incarnation I developed power."[227]

"What did You do between incarnations?"

"I was embodied almost immediately, in less than one month."

"Who taught You the meditations of Buddhi Yoga?"

"I lived in Europe, on the mainland, in a place close to the western part of Scandinavia. In the countries of that region, Guru Swami Abhedananda worked.

"Did You choose Yourself where You were going to be incarnated the last time?"

"Of course not, I was disembodied as a child!"

"How did the process of Your incarnation happen?"

"I just found Myself inside a body…"

"What earlier incarnations of Yours were most important for Your spiritual development?"

"A Native American incarnation on the north of South America. After it, I was embodied several times in the north of mainland Europe."

"What would You advise us now?"

"Feel yourself in a boat on the lake, at the time of dawn!

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[227] **In general, one should not give to children so serious programs of spiritual development: children can easily break down. This is why God decided to end that incarnation of this soul: in order that the soul can retain the achieved level of development (see [10] on this subject). As we can see, God did everything right and the soul achieved full success in the end.**

"Recall how in the past you sat with a fishing pole. This develops one so well on corresponding stages, allowing one to merge with the *Beauty*, *Harmony*, and *Quietness!*

"Yes, I remember it. Without this experience which helped Me to develop the ability to be calm, the ability to expand with the soul over the expanse of lakes — probably without it I would not have managed to achieve success today!…"

"Embrace Me, My friends! Feel Me and yourselves as one! If you feel Me as one with yourselves — you can overcome everything!

"Feel Me constantly among you! I will show much to each one of you! We will do good deeds on the Earth together!

"… Now let us come back to the present day… I love these lakes so much! And I love those incarnate people who also enjoy the beauty of these lakes when visiting them!"

Radek Volynsky

Among the pine forest, there is a sphagnum swamp overgrown with cranberries. In the middle of the swamp, there is a small lake. Above the swamp, there stands a Mahadouble of a Divine Teacher shining with Divine Tenderness.

It is also a *place of power*: a developed spiritual heart as if by itself becomes separated from the body and fills a large space over the lake; then it is very easy to look from there with the eyes of the consciousness at one's own body standing on the bank. It is a very good place for training beginner students!

He introduces Himself:

"Radek Volynsky, a Pole in the last incarnation."

We ask Him to tell about Himself.

"Yes, I lived here. Here there was our family country cottage — at the time when this land was a part of Finland. First it was My father's cottage, and then Mine.

"The harmony and beauty of nature, life in the forest near this beautiful lake, and piety of My parents created a remarkable atmosphere of our home, which was situated here.

"In the evening, we would gather near the fireplace. The mother would play music. Then we would read books aloud, talk about the meaning of life, about God. There were evenings filled with conversations about Jesus. In these

moments, very bright images appeared before My inner sight! Jesus was with us in such evenings.

"The spiritual culture of our family in these early years allowed Me to reach easily that level where God again became real for Me."

"What spiritual practices did You use?"

"I did not do anything like that. I had achievements from My previous incarnation."

"Where was it?"

"In Germany. There was a School of Yoga — an ancient school of alchemy."

"Were You connected with the school of Steiner?"

"No. My father in My Polish incarnation was interested in the teachings of Steiner. He tried to apply the ideas of Steiner, upbringing Me in nature, among its harmony."

"Please tell us more about Yourself, Radek!"

"One of the most important incarnations for My development took place in India. In this incarnation, I mastered Raja Yoga. I also learned many ethical principles, including vegetarianism, which became for Me something like soul's essence rather than a set of rules that you are punished for deviating from. Unfortunately, I did not achieve more, though there was such a possibility.

"My next incarnation happened in the Middle Ages in Germany.

"My father owned a slaughter house."

… Radek shows a coarse way of life of His father, who possessed gross personal power, and His mother — a weak, faded woman — subdued completely by the father.

"Terrified by this awful life, I ran away from home. Then I met a person who became My Teacher, My Master. It is thanks to Him that I cognized the Heavenly Father.

"He brought Me to His home where everything was veiled by mystery. He was a scientist, a doctor, and a spiritual seeker who managed to discover the Truth hidden behind the word *alchemy!* Of course, it was not about producing gold, but about inner alchemy: transmutation of a human soul — into a Divine Soul.

"He had only a few disciples that He initiated into higher knowledge. I was not included immediately into this group. In the beginning, My work was preparation of powders and washing dishes.

"Let Me tell in brief how alchemists worked with the energies of the body. As you may understand, it was the initial stage of alchemical transformations.

"Alchemists likened the body with an apparatus used for sublimation — where subtle substances are separated from gross ones.

"Alchemists subdivided the body into several levels, which corresponded to the chakras, speaking in Indian terms.

"In order to make movement of subtle substances through all the levels possible, the student first had to purify the latter from dark 'slag' which contaminated the levels.

"It was done by means of kindling 'fire' inside each level. The student had to kindle the 'fire' more and more — and spread it from the center of each level to its entire volume — and thus to melt down dark energies and push them outside the body.

"After all the levels were purified, the student could start working with the sublimation proper. This work consisted in moving the 'initial substance' from bottom to top — through all the levels consequently. And the student had to feel very clearly the change of the energy state at each new level. The purpose of this work was to find and to feel inside the body the most subtle substance which does not change its state when moving through all the levels.

"… Once servants of the inquisition, who were always interested in My Teacher, captured Me and tried to pry something about Him from Me. Fortunately I managed to pretend to be a fool and they let Me go.

"I warned the Teacher, and we all left the town…

"It is after this incident that My real learning began. I would like to tell about it later in a small story which may be called: *Pharmacist or a Story about the Philosophers' Stone*.

"In that German incarnation I was very close to achieving Mergence with the Father. I missed a little: I was short of joy, harmony, and calm to make the states that I had mastered natural for the soul. Our life under the constant threats of being tortured and burnt at the stake was hard. Apart from this, in the very bottom of the soul, I felt sad about the unrealized desires of that life: home where everyone loves each other, tender caress of the mother and the kind, understanding father…

"My Teacher, though loving us from the bottom of His heart, rarely manifested tenderness. He was quite severe with our vices, hurrying to remelt us as souls: to take away all the dirt so that there remained only 'living gold' — a soul shining with this love and impeccability.

"… After His departure, our life became even more difficult…

"So, it is with the purpose of washing away this last 'dross' from the soul that God intended My last Polish incarnation.

"It was not long: I recalled everything quickly — and came back *Home*!"

Theodor Kraisky

We are in a park in a city. Over a tall building in this park, there is a Mahadouble of a Divine Teacher.

We ask Him about Himself. He says that He was embodied not long ago in Poland and studied there the highest Yoga.

"When exactly were You incarnate?"

"My life included the year 1917."

"Are there followers of Your School at present?"

"No."

"What techniques did You use?"

"You know these techniques already; they are the same as in your case. The same God-the-Father gave them to Me as He gave them to you. From the very beginning it was Adler. I learned about Him from books. In Germany there are books that help to understand the Essence of Adler."

"What is Your name?"

"Theodore Kraisky."

"Why did You choose this building? Do special people live in it?"

"All people living in this building are My children! I carry each one of them in My hands, give them toys…"

"Why do You have such relationships with them?"

"They are all My relatives!"

"Relatives by bodies or by souls?"

He laughs and embraces us…

Igor Vysotin

We were coming back by a forest trail to a railway station after working on *places of power*. Suddenly we found ourselves in an area permeated with non-material Light. We stopped and looked around. The intensity of the Light was the highest at the place 100 meters to the left of the road. We walked there and found a Divine Mahadouble standing over a glade.

"I am very glad to see you! I have been watching you for a long time.

"I represent God for people on many parts of the Karelian Isthmus. My duty is to help people on lakes and rivers. I especially like those who in a boat in the reeds watch sunrises and admire the beauty of the Earth!"

"But who are they: fishermen and hunters?…"

"Do not disregard them! You were one of them formerly — and grew through this!

"Everyone has to be introduced to the next stages of the development according to their understanding: according to their outlook. You should not disregard those who have not accepted vegetarianism yet, but are capable of admiring the beautiful! This gives a chance to such people!

"My name is Igor Vasilievich Vysotin. I lived here before 1949. (He shows Suhodolskoe lake and its surroundings).

"At present, I lead many people to God— those who, like you, can admire the rising of the sun!"

"Could You give us advice?"

"I advise others — those who watch sunrises in boats."

"And what about You — You also ate *killed* food?"

"Up to some point — yes, then — no: I spent many incarnations among people, as you may understand! And I attained cognition of the Creator not in the last one of them."

"Where did You live in Your last incarnation?"

"In Finland."

"Who were You?"

"I lived as a peasant near a lake. I tilled the land, helped others. There was a Russian community of Lutherans there.

"Every time you visit these lakes — I will be among you!"

*** * ***

We are again on the *places of power* filled with the Divine Consciousness of Igor Vysotin.

It is amazingly beautiful here!

Soft mist permeated with sunlight suffuses the forest.

The mist dances over the lake under the rays of the rising sun…

Smallest drops of water move gently and shine in sunlight…

Like gentle hands, the rays of the sun caress the tops of pines and the bowl of the lake.

Silence…

"I would like you to tell other incarnate people about My lakes, which you know and like as much as I do, — so that people would come here to Me, where I wait for them on the banks and waters… Try to tell it so that they hear the soft lapping of waves against the boat, so that they smell the odor of the lake's freshness, so that the rustle of the reeds and the sound of the duck's wings

invite them to come here and watch the sunrise, so that they see how the gentle cover of mist is illuminated by the rays of the rising sun, so that every coming soul may be purified — by this beauty of the Creation…

"If you describe this in a film and show the beauty that helps souls to approach God, We will all be grateful to you.

"… If you could understand how much God values the all-embracing spiritual knowledge gained by you! For a long time, humanity has not had such knowledge, or maybe has never had it! This knowledge includes not only information about the Whole, but also about the ways of real cognition of it by man!"

… I repeat again and again the words of an Igor Vysotin's verse:

I am inviting you, inviting you to go
The Path that leads you to Me!
Look: here is the world! I opened a door for you!
Come in! I will embrace you with My Love!

I am inviting you to open your eyes of the heart
And look at the beauty of Life around you, at spring!
I am inviting you to come to Me among fields and forests
And I will tell you: "I am here, I love you so much!"

I am inviting you to watch the charm of night and dawn,
To listen to birds singing in the morning.
And then you can feel this mystery —
***Awareness* of living on the Earth!**

I want to give to you My sunrises,
And all the wonders of My Creation!
The joy of knowing them will take your breath away,
And your heart will begin to shine with love!

I am here — in everything! I am talking to you
Quietly, like whispering of reeds…
We are only two here — you and I! Open your heart
And listen to the voice of the Divine Soul!

Eremey

"I am Eremey. The golden light of the morning sun is My light!

"My first incarnation on the Russian land was especially significant for My development of the soul. I did not study esoteric techniques then; I simply lived in the environment where ethical norms and rules, traditions and customs ensured the correct growth of souls.

"I would like to tell a little about the way of life at that time.

"People in these lands lived in clans called *rods*. They also called the Heavenly Father-Svarog by the same word *Rod*, meaning main, universal Parent.

"The life of people was connected with the life of God and with the life of nature. It was natural and pure.

"Whether it was time of harvest, time to weave linen, to give birth to a child, to build a house for a newly-married couple — it was done with joy, and it was everyone's joy.

"Work was a harmonious action filling souls with power and enjoyment of doing common work.

"Their food consisted mainly of milk, honey, berries, mushrooms, bread, and cereal.

"Their rites and celebrations were pure and simple. Every day began with a celebration of morning. It was the rising of the sun, the beginning of a new day of life given by God!

"Of course, there were cold winters. Yet after every winter, there was spring which became a celebration of awakening of life and love! Spring's coming was celebrated as a great marriage of the Sun and the Earth that gives new life.

"In spring young women chose men and men chose women, and they became betrothed. Their spring unions of love were a guarantee that pure souls sent by Rod would be born among us.

"I, too, chose a woman which was dear to My heart and I was dear to her. We became married and had children…

"God was real for people. Our elders and guides talked to God and taught this to their successors.

"We perceived the Earth as a living being. When we greeted someone, we bowed down and touched the earth with a hand — it meant that we respected them like our mother Earth.

"Ethical norms were called customs. Vices of the soul were regarded as something unnatural and everyone possessing vices tried to get rid of them.

"Even at present there are families which are called well-cultured. They cultivate in children respect for each other, love, care, the ability to speak and think harmoniously, and this becomes a norm of a soul's life. The entire society can become such a family guided by wise spiritual leaders. It was so when I, for the first time, embodied in Russia.

"… Next time I lived in Russia at the time of tsar Ivan IV (Ivan the Terrible).

"In that incarnation, from childhood I used to live a free life! I used to feel freedom, to be in the free state of the soul. To flood, to expand with the heart to the entire expanse — thus I lived: as a free bird among the expanses of Russian nature.

"A free bird flies where its heart wants to fly! It seeks only freedom! And in whatever work it becomes engaged by the call of the heart, the bird gives all of itself to it.

"The free bird does not enter the work timidly, looking for the ways of retreat. It is free; it has nothing to reserve or to lose. And with its whole being, it engages in the chosen work.

"Thus I lived. In whatever work I was involved, I strove to find, to discover in it new expanse for the flight of the soul. In every situation, I strove to find, to discover new horizons of My freedom."

"But how did You cognize everything that You teach to us?"

"I finished a school of Buddhi Yoga similar to yours…

"But let Me continue My story.

"In that free way of life I could not find something important, I felt that the main thing had not happened in My life yet…

"Therefore, I sought 'to meet the destiny' — that is a trial which is called *the moment of truth*: when everything insignificant falls out by itself — and one can see clearly what is the most important in life. By going through such a trial, one can learn what he or she is up to.

"For this purpose I entered a detachment of troops that was sent to search for a lost mission led by a noble envoy. We had to find out what happened to him and rescue him if possible.

"Having reached the border area, we found out that a part of the mission was killed. What happened to the rest including the envoy was not clear; most likely they were taken captive.

"We sent a messenger with this information home.

"And I decided to go alone to the local ruler. I went in the state of absolute calm, with My heart opened to the entire expanse! Behind Me there was a *flight*

of freedom; ahead — _meeting with the destiny_ awaited Me. What could that ruler do to Me?

"When I was brought to the ruler, I told him that I came to offer Myself in exchange of the captive envoy. The ruler was very surprised and decided not to kill Me, considering Me a very unusual captive.

"My destiny led Me further — the ruler soon gave Me as a gift to another ruler in one of the Asian countries. There I became a slave in the house of a royal counselor.

"After some time, I learned the language of that country, and My position in the house changed. Knowing My honesty, the master of the house made Me his assistant and entrusted Me with some duties in running the household.

"These duties were related, among other things, with going to other places. Thanks to this, I could see much new, could converse with many people and learn more about the life in the East. This provided Me with invaluable experience! In the way of life of these people and in their outlook there was something more deep and profound than in the lives of people I knew in Russia.

"Living a measured life among southern nature, I learned to submerge in the state of deep _calm_…

"Though I was formally a slave, I did not feel Myself constrained. Doing some work by My body on the material plane, I just _accepted_ the conditions as they were. And with the consciousness I flew over the earthly world as an eagle flies over the steppe.

"I knew that I had achieved freedom from everything worldly, and whatever would happen to My body I would… continue flying as a free bird.

"Yet I felt that something important awaited Me on My life path — something that I had not lived through yet. Therefore, I just lived and waited patiently for it to happen.

"And finally this meeting occurred. A caravan from India came to our town. In this caravan there were three healers selling medicinal preparations. They also offered their healing services.

"We met in a bazaar. I wanted to buy some medicine from them for the family of the counselor. But they saw that I, as a consciousness, was large and developed and said that they could also teach Me how to use this medicine correctly, could show Me their healing techniques. I got interested and agreed.

"They told Me that mastering the art of healing requires a certain transformation of oneself. And under this pretext, they began to teach Me the methods of cleansing and developing the chakras and meridians.

"I felt that I began to change thanks to this work and became interested in it sincerely. And soon wonderful changes happened in Me that I felt as if a door to a completely new life had been opened for Me…

"I understood then that these people were not just healers but keepers of secret, higher knowledge…

"… After some time they left. And I, thanks to them, managed in that life to learn the art of Raja Yoga and to prepare Myself for further stages of spiritual ascent…

"… Then I was embodied in Russia several times…

"All birches and pines, grass and flowers, woodcocks and black grouses were My friends. I admired the beauty of the Earth! I stroked its surface as a lover caresses the beloved. Joy and bliss overfilled Me and flowed out from My heart to everything that I saw around. Goldish-pink sunrises filled My heart with tender beauty — and I became Light of Love over the earth!

"A Free Soul is like a bird which soars in the height and nothing constrains its flight!

"A Free Soul is like a river which has united with the sea and has no bounds anymore!

"… My Path from beginning to end — is the Path of heart: from a human heart to a Divine Heart!

"When I traversed this Path to the end, it was time for Me to become a Tutor for others.

"… In one of My last incarnations I guided a *forest school* of Assyris.

"They were called *forest schools* even after the baptism of Russia. But the meaning of these words had changed: *forest* began to mean 'secret, concealed'. The great spiritual culture that existed in Russia before the coming of the 'Christian' inquisitors was now destroyed with fire and sword, in the very direct sense.

"Only a few survived, those who managed to hide themselves in the vast Russian forests…

"In earlier Russia, the spiritual culture was accessible for all people. Now the *forest schools* accepted only a few — the most worthy ones.

"How did I teach those who entrusted their lives to Me? In the same way as I teach you now among spring birches and songs of black grouses…

"I rose as a *Goldish* 'Divine Sun' from the Abode of the Creator — and taught them to become Love! I taught them to expand with the spiritual heart over the expanse, to caress with the hands of the consciousness forests and fields!… From the *Depths*, where the Divine Heart shines, I touched the hearts of My students showing them the Path!…

"… I taught them not only meditation. We lived at the time of the Orthodox inquisition! And every one of us needed to master stalking[228] no less than Native Americans at the time of the Conquest.

"I knew very well what could happen if one of My students took a false step… It was enough just to become suspected — and the School would be destroyed completely.

"Unfortunately, we could not live an absolutely closed life. Everyday concerns made us interact with the world and this required from every one of us to be very watchful, alert. My students had to learn not only the mastery of meditation but the mastery of stalking as well; they had to be masters of people's psychology. It is thanks to this art that our School existed for many years, and I managed to show the Path to many souls.

"… There was a young student in the School — almost a boy, of a soul as pure as spring water. How did he manage to survive this dark time being such a pure soul? I do not know. Younger than others, he was liked by everyone. It seemed that he consisted of cordial love alone, of a pure heart, and this heart was open to everyone…

"Once he had to go to a village nearby. The next day he came back, but not alone… His face shined with joy: he brought to us one more student, who wanted to enter on the path of love… My poor boy! He was so young and inexperienced that he was deceived by false words. He did not recognize the evil disguised as a person of piety. But I could see who this new student was and understood very well what it meant for us…

"The next evening this new student disappeared… I knew that we had very little time. I ordered all students to collect the most necessary things and food — and to leave immediately, to go far from this place.

"Once the students left our abode, I knew they were safe. I knew also that I had to stay, had to face death here…

"… They came at the dawn, as a pack of 'dark wolves'; their torches like yellow eyes. The pack was led… by our 'new student' — a devil in black cassock. Raged by the fact that they found no one but Me, they decided to burn Me alive…

"… Do not grieve about it! I left the body before it was touched by the tongues of flame. And when My empty body was consumed by fire, I rose over the Earth as a *Goldish* 'Divine Sun'!

"And I continue to live thus now!"

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[228] **See about *stalking* in the chapter *The Teachings of Juan Matus*.**

"Eremey, what advice and directions can You give to those who walk the spiritual Path?"

"Become power without ceasing to be subtlety!

"Master alertness and watchfulness, ceasing not to be tenderness…

"Become leaders and spiritual chiefs, ceasing not to be humble!

"Learn to be the 'Sun of God', yet do not cease to feel those touched by your Rays!

"Cognize the state in which your desire to remain in the Abode of the Father substitutes all other desires of the soul!

"The absolutely naked, free from all veils, perfect soul[229] appears then before the Universal Source! Free and absolutely pure, it submerges then into this Source to remain in It — in the Creator of everything existing! Thus the cognizer and the Cognized One unite and merge into one.

"And then, moving apart the dense covers hiding the *Depths*, the new *Divine Soul* emerges, shining with *Rays of the Great Sun*, ceasing never to be the *Source*!

"… You have to learn to live and to act so that the work of service does not bind you to the worldly things even a little! You must not regard anything worldly as your foundation!"

* * *

We walk a deserted road in the country, after working on a giant *place of power*. This place ended, and ahead there is a large village… or, to be more correct, the remains of a village…

Some time ago, this village had cattle farms, hundreds of cozy houses with gardens… And now — there are only three houses looking decent… The rest fell into decay: ramshackle houses with uncultivated land overgrown with weeds… A young boy in the street carries a bottle of vodka… A woman with two children, her appearance, too, is marked by desolation, tiredness…

… In our city beggars asking alms became usual. Sometimes it is even hard to determine whether the beggar is really in misery or just wants to collect money for a drink. There are also cases when criminals make money on a cripple: in the morning they bring him, as an animal from a zoo, to his 'work place'; in the evening, they bring him home and take all 'earned' money away.

… But here… — there is fertile ground everywhere, there is the forest!…

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[229] Free from the covers of the strata of multidimensional space. It does not mean death of the physical body: this state is achieved during life in the physical body, with its help.

Eremey came and said sadly:

"People forgot how one should live on the earth… Decay comes there where the hearts are empty and souls degrade!… Decay begins in the human souls — and only then it occurs on the material plane. The reason is not the material poverty and material difficulties… They are consequences… Decay begins with the degradation of souls…

"… In our time it was also hard to live. In My *forest school*, we did not always have material sufficiency. We often moved to new places to avoid persecutions… Yet however simple our way of life was, it was not desolated! Even in a simple dugout there was a hearth warming us. The space where we lived was illuminated with love and purity!

"The great truth is that a truly rich person is the one who has the Love of God in the heart, who shines with love, gives love! This wealth cannot be taken away by life circumstances or even by the death of the body — this is the wealth of the soul filled with Love, the soul consisting of Love and giving Love!…"

"Eremey, how can we help people? How can we change what happens here and in the whole country? How can we redirect souls to love, to a life in harmony with nature, with the Earth, with God?"

"I almost envy you! Now you have so many possibilities: books, films, the Internet! In one second you can reach the other side of the planet not only with the consciousness but also materially! And you can proclaim the Truth about God in many languages!

"… These truths will come back to Russia as well some day…" added Eremey.

Then He continued:

"I also want to tell about ecology. This is a very promising direction now. But people relate the word *ecology* only with the struggle against the pollution of the environment.

"Your task is to make the ecological direction of knowledge more broad and profound for the entire humanity! Let the knowledge about the multidimensional space make people understand that it is not only material garbage that contaminates the environment, but one's states of the soul also become imprinted in the space where one lives, making it either pure and harmonious or dirty and coarse!

"Let everyone living on the Earth accept this knowledge and the necessity of corresponding transformation of oneself as a norm of ethics similar to the norm of not dumping garbage in the place where one lives! And let people regard as their home, as their place of living not only their flat or house but the entire planet!

"The western people are quite close today to this understanding: vegetarianism and the Green movement are accepted by a number of them.

"But it is necessary to supplement this with the understanding of one's own responsibility for the state of the soul. One has to explain to people how the states of the soul influence the material plane.

"When waste oil is dumped into a river or sea — everyone understands the destructiveness of this process. But dark emotions of anger, aggression, hatred radiated by human consciousness to the surrounding space is a similar phenomenon: they create negative *places of power* where such people live or just sit to have a rest. And other people, who happened to be nearby, get sick!

"And if such states of hatred towards people of other faiths or views are incited in masses by leaders-devils, then this results in various kinds of inquisition: human associations for destroying otherwise-minded people. And then wars occur — small or big.

"Everyone living on the Earth has to accept responsibility for the state of the soul in which they live and which they give to other souls!

"And then much could change. People would cease to waste their lives for producing things destructive for humanity. They would understand the mechanism of how wars and terrorism originate. They would not teach children anymore to hate and to kill: for example, they would not produce computer games in which children learn to shoot and to destroy; they would not fill TV, cinema, and books with images of violence and killing. These things poison the health and destinies of children, the destinies of future generations!

"Let the beauty of the Earth and creative work, harmony and purity — become ethical standards!

"Give to people your knowledge about God, about transformation of oneself, about the meaning of life — and then the life of nations will change to better!

"Do not be sad that no one wants to walk the Path of *Light!*

"Do not be sad that not everyone needs the Divine Home!…

"Do not be sad! It is simply the time of winter now!

"Everything will change soon; you will see it yourself.

"Awaken gently those who are ready to wake up."

"And what about the rest?"

"There is God! And His children are not deprived of His care, even those who sleep and see frightening dreams…

"Do not be sad! I know for certain: *Spring* and *Light* will be on the Earth!

"Meanwhile learn to be Me and to live in Me!

"I am very glad to see your transformation, which happened with My help, in particular!

"We all observe you, and Many of Us, known and unknown to you, are glad for your sake! And I am glad, because you are My children! I contributed a lot to this work. I am proud about this and feel joy together with you!

"Feel that all the living breathes in Me. It breathes, and this means that it lives!

"Spring is My Love! It is always a sunrise!

"Love is mergence of souls similar to mergence of waters!

"With pink morning tenderness I embrace you, with rays of the sun I caress your faces!

"I enter the hearts open to Me and fill them with calm and morning joy!"

Orthodox Priest of All Russia

"… Once I was embodied at the time of the first Christians. I was not a direct disciple of Jesus and did not see Him. But the *wave of Jesus,* which roused humanity at that time, touched Me as well… I, like many others, was killed by Romans in the state of unshakable faith in Jesus, believing that *He would receive Me*… And I attained the paradisiacal state then.

"After that I was embodied several times, developing missing qualities of the soul, multiplying love, wisdom, and power in Myself.

"In Russia I was embodied from an almost Divine state with the task of bringing Christ's Love to the hearts of people. I was an Orthodox priest. I studied very carefully the traditions of 'pre-Christian' Russia, which remained in small centers in the woods. They were considered 'pagan' and were destroyed…

"I tried to save what remained in them, managed to understand a lot and, thanks to this, to attain Mergence with the Father. But I could not unite for people the best things in these two diverging currents… I did not manage to change the history of spirituality in Russia…"

"Tell us, please, a bit more about Yourself…"

"Well…

"I received a spiritual education in Moscow. It was the time after the reform of patriarch Nikon, when passions had not faded yet. The ideas of the reformation of the Orthodox Church were still in the minds, both in good and bad ones.

"I was filled with the desire to reorganize the life of the Church according to the commandments of Jesus Christ. My heart and mind were burning with ideas of transformation of the spiritual life.

"Because My passionate speeches excited the minds, I was sent to a remote parish after completing education.

"I considered this as an exile…

"… Foothills of the Ural Mountains, backwoods…

"A small dilapidated church, which looked like a hermitage, stood solitary in the forest, far away even from villages which belonged to its parish.

"When I was sent there, I heard gloating whispers behind My back:

'He will learn now to be humble and silent! There will be no one to speak with in that place!… There is an old monk-prior, one of those troublesome *non-possessors*. He has taken a vow of silence and does not say a word in the whole year…'

"When I came to that place, I felt grief and sorrow. Does anyone here need Me? What is My purpose here?… The old monk-prior had been living here for forty years. And what? Is it My fate too? One can go insane because of this…

"… But the eyes of that monk were full of amazing warmth and tenderness…

'How have you lived here alone, father, for so many years?!' I asked.

'Why alone? I live with the Lord Jesus…' the old monk Nikolay smiled in response…

"… And he began teaching Me *hesychia — inner quietness*.

"I learned to experience Jesus in My heart.

"Before I had lived in love, but now I learned to submerge My deep passion into the depths of calm and silence…

"Now the *cordial light* filled everything in our life.

"… But the old man Nikolay died soon. He left quietly as if he fell asleep and woke up in the paradisiacal abode of souls…

"… I started to revive the spiritual life of people living in the villages around and helped them how I could…

"… Once I tried to save the life of a child who was seriously ill. I did not have deep medical knowledge. The boy had a fever and stertorous breathing. I did with My hands what I could to help him and prayed to Jesus in My heart to heal this body. In some moments, it seemed to Me that the life of the child's body was supported by the power of My hands…, but a recovery 'thanks to a prayer' did not happen…

"Almost a day and a night had gone by when a woman of amazing beauty entered the hut… Thick white hair, serene blue-gray eyes… She stood

motionless for several seconds in a doorway, having seen Me, dressed in black monastic clothes, on My knees before the bed of the child… Then She resolved, entered, bowed down to the ground to all, and said quietly:

'Go home, father. I will heal the boy!'

"I was on My last legs. I went out of the room and began praying, but fell into the pure and bright *Light*… There was only *Light*… I did not know at that moment that it was the *Light of Her Consciousness*… I thought that I fell asleep and dreamed…

"When I awakened, the child was almost recovered and was sleeping quietly. The woman had gone…

"Who was She? From where? No one knew…

"… Once, when I went too far in the forest, a kind of bag fell over My head, and I was bound and brought somewhere… I thought it was robbers and, having called Jesus in My heart, fell to My knees and prepared to die.

"But I heard words over Me:

'He does not intend to do anything bad. Unbind him.'

"When they took off the bag from My head, I saw an old tall gray-haired man and many people — old and young, men and women… Among them there was the woman Who healed the boy. Her name was Rada…

"In that way, thanks to the Will of God, I found Myself in one of the communities which saved the knowledge and traditions of ancient Russia… The old tall man who ordered to release Me was a clairvoyant and a leader of these people. Rada was his granddaughter.

"Being pursued by a new wave of the inquisition, started at that time against the *Old Believers* as well as against all non-Orthodox, people of this small community went away from the persecution farther and farther into the forests… They planned to spend winter in that region, and then to go in spring beyond the Ural Mountains, farther to the Siberian woods.

"… I told them about Jesus, about what He taught. They listened, agreed with everything, but refused My proposals to adopt Christianity officially…

"… I also began learning the spiritual knowledge of ancient Russia. I realized that Jesus taught His closest disciples *the same*, just described this in other words! It is this that I missed in My previous spiritual quest!…

"Rada had time to teach Me healing and exercises of meditation — special methods for development of the consciousness. She said with sadness that now most of Her relatives thought more about how to survive rather than how to cognize the Father-Svarog…

"She rejoiced greatly at My progress…

"To learn at that forest 'temple' was so joyful and easy for Me! As if the soul was released from a cage and flew, expanded in silent delight — together with the light of the rising sun — over the expanse of the earth: over a river, over a distant forest… Like in a forest lake, the soul submerged into the *Light of the Earth* and dissolved in the bliss of being *Light*…

"In that way I learned to be a *soul-Light* which is free from the corporeal flesh…

"I mastered everything easily: the consciousness *crystallized* in the previous lives and *hesychia* mastered thanks to the old man Nikolay, helped the heart, aspiring in love to the Lord, to Mergence with Him…

"… But My education with Rada did not last long…

"I had time to warn in advance My new friends about the approaching of inquisitors who wanted to burn them at the stake…

"They left in late autumn…

"… I began writing a book where I tried to unite the true Christianity with the knowledge about development of the soul and cognition of God which I received from Rada.

"… The more I worked the more Jesus helped Me. I received from Him more and more new meditative techniques for self-development. Jesus led Me, and I submerged deeper into Mergence with the Father.

"… At last, the book was finished… I described in it My ideas about transformation of the Church and codes of ethical precepts for the laity and priesthood…

"At that time, the tsar started some reforms in the political structure of the society. I saw that it was a chance to change the course of the development of Orthodoxy in Russia…

"I came to the capital. The tsar received Me and listened to Me. But He did not like My words about spirituality of 'new Russia': he dreamed about other glory of the country!… He gave My book for consideration of the higher clergy…

"… They did not even torture Me. My work scared them so much that I was executed right away in order that none of My thoughts could leak out of a torture chamber. All My records were burnt…

"… I accepted death easily. Jesus was with Me.

"And I became One with the Father!"

Rada

"… He has told you almost everything…

"I just can say the same but using other words…

"My grandfather, after the death of his only son, My father, began controlling people in a very strict way. He wanted to save the faith and ancient traditions of Russians, but his control almost turned into a new bondage for us, since he did not allow us to help those who were not from our clan, who professed another faith; he did not allow us even to come close to villages.

"We began to live worrying about ourselves too much, hiding in the forests.

"… Once I heard an appeal for help, addressed to the Father-Svarog. The call was so strong that I thought: probably someone of Great Spirit was in trouble. I came to the grandfather, but he did not allow Me to go, saying:

'There are none of our people there and cannot be! Sit still, otherwise we all will get into trouble!'

"But I disobeyed the grandfather. When all fell asleep, I went to the call which shone like bright light in the night.

"It was easy for Me to find that village and that hut from which the call was coming. Having entered the room, I became afraid for a second, glimpsing monastic clothes…

"Then I looked closer and saw a miracle: it was indeed a priest, but the power and *Bright Light* was flowing through His arms: as if He tried to heal as we do, but did not know what He was doing…

"I asked Him to leave… And I healed the boy… When I came out, I saw Him in the inner porch… I have never seen a face of such beauty: curly light hair falling to shoulders, a light gentle beard, refined features; He was very young… His name was Alexey…

"When I came back, the grandfather was angry. He knitted his brows and kept silence… I bowed and said:

'Grandfather, I have never seen a heart shining so brightly in the soul of a man before; I have never seen such purity and power! Allow Me to speak with this man…'

"The grandfather prohibited:

'Do not dare disobey! You are like your father!

"I saw how he feared for Me and obeyed, but God Himself decided what will be.

"Our people mistook Alexey for an eavesdropper and brought Him to the grandfather.

"The grandfather and elders listened to Him for a long time about Christianity, about the life of Jesus, about His Teachings… And Jesus was here, filling the space around with the *Light*…

"Then the grandfather gave in and said:

'There is no escaping fate… Do as You wish! If He asks to learn — teach Him! But do not cry afterwards!'

"It was easy and joyous to teach Alexey. It was as if I took off dark clothes from Him, and shining purity opened… It seemed to Me that I was freeing a fettered bird… It was enough to take the fetters off, and He spread His wings easily and freely, and nothing could impede His strong flight any more.

"Admittedly, I had one problem with Him… I fell in love with Him with all My heart from the first moment when I saw Him… I knew that He also loved Me, that there was nothing in Our love but only the purity of two souls, united in a marriage by the Love of Svarog… But Alexey considered earthly love as a 'sin' until Jesus Himself told Alexey that intimacy between a man and a woman united by the cordial love in front of the Heavenly Father is pure…

"However, Our earthly happiness did not last long…

"I had already known the Abode of Svarog, but He was only beginning to cognize it…

"Nevertheless, I learned a lot from Alexey…

"I learned to aspire with great love to the Heavenly Father! I learned His burning desire to help all people… I had never met such an ardent heart shining with the light of love!

"Only when I began teaching Alexey, I Myself for the first time really experienced the Power of *Svarog* Which could be manifested through Me to another. I Myself straightened up, having cognized His Love to His children.

"I understood Alexey's desire to help all people… At that time, He had already intended to do a great undertaking: to change the foundations of the strict faith in Russia, to make it so that everyone can address God with love, that horrible fires would not burn, that tears would not be shed in Russia anymore…

"And at that time I also realized how it is difficult to cognize God-the-Father, to approach Him, and to merge with Him without necessary knowledge and methods. I had them from My birth and did not realize the great importance of what I had. When I saw the aspiration of Alexey to the Father, I understood how this knowledge is necessary for seekers…

"Soon time came for our clan to leave and for Me to part with Alexey. I did not tell Him that I would give birth to Our child… Even without this, the parting was too hard for Him… But He could not give up the intended

undertaking for the sake of His own happiness. I only asked Him to find us if He survived…

"… Our son was born.

"My grandfather was very pleased and said:

'It is good that it happened as you wanted, granddaughter: Svarog sent a Great Soul into the body of the boy!'

"… When the grandfather left his body, I led the life of the community organizing it in a different manner. I began creating a spiritual school from our withering community in order to give people and Our son an opportunity to cognize the Straight Path to the Father-Svarog.

"I knew that the future of souls on the Earth depended on Me, that everyone knowing must make a contribution: each one as much as one could. We must not leave the Earth as it is! It must not happen that on the Earth there will be no Children of Svarog Who can show the Path to people!

"I knew from Alexey the scriptures of Christians and the disputes between the 'old' and 'new' faiths. And I could speak to people with the words of Jesus.

"I began seeking those who were ready to hear the words of God and wanted to change their lives… I began looking in villages and in the communities of the *Old Believers* for the souls who aspired to God not only with words. I began teaching those who aspired to the Father with all the soul. I did not find many and did not do a lot, but I did not allow that the straight road to the Father was overgrown and forgotten!

"… I went to the Home of the Father-Svarog, but the *Sun* of Our Son Eremey rose, as the *Sun of Svarog*, above the earth! He recreated the *School of Soul*; He did what I tried to start…"

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"I am very glad for you! I help you all of the time! I suggest that you place in yourselves that sun which shines in Me. The one who abides in Me — becomes My Soul and gains life in Me!

"I suggest that you, too, use My pink Sun — to avoid the world of sorrow. The one who turns by the soul into the Joy of Rada — forever settles in Me! From this stage only one step remains to the Abode of the Creator!

"It is very easy to settle in the world of God if you have joy in the soul! Sorrow, depression, hatred are for hell. But calm, quiet, flowing love, love-happiness of communication with Me, with living nature is the Path which I sought and traversed. By this Path I have led very many people!

"One has to use this stage — especially among those ontogenetically young, including children — the ability to live in the *joy of the light of My Sun!*

"I suggest that those who begin their Path to Me settle in this tender pink *Light* and stretch the arms of the soul from this *Light*.

"Help souls settle in Me — and I will guide worthy ones to the Abode of the Creator!

"Recall Me at least every Sunday and then the entire week I will be with you!"

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"I would like to tell also about little children of pre-school age. Adults have to change their attitude towards such children!

"Little children are a source of joy and happiness! Almost all of them come to this world as souls similar to blank pages: *to begin creating anew their lives on the Path to Light!* And it is adults that begin to "write" children's destinies by introducing into them the seeds of either good or bad qualities!

"When a soul comes to the Earth (is incarnated), it is difficult for the soul to become used to a small child's body, to its limited material and mental abilities. The soul has to master relationships with the outer world through intermediates: through adults and peers, who surround the baby. The soul anyway absorbs everything — both good and bad: on this stage of development children are not capable of discerning them.

"It is the seeds of good that adults have to introduce into children souls! It is very easy to do — in early age by addressing the soul, the consciousness of the child — without using an intermediate: the manas of the body. The effectiveness of such education is very high, but adults themselves have to be in the state of love, otherwise the result will be the opposite.

"It is very important to exclude from relationships with children the ways of educating them which use only the commands like: 'it is not allowed!', 'do not go!', 'do not touch it!', etc. One necessarily has to explain to the child why it is allowed and why not. Then the child develops the ability to think rather than to react primitively to the commands of adults.

"Adults think that they know better than children, but this is not necessarily always true. Adults have to observe more attentively the behavior and reactions of children in different situations before trying to educate them. And then adults can avoid making many mistakes which are harmful to children."

Knyaz Dmitry

Once in the forest, our new Divine Acquaintance brought us to His *working site*. There was a giant — kilometers-wide — Marquee of His Light with its epicenter located on a hill overgrown with heather, pine, and birches. There we found also a large *stone of power* filled with His Energy.

The Master of this place created here His Appearance in the form of a Mahadouble. In the *Depths*, His Divine Flame shone with Light coming from the Abode of the Primordial Consciousness.

This place was very convenient for conversing with Him.

"What is Your name?"

"Knyaz Dmitry.[230] These are My places.

"Do not hurry to write this down! Try first to feel Me entirely: here over the surface of the Earth, and in Mergence with all the Divine Souls Who embrace our entire planet with Light, and in the *Depths* where All become *One* — One Divine Consciousness!

"… And now — listen to Me and write down My story!

"Yes, I am present here and throughout the entire Earth! My Heart, united with the Almighty Father, is beneath all the lands that are now called Russian, and those called Ukrainian, and those called Belorussian, and those where Europe is surrounded by the northern seas — I am there as well!

"Several of My lives in bodies were dedicated to peace, prosperity, and protection of these lands!

"I lived there at the time of pre-Christian Russia, at the time of Dmitry Donskoy, at the time of False Dmitry…

"Especially significant were My two last incarnations. In the first of them, at the turn of the 15th century, I cognized the Creator. And I came to the second incarnation from the Creator's Abode.

"My last biography is well described by historians. That time My name was *Dmitry Pozharsky*.

"The history chronicles describe 'feats of the body'. But the main feats are spiritual feats, the ascent of the soul to the Divine Unity!

"… It makes sense to tell in more detail about My next to last incarnation. It is a story about walking the Path to God in very difficult conditions!

"At that time Russia was divided into principalities. Egoistic and mean decisions of the rulers struggling for power and wealth caused wars and bloodshed…

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[230] ***Knyaz* is a Slavic title that can be translated into English as *duke*.**

"The ancient knowledge of pre-Christian Russia was almost completely lost. The true Christianity — that is the great Teachings of Jesus Christ — was concealed from people…

"Just as a tree that was deprived of its roots dies, a country deprived of knowledge about God dies as well! If people lose the feeling of their God-the-Father and love for the Earth, they also lose ethics and spiritual power! And then bloody riots begin…

"At that time, people tilling the land had to pay all kinds of tributes — to the nobles, to the Church, to the southern khans, to the northern lords!… Thus they did not want to work hard, because no matter how much you produce, your harvest would be taken from you anyway!… You could even lose your life if you tried to protect your harvest!…

"Those producing harvests were poor and hungry… Many were killed in the internecine wars of the rulers… Treachery became a norm of life… Sons rebelled against fathers; brothers betrayed brothers… Merchants were afraid of going to these lands: even if they managed to bring and sell their goods, to return home alive was an even more difficult matter…

"These dark times lasted for centuries… And it was not easy for people to discern what was good and what was evil, and where was the Truth…

"… It was the task of Those Few Who retained Unity with God-the-Father to save human souls from darkness and to direct them to Light…

"… Having been born in these conditions, I had to develop love so that I could serve God and people. I also had to develop wisdom in order to be able to see the unity of the Teachings of Jesus and the spiritual knowledge about cognition of the Creator that existed in ancient Russia. I had to develop a great power of the soul as well…

"In that incarnation, like in My last earthly life, I was a knyaz, even though that My inherited lands were not large.

"Since five years old I was an orphan: My parents were killed before My eyes, our house was burnt.

"A man of great cordial love saved Me and raised Me then! He taught Me Christ's Precepts of Love. He helped Me understand that it is not revenge but aspiration to peace that the leaders of the nation have to demonstrate! He wanted to grow Me as a spiritual leader who would unite Russia, would stop internecine conflicts and killing of people!

"With his help I gained a profound faith in God whom I did not know yet. I also understood the meaning of My life: to save Russia!

"… Having grown up, I began to try to realize this task.

"I had a strong body. The consciousness was also well developed in My past lives. And My ability to live as a spiritual heart was growing from year to year.

"My deep faith in God, personal power, and aspiration for Good attracted pure souls to Me. I organized with My friends a troop that began to guard the life of people in My lands. Many of those seeking a peaceful life came to Me under My protection.

"But this caused anger and hatred in many neighbor leaders.

"They did not adhere to the peace treaty! Guile and treachery were the rules of politics of that time in Russia!…

"… Our neighbors wanted to seize our land, and we did not have enough power to keep them from invasion for long. We would not have withstood if a war with them had occurred. Therefore, I decided to assist the process of integration of the princedoms that was going on already.

"… My word of honor and My faithfulness in alliances were almost a legend. It was impossible to force Me or to bribe Me into betraying another.

"And My enemies tried to kill Me several times.

"After one of the attempts of assassination, I met Volhva, who possessed the spiritual knowledge of ancient Russia. She initiated Me into Buddhi Yoga. She showed Me the Path to the Abode of the Creator!

"My foster son Radonezh protected Me during the assassination. He was heavily wounded, and Volhva treated Him. Then She taught us both — him and Me.

"It was not easy for Me to realize that the skills and miracles demonstrated by Volhva were not magic, not pagan sorcery, but a Manifestation of Divinity. They were as natural for Her as, for example, one's skills of growing vegetables and cereals…

"… The Higher Knowledge is the art of raising and developing human souls to the level of Divine Souls.

"A soul can cognize the Creator and can begin to live in Mergence with all the Divine Souls in the Ocean of God-the-Father!

"It is not important how one calls this Ocean: God-the-Father, the Universal Creator, Rod, Svarog, or by some other name…

"In this way, gradually God became for Me a real, living Teacher rather than an image on an icon.

"… Many of your followers will have to go through this stage of transition from some abstract belief in the existence of God to real perception of Him and then to cognition of Him.

"It is wonderful and remarkable when the soul casts away all the religious dogmata, and the shining Truth becomes apparent to it!

"… In those years I managed to feel God, began to cognize Him — and He provided His guidance to Me. Then I always felt His guiding hands in My life!

"… I hope that some time in the future I will tell you about it in detail. Now let Me just outline the main milestones of My learning from Her.

"This knowledge about the Path is common for all true spiritual Schools. Different are only some nuances related to the peculiarities of the region where people live and their way of life.

"In the beginning, one has to understand and feel from one's own experience that man is a soul and that the body is but a clothing given to us by God for living, learning, growing, and working in the material plane.

"Then the students come to the stage of cognizing their independence from the body — cognizing the freedom of the soul transformed into a giant spiritual heart. Such a soul gains the ability to see and to hear in the subtle worlds of Light, and to act there with the help of the arms of the consciousness.

"After that, one has to 'raise' and to realize the Kundalini energy.

"One also gains the first opportunities to touch the Divine Consciousness.

"At this stage it becomes natural for the students to live as a Mahadouble.

"The students also master the methods of *total reciprocity* — the ability to merge with God, to become dissolved in Him.

"The next stage implies cognition of the Divine Fire and treatment of all the energy structures of the body with this Fire.

"Then one learns to enter the Abode of the Creator.

"Then one has to master the ability to come out from the Abode as a 'Sun of God'.

"At this stage the soul becomes so large that it exceeds in size the volume of the planet. You know very well that this requires certain time…

"… Then I had to leave Volhva for some time… I and Radonezh went to the west with an emissary mission of peace.

"There I met Danish Lady. In that incarnation She was a Danish queen — Margaret of Denmark.

"I imparted to Her the spiritual knowledge learned from Volhva.

"… There were remarkable conditions for growing the spiritual heart in the expanse of the seaside! First, one had to enter the most subtle state of the consciousness — and then to submerge into the *Depths* of the Ocean of the Creator.

"Together with Her we thought much about a better state system for life of people on the Earth, about peaceful alliances of states, about a common religion.

"This period did not last long. I had to go back home. But in Russia everything went differently from the way it was planned in the Divine eons: there is always the freedom of will of people… My incarnation was finished by God — and I merged into Him!

"… The death of the body looks like a tragedy only to those who do not know God. To those who know the Creator, the departure from the body means entering the Blissful State of *Oneness!*

"… I realized My Mission of serving people of Russia in My next incarnation, which was the last one."

"Were You aware of your Divine status, of Your Unity with the Creator?"

"Not in the beginning. I *recalled* Myself later, when I was wounded in Moscow. In the process of restoring the health of the body, I restored also My conscious Unity with God.

"Then I lived the rest of that incarnate life in this Unity. I lived in the state of a 'Sun of God' united with the anahata of the body.

"God directed My every step, My every act. Thus I was realizing His Will through My body.

"… Do not regard too critically the work of Those Who incarnate Themselves from the state of Unity with a Mission of Service but do not remember about Their Coessentiality with the Creator! One's incarnation in such a situation is always a Great Sacrifice, a Great Feat. It is undertaken by Heroes of Divine Spirit for the sake of helping incarnate people! They bring new ideas, new waves of Light that help evolving souls develop in the correct direction! One needs an enormous Power to withstand the tension between the material world — and the fullness of the Divine Awareness in such an Incarnation…

"… And today I can help you bring the great knowledge about God to all the nations of the Earth!

"I provide My help to those who enter on the Path of Good! I would be glad to help souls seeking the Divine Unity to become acquainted with your materials!

"Whatever the profession is, everyone may bring their work in accordance with the Intention of God for mankind. If you do so, you merge your life with the flow of the Divine Life!

"And if the flame of love begins to burn in your spiritual heart — then all your life becomes transformed! You heart begins to bloom! Your essence transforms and refines! Your vision of the world changes — and with your influence the world will begin to change as well! Every person is a particle of the Divine Creation! Every person is a soul capable of creating!

"Love for our Earth, love for people transforms man in a positive way!

"But the main transformation begins when one develops love for God-the-Father!

"Pure and mature souls come to this transformation. This allows the sources of the Atmic Energy to be opened for them — and then such souls gain the ability to cognize the Higher Self.

"The Great 'Sun of God' comes close to the body of such a person! The Flame of Divine Love envelopes everyone who has entered the Abode!

"And then such a Soul can cognize Its Coessentiality with the Creator and can enter the Creator's Abode forever!"

Volhva

We are in the forest, on a clearing surrounded by pines and birches. This place is filled with the non-material tender Divine Light. It is a manifestation of the Divine Consciousness of one of the Holy Spirits.

"Will You tell us Your name?"

"Volhva.[231]"

"Do You have another name?"

"My former name was Vasilisa, but when I became a Magus, I abandoned this name because it was not important."

"Tell us please about that life of Yours on the Earth and about the lives of Magi in those times!"

"We were several Magi — bearers of the higher ancient knowledge about God. One of Us was My foster father. I was always with Him and learned everything what Magi did and knew.

"I was very young when My mother died. And I had no other relatives. Thus from early childhood I became a student of Magi.

"As I grew up, I was taught little by little the higher knowledge about God, about the structure of the universe, and about the laws of the Universal Evolution. I was also taught practices intended for the development of the consciousness. The words and images used in the teaching were different from the modern ones, but the meaning was the same:

"There is one common Universal God — the infinite and eternal Ocean of Subtlest Consciousness. The task of every soul is to develop itself, approaching

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[231] **Name *Volhva* in Russian means *Divine Magus Woman*.**

thus the state of God. This implies also that at higher stages of the development one has to become the creative Divine Fire coming out from the Great Calm."

"Tell us please a bit more about that life of Yours!"

"In those times when I became a Magus, it was very difficult for a woman to become one of those chosen who could study for God, that is those who were initiated into higher knowledge about the Path to cognition of God and to Mergence with Him. It was already the time when the ancient spiritual culture in Russia had to hide itself from persecutors and to exist in secret… Those who preserved the knowledge and practices of the great spiritual past had to hide themselves in thick woods… Magi, few in number, took for students only those of strong spirit — to be sure that even being subjected to torture the student would not yield to persecutors the higher knowledge and skills which can be used for influencing the material plane. But even among these students there were only a few capable of encompassing intellectually all the profundity of the higher knowledge.

"In those years, there were also other people calling themselves Magi, yet not deserving this title. Their intentions could be good, but they passed the knowledge to unworthy people or could serve selfish rulers… They might believe that in this way they helped to preserve the invaluable wisdom and ancient culture, but in reality they contributed to the degradation and perversion of the Divine Knowledge. The Goal of Mergence with the true Divine Power was substituted with the mergence with devilish power of the beings of hell…

"… People in every country have religion and rulers they deserve… Only a few souls can be an exception to this rule in dark times of degradation of spirituality.

"There remained almost no free spiritual communities by that time. The Initiated had to live in loneliness unable to change the course of events in the country where rulers and clans fought for power… In that situation, They tried to preserve the purity of knowledge for future generations — when people would change their minds and would recall about the Divine purpose of their lives on the Earth, about the laws of Great Harmony…

"… I told you already that My foster father was a Magus. He undertook a brave and dangerous step: He went to the world and began to preach. He did not try to introduce into the worldview of people the higher knowledge about Mergence with the Creator, which would be too difficult to the majority of them; He just taught basic ethical principles and ethical purity. He went from village to village, sang songs and told stories. His name was Bayan.

"Once He came to a place where members of a community keeping ancient spiritual knowledge were all burned alive by persecutors. He found there only one little baby, which escaped death. It was Me.

"He tried to give Me to a family in another village, but no one wanted to adopt a child…

"Then Bayan accepted this situation as a Will of God for Him — and began to raise and to educate Me as His daughter and disciple.

"With time, some skills of the soul accumulated in past lives awakened in Me — clairvoyance and mind reading. I also had a strong character, being almost stubborn sometimes. It was not easy for Him to teach Me the lowliness and peace of mind, the ability to live not as body but as a soul growing as a spiritual heart.

"He taught Me to control My emotions and desires, taught Me to move subtlest energies through the energy structures of the body. And with time, this proved very useful for our performances before people: the audience submerged in the energy field of love created by Us, and thus they could receive much easier what we showed, told, and sang to them. For some time, this gave Me much joy and satisfaction…

"Bayan wanted to end My education at this stage… But it was not enough for Me: I wanted to become a true Magus, I sought the fullness of submergence in the Ocean of the Creator-Svarog!

"And Bayan began to initiate Me gradually into the meditations of Buddhi Yoga.

"Once He brought Me to a small group of the Initiated living in solitude in the forest. After some hesitations They also agreed to teach Me…

"… When Bayan departed from His material body, I went to live with those Magi. They taught Me the art of healing, the art of controlling flows of the Atmic Energy, the ability to enter the state of 'non-I' when one can become aware of the power of Svarog. They taught Me to raise the Fire of the Creative Power to the body and to send projections-images to the material plane.

"I cognized Mergence with Svarog — and it seemed to Me that all My desires were realized…

"… Time passed by. I began to live separately from everyone. I had a small hut near a forest lake. And I had the Ocean of God where I could submerge in meditations…

"… Yet the desire to share with others love and knowledge brought Me again to the world where people denied the Precepts of God, where there was violence and bloodshed…

"Usually I would come to people as a healer — and in such situations I could help to heal the soul no less than the body.

"Thus I met Dmitry known to you (His name in that incarnation was different, but it is not important now). And I could teach Him everything I knew.

"… After He left according to His predestination, I began to seek students to teach them.

"… After that time, I embodied Myself twice. Once it was together with Dmitry in order to help Him with His Mission. (That time His name was Dmitry Pozharsky). After that I embodied Myself again in the north of Russia at the end of the 18th century. It happened near the place where you met Us recently…"

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"To open for pure hearts the gates to the Power of Svarog — isn't it the highest goal of every developed soul? Isn't it the highest service to the Universal Creator?

"One has to learn how to purify oneself as a soul in order to receive and then bring the Light-Giving Knowledge to the world!

"In order to create one's own life and lives around — one has to become aware of oneself as a soul! Yet one cannot do it without knowing about our common Creator, our common Father!

"You should comprehend that the true *awareness of oneself* can be born only if one understands that a human being is an important part of the Divine Creation due to special abilities that differ him or her from God's other creatures and allow him or her to cognize the Creator and to achieve Mergence with Him.

"The one who can submerge the mind into the spiritual heart — can achieve the purity of thoughts.

"The soul aspiring to unity with God has to learn to think in the purity of cordial love!

"Man can become united with the Creator through the spiritual heart! Through cordial love the reality of God becomes open for such a person!

"Let everyone learn to think in cordial purity — by submerging the mind into the Ocean of Love and Calm!"

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"A sprout is united with the soil. Without the soil, no sprout can grow!

"It is the same with the nature of man. Man cannot grow successfully without being united with the Source of everything — with the Creator! Man has to become aware of connectedness — through the 'root' — with the Divine Source of life!

"A soul which has transformed itself into the spiritual heart becomes a part of universal beingness that gains the ability to grow and to work in conscious Unity with God!"

Helena Sabashnikova

Once our Teachers suggested that we visit one of the difficult-to-access areas at the coast of the Black Sea.

We went there by car.

When we were about 40 km away from the coast, we felt that we had crossed the border of a *working site* of a Divine Teacher unknown to us.

We stopped and looked around. It was a Divine Mahadouble giant in size; it was like a non-material sun several tens of kilometers in size that rose from the Abode of the Creator!

"Could You tell us Your name?"

"Helena Sabashnikova."

… Then for a long time we explored this area with its remarkable possibilities for spiritual work. We chose a place on the coast most suitable for meditations and stayed there.

Soon we noticed bottlenose dolphins swimming about not far away from the beach.

Then a large beluga, two meters long, swam close to us. First we thought it was a dolphin. But dolphins come to surface from time to time, and this fish did not. Having noticed us, it quickly swam away and disappeared in the sea.

After that, we noticed in the water close to our feet a small shark — spiny dogfish — about half a meter in size. For the first time we could see a shark in the sea, not on TV!

Yet, we came here for the sake of God — He is most important to us!

It turned out that one of the favorite higher meditations of Helena Sabashnikova was the meditation *Temple*. We discovered that this place of Hers was most suitable for mastering this and other meditative methods of a similar level of complexity. It was like an open gate to the Primordial Consciousness!…

Very close to Helena Sabashnikova there was Divine Pythagoras showing us His favorite meditations…

We asked Helena:

"Will You tell us about Yourself?"

"I will tell those parts of My biography that can be useful for incarnate people.

"Before the last incarnation I had two other important incarnations on the Earth.

"The first one of them took place in the 11th century in the territory of modern Ukraine. That time I was incarnated in a strong male body and became a merchant. I traveled a lot, in particular, by rivers and by the sea. I wanted to visit other countries, other nations rather than to accumulate material wealth. I was in India too. This incarnation ensured for Me significant growth of the personal power and development of the intellect. In that incarnation I developed also the aspiration to cognition of God.

"My next incarnation took place in India in the 17th century. It was fully dedicated to meditation. I missed a little bit and had not managed to achieve Perfection: I missed the ability to dissolve Myself completely in the Creator and to remain in this Mergence. A powerful personal 'I' capable of performing strong meditations may have difficulties with dissolving and disappearing in Ishvara: in the Primordial Consciousness. Without such a *disappearance* one cannot gain *Birth* in Him.

"In the last incarnation I lived in a female body at the turn of 20th century in Russia. Having a female body can be very beneficial on the Path, because the desire to give oneself to the beloved, to dissolve in him is more inherent in women.

"In Europe of that time, there was a large interest to the spiritual heritage of India, and many books with esoteric research appeared. I read them and perceived the information not 'with the head', as most people do, but with the developed consciousness, which recalled and reproduced the experience of meditative states cognized in the past. Some words and phrases served as impulses that allowed Me to submerge into the Boundless Primordial Light; I longed so much for Unity with It!

"India attracted Me. It seemed to Me that it was enough just to come there and I would find God, would achieve the long-awaited Unity…

"And God helped Me realize this dream.

"I married the merchant Sabashnikov; My family name comes from Him. His business flourished. He encouraged My spiritual search and could provide Me with necessary funds.

"So, I went on a spiritual journey to India. I did not seek exotics but strived to gain cognition of universal God.

"I did not find a spiritual Master who could help Me in this task. But non-incarnate God — Krishna and other Representatives of the Creator — guided Me through *places of power*. I did not know about *places of power* but could feel the changing energy of the surrounding space and could attune to it. I perceived it as Divine Darshans and tried to retain these states as long as I could, tried not to lose the Unity which I gained in meditations. Thus, submerging deeper into Him, I grew in Mergence.

"After coming back to Russia I did not write books or memoirs: the revolution happened and changed the way of life of very many people… For Me it brought an end of My incarnation, and I came to the Home of the Creator!

"Now I am glad to help you in the development of the ideas of ecopsychology and ecotourism: I, too, walked this path.

"I embrace you! You cannot imagine how much I love you! There are no words to express it! You are the first of incarnate people who managed to perceive Me here completely!

"I will invite you to come here to Me again and again!"

Piotr

"Tell us please about Your life. We know that You were embodied the last time in Russia in Soviet time. Today it is quite hard to find people capable of comprehending serious knowledge about God, say nothing about those years of total atheism in our country…"

"Yes I did not manage to find anyone."

"Please tell in more detail how did You meet with God? How did it begin?"

"I was born in the town of Rybinsk situated on the Volga river. I liked to watch the sunrise near the river, to expand with the consciousness over the water, to fill with Myself the expanse of sunlight, to love and embrace with the arms of the spiritual heart all the living beings.

"From childhood I liked to read books and sought new ones to read. I was never satisfied with reading.

"… One day we — young pioneers — collected waste paper for recycling. Among it, I found a book without a cover with paper yellowed by time. It was the Bhagavad Gita published before the revolution. I hid it and took it home…

"At home I hardly could read its verses because their meaning was unclear for Me… I understood almost nothing yet could not stop reading it. Thus I learned for the first time that there is Something that I was never told about… I felt a Great Mystery behind these words — and I decided to unravel it…

"… One must be omnipotent Krishna to make such a book come to a boy in the Soviet Union!…

"And My Krishna found Me! He found Me in a provincial town, where red banners and slogans hid the absence… of the inner content.

"… In My previous incarnation, I was a devoted follower of the Lord Krishna.

"Infinite is the Love of Krishna — a loving Father Who leads His children — incarnation after incarnation — to His Abode! He leads them until the love of the follower and the Love of God merge in *Unity*…

"My Path is very similar to yours. I could add only that in that incarnation I lived in the northern part of India and worked hard all My life on developing Myself as a consciousness: I grew the spiritual heart. I worked in the tradition of Krishna, learned His Divine Yoga. I had a wise friend and considered him My guru. We led a solitary life and, being guided by Krishna, dedicated all our time to meditations aimed at cognition of the Creator and to studying and realizing the Teachings of Krishna which He left to people in the Bhagavad Gita.

"Krishna did not abandon Me in My next earthly life.

"… When I finished school, I had to decide how to build My life further. My life was already filled with God: I knew for certain that there is God, that He is living, that He is Light and Love. However, people around Me did not know anything about Him and did not want to learn! I had a feeling that we were from different worlds; that My world, where there was God, exists separately from their world, where there was no God. I wanted very much to unite these 'worlds' and decided to study further.

"I went to Moscow to continue education and entered a historical department of the university. In addition I Myself studied the philosophy and history of religion. I worked much in libraries and archives.

"After graduating from the university, I was sent to work in the historical-art museum of the town Rybinsk. Soon I became its director and accepted the entire responsibility of this work.

"I still dreamed about awakening people and infusing the light of knowledge about God in their souls, about breaking a passage through the wall of ignorance — into the Beingness of God. It was incredibly hard to do in Soviet atheistic Russia, where the state rule 'There is no God!' was accepted by the majority of people as an undoubtful norm of life. In this way, it was easier for people at power to control the crowd. Thus they substituted God and the true meaning of life with the Communist Party and its ideology of artificially making all nations happy by promising them 'to build socialism and

communism in the entire world'. It was convenient for the crowd as well: one can live without thinking, without feeling responsibility before God for one's own deeds…

"In the museum I arranged lectures on history and art. Describing the history of religion, I could impart the knowledge about God which I had. It was not allowed to speak publicly about God in another way. I tried to teach people at least to ask themselves: Why do I live? Is there God? What is love?…

"I also wanted very much to find like-minded people who could comprehend the knowledge about God. Yet all My attempts to talk on this subject caused only misunderstanding and sometimes even mockery.

"I was almost desperate about finding anyone but suddenly I met a girl who understood Me to My surprise! She became My wife, My companion, and My only student.

"I traveled a lot throughout the entire country, conversed with different people, watched and studied the psychology of different groups of people. I lived as if in a museum. In the time of the Communist Party governing, there were many unique 'exhibits' of perverted human souls! I understood that the reason for this was in a complete absence of God in the lives of people! But My lectures-preachings could not break the wall of the atheistic darkness and ignorance

"Because of such activity, I was dismissed from the museum and the KGB opened a file on Me.

"With My wife, we moved to a village and lived there on her tiny salary of a teacher: in the local school she taught in initial classes. I could not find a job: everyone refused to employ Me under various pretences… And I abandoned these attempts.

"We could survive thanks to the forest: we gathered and stored mushrooms, berries, and various herbs. We also had a small vegetable garden.

"But material difficulties did not bother Me: I was used to being satisfied with little. I felt uneasy that I could not bring the Light of God to people: no one wanted it!

"Then I directed all strength of the soul to merging with Him. I meditated almost all the time. I submerged with the consciousness into the *Depths of the Creator*, into His *Purest Light*. I merged and dissolved in His *Tender Calm*.

"The more darkness was outside Me — the stronger I loved Him. And I submerged deeper and deeper into the *Heart of God* and merged with Him. I also helped My wife: I taught her what I knew, taught her to cognize God.

"She was a remarkable person: kind, sincere, caring, tender, and loving. We were an ideal couple. Our relationships were full of harmony and mutual understanding.

"We had no children, but students from the school where My wife worked visited our house often. And we tried to instill into children souls the main truths about kindness and love towards all living beings.

"Probably, some parents could not withstand 'the burden of love and kindness' in their child and informed the KGB about this…

"I was taken at night, quietly and without any accusations was brought to the KGB. And as quickly, they made up some lie to accuse Me and shot Me dead.

"I accepted death calmly, being in full Mergence with the Creator, Whom I loved more than My earthly life.

"The only thing that I pitied was that I managed to do too little for Him…"

"Piotr, we would be glad to hear from You advice about what we should do to become better."

"First you have to abandon all the aspirations of the individual self. Following these aspirations cannot bring one to *Mergence* with Me. Understand?

"Try to look, for example, at your habitual way of life from the standpoint of the Higher Self: what in it conforms with the life in the Higher Self and what has to be changed?

"Review your way of life from the state of the Higher Self. You must not live as an individual self anymore — even as a giant, good, and pure self! Your life must become completely a manifestation of the Beingness of the Higher Self!

"Now, do you understand what you must manage to do during your lives on the Earth?"

Bogatyr of Russian Land

"What is Your name?"

"Bogatyr of the Russian land."

"Was it Your real name? Did You have another name?"

"Bogatyr[232] means 'the One Who carries God'. The usual human name has little significance for God-the-Father; the essence is more important."

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[232] ***Bogatyr* is an epic hero in Russian folk stories.** ***Bogatyr* means *One Who carries God*.**

"Could You tell us about Yourself?"

"Well, listen to My story about God-the-Father and His Children — Bogatyrs. There were many of Them throughout Russia; They served God-the-Father and people!

"I loved the Earth beyond all measure!

"Expanse, fields — were My home!

"I lived on this land long ago, far before the coming of Orthodoxy to Russia."

"How did You live?"

"How I lived? — very simply: I cognized God-the-Father in My *spiritual heart*, and soon His Sprout appeared in Me, in My heart.

"I cared about this Sprout: I fed it with love and tenderness, protected it from evil.

"This Sprout grew into a powerful Tree and united two hearts: Mine and God's.

"I grew this Tree not for Myself but for people: I wanted to help them learn how one can live a happy life on the Earth!

"A happy life is not possible if one does not know God-the-Father! If an earthly joy comes to man, it disappears very soon… A joy could be as small as a grain, but when it leaves there remains much sorrow…

"I cognized the Great Path to God-the-Father — the Straight Path! This Path goes through *love* — from the human heart to the heart of universal God.

"Only the *heart* knows the way! Not the physical heart that beats in the chest but the *spiritual heart*. It resides initially in the chest and begins to grow from within it far outside the body, to expand to all the Earth and even farther!

"It is not a fantasy but reality! But people more willingly accept all kinds of false ideas which can justify their vices and misdeeds… And they regard the Truth as fantasy… Why does it happen so? — because of the perverted mind…

"This is why one should seek the Truth with the *heart*, first of all! And let the mind become a helper in this quest!

"What you gain at the end of this Path will be a reward for your efforts! As free and pure souls you will enter the Home of God-the-Father — to live in universal love and harmony, and to serve the common good!

"There is no happiness higher than this!"

Kurgan-Bashi

South west Russian steppe, a lot of lakes.

In front of us, there stands a giant, larger-than-our-planet Mahadouble of Kurgan-Bashi. Together with Him there are His Disciples, Who attained a similar level of Divine development. He introduces Them to us as His Army.

His Mahadouble — giant in size — pervades easily the matter of the whole Earth. One can also clearly see where it originates from — from the Ocean of the Primordial Consciousness.

To be in the state of connectedness with Kurgan-Bashi here is more convenient than to be in one's own body.

"How did Your Disciples develop? What methods did You use for attaining the Divine heights?"

"We lived on horses. Riders on horses with the open arms growing from the expanded spiritual hearts… They meditated embracing with these arms of the consciousness all the expanse around: 'All this is mine! This is My steppe! This is My love! Earth, I merge with You, my Mother!'

"Through this they 'drowned' in the Consciousness of the Earth, merging first with It and then with Father-Svarog.

"In this way our training happened — on horses, in the expanse of the steppe!"

"How did people come to understand the role of the spiritual heart — in life in general and in training?"

"Our mother Earth gave it to us! The arms of love are the main motto and the main condition for this work!"

"What did you eat? The nutrition of steppe nations was usually based on milk and meat of animals. They also hunted. We know this from history."

"This concerns other nations. Yet it was not so with our dear Russia! I am Russian too! Our Army consisted of Russians! And, as you read and know, the '*killed*' food was not prevailing in Russia always and everywhere."

"What did you eat anyway?"

"Milk, kumiss, cheese, various herbs, and wood flour."

"How did you produce this flour?"

"It is trivial: by grinding dry bark of willow and thus making of it tasty and delicious flour, which possesses also medicinal properties! You know what salicylic acid is. This flour saved us and our horses from various afflictions. We had neither plague, nor cholera, nor even simple sinusitis — we did not know such diseases!"

"Did you know bread, cereal?… Did you make some kind of a flatbread?"

"I did not know anything like that. It was not My way — to make food of cereal. Milk food — yes."

He shows white round cheeses.

"This was My food! We even fed our horses with these cheeses! We also used flour of herbs, wild nuts. We had honey as well, but it played a little role."

"Well, your men lived on horses. And what about women — what did they do? They too rode horses?"

"No, it was different. The woman's lot was the house. We were not nomads. Every family had its own house, and the husband imparted all his spiritual knowledge and achievements to the wife."

"On horses?"

"No. No one forbade women to ride horses, but normally women were busy with the house and with everything about it."

"Did you till land? Did you grow onions, garlic, and other vegetables?"

"Onions, garlic — yes, potatoes — no. We stored vegetables for winter."

"How did you store them? You had no means of preservation!"

"They got frozen very well! Of course, we had wooden barrels, troughs, wooden dishes. Spoons were also made of wood. We used metal for making knives and swords."

"Did you have to wage wars?"

"The only case when we had to wage war was to repel invasions of Turks. Sometimes they came to these lands. In one of their campaigns, they came to our steppe, and then we had to fight. We easily repulsed them! They did not know that heroes lived here! Once they came to know it, they just went away without bloody battles. They sought only not populated lands."

"What can You advise us?"

"Look how many beautiful Divine Flowers — My Disciples — I am showing you now! They are like sprouts from the abyss of the Primordial Universal Ocean!

"A similar Army has to grow around every one of you! Then you have to move to different regions on the Earth. Your community is small, and you will have to keep the connection with each other and to create as many such Flower Gardens as possible!"

"Do we have to do this in the incarnate state? Or do You mean that after disincarnation we will have to collect students? At present, there is only spiritual darkness here!"

"Some of you will travel on a ship to other countries, others will fly on an airplane, others yet will remain at the seaside. Everywhere you will have to gather a spiritual army; no one will have to stay alone! One is not a warrior when being alone! Only when there is such an army, one can repulse an attack of enemies even just by showing oneself to them!"

"In what time did You live here, in what period?"

Kurgan-Bashi is slightly confused:

"It is perceived as a single moment, as a single piece of time… It was the time of 'pre-Christian' Russia. This land was inhabited by Slavs."

"I am still concerned about your women… Did they have no chance to know in meditations this *expanse*, to achieve higher levels of spiritual perfection as men did?"

"No, it was not like this. Our people understood that there are many incarnations. And we had quite a different culture: there was no drunkenness, there was no awful spiritual degradation which one sees at present throughout the Earth, in these lands as well. Tenderness, caress, caring about each other, about children — it helped remarkably the female inhabitants of this steppe! The manifestation of love which you know under the general word *sattva* — it was a remarkable woman's lot, preparing her in the best way for the next incarnation — for flying over the earth and embracing the entire planet with the arms of the consciousness which became perfect!

"First, every wife learned to love the husband and children. And it was really so! The spiritual heart, the arms of love — all these guaranteed paradise during life in the body and in the time between incarnations. After that it was necessary just to go one time in a male incarnation through a collective flight of consciousnesses among the expanse of the steppe! Actually it is all that was needed…

"Of course, different souls came to us in incarnations… Souls came from different corners of the Earth and from extraterrestrial incarnations… Yet… it was enough to go through one such a female incarnation in *sattva*, to master the state of *sattva* — then through a male incarnation among horses and the steppe… — and this guaranteed quick cognition of the Creator, Mergence with the Creator !

"It was all beautiful, strong, and scientific as you would call it now. That is, the science about the development of soul existed at that time already."

"Tell us please about how You lived. What did You do after meditation-ride, meditation-flight?"

"I lived as the wind: it ceases to blow — and there remains only the infinite transparency of the air around! Even so the spiritual heart: when the flight-meditation stops, there remains only the *Light of Love — Divine Light* abiding in Calm.

"The name *Kurgan-Bashi* means 'Mountain of the Father'. I had many names… Many times I came to the Earth… I became *Home* for all who sought Me.

I became *Father* for all who loved Me, went to Me. I became Him Who

submerges others into Himself.

"Feel My Hands and My lands on these Hands: steppes, forests, lakes!… And riders on horses! All these lived in Me year after year, century after century! And I accepted all who achieved — into Myself."

"How do You live now, what people do You help?"

"I live as you see Me: I rise as a *Great Mountain* from the Infinite *Depths*. I open *Boundless Light* to people of the Earth! You can help to make this *Light* evident for many people by telling about Me! I will speak and show — and let them hear the song of steppes, see the mirrors of lakes! And let My presence fill with the *Light* all who look and listen!

"I want to tell people about the mother-planet where we live. Love for it can heal souls and unite people in creating good for all beings of the Earth!"

"Tell us more about Yourself!"

"I came to My last earthly life as the *Divine Light* of the Creator. I had to help My people to restore the simple and clear Way to the Father.

"In the land where I lived there was no tradition to record the knowledge about the Highest. There was memory about it in tales and songs. But generations of people usually lose this knowledge after the Divine Messengers leave.

"When I had been embodied in these lands before, the relationships of people in families and communities were full of calm and mutual respect. But the next time I was embodied — I saw squabbles and quarrels, offended old men, humiliated women, men fighting for power…

"When I was little, My mother sang Me songs and told tales similar to those of Lada. I listened and easily recalled past knowledge that was present in Me.

"I grew and began to collect friends around Me. Young boys, we pastured horses. I taught My friends to be winged and fearless hearts, which do not want something *for themselves* but want to *give to others*, which protect others, care about them. I taught them to purify their intentions, taught them honesty, kindness, and unity…

"When we grew up, people in the community began to pay heed to us: they felt Great Power *behind us*.

"Soon I was elected as the head of the community, despite the fact that I was young. And then — everything was easy.

"It was simple: flight of the soul, pranava, then — the *'Heart of the Earth'*, and deeper — the Abode of the Creator. In this way I led disciples into Myself.

"To learn to be a flying, winged heart capable of Mergence is a very important step on the Path.

"Mergence of the consciousness was helpful to our horses too. These

beautiful animals learned to understand their riders without words. The consciousness understood the consciousness! Together with us they felt the flight of the souls! It was their 'run' to human incarnations!

"My Army became a shield of Slavs' lands. For centuries, no one wanting to plunder could pass through the land where the God's Riders lived. No war starts on a land where love and Divine Power reign!"

Alagar

It is a next time that we travel through the expanse of the steppe where there is a giant Mahadouble of Kurgan Bashi.

Today apart from Kurgan Bashi, one of His Disciples brightly manifests Himself.

He shows Himself as He was in the last incarnation — a rider on a horse. He begins His narration:

"My name is Alagar. I was one of the Warriors of Kurgan Bashi's Army.

"I want to tell modern people about our School, as it was at the time: about how we lived, how the members of our community grew spiritually, how we raised our horses, how we taught them 'to fly faster than the wind'… It was our meditation together with the horses…

"Friendly, non-violent relations with animals can give remarkable fruits! Such relations are very useful for souls!

"You may have heard about one of the modern methods of healing — therapeutic horseback riding; it consists in close interaction of ill people with horses. Try to imagine how much more perfect and wonderful this interaction could be if both the riders and their horses are full of strength and harmony!

"Our horses, too, made their progress in the development of the souls: in this way they were prepared for birth in the human body.

"As other living creatures tamed by us, they learned to serve humans with great joy! We tamed not only horses but even birds. They were winged messengers between people separated by large distances. It was our means of communication between communities. We had other kinds of tamed animals as well.

"I want to emphasize that taming did not imply coercing. It was based on love-friendship which helped development of souls of people and animals and prepared them both to higher levels of conscious existence. It is the emotions of love that help souls cognize subtlety and beauty — as a source of bliss during one's earthly life and after it!

"A similar Mergence with Divine Souls in the emotions of love — at the next stages of the evolution of souls — allows people to learn living at higher levels of subtlety of the consciousness and prepares them to birth in the eons of Light and Fire of the Creator.[233]

"Relationships in our families were also very important. Spouses had great love for each other! It would not fade away with time but burned as an even flame! The spouses were united by their common spiritual growth! Spiritual closeness of man and woman, giving love-tenderness to each other, giving birth to children — all these gave them higher enjoyment of merging bodies and souls in the tender ecstasy of mergence! Together they raised their children. All these were very important milestones of growth of the souls as love!

"Mothers had enough milk for breast-feeding their babies not only during the first year but longer. This breast-feeding was not only needed for the child's body but also served as training in *Mergence of souls* — mergence of the souls of the mother and the child! It is important both for correct development of the mother and represents an important stage in the formation of the child's soul during the first years of life. Such a Mergence of consciousnesses is possible even at the Atmic level of subtlety — if the mother knows this level. But let Divine Women tell about this. They know very well such great possibilities of spiritual growth in the work of raising children — possibilities of development of the souls of mothers and their babies!

"Our elders departed from their bodies in a joyful and calm state, with full understanding that only a part of their long life came to an end. This part took place on the Earth — and now it is going to continue in Heaven, far from the material plane!

"They were not only elders who could face death calmly and joyfully. Everyone who approached this threshold entered the new life without fear, knowing that there would be a continuation of existence in new bodies obtained through new births — for those who needed it for personal growth and for approaching the Creator.

"Harmony of life with nature and keeping with the laws of life established for people by God — such was the unshakable foundation of our existence.

"… Songs of skylarks, morning dew, tender sunrises…

"We had the following tradition: we washed our feet and faces with morning dew. Since childhood we were taught to do it. It strengthened the connection of man with the world of nature. It also helped us open energy

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[233] One can find more details on this subject in the Gospel of Philip.

channels in the body, and these channels began to transmit easily flows of sunlight and then flows of the Divine Light.

"We had the tradition to watch sunrises and praise God, and together with Him to feel joy about the coming of a new day! It had an effect similar to the effect of your exercises *Awakening* and *Giving Away*. Thus people gave their love as an offering to the Heavenly Father and Earth-mother!

"In farming, we had no consumeristic attitude towards nature. We cared about it and built our relations with it on mutual giving.

"The harvest from fields was always shared equally, taking into account the division of work between the members of the community. Food was common for all the members. Not all of them could equally produce it: some were engaged in handicrafts, others constructed houses, yet others grazed horses, and so on.

"We worshipped Earth-mother as a Great Soul. When we sowed a field, we interacted with it not only by the body but by the soul as well. Thanks to this, the food collected from fields had a much better energetical quality than your modern food! Fruit and grain were much more saturated with energy-light! It was food for health and joy of souls and bodies! Mother-Earth nourished us with its love!

"It was the same in relationships with domestic animals. Imagine a mare or a cow who gladly gives a part of her milk to her human friend, and compare it to a cow in a giant modern farm living a life of a captive, being used as a milk production machine…

"All problems of that kind could be solved in the modern world through accepting God's ethics. It is important to understand the ethical precepts and to apply them in relationships of people with nature, in relationships among people, and in relationships of people with God.

"And it is not important at which stage of growth-development every particular soul is: the first smiles of love of young souls are also a great joy for God-the-Father!

"People seek bodily enjoyments — in food, in sex, in various entertainments… But satisfaction of one's need for bliss could be much stronger when the interaction takes place not at the level of the bodily perception but when the soul actively gives blissful states and receives them in response!

"It is also important not to become too obsessed with seeking enjoyments! True Bliss and Satisfaction can be gained only from Mergence with the Creator in mutual love! And everything preceding this just prepares man to the main Mergence and to the main Bliss!

"… Once in My childhood I found a swift wounded by a falcon. I took it into My hands and saw how it died… Then for the first time I felt how short the life on the Earth was and how much I had to manage to accomplish before death would come to Me as to this bird!

"After that case I dedicated all the years of My life to searching for the Abode of the Creator. I sought where and how one can continue life after the end of the earthly part of the path. And this ensured My personal success and made it possible for Me to share My knowledge with the next generations."

"If you knew Kurgan-Bashi, Who possessed all the fullness of knowledge, why did You need this search?"

"Kurgan-Bashi gave higher knowledge to those who thirsted for it, who sought it, and not to those who had no need for knowledge yet. If higher knowledge and meditations are not needed by the person as one needs air for breathing and living, then this knowledge becomes a useless gift burdening the soul of the one who received it without seeking and then discarded it…

"Love, harmony, life as a soul transformed into a living giant spiritual heart, understanding that it is a joy for God to see His children loving each other and caring about each other — these principles were imprinted in us since childhood! The very way of life in the community taught us this! And meditations for growth of the soul, for gaining power were given only to those who had grown in their personal evolution to the need to cognize the nature of man and God, to burning with great love for the Creator.

"In meditations on growth of the consciousness, we descended to the fiery core of the Earth and moved further to the *depths* from where the core of the Earth 'opens like a bud'. In this way from those *depths* our planet was born.

"… It is very important that the attention of man be not completely immersed in the concerns of the material plane! Then one can begin study one's own essence and the essence of Everything, the meaning of our life on this planet, in this 'abode' of the material plane. And when the soul cognizes its true essence — then it comes close to cognition of the universal Creator.

"One has to teach people how they can free their lives from everything unimportant and unneeded, and how they can make the space of life opened for exploring oneself-soul, for exploring the universe and the Creator! One has to teach to people brotherhood of great and small souls and organization of the society on the principles of love!

"And the soul can cognize its essence only from the state of a developed spiritual heart! There are no other possibilities for this!

"This is the main knowledge that was established by the Assyris' ancient School of growth of souls. These are the traditions that were saved and

developed by Kurgan-Bashi. Today Anastasiya tries to reestablish these traditions. This is the ecopsychology that was born again on the Earth through the common works of yours and Ours!"

Dobrynya

"I grew during many incarnations; I was embodied not only in Russia but in other countries as well, including those of the East.

"I had two incarnations in Russia.

"One of them was in very ancient Russia, which is little known to modern people: all information about it is forgotten, lost — even in folk tales.

"In that time, in the Russian land there was a free and kind way of life, which later was shackled, destroyed by the inquisition and internal wars.

"The second incarnation took place later, in Kiev's Russia.

"God gave Me then a large and strong body. Thanks to the positive development in the past incarnations, I was free from anger, hatred, and aggressiveness. The developed consciousness allowed Me to walk boldly the life path and to help others. I knew martial arts. I could easily compose stories.

"In that incarnation, My main life principle was an aspiration to do good, to stand for justice. The aspiration to follow this principle was present deep in Me. For Me it was completely unacceptable to betray, to give up to fear, to deceive others out of mean intentions. In the relationships with other people I was always straight, open, honest.

"I also want to advise those who begin their spiritual Path:

"Never turn from the Path out of fear of difficulties or danger! It is an illusion that by going around the difficulties on the Path one can achieve success more quickly! Such wavering makes one to wander without advancing forward! Only those who defy difficulties and aspire directly towards the Goal can confidently achieve success!"

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"… One has to create or restore the customs of *kindness!*

"One has to develop positive rather than destructive thinking!

"One has to make the way of life, which is virtuous in the eyes of God, the rule rather than an exception!

"The paradisiacal state of the soul must be the norm for man! This is the intention of God! It is from this stage that man can ascend through the steps of self-development towards the Creator!

"If man falls out of harmony than this has to be regarded as a deviation from the norm, as an illness!

"This is the change in the worldview on the planet that We told about!

"For realization of this goal one can use various methods: web sites, books, articles, fairy tales, photographs, films, etc.

"Every One of Us would like to contribute to this work. And it is through your body that this can be done most quickly.

"Be open to such contacts! With your help, We can do much for people! Every One of Us wants to contribute to the restoration of spirituality on the Earth! Be always open to allow these Divine Intentions to be realized most quickly!"

Adler

Once in autumn, Pastor Larry and Freddy led us to a meeting with another Representative of the Creator — Divine Adler. We went for a long time along a trail in a pine forest suffused with morning mist and songs of birds.

"Adler is the Greatest Teacher. He has been present on the Earth always. You are going to interview Him," They said.

Soon we came to a place where a giant Mahadouble of Adler — hundreds of meters in size — stood over the forest.

We built a fire, warmed ourselves, drank some coffee with sandwiches, rested a little, and then asked Adler to tell about Himself.

He began the narration:

"I was never embodied on the Earth with the purpose of learning for God. I came there being already Divine.

"For the first time, I appeared in a material body on this planet about at the same time as Ushastik described, just a little later than He did.

"Later on, the main oasis of spiritual culture began to form in the Western Mediterranean."

"Was it Atlantis?"

"Yes. It was the area where the Mediterranean sea is connected with the ocean, though the form of the coast is completely different now.

"Atlantis was My work: from the very beginning till the end I created the spiritual culture of Atlantis. From there it moved partly to Egypt.

"I took with Me worthy people and led them into Myself — an incarnation after incarnation, a wave after wave. Thus I embodied Myself there several times.

"In the middle ages, I worked in Europe, living in one body from the 14th to the 18th century. I could appear and disappear, but always it was one and the same body of Mine."

"Was it You Who guided Napoleon?"

"Yes."

"Why did he not manage to liberate Russia from inquisition?"

"The epic work of Napoleon reached a deadlock when he proclaimed himself a king on the Earth, forgetting about the main role of God. There must be Theocracy rather than kingocracy — then everything will be fine!"

"His war against Russia was a mistake?"

"He made a mistake earlier: when he began to feel himself a king. He had to feel himself as God's messenger."

"Did he feel himself a king from the very beginning?"

"In the beginning, he felt himself a prophet and fulfilled My Will — the Will of the Creator.

"… My last incarnation was in the Netherlands."

"Were You a king?"

"No, but I was at the palace. I took on Myself the role of a counselor, but not in the narrow meaning of this word, not as a post: I was a confidant of the monarch.

"The history tells about 'immortal' people, i.e. those possessing immortal bodies…"

"Saint Germain?"

"No, this is a legend. But I really lived among people for several centuries in one body."

"Are You incarnate at present?"

"No."

… Adler shows His appearance at the time when He was incarnate:

"In this appearance I came to the Netherlands.

"In the Netherlands at present there are sprouts of spirituality. This is why I direct your attention there. You have to spread the information about Me in this country. In the Netherlands there is a growing generation of promising people; they are about 200 persons — young, brave, strong. Soon they will learn about you with My help.

"… And now I am going to tell you a little more of My history… One cannot find this information in the historical scriptures or on the Internet…

"Yes, there are legends about the 'immortals' in South India, in China, in other countries of South-East Asia, and on the American continent. They were Divine Teachers — the Supervisors of the development of the human

civilization. They come to the planet in flesh when it is necessary to correct the direction of the development of souls on the Earth — not the course of events but the direction of the evolution of souls.

"I never took on Myself the role of a prophet or Messiah, who preach to crowds of people. But wherever I came to, in the midst of chaos, darkness, and ignorance, — there appeared the first sparks of light, the first ideas of good, the first thoughts about freedom…

"In this way I would appear and disappear, without attracting much attention to Myself, being a Boundless Consciousness connected with the body which, like a lens, transmitted to the material plane the ideas and thoughts more effectively than they can be transmitted from the non-incarnate state. These ideas fell like raindrops on the dry soil… and it took a long time for the first shoots to appear…

"Do you want to participate in such work?"

"What does one need for this?"

"One needs to treat the body with the energies of the Creator! One needs the state of Continuum from the Creator! And one needs to achieve the state described by Jesus: 'Every cell of My body became conscious…'

"This requires that the awareness of oneself in the Ocean of the Creator become a constant, unchanging state, and the energies of the material body be replaced with the Divine Energies.

"Then one gains a possibility to live in the material body with the full awareness of God. The body serves then as a link between the Creator and His Creation. It becomes similar to a lens or a slit focusing the Ray of the Divine Consciousness, Divine Energy — onto the material plane.

"… My work in the medieval Europe in the 14th to the 18th centuries allowed raising slowly the wave of the Renaissance.

"… Very slowly love and freedom ripen in the souls of people. For centuries the drops of Divine Light fell into darkness as if disappearing with no result…, but they produced eventually sprouts…

"It was Me who initiated the wave of Lutheranism, Reformation in Europe: i.e. the ideas about the possibility for man to communicate with God directly, without intermediates, without rituals… France, Germany, the Netherlands… This process was completed with the liberating wave of Napoleon, which washed out almost completely the filth of the inquisition from the Earth.

"The evolution of souls is a slow, gradual process. It is impossible to destroy in an instant the slavery of souls unable to comprehend the ideas of love and freedom. We have told you already about this work of the Divine

Teachers; it was described by Vysotin, Rossi, Babaji. One does not need an eternal body for this… Every One of Us performs a part of this work…

"The Representatives of the Father: Jesus, Krishna were prominent figures proclaiming the Truth from God… As for Me, I was unnoticed — like an invisible brush touching the canvas. But the traces left by this brush remained in the history of souls. With My material body I penetrated to and fro like a needle that makes stitches with a thread of Divine Light, weaving the Ray of God into the picture of the material plane."

"Will You tell us the history of Your lives in more detail?"

"I will tell about this sometime in the future. It is quite interesting; one can make many novels of it…

"Now I want you to look at this *from within*: from within Me, not from within yourselves…

"Fill your bodies with a new life — the life of the Higher Self!

"I will lead you to the Goal as one leads one by hand.

"Submerge completely into Me — into the Ocean of the Primordial Consciousness! Feel yourselves as this Boundless *Light!* This *Light* is everywhere: wherever you may go!"

"And what about the material plane and interactions with it?"

"This is much simpler than you think. A more difficult matter is to dissolve oneself in Me, to merge with Me completely, to move the self-awareness into Me.

"Once you manage to accomplish this, everything becomes easy then: as you can look into Me though you live with your body in the material plane — even so living in Me you can look at the material plane and act in it from Me.

"This is how I worked for centuries, possessing an eternal body on the material plane: I lived on the plane of Spirit, on the other side of the world of matter. The body served as a beacon — to help incarnate people to find the way Home: to the Abode of the Creator. I performed all deeds in secret, staying behind the 'Curtain', without manifesting too much activity on the material plane.

"I was a secret counselor of rulers and great minds. It is from My bottomless 'well' that they drew their knowledge.

"I worked on spiritualizing humanity from the first generations of people on the Earth. I always brought the Truth and Knowledge about the Creator of the universe."

"Tell us about how You became one with the Creator. You had to learn to become God, hadn't You?"

"Yes I learned, but not here on the Earth.

"It happened in another epoch of the Evolution. In this Kalpa, I have always been a Part of the Ocean of the Creator's Consciousness. Many times He placed Me — as a part of Him — into material bodies. I did not have to go through the whole cycle of evolution in this Kalpa, starting from minerals and plants. I have always remained a Son of the Creator and have never separated Myself from Him.

"You know how difficult is the process of transformation of the consciousness in people — from the 'I' of man into the 'I' of God. I would name the reason for this — the 'materialization' of souls — in the sense that consciousnesses of people are fettered by the material concerns. People have forgotten that man is a soul, first and foremost. Thus people cease to understand their predestination, the meaning of life.

"… The Creator entrusted Me with the task of creation of this planet from the very beginning. Many times I embodied Myself on this Earth created by Me. I am its Founder, Creator, Guardian — and the Calm of souls who cognize Me. I absorb them, first by manifesting Myself as the Holy Spirit and then as the Creator.

"Do you understand now the 'alignment of powers' on this planet?

"… At present, on the Earth there are very few souls deserving higher initiations. And if one starts to teach people in a 'rough-and-ready' manner, then they do not grow strong enough. This results either in tragedies of souls who desired something above their capabilities or in perversions of the true knowledge. And you know how hard it is — to restore the true knowledge to its original purity.

"All the profundity of this knowledge is not comprehensible and not needed for the majority of souls living now on the Earth!"

"How can we separate what should be hidden from the public and what should be open to everyone? Our books present the knowledge almost in full."

"Your books are written so that they work as filters. They do not become bestsellers; they are accepted by a few out of thousands. And you should not change this principle by doing something 'to please the public'.

"Yet you have to create pure sources of the true knowledge throughout the entire planet; to these sources I will easily bring deserving seekers!

"The realization of this task has started already through the network of your websites, through translation and publication of your books in other languages. This will be followed by publication and distribution of the books and films in many European countries and on the American continents.

"Understand: a powerful emanation of the Energy of the Creator into the world of people happens when you create books, films, and websites! This

allows the waves of this Light to spread even on those who do not read and do not seek this knowledge yet! Such an influence is gradual; its effect cannot be observed immediately. The ideas and knowledge come through you to the material world, and changes begin to grow. The further process of changes is My task, not yours. Your task is to shine, to give, to direct the Rays of the Divine Consciousness into this world, to bring love, knowledge, beauty! This is a part of the process of forming new Beingness of the Earth; you will learn to see the mechanisms of this process later.

"… There are three stages of Manifestation of the Divine through a human body:

"The first stage is a genius: when a Divine Soul manifests Itself by means of a human body; at that, a small part of the consciousness in the body and the mind of the body are but an instrument in the Divine Hand. This 'instrument' is not aware of its coessentiality with the Creator. It is only a conductor of the Divine Energy into the world of incarnate people.

"The second stage of the Divine Manifestation is a prophet. In this case the part of the consciousness connected with the body is aware of the Creator's Will; it conveys words, knowledge, states of the Divine Consciousness with full awareness and with full understanding; yet this state is not constant. There are periods when this connection with the Primordial Plane is not active.

"And the third stage is the Highest Divine awareness, when every part of the consciousness connected with the body becomes also Divine. Not many people of the Earth have managed to achieve this stage. Usually such are Avatars coming to the Earth Who attained Divinity in the past.

"I want to add that in the non-incarnate state every Divine Soul is equal to the Primordial Consciousness. Such a Soul, having overcome the small part of 'I' which appears when the Divine Energy is projected onto the material plane, merges into the Ocean of the Primordial Consciousness. And in this Ocean, no one is worse or better, higher or lower. There All are United Divine Self!

"But when Divine Teachers work in the Creation from the non-incarnate state, They manifest again Their Divine Individualities. And then one can notice Their differences. Different are Their abilities and skills accumulated in the past; different is the volume of the Consciousness with which a Divine Individuality can act in the Creation. This difference exists in Their activity in the Creation, but in the Abode of the Primordial Consciousness, They All are One.

"… Do you remember some esotericists fantasized that God created the Creation 'out of boredom', that only in the Creation He can become 'aware of Himself'? In such absurdities there is an echo of truth that only that Part of the

Primordial Consciousness Which went through the entire cycle of the evolution — only such a Part is capable of being the Creator most actively. It is such Parts that become most actively functioning Manifestations of the Primordial Whole, the Creators of new worlds in the universe.

"This is how God lives and evolves!"

"What would You advise us now?"

"The material body has to be placed onto the Primordial plane of Beingness and then immersed into the Ocean of the Primordial Consciousness. Every cell, every atom of the material body has the Primordial Consciousness *in the depth*. Oneness with It can become the conscious state of every one of you, and this state can be present inside your bodies as well.

"The body can be likened to a sprout on the body of the planet. And in your body, as in the body of the Earth, all planes of the multidimensionality are present.

"No matter how adverse the conditions may be, you should never concentrate your attention on them. You should always be the *United We!*

"What is the difference between you and Me? My 'I' never opposes the Creator but remains one with Him. Your task is to move with self-awareness there where there is only the Higher Self.

"In the beginning you have to merge with the harmony of everything around you, including Us. Everything around you — loves you! Your responsive love leads to Mergence. And in the mutual love with the Absolute the lower self dissolves.

"I am present in everything and in everyone! From the *Depths*, I manifest everything, control everything, and give the freedom of will to all!

"You live here with the purpose of cognizing the *Oneness!* One can cognize the *Oneness* only by means of living in the body in the incarnate state.

"The supreme joy of the soul is Mergence with the Creator. There is no joy above this!

"You live in this world with the purpose of growing into Me! You live there with the purpose of bringing this knowledge to people!

"And let every one of you become aware that he or she has not much time left for Me, for life on the Earth, for realization of what I have talked about — there is very little time left!

"As a powerful whirlpool draws one into its depth, and there is no way to return then, to rise again to the light — even so old age comes unnoticed and destroys people.

"But the warrior of spirit has to have a strong mind and a strong, healthy body.

"Don't you think that everything I have told you is true?

"Every one of you must make his or her contribution to the realization of everything I talked about!

"Otherwise… The time will come when it will be raining all day, leaves will fall from trees, snow will fall… And it may happen that I will say that now it is too late to achieve the Goal… too late! Autumn is old age…"

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"On the Earth controlled by Me, I am always with you. I am always with all beings. Everything here was created with the purpose of allowing souls to approach Me, to cognize Me, to merge into Me!

"Realize: all the Earth was created so that everyone living on it may cognize the joy of Mergence and then — the United Beingness! Everyone has this opportunity! Everyone can strive to do it and achieve success!

"On this Path, every seeker bears only personal responsibility. There is no collective responsibility in this quest. Every seeker takes from the Ocean as much as he or she can contain. And everyone who has achieved this ultimate Goal continues to grow in Me, from Me.

"Move your self-awareness completely into Me!

"Acting from My *Depths*, you will be successful in everything!

"I want to help worthy disciples achieve the fullness of Nirvana — the stable state of living in Unity with the Creator, Who is also called Allah, Tao, Ishvara. In this state, there is no single trace of ego; there is only the state of Love and Calm, Power and Tenderness. And many Arms — Arms similar to Mine — can help you feel yourself in this state."

"How can one help those who do not withstand the speed of advancement or the trials of the Straight Path?"

"Understand that no one is left without My help! And no one is depraved of My love! I just give every person that which is most appropriate to him or her at the moment. Diseases, other difficulties, loneliness are My lessons that will help souls realize their mistakes and purify themselves.

"I took people away from you not only for the sake of your successful advancement but also for their own good, for their proper evolution.

"It is good that the fullness of the Divine awareness will come to them in the next incarnation (providing that it will be successful, of course)! I will incarnate these souls in the time and place I need, and through this I will create new waves of the awakening of Truth in the souls of people on the Earth.

"Realize also the fact that the people whom you are thinking about now, having received the spiritual knowledge refused to serve Me in all fullness when I asked them to do so. It would be good if they would serve so in their future lives — and through this will merge into the *United We*.

"… I am everything! Learn to see Me in every manifestation! Everything coming to you is My Will, the manifestation of My Laws!

"Your destiny is in My Hands… What more do you want?

"Resign yourself — and My Power will come to the world through you!

"Resign yourself — and you will accept death as I will command you to accept!

"Resign yourself — and you will accept life as I will send it to you!

"Resign yourself — and the foreordained will happen!

"Resign yourself — and My Joy will come to the world through you!

"Resign yourself — and My Tenderness will come to the world through you!

"Resign yourself — and My Love will come to the world through you!

"Only after you have realized and fulfilled this, will I give you the power to change inevitable, to perform the impossible!"[234]

* * *

"I 'extended' your travel to the Divine life so that every one of you can study all the entrances for the exploration of Me. But, in reality, this Path could be much shorter for those who looked at Me correctly from the beginning of their incarnations, being prepared for this by the experience of their previous lives on the Earth.

"In order to breathe the universal knowledge into you, your path was made so long.

"Yes, the Abode of the Creator is cognized by you! Yes, you still should bring a lot of people to Me! And the efforts of all of Us will be directed to the realization of this common Divine Plan!

"Everywhere there is Eagle! Everywhere there is I! Everywhere there is Mary Magdalene, Who has come to you now! Everywhere there are We! Every

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[234] **Adler talks about resigning oneself to the Will of God, and not to the vicious desires of demonic people, though God sometimes manifests His Will even through such people.**

One has to learn to discriminate it.

one of Us is present everywhere! Every one of Us is 'on duty' throughout the world, waiting for the souls that would be able to understand Us!

"Comprehend from these words the importance attributed to you by Us!

"You are My dearest ones! You understand Me and My Divine essence correctly! Male and female Sources of One Creator — One God-the-Father-the-Almighty — exist there you have found Them! Bravo! Amen!

"You yourself know well My appraisal: how dear to Me every one of you who fulfilled My Plan on the disclosure of the knowledge about Us all over the Earth! Continue this work and you will achieve success!"

* * *

Adler reminded us about our first meeting on one of His *working sites* and embraced us:

"With your knowledge, given to you by God, you should place yourselves at the head of the religious life on the planet Earth!"

"We are ready and would be happy to do this, but how can we become noticeable for billions, and not only for hundreds of thousands?"

"With united hands, we together will be implanting this knowledge on the planet called Earth for decades and for centuries. No catastrophes await you! I promise you! I give you the word of God! Yet for this you should always listen attentively and catch every 'rustle' of My thoughts in the moment I give them to you. In this case, everything will be all right! Gradually, we will bring this knowledge to politicians, scientists and, the most important of all, to children. Thus they, instead of listening to different nonsense about good or bad 'god', will understand, from the school years, the greatness of the Universal Plan of the Primordial Consciousness, One for the entire universe!"

* * *

"The process of the creation of each planet, as well as of each star, begins as I already have told you.

"The Creator forms from Himself the planets, using protoprakriti. From the dense substance, the mantle and the crust are formed around the core, which is based on the Divine Fiery Power.

"Later I make Myself less dense each time, and then the dense substance falls to pieces.

"Materialization and dematerialization of smaller objects are based on this principle as well."

"So, what does one need to dematerialize, for example, one's own body? Does one need to put out the *Divine Fire* That burns inside it?"

"You think correctly, but it is too early to speak about this. Right now just imagine what I said about this process concerning the planet."

Adler showed how the *Divine Fire* That was in an object was taken out of it, and this object disappeared.

"To be able to accomplish this totally, it is necessary to master all three principal Divine states."

Thoth-the-Atlantean

"How do people start seeking Me? They stretch their arms to the sky and ask Me to enter as *Light* into them. In the same way I began working with you long ago. Recall the meditations *awakening*, *latihan*, *spontaneous dance*… It was Me who gave them to you! I became interested in you, Vladimir, at that time already!

"In this way, gradually, young shoots grew on the good soil prepared by Me for you. Other shoots appeared around; some of them withered…

"By now you have formed a group of mature and able souls, and I am beginning to make *New Atlanteans* of you! You may call yourselves so!

"Living in *quietness* became habitual for every one of you. I want you to realize that without this quality one cannot advance on the spiritual Path with great strides as you did.

"I bless you to continue your service to God! Receive My Love!"

"Tell us, do You have an immortal body as Adler does?"

"Yes, but it is not intended for incarnations on this continent. I recreate it from time to time among the Indians of North America."

"Is Your body of Indian appearance?"

"The genotype of the body is not important, but the molecular structure is restored as it was.

"I visit that region quite often: I recreate the body for a short time — for a week, for ten days, for two days. I visit Indians with the purpose of telling them something."

"Do these Indians live aloof — not in cities?"

"Yes, they live in reservations."

"Why do You prefer that nation?"

"I did not mean anything like that. Every one of Us has no attachments to a particular nation. The choice is always dictated by the necessity against the background of Love for all."

"Are there any mature (for receiving the higher knowledge) souls?"

Thoth shows a typical natural way of life of Indians: they live beside a lake; in the evening they sing tribal hymns specific to this land.

"These people are always in search for personal freedom. This tradition survived through centuries: seeking personal freedom — for oneself, for one's tribe, for all people of the Earth! The problem is — how does one tell other people about this?"

Thoth shows an image of a tribe of about 800 people; some of them, including the chief, sit around a fire.

"They sit as you are doing now and listen to Me.

"I am always an Honored Guest among them.

"Indians can tell much to other people of the Earth. Unfortunately almost no one listens to them.

"… At present I can impart My knowledge in full to no one but to you. The broadness of the worldview, the deepness of the cognition of Me are most full in your case.

"This is why I entrusted you with the task of spiritual service on the Earth on behalf of Me.

"Every step in this important work has to be taken with My help, with the help of Every One of Us. Realize the profound importance of this stage of your service on the Earth! You bear an enormous responsibility! And everything that you do has to be done responsibly, solemnly, and earnestly!

"Recall Atlantis. Now God sends to the Earth a similar project — restoration of ancient knowledge, the knowledge of the Atlanteans — through you, My dear! To Me, you are My small Atlantis!

"The intention of the Creator is to fill, to impregnate the people of the Earth with this knowledge — like a flooding river in spring!

"I suggest that you be constantly aware of your responsibility and of the importance of this task — the restoration of the ancient spiritual knowledge originating directly from the Creator!"

"Thoth, tell us please about Your life in Atlantis!"

"It was long ago, at the dawn of the civilization; modern people know almost nothing about this time.

"Atlantis! My beautiful Atlantis — My native land, where I was born and grew up!

"In that time, on the islands of Atlantis there lived a well advanced civilization. They had, for example, a system of water supply in buildings.

"The Atlanteans possessed also the true knowledge about the meaning of life: about advancement to God, to the Common Divine Source. The life of their society was based on these ideas. Teaching about the structure of the universe and the place of man in it, about how people's destinies are formed and about the right way of living — all of these were a natural, integral part of their educational system.

"The spiritual life of the Atlantean society was guided by highest initiates; they were conveyors of truths from God.

"The inhabitants of Atlantis were not gods but ordinary people, and their life was not carefree. Like other nations on the Earth they had to 'plough and sow'. And they had most of the problems that any human society has.

"But the main virtue of the Atlantean civilization was the teachings about the true purpose of life accepted by the society as fundamental. And though the Atlanteans were mere mortals, there was a truly Divine component in their lives and views.

"… My learning began in one of Atlantis' spiritual schools. A very young man, I just began to discover for Myself this wonderful world.

"The process of initial learning took years. The students had to master, first of all, the basic skills of psychical self-regulation — i.e. the control of one's own emotional states. In addition, they received broad theoretical material.

"This initial stage of learning was open almost for everyone, contrary to the higher stages. With the end of this stage, the majority of the students quit the school; only a few were selected by the tutors for further learning. Thus the initial course served also the second purpose: with its help the tutors could find among many people promising souls capable of advancing further.

"I was one of such students: a young man striving for the higher levels of spiritual development demonstrated by the leaders of our society.

"But the selection for this learning was very strict. The aspirants were necessarily tested for steadfastness, resoluteness in their decision to go on this Path. This testing period could last for years: until the aspirant proved, in the opinion of the tutors, the strength of his or her intent to sacrifice the worldly pleasures and attachments for the sake of this highest purpose. Only a few managed to pass this testing stage. They were accepted into the order of initiates and admitted to secret higher knowledge."

"What happened to Atlantis?"

"It was destroyed according to Divine decision, because the positive development of the society ended and its degradation began.

"Thanks to its knowledge, the Atlantean civilization had a significant advantage over other nations of the Earth. There is no doubt that the Atlanteans, upon choosing the path of evil, would conquer other nations with time and establish their order, their philosophy among other people. This is why God decided to end the existence of this civilization."

"Why did the positive development of the Atlanteans change to degradation?"

"As I have said already, the life of the society was guided by several people — the leaders among the initiates. Unfortunately, at some point they fall prey to the false feeling of their own omnipotence and perfection. They ceased to go the Path of renunciation of the individual 'I' for the sake of mergence with the Higher, United 'I'. They reckoned that now they themselves could decide the destinies of people and the ways of the society's development. They did not want to go further — to the Divine Perfection through refusal of 'I' and 'mine' — but having had achieved a certain height indulged in self-exaltation.

"As a result, the life of people lost the Divine component which gave them joy and inspiration for making efforts for the sake of the future Self-realization in God; their unity, based on selfless service to the great cause, was destroyed. Quarrels and squabbles began to occur often among them.

"Then the higher priests were deposed by a person who aspired for absolute power. He was interested only in gaining power by any means.

"And a society ruled by a predatory person produces other predators which begin to fight for the power.

"Thus Atlantis entered dark times and came eventually to destruction."

"How did You avoid death?"

"My Teacher led Me away.

"God sent Me to Africa, where I lived for many years then. In the modern language, it can be called emigration — when one begins everything from scratch, begins a new life on a new place.

"I brought there an invaluable treasure — the spiritual knowledge of Atlantis.

"The tribes inhabiting those lands were to Me like children, to whom I had to show the path of the true development. They knew nothing about the Highest and were concerned only about their everyday needs.

"With the help of miracles I captured their attention and made them listen to Me. Soon they began to view Me as a leader, and I started to unite these tribes — so that they could live and act jointly, with the feeling of commonality, common interest. I imparted to them knowledge and technology which helped

to improve their level of life and make it much better as compared to how they lived before.

"And with time, a state with well working structures was formed.

"But a state without a spiritual purpose uniting all people is of no value; it is like a beautiful shell devoid of life.

"After their union and initial development of the society, when people became less obsessed with concerns of providing themselves with food and shelter, I began shifting the emphasis in their minds to the ideas about the future life in the other world, where everyone goes to after the departure from the body.

"I described it to them as moving to a new world where they come to a new life. The well-being in this life is ensured by their merits accumulated in the life in this world. For example, they will be respected in that new world if here they earn the respect of the neighbors. In the other world they will be provided with everything if in this world they help other people to provide themselves. Good deeds in this life are fully repaid in this new life to come!

"It is easy to see that this idea of a new life, which one has to ensure by good deeds *at present*, worked not only in helping people to go to paradise after disembodiment, but also provided them with good karma for future incarnations.

"… I became the highest adviser among this nation but never elevated Myself over people.

"… As time passed, a natural formation of classes in that society began. The nobility appeared. And then I decided that My Mission was over and it was time to leave that land.

"I chose an heir to Me who was to remain after My departure — a wise and good man. I told people that now it is My turn to move to the new life — to the world where we receive the fruits of our earthly deeds.

"And one day I 'shifted' Myself from the material world — into My present World, into the Abode of *Light*."

"Did You teach esoteric techniques to those people?"

"Of course, there were some chosen whom I taught. I also taught people the art of healing."

"Thoth, tell us please what valuable ideas can modern people find in ancient alchemy?"

"There is not much sense in trying to unravel the meaning of the ancient alchemical texts with the mind. The point here is not in the proportion of substances or composition of mixtures, not in the technology of producing the 'philosopher's stone' and gold. One needs to look deeper.

"The alchemical secrets of control over matter, including its transformation, were known to the Great Initiates. But more important is that They had the higher secret knowledge about the structure of the universe and about the Creator of everything existing.

"The outer, material side of alchemy is nothing but a veil hiding the true Knowledge about the Highest from unworthy people. This Knowledge was the basis of all the alchemical wisdom."

"Did You possess this alchemical knowledge in full?"

"Actually, I was the founder of this direction of spiritual development. Unfortunately it degraded with time and was reduced to useless manipulations with chemical substances."

"What is the 'philosopher's stone'?"

"It is very simple. The 'philosopher's stone' is produced when you, in the process of working on yourself, grind 'in mortar' your lower self, while all the Higher Knowledge, which you receive, you test by experience and accept as your own. Then it becomes Higher Wisdom and a strong base — that 'philosopher's stone' on which one can construct the entire building of Divine Beingness."

"What is the 'alchemical gold'?"

"It is the adept's consciousness that has to turn into the Highest Gold with the help of the 'philosopher's stone': the developed and subtle consciousness has to shine with goldish Light, similar to the light of the morning sun. Then such a consciousness can flow into the Great Central 'Sun' — into the Creator of the entire universe, merge with Him and attain the Immortality, Bliss, Calm, and full Freedom!"

"Will You tell us about Your higher methods of work with consciousness?"

"It is not necessary. You know now that the higher Initiations are given by Divine Teachers only to those ready for this. And all preparatory stages are described clearly and fully in your books and films. We are all glad looking at the fruits of Our common work! The only pity is that so few people can understand and appreciate it now…"

"Where did You incarnate Yourself after Egypt?"

"In Assyria.

"In a certain sense, it was even pleasant 'to wear the flesh' again, to come again to the 'dense' world — now with full awareness of My Divinity.

"Sun was the symbol of the Divine to that nation. The goldish shining and purity of the morning sun are remarkable qualities for attuning to them and refining the soul! What qualities should represent a symbol of the Divine if not the qualities of the ideal that souls may aspire to?

"And such qualities are represented by the image of the morning sun: its perfect, unstained purity inside and its shining with the inner light to the world outside, without dividing it on those to whom I want to give my light and on those to whom I do not want to give it. The absence of such a division originating from sympathies and antipathies of the individual self is also one of the qualities of the Divine.

"I was not a great leader among the people of that land. I accepted another role and 'put on the dress of a priest' — to have the possibility to tell people — brightly and openly — about Divinity.

"… There was also Alexandria — My favorite city; I looked after it. In this city I formed a new culture for the future civilization. I collected there bright minds of that time and formed an atmosphere for exchanging of ideas and for intellectual searches. It was My 'project'.

"Many scholars from various countries gathered there. And quite naturally they wanted to tell about their new discoveries and ideas, to learn the views of others. Such communication and the spirit of scientific community worked as a powerful catalyst for the development of knowledge. One may say that it was a very early prototype of future international scientific organizations.

"The intellectual aspect of the soul's development is very important indeed!

"The growth of a soul is determined, first of all, by soul's accumulating information about everything that surrounds it. In other words, the soul develops through *cognition*. Thanks to its *separateness*, the soul can look at the rest of the Absolute and cognize it — and through this it cognizes Me.

"Thus, by reproducing *in itself* the outer the soul, in essence, reproduces *in itself* the image of the multidimensional universe.

"Then it comes to full Mergence.

"Thus a great number of individualities flow into the One and Whole Awareness of My Infinite Greatness.

"Hence the driving force behind all the development is the inner impulse to *cognition*."

Cairo

Visiting once a foreign town, we came upon a square where stood a giant Mahadouble of a Divine Teacher Whom we had never met before.

Of course, we asked first about His name.

He answered:

"My name is Cairo. The word *Cairo* in Atlantis meant *Earth*: Earth as a living planet![235]

"Atlantis was My 'earth'. From Atlantis this name came to the capital of Egypt.

"Since that time I have never embodied Myself again."

"Were You a priest in Atlantis?"

"I was one of the five Atlantean rulers. There was a group of five rulers-elders, and I was its leader. I represented the temporal power which possessed spiritual knowledge.

"The history of civilization, the history of the spiritual life on the Earth is more ancient than modern people think it is. Atlantis was not the beginning of the spiritual development on the Earth. It was only one of a number of big stages. Many times the configuration of the oceans and continents changed, and the *Dweller of the Depths* created every time new conditions for growth and development of souls.

"The story of Atlantis can be useful for modern people. Adler, Thoth, and I can tell everything important of it."

"How can one avoid falling into non-adequate fantasizing about Atlantis? There are plenty of examples of mediums communicating inaccurate information!"

"One should not try to communicate the information which is above one's intellectual abilities of comprehension. Otherwise higher knowledge and information gets expressed in primitive words and images, and this results in its distortion similar to religious myths of undeveloped nations, which reflect in tales and legends some realities of the past in a non-recognizable form.

"But let Me begin narration. I want to tell you that part of knowledge and information which you can comprehend and which should be conveyed to the people of the Earth now.

"In Atlantis there existed a great civilization. The leaders of that society possessed the highest spiritual knowledge.

"The leaders of society, who direct the spiritual growth of people, bear great responsibility. Even the smallest deviation from the principles of Divine Love and Selflessness may become a turning to the abyss where one loses the connection with the Creator! This is exactly what happened in Atlantis (the power was taken over by selfish people), and God decided to end this period of the development of consciousnesses on the Earth — to destroy Atlantis.

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[235] **In Arabic there is a similar word *qahirah* meaning 'victorious'. Among historians there is an opinion that the city name Cairo originated from this word.**

"… I will tell you also about the *Temple*.

"The image of a temple is not a human invention. The *Temple* is a Divine structure in the multidimensional organism of a living planet. Its closest equivalent is *Shambhala* — i.e. the place inside the planet where Divine Consciousnesses live in the Highest spatial dimension; it has an exit to the *Boundless Ocean* of the Creator's Consciousness.

"The *Temple* is the epicenter of the creation of life on the planet. It is the place where abide Those Who supervise the development of life on this islet of the Divine Creation.

"The *Temple* has an *'exit'* and an *'entrance'*. This Divine structure in the multidimensional organism of the Earth is as real as the Kundalini in the multidimensional organism of man. In the Atmic component of the human organism there is the memory about the past incarnations — and it is the same with the *Temple*: by submerging into the *Temple* one can learn about important episodes of the planet's life. For example, one can read the pages of the history of Atlantis — to learn about the Atlanteans of Spirit: about Adler, Thoth, and Others, who 'interwove' Themselves (as Consciousnesses) into the life of the planet — for the sake of the development of consciousnesses growing on the Earth.

"Originally, all rulers of Atlantis throughout centuries had the 'keys to the *Temple*'; that is, they lived coming out as Brahmanic Consciousnesses from the *Temple* and had the ability to immerse and to dissolve their Divine Individualities in the Ocean of the Creator's Consciousness. In this way the Atlantean civilization was guided and developed.

"Pyramids and other earthly temples are but a reflection of the *Temple* where the initiation of souls was performed.

"Every planet is created as densification of the energy of Consciousness up to the material plane. Then there starts the process of the development of life in material carriers.

"The souls embodied in Atlantis had gone through incarnations on other planets. They were well advanced souls but not Divine yet. The majority of the Atlanteans lived being aware of themselves as souls rather than material bodies. They enjoyed the intense feelings of life in the material bodies. The power of such feelings is much more impressive than a paradisiacal life without a body. This power of feelings was delightful for souls who lived for a long time in the non-incarnate state. They lived in the states close to Samadhi, and one could call it a paradise on the Earth. For many of them it was the last or prior to the last incarnation, and the conditions were quite favorable for attainment of Divinity by them.

"The Atlantean educational system included the skills of psychic self-regulation, the knowledge about the structure of the multidimensional universe, ethics and different kinds of art, creativity in science and technology, which were developed to a high level.

"For those who had chosen for themselves realization of the highest meaning of life — cognition of the Creator — there were spiritual initiations. This type of education was closed, esoteric; it was accessible only to those who understood the higher meaning and purpose of their lives. Among their Teachers there were Divine Souls possessing material bodies, which are used as *instruments* of Divine Creativity in such cases.

"The long existence of the Atlantean civilization allowed many paradisiacal souls to complete the cycle of evolution and to merge into the Creator. They did not need to be incarnated again any more.

"As for the Atlanteans who, upon receiving material bodies, chose the path of material self-gratification, through sex in particular, — through them new human races were created. They were races of people who grew then as consciousnesses on this planet — new 'shoots' of young souls to go through the long process of evolution.

"Such a mixture of races resulted in many legends and myths about gods in different nations. Elisabeth Haich described very precisely that in that time on the Earth there were races of people with very different levels of development of consciousnesses and bodies. The mixture of these races through sex and birth of offspring accelerated significantly the process of evolution.

"As for Those Who achieved Mergence with the Creator — They have never embodied Themselves again, except for a few Who chose to take care of the new generations of people. Among the latter are Those Who wished together with Adler to guide people on the Path of self-realization and cognition of the *Divine Oneness*. They embodied Themselves again and again bringing to people the knowledge about the Highest. All this is a very long process taking millennia; you will have a chance to participate in it too."

Etey

Once during our conversation with Pythagoras, He told us:

"Let Me introduce to you Etey — the Father of My Greece, of My Sunny Hellas!"

"Yes," — Etey joined the conversation, — "I am one of many Atlanteans who continued to work on the Earth after the destruction of Atlantis. I ask your

permission to participate in creation of your future book *The Book of the Born in the Light* suggested by Thoth-the-Atlantean. I have something to tell about!

"The sphere of My activity was ancient Greece and the islands close to it. It was far before the incarnation of Pythagoras. Later on, being non-incarnate I participated in preparation of the Mission of Pythagoras.

"My work in Greece started before the submersion of Atlantis into the ocean: some citizens of Atlantis lived in these lands among the local population.

"One of My tasks was preservation of the true knowledge for worthy sons and daughters of that region.

"My activity remained in the memory of modern people in the form of legends about the Orphics. I was the founder and guardian of this center of Divine Knowledge and the Teacher of him who was called Orpheus in legends. (Later on, it became a common name given to many heroes in Greek myths who possessed the skill of singing and playing music).

"My preaching was based on harmony and beauty — how they can guide man to the world of subtlety and then to the world of the Divine Light.

"I laid in Greece the foundation of the art of music, dance, sculpture… Through Beauty I educated people.

"I also helped to come to Mergence with the Creator those who had not managed to accomplish this in the land of Atlantis and were reincarnated almost immediately in Greece. For them and for several others, who were close to the Light of the Truth and thirsted for Unity, I created spiritual Schools. Those who mastered the higher stages of learning with Me were able to calm down the storm in the sea merely by playing a lyre: They gained the ability to influence the material plane from the state of Divine Unity. They demonstrated the Power of God as a manifestation of His control over matter. They taught Love, Beauty, and Harmony, so that Their followers would practice refinement of the consciousness and spiritual creativity rather than development of coarse power.

"Thus I recreated in Greece all the best from the culture of Atlantis — hoping to preserve it in the memory of people on the Earth for many centuries.

"Now I have given the control over broad work in that region to Pythagoras, while I Myself work only with a few souls from different parts of the Earth. They are those who are called geniuses — highly developed incarnate souls unaware of their link with the Primordial Consciousness. I supervise their activity and help them perceive and manifest the ideas that they have to perceive.

"I would be glad to take part in your work of propagating the ideas of the Beauty. I could contribute to strengthening the influence of your works on the

audience, because it is My Mastery to make beautiful works of art shine in centuries."

Nikolay Nekrasov

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

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

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

Beauty of the night forest!

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

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

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

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

Here Divine Nekrasov stands in a Mahadouble over a clearing and over the entire forest. Overhead one can see His Face, which is easily recognizable from His portraits. Below it, there is His giant Anahata, which is kilometers in size and which contains in itself the forest with its inhabitants, while the rest of this Great Divine Soul abides in the Primordial Depth.

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

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

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

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

"Were You aware of Your Divinity in the last incarnation?"

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

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

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

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

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

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

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

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

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

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

"… Once I met a man who talked to Me… very interestingly! The questions asked by him touched Me very deeply… He easily drew Me to such openness which I usually did not allow Myself! All My innermost views about the

purpose of life, about how one can live honestly and righteously, how one should guide people, — I told him everything! I talked sincerely and passionately!

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

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

"He invited Me to a meeting where they discussed these subjects…

"In that way I came to the Pythagoreans.

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

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

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

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

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

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

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

"In Russia, My civil activity as a publicist and a poet was aimed at changing the ethical norms of the society by drawing its attention to the awful life of

common people… I tried to raise *compassion* for common people among those who had authority…

"This became My service to Him.

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

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

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

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

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

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

"But one should not expect a quick success in the work of the transformation of the Russian society…

"… Why did in Russia during the last centuries everything develop so badly despite the fact that there were many bright, outstanding personalities who tried to instill in the society the ideas of Love and Good?…

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

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

"… And the work of your School has to develop according to the known principle: God wants a new spiritual hearth to grow on the Earth, a hearth similar to the Pythagoras' School. He wants, among other things, that politicians

and scientists of different countries receive confidential knowledge through you.

"However, this process will not take years but decades."

Carl Rossi

"The beautiful patterns of snow delighting you now will thaw in a few hours… My buildings of stone will fall after centuries…[236] While *harmony* and *beauty* will never cease to be!

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

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

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

"What is this, Carl? Greece?"

"No… This is Italy, My dear Italy!…

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

"I went through many stages of spiritual initiations…

"The education there consisted of many steps.

"The higher ethical norms, vegetarianism, mastering *inner quietness* — these were the initial steps that had to become the basis for further learning of a very broad spectrum of knowledge. The students studied many sciences and arts, the laws of numbers and the laws of harmony. The students could then become philosophers, politicians, musicians, architects… The School had higher purposes of ethical transformation of the society, creation of laws of high ethical standards and introducing them into the worldview of all people…

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[236] **In the last incarnation, He was an architect, the author of many architectural monuments of Saint Petersburg.**

"But only the most deserving ones were initiated into the higher knowledge — the knowledge about the soul and the Spirit, including direct cognition of the Origin of the universe — the Creator.

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

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

"I spent the years of My youth in Italy learning arts.

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

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

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

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

"I called it 'a passion for antiquity', but, in reality, a connection with the Atmic potential of the soul[237] was taking place…

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

"… When I built palaces, I dreamed about enlightened rulers…

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

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

"When I had money, I spent it helping those who needed help, and I never thought about Myself…

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[237] I.e. with Kundalini [6].

"The ethical norms of the Pythagoreans remained a part of Me…

"But I was not prepared for the cruel laws of the material world…

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

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

'Why did I live here?

'Who needs everything that I created?

'Why am I alone now?

'What did I do wrong?

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

"And once I received the following answer:

'Look: this is the sea, this is the sun over it, this is the earth which you walk…

"How often did you thank Me — their Creator — for their harmony and beauty, for their existence?

'You ask for what did you live on the Earth?

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

'But of course, you lived not only for this…'

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

"Now I could feel Him! Youthful easiness, joy, love, and gratitude overfilled Me!…

"… In these last years of My life, God helped Me to *remember*…

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

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

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

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

"… Unfortunately, My body was too old, and I could not achieve more…

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

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"The School of Pythagoras… — you have to create such schools throughout the Earth!

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

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

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

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

"This can be developed and cherished in the people of art; one can teach this to children… One has to develop in people the ability to see the true beauty! This can be done little by little, starting from small things — from handmade beauty which people learn to admire. This can be also supported even at the scale of the government!"

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

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

"You are kidding!…"

"No, I am serious!

"You should simply give these ideas to professionals. Ideas are a wonderful thing: they begin to live and become realized by people who have never read your books! Good ideas can spread as intensively as the flu virus: they are 'in

the wind' and eventually they find like-minded consciousnesses! So, let the dark epidemics be replaced with the waves of Light and Purity!"

"Carl! Please tell us about Pythagoras."

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

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

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

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

"… The School of Pythagoras… — even these words seemed to fill Me with Purity and with the Light of Truth! I wanted to enter the School most of all!

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

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

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

"… I thought that I failed and hardly could answer:

'I will prepare Myself and will come again next time…'

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

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

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

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

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

"The most important quality of a soul is love! It was developed, among other ways, through friendship, devotion, and trust among the students of the School.

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

"How do You help people at present?"

"Do you remember how you stood in delight on the Palace Square, when you, a school girl and later a university student, came there? How you were overfilled sometimes with delight at the expanse and beauty of your city on the Neva river? It was Me teaching you to love! This is also one of the aspects of influencing souls of people who learn to love handmade beauty…

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

Carl shows new channels and ponds, which continue the traditions of the water symphony of Petersburg. Channels and brooks, pits created during building construction are not hidden under asphalt but are transformed and create a unique appearance of every new district. Large parks have their own

unique features in each district. In some parks — pines and granite surround glassy waters, in others — birch grooves and meadows of flowers appear in the frame of bubbling springs… The parks are inhabited not only by ducks, swans, and squirrels, but by many forest birds, and even hares, roe deer willingly approach walking people…

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

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

Pythagoras

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

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

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

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

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

"But without Divine Love the power is dead… Only a soul transformed with Love can become wise! Only the spiritual heart is capable of walking completely the entire Path of Cognition of the Creator without stumbling — and of merging into the Divine Essence That controls the universe!

"… I am grateful to them. Later, I gave them everything I could — when they were embodied again…

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

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

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

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

"I decided to create a system of initiations different from this mystical 'whirlpool' that I had to go through.

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

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

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

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

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

"The justice of God is great: everyone receives and partakes of the fruit which they themselves sowed and grew. The result can be bitter, but one can develop in oneself other qualities to make the fruit sweet and beautiful!"

*** * ***

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

"The *Sun of Happiness* rises on the *inner firmament!*

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

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

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

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

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

*** * ***

"Learn purity of thinking!

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

"Respect the thoughts of your interlocutor — with your silent attention and deep comprehension!

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

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

We asked:

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

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

"The initial stages of learning in the School were *purification* and *preparation* — when the soul acquired knowledge about ethics and purity,

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

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

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

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

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

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

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

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

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

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

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

Konstantinos

"Tell us please about Yourself!"

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

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

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

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

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

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

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

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

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

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

"They trained these abilities also in singing, reciting, dancing, playing musical instruments, studying harmony in music. Improvisations-meditations with concentration, for example, in the front meridian, sushumna, or other chakras — were works of art, examples of *svara*[238].

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

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

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

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

"And what about the control over matter?"

"For gaining this ability, one needs to master fully the Divine thinking, to completely transfer this process of thinking into the Atmic Consciousness, and to perfectly master the meditation *Absolute*.

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

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[238] **See lecture *Art and Spiritual Development* in [6].**

Larisa

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

"Tell us please about Yourself, Larisa!"

"Let Me tell you about Konstantinos — what I know about Him!

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

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

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

"I listened to Him with the open eyes of the soul — and great love arose in My heart — love for Him and for everything that He manifested with Himself, for the knowledge that He shared! Apart from this, the meaning of human life became clear to Me!

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

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

"The School had, among other things, classes for education of children. It was quite unusual — and this made the School desirable to local nobility; also this ensured the support of the authorities.

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

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

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

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

"Larisa! Tell us, please, a little about Yourself!"

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

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

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

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

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

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

"I learned to be a Soul-Light — with a real face, with smiling lips, with eyes radiating Love and Light, with gentle hands caressing everything! With the tips of My fingers I could touch bodies of incarnate people — to heal them, to caress!

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

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

"… I may add that I became the wife of Konstantinos."

"Tell us, please, how did You and Konstantinos end these earthly incarnations of Yours?"

"Both Konstantinos and I completely dissolved everything worldly in Ourselves, including Our materials bodies! Konstantinos achieved this state several years earlier than I.

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

"He did not manage to achieve Divinity in that life…

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

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

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

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

"But meditative work — if organized correctly and combined with ethical self-correction — allows one to go through this transformational stage of growth much more harmoniously and quickly! This was taught by Pythagoras and Konstantinos. And all true esoteric *Schools of Soul* are based on the same principles!

"But no meditative 'techniques', even well-mastered, can allow the soul to flow into the Ocean of the Creator if there remain states of the consciousness not identical to Him! Until one gets rid of these 'shadows of the past', that is of non-Divine qualities and states — the soul cannot achieve the final Mergence!

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

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

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

"… One has to create Schools on the Earth — according to the principles established by Pythagoras!

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

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

"— Cordial love!

"— Calmness of the mind and *inner quietness!*

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

"— Gratitude to the Creator for all His lessons!

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

Carthage

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

"… After liberation from the Persian captivity I, as well as My Teacher, came back home. I founded a School according to the principles established by Pythagoras. I did not manage to realize this task on the same scale as My Teacher did. But it was the first 'offspring' of His School in the Mediterranean region. I had only seven disciples that I managed to bring to the Light of the Creator; some of My other disciples managed to master the preliminary stages.

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

Rose of Love

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

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

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

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

"Who are You? What is Your name?"

"Rose. You may call Me — Rose of Love!"

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

Rose shows the following meditation:

There is Her Great Anahata. In it there are many caressing hands. With these hands one can touch flowers, trees, birds and give them Divine Love…

These touches are like mutual kisses with those you kiss… The kisses make the emotional field of Love more intense! It grows and grows!

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

"Will You tell us about Your personal life? How did You attain Divinity, how did You learn to create such an intense field of Love?"

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

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

"Next time I was embodied in this land. You know how auspicious for spiritual growth this place is. It is so, because here the expanse over the sea, which is so favorable for the development of the soul, and the greatest Divine Teachers are present! Sulia showed us Divine States; Carthage, Pythagoras, and Larisa helped us!

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

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

Boris

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

We merge with Him — over the sea.

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

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

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

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

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

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

"Please tell more about Yourself!"

"The sea! The sea taught Me in My last incarnation! The sea was My strict father and tender mother! The sea taught Me to work hard, taught Me to be disciplined and resolute, taught Me power and fearlessness!

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

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

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

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

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

"Of course, the aspiration for cognition of God came to Me later…

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

"Then I enrolled in free courses at a university — and joined the student community, which was 'boiling' with various ideas of freedom. There I got acquainted with the diversity of spiritual searches and attended different esoteric groups.

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

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

"— To direct the attention of the soul to seeking God, to everlasting values, to the *Eternal*.

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

"— To try to walk evenly the life path.

"— To cause harm to no one.

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

"— To stay in great *simplicity* in everything — in the way of life, in solving problems, in being satisfied with little in the 'outer' — and with much in the inner world.

"… Fulfilling the principle of Good and of non-causing distress and disharmony to the outer world — this is how I tried to live!

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

"And on this background — God began to manifest Himself to Me!

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

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

"Thus — *God living in My heart* — became a cognized reality for Me!

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

Admiral Nakhimov

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

"Will You tell us Your name?"

"Admiral Nakhimov."

"Could You relate Your biography?"

"Yes, if it is interesting to you.

"I was embodied in the Mediterranean region at the time when there existed branches of spiritual knowledge created by students of Pythagoras. Thanks to this knowledge and practical methods of development of oneself as a consciousness, I achieved significant transformation of oneself-soul.

"And this allowed Me in the next well-known incarnation to become a leader for very many people and to be remembered by the next generations — though not as a teacher of higher knowledge but just as a positive hero: a sea

strategist who had parental care for his people. Being a giant soul, I could perceive with Myself-consciousness the disposition and actions of the fleets — and could take correct strategic decisions in military combat.

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

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

Once, in the very beginning of our spiritual work, we mastered the exercise called *shavasana*: lying on the back in deep relaxation, one had to learn, among other things, to fall down from the body and then to purify the body from coarse energies with the use of the hands of the consciousness. Now it became possible for us to perform 'supershavasana': having flowed into the sea of the Divine Consciousness of Nakhimov, having become Him, one can feel one's own body floating on the surface of this sea and can purify it from everything non-Divine…[239]

And *deeper* than this 'Sea of Nakhimov' — there is the Ocean of the Primordial Consciousness, from where Nakhimov rose to the more superficial — Brahmanic — layer of multidimensionality…

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

Let us learn from Him!

Nikifor

To the first meeting with Divine Nikifor on His favorite *place of power* in the forest, we were prepared by Divine Sulia.

"Where did Nikifor incarnate the last time?"

She shows the Pacific region to the northwest of Australia, on islands close to it.

"Now it is His turn to work with you!

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

"You informed people in this region about your knowledge through the Internet; it was not by chance. It was necessary that people in this region also learn about you."

"The name *Nikifor* — is it of Greek origin?"

"Not exactly. It became Greek, Byzantine later. This name is international, it must not be related to a certain nation."

… And now we are standing on the edge of a large forest glade overgrown with young birches and pines. Visiting Nikifor, we are standing inside His giant Mahadouble, composed of Living Divine Light.

The most wonderful thing here is that upon coming out from the forest to the glade one finds oneself… in the expanse of a non-material *ocean!* The other reality of beingness becomes visible here to the eyes of a refined consciousness: oceanic expanse with calls of soaring gulls and a *white sailboat*. It is also the Ocean of Divine Light! The tenderest and purest transparency of Its Depths, universal Calm, and Harmony of Divine Beingness give you the feeling of the highest bliss and serenity of existence in great *Oneness* of Divine Souls!

"Tell us, please, how did You attain such a Mastery that You can manifest so easily the Depths of the Ocean of the Primordial Consciousness on the Earth?"

"I grew on the oceanic coast. In the oceanic expanse I cognized the Divine Wisdom! My Love grew in freedom, in expanse, — and there were no bounds to it!

"I cognized God by orienting Myself not to Individual Manifestations of the Creator — Divine Teachers, but to the Absolute: to the Universal Multidimensional Organism with Its Base in the primordial loka — in the Heart of the Absolute. You are luckier! You have so many Divine Friends-Teachers, and I am one of Them," laughs Nikifor.

"Tell us, please, about Yourself: it is so valuable to know one more possibility of cognition of God! How did You attain Divinity? And when?"

"It was long ago… at the time of Atlantis. Later I embodied Myself once more on islands in the Australian region… They were very large islands; later they submerged into the ocean. There was a School of Buddhi Yoga of a very high level, similar to the Egyptian School of Ptahhotep. First, I was a student and then a Teacher of this School."

"In what spiritual traditions did You work?"

"By God we called the United Highest Consciousness. My Mission was to teach the students, who had achieved the needed level, to be established in the status of the Ocean of the Primordial Consciousness. In other words, My Mission was to teach Mahatmas to be the Ocean of Paramatman!

"I will teach you the same too.

"Listen now to My directions on meditation:

"One has to learn to live being constantly aware of oneself as the Only Existing Self — the Self of God!

"I am the Bliss, Tenderness, and Power of the Creator!

"I am Love! I am Light! I am Blissful Beingness!

"Try to feel this, immersing yourselves into Me-Universal, Me-the-*Ocean*…

"Feel that there is only My Anahata — the *Ocean* of Me… Or feel Me as an Infinite *Wave*… And there is only the Infinity of the Creator…

"And the completely purified body can be likened to a slit: through it you can perceive the material plane from the *Ocean*, while you are one with the *Ocean*…"

"But how can we learn to be always in Mergence?"

"How does one master every next stage?…

"The Ocean of the Creator is the Subtlest… Gently and softly, on the background of dissolving Calm — learn to BE Me!

"The state of the *Ocean* is soft Calm, the Bliss of Giving Love…

"If you cannot manage to move to the necessary *depth* at once, recall the meditative methods which you know: for example, as you can expand the consciousness (developed as a spiritual heart) within a tent — even so you can expand it within the entire planet, and so forth…

"… I am always and everywhere! The entire Infinity of Me — of the Universal *Ocean* of the Creator — is separated from the Creation only by the finest membrane of the 'Curtain', which can be crossed easily in any point of space. *Love* easily permeates through it into the *Ocean* of Me, as if being attracted by the Universal Magnet. The identical merge into *One* — thus works the *Law of attraction*.

"You are identical to Me! You flow into the *Deepest Layer* and remain *There* being connected, fastened by the awareness: 'Waters of *love* that have flowed into the *Ocean* are inseparable from the *Ocean*, and this is I!'

"But this is not all to it.

"With your hands of the consciousness — perceive the Infinity of Yourself-the-*Ocean*…

"There is only the *Ocean*… This is what Godcenteredness is.

"This means accustoming oneself to be the Heart of the Absolute: the United Higher Self, the United *Ocean* of You, Me, Everyone…!

"The one who has known the *Ocean of Love* aspires to It again and again!

"By submerging into Its transparency, one blends with It!

"By giving oneself, forgetting oneself, one dissolves in It!

**"A heart which has encompassed the *Ocean* becomes the *Ocean!*

"A soul which has become the *Ocean* lives the life of the *Ocean!*"

"… Nikifor! The image of a *white sailboat* on the surface of the *Ocean* — what is its meaning?"

"We had light small vessels with white sails. On such a vessel the Messengers of the School went to every new spiritual seeker who, being a mature soul, addressed God with a request of receiving the Great Initiation and of being taught to help people.

"Such a request was always clearly perceivable to the Members of our School — and a sailboat was sent to such a seeker. Our messengers in white clothes went directly to that person, easily finding him or her in a ruler's palace or in a pauper's hut. They repeated to that person verbatim the words of the appeal about the Great Initiation and offered him or her to go to the Path. And then the new seeker went together with them to the vessel and came to the School to learn there the higher steps of the *Path of soul*.

"If that person wavered, being astonished by such a prompt 'material' response to his or her appeal, the Messengers left to the shore and the sail waited there for three days… During these days the person could make the decision.

"Usually in these days, many people came to the Divine vessel, and our Messengers told them the words of truth, gave simple and clear precepts, healed them… All this remained in the memory of people as legends about God's 'descended from Heaven'.

"The School was situated on an island and was not associated with any state. It was autonomous and independent of the outer world.

"In the beginning of studying in the School, much attention was paid to the purity of the energy structures of the body (on the Atmic level of subtlety) and to the absolute control of the consciousness over the functions of the organism — both in the emotional-volitional sphere and on the physical level, up to control over the heart rate, respiration rate, functioning of the internal organs. Such psycho-physical exercises were taught to all beginners, independent of the age. Along with preparation of the body, one was taught the truths about the structure of the multidimensional universe, the meaning of human life, the nature of God.

"Then the students entered the stage of Buddhi Yoga. It was similar to yours; just the level of the consciousnesses of the beginners was much higher, and our initial steps were not 'the first grade of school', but 'the first grade of university', drawing an analogy with your contemporary world.**

"… How can one perform actions on the Earth and at the same time remain in Mergence with Me? The main point here is *from where* your action originates: from Me or from the lower self and what the *purpose* of the action is.

"By your actions, you can either construct a 'nest' for your lower self — or do My Will.

"Conscious actions, which originate from My Intent and realize it, can never enslave you! On the contrary, they strengthen your Mergence with Me!"

"But what about feeding the body, household duties, etc.?"

"Distinguish the cycling of matter in the world of prakriti — and actions related to My Life.

"What you talk about is just the cycling in the world of prakriti. Distinguish from it the actions that enter the world of prakriti from Me and that are aimed outside of this world.

"You must live not only by the cycling of matter in the world of prakriti, but — with your aspirations and actions — you must live outside it!

"… It is wrong to think that God does not care about your material problems — this is not true.

"I simply have no problems or failures in the material world. And you, too, if you are *One* with Me, — will have no problems.

"When you are not with Me, you miss the opportunity: wrongly chosen time, ill-timed action… This results in wasting of time and efforts.

"Always feel the way which I open for you! Walking it, you arrive to the destination in time, and there — everything is ready for your coming: it is Me taking care of you.

"But if you start a journey without paying heed to My signs, then on the finish you may experience bad luck or total failure. In other words, you encounter there your karma."

Odin

"Odin, will You please relate about Your Path? How did You become Divine?"

"… It was a long time ago… I was a Varangian, a captain of a merchant sailing ship… Rocks, winds, severe storms of the northern seas…

"I learned to steer My ship, aligning My will with the elements of the ocean. I learned to stand firmly on the deck dropping out from under the feet, to unite the power of My arms, holding guy ropes or the steering oar, the will of the ocean and the will of My crew…

"Most of the time I was in the ocean. And I learned to love the far, longed-for land — to love it like a fortune, like a continuation of life which is given as a reward for strength, courage, and fortitude…

"Thanks to this, I mastered that *power of soul* which is capable of making its way knowing that there are storms, the destiny, God…

"… I never 'prayed' to Him… I knew that He held in His Hands the steering oar of My life, and that if I turned to the wrong direction, He had a right to take this life… I felt Him — as I felt the elements of the ocean and wind, as I felt My ship and My friends, who had entrusted their lives to Me. In storm and in calm, when moving forward required no less skills than surviving in a tempest, — I felt Him. … I trusted Him, but never 'prayed' to Him…

"… Then, I came to know *love* — tenderness and subtlety of love, which turned out to be above *power*…"

Odin showed an image of a beautiful young woman with long light hair and great tenderness in the depth of her eyes… This image was filled with soft calm…

He did not say anything more about her…

As the ocean keeps a pearl in its translucent depths, even so this love is kept in the depths of this Divine Soul…

His might and power transformed then into love and tenderness…

"After that, I cognized the *Oneness*."

He showed an image of Himself walking in morning sunlight. White long curly hair and beard, the wisdom of an elder, the power of a mature man, and the carriage of a youth — all these had united in His body… Divinity — like morning sunlight — was streaming from His eyes. The Calm of the *Ocean* had become His Essence.

Now He identified Himself with the *body* not more than with the earth which He walked, not more than with the morning light or with the soft mist dancing above the smooth surface of lakes. He identified Himself with the *body* not more than with the calmness of granite rocks towering over glassy pellucid waters, not more than with tall pines reaching for the sky… And He was all this — not more than He was the fathomless Ocean of Light in the *Depth beneath*… He was *Everything* — at one and the same time…

… Then Odin showed His present appearance, in which we saw Him for the first time. He was like a Mountain rising from the Infinite Ocean of the Primordial Consciousness and opening with Itself an entrance into the Depths of the multidimensional Creation. His Face with white curly hair resembling oceanic waves was the top of the *Mountain*. And His Hands below the surface

of the Ocean supported with the Palms all living beings in the Creation, filling them with power — with power to grow, to develop, to love, to be…

"What can You advise us concerning how we should live?"

"How to live? — Live with Me, from Me… And sow the seeds of My Love and Knowledge! Then people will go to the Light… — not immediately, not everyone, but there will be sprouts!…"

"How do we sow?"

"Gently and softly, as a sower walking over the field — and in a wide gesture the hand throws the seeds… Then rain waters the soil… And the sun warms it… And time patiently goes by …

"There will be sprouts!

"Scientists working for God! Scientists studying Me, serving Me, sacrificing themselves for the sake of Me! I am proud of you; I am proud, in particular, that I helped you to find and cognize Me!

"Your scientific group, at present, is the only one on the Earth successful in studying Me. You are not only a leading scientific group on the planet, but a unique one in this respect!

"I congratulate you on this!"

"Odin, tell us please: what does one need to do in order to master being in complete and permanent *Oneness?*"

"The foundation of *Oneness* is Love! This is a very important meditation: when the entire Absolute is My Anahata, My Heart, when I contain Everything in My Heart, in My Love, when I pervade everything, control everything, when I am Everything, when everything is pervaded with My Divine Love — every single atom!

"Yamamata told you: from outside one sees the sun 'rising' over the ocean, but *inside* there is only the *Ocean*…

"And I am telling you: everything, absolutely everything, that you see from outside, is One inside: the Boundless Ocean of the Creator — *Oneness* of the Whole! Everything rests on Him, everything is pervaded with the Transparent Component of His *Depths!*

"Everything is *One*, and in this *Oneness* you may gain omniscience, omnipresence, and the ability to control everything: small particles of Yourself inside Yourself-Whole…

"And let Me repeat that one can cognize the *Oneness* of everything only through Love!"

* * *

"… I am going to tell you about the Aesir, as They are called in Scandinavian legends and sagas. They were the Atlanteans Who assumed responsibility for the destiny of people on the Earth after the destruction of Atlantis.

"They were not many. But Their life span was much longer than that of other people living on the Earth at that time. They lived in the body for 300-500 years; it was normal for the Atlanteans. People remembered Them as Gods coming down from Heaven and ruling the Earth. They would come to the Earth again and again, taking mortal women for wives, and this would bind Them to the material plane… Yet in every incarnation, They would bring the new mortal body to the Fullness of the Divine Awareness… As Bright *Suns* of Divine Consciousness They guided the life on the Earth…

"I was One of Them…

"For many lives I came to the Creation and every time connected the embodied part of Myself-Consciousness with the Consciousness of the Creator.

"I became like a Mountain: its base is the Infinite Ocean of the Creator and its sides are this material world. I became 'rooted' so firmly that I managed to finish with complete Mergence even My Varangian incarnation in the world where there was no knowledge about the Creator!

"… None of Those Great Souls counted on a quick success in spiritual transformation of people on the Earth. One cannot impart higher knowledge to people who just begin their evolutionary path in human bodies. Awareness grows slowly in a series of many incarnations."

"Do people need to know that which You describe? The majority of them will take all this as fairy tales, which have no documentary evidence…"

"People do need to know it! This will expand the horizons, switch their thinking from little mundane concerns — to a broad look into the depth of the history of civilization, into the meaning of human life… This will make them ponder about the evolution of consciousnesses in the universe, about the means of the Divine control over this process. People's look will be directed not down at their feet, they will look farther, broader, deeper. The future will become open for creativity; every person aware of the meaning of our existence will be able to take part in creating this future!

"You may note that the modern youth is very interested in fantasy, fairy tales, myths where adventures of people and sorcerers open prospects of life of consciousnesses, not just bodies… This is one of the means for redirecting the interest of youth to the world of Spirit.

"If you tell the public about the Reality that I am describing now and that is much more interesting than fairy tales, then it may help to infuse a new current into the thinking of people.

"You should create a website on this subject. It may include the materials about Yamamata, Huang Di, Nikifor, Assyris and His schools, Pythagoras and, of course, about Adler. Some new material is going to be added soon; so the site can be ready by spring."

"But everything we do is not popular among people: they are interested only in how to become happy, healthy, rich…"

"Fine! Your next film may be *The Art of Being Happy!*"

*** * ***

"I have guided many Finns to the Abode of the Creator! You are the first Russian spiritual warriors to come to Me — and I am very glad to meet you!

"But I ask you not to forget about the affliction of the Finnish nation that suffered guiltlessly during World War II…

"Service! Throughout the whole planet you have to arrange camps for teaching children and youth — 'miniashrams'!

"Inform through the Internet pedagogues of different countries… Engage in this work all your human resources! Republish the books! The book *Spiritual Work with Children* has to be translated into other languages!"

"The knowledge, which you received, has to be made available to all people of the Earth!"

Neptune

"I am a disciple of Odin.

"I was embodied in Scandinavia several times. I am not related to ancient Roman Neptune.

"Once I was lucky to be a seaman on the ship of Odin. Since that time He guided Me — incarnation after incarnation.

"My last incarnation was in the 19th century.

"… Northern seas and lands are no less beautiful than southern ones!

"You know how one feels when the sails and the sea have become companions of the soul! Even if you come then to an 'on-land' incarnation — these sails like wings attract the soul to freedom and to expanse! They attract you to verses and songs about the sea, to stories about ships and captains…

"In the last incarnation I was born at the seaside: I was born to become a captain, and I became a captain of a clipper called 'Master of the Sea'. Among sailors and captains I was called Neptune. This nickname, linking Me with My ship and with the oceans of the Earth, replaced My name…

"… Wait, don't go away! I have not told you everything! I tell My story not for self-praise but for creating one more channel that moves people from the hustle and bustle of modern life — to spiritual journey of the soul to the Ocean of the Creator! Such a channel is opened by Every One of Those Who have cognized the Primordial Realm of Divine Existence.

"Every One of Us wants to provide help to people more efficiently. And if Our names and stories are known — then it is much easier for incarnate people to establish contacts with Us.

"By the way, it was Me who showed Vladimir the meditation *Neptune* many years ago. Later as well I was often with you trying to enrich you with My meditative skills and knowledge.

"Now I guide many yachtsmen, lovers of yacht racing, travelers.

"… In extreme situations, it becomes more apparent who the person is — that is a soul with all the qualities peculiar to it, not only the superficial layer of personality which is normally visible to others.

"Where there is only the ocean, the ship, and the people on it — there many life values have a significance that is different from the one on the land. In such conditions one can understand, for example, that a cup of freshwater can be much more valuable than gold; one can cognize the importance of true friendship, honesty, honor…

"The one who comes to sail among winds and sea elements has to conquer oneself first. This world is not for the weak!

"Protect and value those who travel together with you! Value each other! It is a great fortune when you have friends-companions on the great Path, when there are incarnate souls capable of understanding each other on the Path to the boundless Ocean of the Creator, when the entire crew lives together with God, in God, in unceasing service to Him!

"In My last life on the Earth, I had no such fortune. I was alone in My spiritual search until Odin became again apparent for Me as really as We are apparent and perceivable for you now.

"That time I was the captain of one of the fastest clippers. Thanks to My power and largeness of the soul, I could to embrace the entire Earth! I felt Myself a master of the sea!

"I could also dissolve Myself in the lapping of sea waves… They who love the sea can understand Me… In these meditations there were only the sea and the expanse behind the horizon invisible to the regular eyesight.

"And our planet, which I could embrace with Myself in My long travels, seemed to Me a small island floating on the Ocean of Light… I could submerge into this Ocean with the help of the arms of the soul… You know how it happens.

"Let Me note that in the last incarnation of Mine, I did not remember in the beginning about the significance of the spiritual Path. Religion known to Me could not satisfy Me.

… Once I appeared on the land 'in retirement' from the sea and sails: My ship was destroyed by a winter hurricane. This extreme event helped Me recall Odin. And He — this time non-incarnate — took Me 'on board'. And then the final cognition of higher *depths* and higher *expanses* began.

"The path of love is not always attractive to strong people! There are many who like to hate others or suppress others by power, who enjoy making others fear them! Possessing large power, such people seek to do evil… They all play their roles in this drama of life — and thus they help other evolving souls learn what is good and what is evil… But…

"It is very important that people know about the possibility of choosing their courses in life and about the consequences of the voyage that the soul makes during its incarnation in the world of matter!

"However one has to understand that the Path of growth of the soul on the stages of love and good is not as simple as it may seem. It has difficult obstacles, underwater reefs, storms…

"These obstacles are your struggle with yourself, with your own weaknesses and vices.

"It is a battle where a symbiosis of humbleness and steadfastness wins!

"One achieves victory in this battle thanks to the tenderness of the power!

"And the finish post is the Primordial Ocean of the Creator!

"The one who achieves it becomes dissolved in the Universal Oneness of Divine Souls — in the *United We!*

"And then such a Divine Soul can arise over the Earth, remaining in the state of unbreakable Unity with the Whole and manifesting the Primordial Consciousness for incarnate people!"

Bartholomew

We are in the pine forest where many mushrooms grow. We find ourselves inside a giant Divine Spiritual Heart that has a form of hemisphere towering above the forest. Looking deeper, one can see that It comes from the Infinity of the Abode of the Primordial Consciousness! This is yet another Divine Teacher — a Representative of the Creator!

We take off our rucksacks, sit on old fallen trunks of trees, and rest a little. Then we ask Him to narrate about Himself.

"My last name on the Earth was Bartholomew. I was a Greek philosopher. I cognized God-the-Father. I lived in Greece in the 11-12th centuries AD. Though I lived in Greece, I was a Catholic. I went through the entire activity of the Catholic Church, yet I cognized God-the-Father — because I came to a direct contact with Jesus. And Jesus began to help Me and took Me to Himself.

"Jesus shows the Path to God-the-Father. Though learning from Jesus is as adequate as learning from any other Divine Teacher that you know.

"I know everything about you: even in the past I watched your work."

"Tell us please about Yourself in more detail."

"Well… Let people know how through love for Jesus one can cognize the Father.

"… I was born into a family of sincerely and deeply believing people. I was named after saint Bartholomew; My parents attached much importance to this. In My childish understanding, it was related to the lives of the Apostles — direct disciples of Jesus.

"I grew in a small Christian community. The members of this community regarded themselves keepers of the traditions of the first Christians, who learned the *Gospel* — the Teachings of Jesus — from Philip and Bartholomew at the time of Their apostolic service in Greece.

"In Greece, in Egypt, and in Syria throughout centuries there were schools and communities trying to preserve the true Christianity.

"Understand: when the Teachings of Jesus fell on the soil of those who formerly studied Plato and Aristotle — or of people with cruel habits and beliefs — it produced different sprouts. In one case, people developed love, respect for the Higher Truths, and *hesychia*; in the opposite case, this led to the Crusades and Inquisition… Unfortunately, the latter is more known to people…

"Those who studied formerly philosophy, i.e. people who inherited the culture of ancient Greece — they could not become Crusaders or support the Inquisition.

"On the ruins of antique spirituality, the Teachings of Jesus produced sprouts, which are not well known now.

"The traditions of *Hesychasm*, which were developed in small Christian communities and monasteries, remained after the separation into two branches — the eastern and the western ones: Orthodoxy and Catholicism. In the Catholic Church the memory about this has been almost lost. These are blank pages, not because nothing was written on them, but because everything was washed away, forgotten…

"I am trying to tell a bit about this…"

"Were You a monk?"

"No, I was a philosopher… I sought Truth, sought God. I studied both ancient philosophy and Christianity. In the beginning, I sought God with My mind.

"But when I realized that Truth is not hostility and disagreements of movements but *love*, then Jesus began to reveal Himself to Me. At this point, My 'outer' life ended and *inner life* began. It was a life of the consciousness aspiring to Jesus with *love*. It was a life of the open heart which converses with the Lord in a very direct way…

"I did not know meditative techniques and methods other than *cordial prayer*, which was known in the community where I lived. But *untold love* overfilled My heart when Jesus entered it! This *Revelation of the True Love when the mind is silent* is great, majestic, and staggering! The human heart expands so infinitely that it can contain the Lord! To live in this way is great bliss!

"Thus I cognized Him. It was My *life with Him!* He came — and it became the most important, it was the only important thing in My life! The questions which worried Me before — fell away now! Only *Christ's Heart* remained, Which expanded more and more in My heart!

"My life became so simple that only Jesus remained in it… and then He took Me into Himself, into the Father…

"… Bring people into Me! I will give them Myself, will give them an opportunity to turn into giant spiritual hearts expanded in Calm! This is the most important thing! This is the foundation of the true spiritual work.

"As a skyscraper with a strong foundation reaches for the sky, even so a soul can reach unbelievable heights if it is founded on unbreakable *Love* and *Calm!*

"Your task is to kindle the hearts of people!

"One may say that you have achieved victory when on the international scale your books will be regarded as classics of philosophical and religious thought, and excerpts from them will be included in educational programs!

"The most important point is to teach people love! One has to develop the spiritual heart to fill it with love for all the living! Only thus one can transform the world on the Earth!

"You can fulfill this! And in this work We are all 'at your service'!

"… I repeat the eternal truths in slightly different variations. Yet, in what words can one describe what is Eternity and Infinity? One can only cognize this personally. This is My Beingness, and it will never cease! I am Love!

"And remember that nothing in this world belongs to you — nothing but your love for Me! This is your treasure, and it belongs to you by right! All your treasures are your love! No one can take it away from you! Love cannot be stolen, taken away by power, cannot be sold or inherited. Love can only be given — sincerely and selflessly!

"Love has a remarkable quality: the more you give it to others, the more you have it.

"Yet love is a 'free bird': it lives and grows in freedom. Such human concepts as 'I want' and 'mine' are opposite to love, because they limit its freedom. All attempts to *own love* are doomed: love can be only received with gratitude, carefully and tenderly, as a great gift from the one who gives it to you.

"Love enters through the only gate — through the *spiritual heart open to it!* And then in such a heart arises a responsive wave of love going outside. Thus love lives and grows."

Symeon the New Theologian

We are on a small clearing in a pine forest. This is a *place of hesychia* — a *working site* of Symeon the New Theologian.

In the past we worked at this place, filled with the Divine Consciousness of Symeon, in the state of deep *inner quietness*: the state when the 'I' is dissolved, when the spiritual heart, filled with love and calm, expands far beyond the limits of the body.

Today He asks as to tell to other people the following:

"All serious spiritual schools contribute to the development of spirituality on our planet.

"But I would like to tell a little about the contribution of Christians-Hesychasts to this treasury of common knowledge.

"The first direction of efforts made by these humble and steadfast seekers was LOVE FOR GOD, which can be developed only in the spiritual heart against the background of *inner quietness*.

"Without this love one cannot gain true achievements!

"If one's love for God fades away, then everything that person tries to do in the religious field turns into useless ritualism!

"The second direction researched by Hesychasts was LOWLINESS OF MIND. Hesychasts taught to observe and destroy selfhood[240] in oneself. Gaining this 'basic skill of spiritual life' is extremely important! Without it the Lord does not allow approaching Him!

"I believe it is important to tell about it now, because many followers of the contemporary pseudo-spiritual directions tend to elevate their selves, while love for God remains at the background or even becomes forgotten… Yet it is only through love, through development of the spiritual heart and gradual transformation of it into the Heart of Christ that one can traverse the Path shown by Jesus!

"Of course, many true religious schools had teachings about repentance, about gaining *inner quietness* and cordial love: without them Mergence with God cannot be achieved!

"And these milestones of the spiritual Path established by Christians-Hesychasts continue to serve people of the Earth.

"Hesychasts showed examples of monastic life to the world, that is a life completely dedicated to God."

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"Once Jesus told a parable about a man whose granaries were full of grain. That man was proud about his earthly wealth! But God ended his life — and he could not use the accumulated wealth…

"So, the most important things in human life are those contributing to the development of the soul! One has to tell about this to people; they need to know what multiplies their spiritual wellness, what is really valuable to God!

"These are growth of love and purity of the soul and also service to God and to people!

"Everyone has to understand it, so that one does not live life on the Earth in vain!"

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[240] **The inflated feeling of the self, of the 'I'.**

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"Let Me also tell a few words about illnesses:

"An illness is one of the ways of how God talks to man!

"This talk begins by the initiative of God. Often this happens when man directs all the attention to the material existence and forgets about the life of the soul. In such a case — through an illness — God points out to man the problems and vices of the soul which can be realized and corrected now.

"Let Me repeat again: when one does not want to turn the look of the soul away from transient desires and deeds and direct all the attention and efforts to feeling oneself as a soul before God — then such a one can be taught by God through an illness. In such a case, God allows an illness to come, that illness which is rooted in mistakes and misdeeds of that person and in unbecoming emotional states of the soul.

"And what else can God do if this person has no understanding of the purpose of human life and the necessity of making efforts for realization of this purpose?…

"Being ill and separated from the worldly concerns due to the illness, one receives an opportunity to hear God. One does not necessarily hear God through the words. There is another way of *gaining understanding* of what God wants from you.

"Of course, in this situation one needs also to heal the body as well — by all available means. Only such an approach helps to restore the health fully: the health of the body and the health of the soul.

"… Unfortunately it often happens that only after seeing the approaching death people start to think about the purpose of their lives on the Earth and about how to realize this purpose. They think about what they would like to accomplish — but have neither strength nor time to do it in the current incarnation…

"Yet even in this sad case, the illness and the coming death can be quite useful for the soul: if one does not fear to draw conclusions, then the soul becomes purified and prepared for the more favorable conditions of the next incarnation. In this situation, one begins together with God to make a plan of the next life in a new body. In this plan one can take into account all the past errors and thus can learn not to make them again in the future.

"So let everyone think: does it make sense to wait for the end of the current life and beginning of the next incarnation if right now I have an opportunity to begin purification and transformation of myself-soul?

"Everything said above is meant for souls who are already capable of thinking and being conscious of themselves.

"The Law of Higher Love and Justice is not always clear to those who are too young now — both by their bodies and by souls.

"But in any case, everything that God gives to you is always good for the soul!".

Pantaleon the Healer

… We are at the sea coast in former Finnish lands.

Calls of gulls over the sea create the feeling of transparent serene expanse…

This place gives us the strong feeling of a peaceful orderly life of a Lutheran community, which we know from the stories of the Divine Lutheran Pastors.

We look around and discover that we are standing inside a Mahadouble of a Divine Teacher Whom we have never met before.

"What is Your name?"

"Pantaleon."

"Are You Pantaleon the Healer known from the history of early Christianity?"

"Yes, I am the Pantaleon from Nicomedia."

"Were You already Divine in that incarnation, or did You have to be incarnated one more time then?"

"I had one more incarnation in this wonderful land, at this seashore."

… He shows His two appearances: the first one is of a tall adolescent boy with dark hair; another appearance is of a strong light-haired man whose arms and all the body shine with goldish Light of Divine Love.

"In the first of these two incarnations, I was a Christian and a healer. I was killed by pagan enemies of Christianity. In the second incarnation, My friends saved Me from other enemies of Christianity — from 'Christian' inquisitors.

"Over this part of the sea, I realize now My Divine Essence in service to incarnate people."

"Were You a disciple of Odin?"

"No. I was a direct disciple and a follower of Jesus Christ. In both those incarnations, I learned from non-incarnate Jesus. In the last incarnation I achieved the fullness of Divinity.

"Meditations shown to you by Adler are familiar to Me as well. Jesus taught them to Me."

"Did You know the meditation *The Cross?*"

"We did not call it like this. But Jesus taught Me the same meditations that Adler has shown to you lately."

"Does it make sense for us to come to this place again?"

"You have nothing to do here: there has been no true Christianity in this region for a long time, and there are no people who would like to learn your knowledge…"

Divine Lutherans

We are again on the former Finnish lands occupied by Russians during World War II. The Soviet troops — at the price of heavy casualties — managed to force out from these lands all incarnate Finnish people. But Finnish Divine Teachers, who worked here, remained and continue Their Work among people.

No, They do not seek revenge on Russians. The Perfect Ones do not have such a quality as revengefulness. And moreover, God does not divide people by national characteristic. He is "international" and "interconfessional" in contrast to undeveloped people… But He builds people's destinies depending on the deeds performed by them… Those who committed serious crimes here and everywhere cannot expect a favorable destiny unless they repent sincerely…

… Here there is a firry-piny-birch forest with hills, gullies, and brooks… Two Divine Teachers are with us. Both — in Their past — are Scandinavian Lutheran pastors. We have known Them for years…

How did Their earthly names sound? One of Them is Pastor Larry in His last Swedish incarnation. Another One did not tell us His name; He only said that His Finnish name is too difficult for us to perceive. He suggested that we call Him Freddy as His American friends called Him in His earthly life.

They want to speak with us at first not separately but together, because Their destinies are very similar.

We ask:

"Tell us, please, how did You cognize the Creator and attain the fullness of Perfection?".

"We All were embodied in this region more than once. Here was an exceptionally favorable environment for achieving Perfection, not only from the standpoint of natural energy and landscapes…

"It was very important that a Lutheran priest-pastor was not separated from people. A pastor and his flock lived as one family. The community solved the common everyday economic affairs by united efforts. And always the pastor

was the main figure in these affairs. This ennobled people, and the pastor acquired priceless everyday experience by studying psychology of people who had a common spiritual Goal. For the pastor it was indeed personal experience of cognition of human souls: who needs to be given spiritual knowledge, what people could or could not understand.

"Scandinavia is also a land of lakes! Water, boats, one shore, another shore… Forests with berries and mushrooms, hares and squirrels… A measured life and natural economy. I wish such a life for you!

"What was the advantage of our pastors over Russian Orthodox ones? It was, among other things, a complete absence of drunkenness and *natural* communal life among forests and lakes…

"Take, for example, boatmen at work. Without troubles and worries, without drunkenness and profanity, on the background of positive emotions, all their lives went on in nature. This is very important! Their lives were also filled with sermons! Let us repeat: pastors and people were not separated, they were all the time in common companionship. How was the pastor different from others? Why did this particular man become a pastor? Because the community chose him and sent him to learn. It was a person recognized by the community, a person held in respect even before he became a pastor.

"At the same time, there was a little of rites. Only for meditative attunement to the Father and His Son Jesus Christ — mainly for this — a grand divine service took place. And each divine service was a celebration!"

"What did You eat? Lakes, boats which You built… Does it mean that You were fishermen? We never heard that present Lutheranism preaches a refusal of eating fish and meat…"

"Of course, none of Us ate *'killed'* food.

"The concepts of ethically right nutrition, which were called usually Puritanism, originated long ago. They existed even before the incarnation of Jesus Christ.

"However, none of Us ever forced anyone to adhere to *killing-free* nutrition: all members of the community chose by themselves what to eat. And We never regarded the fish-based nutrition as a sin for people.

"We explained to others that the pastor has to eat *pure food*, otherwise he would not be able to hear the voice of God. Some understood that this should be applied only to us, pastors, and respected. Others followed pastor's example."

"What kind of spiritual training did You use? Without special multi-stage meditative practices it is impossible to cognize the Creator and become Him.

Did You have incarnate Divine Teachers? Or did each of You rely personally only on the help and spiritual guidance of God?"

"You know this: We all were guided by Odin, like you are now.

"And concerning the techniques of meditation: one can master easily the whole highest Buddhi Yoga right here, on this Holy Hill where you are now…"

"What can You say about today's Lutheran Church in Finland?"

"The concepts of Christianity became the basis of exotericism of the Lutheran Church. And in the past it blended perfectly with the esotericism which had existed on the Finnish land long before the coming of Christianity.

"Crusades were, of course, destructive. But in contrast to Russia, where all the good, which had existed before, was destroyed completely by the Inquisition, in Finland some things remained.

"Lutheranism is one of the healthiest, 'democratic' movements in Christianity. It does not consider the priesthood as the highest ruling caste. The thesis about 'justification by faith alone' was suggested by Luther, i.e. the idea that the Church is an indispensable mediator between God and man was refused.

"And such sound Christianity combined very harmonically with the esoteric knowledge which existed on the Finnish land from the earliest times."

"Is there a memory about this knowledge in present Finland?"

"Only that Church is successful which possesses not only exoteric external forms of worship, but also true esoteric knowledge.

"However, you know how it is difficult to find a person able to encompass both exoteric and esoteric knowledge… Of course, the chain of knowledge impartation breaks sometimes…

"We were Those Who had esoteric knowledge.

"Official Lutheranism which exists now in Scandinavia is good in general, but the esoteric knowledge almost disappeared in it…"

… Then the conversation was continued by Freddy.

Freddy

"Scandinavia! Lakes, rocks, fjords, giant spruces… — subtle beauty of nature of the North! Silent, strong, sturdy people lived there.

"Here it was not possible to live a careless, lazy, and idle life. Such a life was considered shameful, and it was difficult to find a person who tried to live like this. And if there was such a person, he or she usually tried to become better, feeling isolation from all others."

"How did You attain Mergence with the Father being a Lutheran pastor?"

"Through service to God I achieved Divinity.

"And I had a wise tutor."

"Did he teach You meditations?"

"No, he taught Me the most important thing — to live according to the laws of God.

"The true pastor lives taking care of the flock, and not only explains to people the laws of God but also lives according to these laws — according to the laws of love and kindness. The true pastor teaches people by his or her own example.

"The true pastor helps souls unite with God and never stands between God and man.

"… I also want to tell you about such *everyday life* with God which does not become stale, which does not turn into the daily routine of rules and rites.

"Yes, the strength of emotional contact with the Divine Consciousness is great! But I want to speak not about these moments of spiritual ecstasies, but about the life of people in which it is necessary to repair a damaged roof and boats, to grow and reap a harvest during our short northern summers, to store up firewood for winter…

"It was the pastor who took care that people — in their everyday work — cultivated love for God in themselves! He helped to maintain the fire of this love, which burned like a candle, in every heart. The pastor kindled such candles in souls and watched that they did not become dim.

"His sermon was concrete. He chose for conversations themes which were most important for the present moment.

"The lives of all, their hopes and thoughts, were known to him. And the pastor strove to ensure that everyone with his, pastor's, help learned to perceive oneself always on *the palm of God*, that all people knew that God knows all their thoughts, hopes, and deeds.

"The pastor taught to live in *openness, nakedness of the soul* in front of God, Who is not a severe judge punishing people after death, but is our kind Great Father, Who is always near, is always ready to help in life, and will not leave us after death.

"It is the Lutheran Church that by removing a priest as a 'mediator' between man and God, made God real and close for every man! The pastor was just an assistant and a spiritual adviser, but not a mediator.

"The pastor also united community's families into one whole family of people living with God.

"… A divine service in the community was always a celebration where all people gathered; this allowed them to feel their oneness, unity in front of the Heavenly Father.

"And the pastor during divine services tried to fill himself with the Holy Spirit in order to be as best a conductor of the Truth of God as possible. In this way, gradually the Mergence became stronger…

"… A natural life in work and in unity with nature helped Me greatly in cognition of the Father.

"You know how beautiful and tender the northern nature is! It does not have the splendor and bright colors of the south, but it allows one to feel the *subtlety* and *purity*, to fill oneself with *silence* and *transparency!*

"In My opinion, it is best to experience and cognize God in such *transparent silence!*

"I grew up among spruces, pines, and birches in the same way as you did. And I loved nature very much in the land where I was embodied.

"But I also sought the highest predestination, the highest meaning of existence of everything. The lack of knowledge about the Highest saddened Me…

"Although the New Testament revealed to Me a lot, it could not satisfy Me, because it did not give complete information about the most important things: about the meaning of our earthly lives and about where and how to find the Creator.

"I became a pastor mostly because of My desire to help others, to support them in life, to help them believe in their strength, to advise them to be strong and do not give up in front of difficulties.

"… I grew gradually in the *purity* and *calm*, expanding with the consciousness and attuning to the *purity* and *calm* of forests and lakes… And after some time, this lucid, wide state became usual, natural for Me.

"The aspiration to God helped Me advance further. I aspired to Him and often felt a touch of *something* that brought amazing *tenderness*… In that way a conscious contact of the soul with Him became possible for Me…

"Before this, I *believed* in His Existence sincerely. But now I understood that I could really *experience* His presence in My life. This gave Me enormous joy, new strength to advance further!

"I began aspiring to be in constant contact with Him in the *depth* of My spiritual heart.

"After years of such training, I learned to live in constant Mergence with Him.

"Then from the state of Unity with Him, I began looking with His eyes at people, at life situations in which I was engaged.

"During many years of living in Mergence with Him, I got accustomed to this to such a degree that I could not think about Myself as about a being separate from Him.

"And when the life of My material body came to an end, I just flowed into Him completely and forever."

"What do You consider to be most important for those going to You?"

"An individual 'I' cannot become Me! It has to dissolve, disappear!

"One has to dissolve the boundary between oneself — as a separate 'I' — and Me."

Pastor Larry

"I was embodied in Scandinavia several times. I love these northern lands! Transparency, purity, and austereness of northern nature create a unique *harmony of beauty!*

"I went to God gradually: step by step, incarnation after incarnation, developing Myself as a consciousness, transforming Myself into Love. The conditions of the north teach people to be strong, firm, and courageous, to help each other.

"In the last incarnation I was a Lutheran pastor in a small village in the north-eastern part of Sweden. It consisted of several houses located near a river. Around there was a forest consisting mainly of high spruces with garlands of cones. Squirrels, hares, bears, and foxes inhabited it.

"A measured life in nature helped perceive *calm*, accustomed to the *silence of mind*, to the submersion into *inner quietness*.

"In this small village I was the only spiritual teacher and the only well-educated person. I loved very much these open, honest people and cared about them. I was a teacher and a doctor. I taught children to read and to write. I healed diseases thanks to knowing many medicinal herbs. I delivered babies. People asked Me for advice and support; they trusted Me…

"It was the state of a soul *giving itself to others and wishing nothing for itself*. I gave Myself, My love to these people and taught them to appeal to God in every moment of daily life.

"At the same time, I stayed one-to-one with God, because I could not rely on someone except Him."

"Tell us, please, about Your meditative experience…"

"Odin taught Me to meditate by *merging* the consciousness with surrounding nature and *dissolving* in it. And through this, I gradually submerged Myself into the *depths* of the multidimensional universe. There, in the *Primordial Depth*, I cognized the Father: the Purest and most Tender Living Boundless Light of the Primordial Consciousness.

"And as soon as I became mature in His Abode, I learned to be this Light and to come, being It, to people.

"In this way, My *Mergence* with the Father grew stronger up to the moment when I stopped to exist as a separate being."

Divine Finn

"I lived here, on this Finnish land, long before the Lutheran Church originated…"

… He shows the beauty of northern nature of that time:

There is a settlement near a lake. Flocks of geese and swans come down on the water of the lake; they float, reflecting in its calm surface… Finnish girls are on the shore… A quiet, measured, and harmonious life… Divine Finn shows Himself: light curly hair, blue eyes, tall, broad-shouldered, with strong and gentle arms He is raising a happy child; His svelte beautiful wife is rejoicing together with them…

"I was born and lived in love. I had great strength and radiated calm joy.

"I built houses. Work always went well in My small team. In a certain sense, I was a hero for people around. They believed that in a house built by Me the family would have happiness and luck, prosperity and joy, and children would be born strong and healthy. I was called to build houses in the neighborhood and far away… I lived in love-joy, and everyone liked Me…

"But once everything changed. People wearing iron clothes, with spears, swords, and crosses came to our land.

"Our people did not have an army; we did not have warriors… Among others My wife and children were killed…

"I was not killed but taken captive and led to slavery to a land where people spoke a different language…

"I managed to escape, releasing many others. We went far away in the forest, but a chase, nevertheless, caught us. Almost everyone was killed: no one who resisted was left alive.

"The great strength of My body allowed Me to survive in spite of severe wounds…

"… A Great Teacher, Who lived secludedly on an island of a large lake, picked Me up. He healed Me for a long time…

"He was a follower of the Teachings of Odin, possessing the knowledge about the *Great One*. He was old and dreamed of finding a successor who would be able to comprehend all the knowledge He had.

"It was difficult for Him with Me… I did not want to listen about love and God; tears streamed from My eyes when I recalled what I saw… I was about to go and to die in order to release My people…

"But He promised to teach Me *great power* and to tell Me how I could help people.

"He said also that one can teach the mastery of possessing *great power* only to those who have become *great love*…

"… And I began learning from Him, learning *great love*…

"… I always loved our mother-Earth. I loved its forests and lakes, its expanses and tender beauty.

"But now the Great Teacher taught Me to love anew: not perceiving Myself as a material body anymore. Now I rose with the expanded consciousness above the surface of the Earth and felt My new arms filled with *great power* — the *power of tender love*. I also learned to submerge by this new *body of the consciousness* into the *Light* of the consciousness of the mother-Earth…

"The Great Teacher told Me about the *Great One*, about His laws, about the meaning of life, about how the *Great One* helps people through Those Who have become One with Him…

"And He led Me to the *Great One*.

"I cognized now that God is Happiness, Joy, Love!

"I realized that God is indeed One and only One for all people…

"My Great Teacher, having passed His knowledge to Me, fulfilled by this the last work of His earthly life and went to the *Great One*, detaching easily the *last fibers of the Consciousness* from the body…

"And I became a Teacher on the Finnish land.

"Old people, children, and youth came to Me. I told them about what man should be, about Universal God — the Father of everything existing, and about His Great Love.

"I also gathered and taught those few who were able to cognize more…

"… Then I became One of Those Who supported from the non-incarnate state the ideas of the Reformation of the Church — the wave of Lutheranism. Indeed this faith, in contrast to the first wave of the perverted Christianity introduced by conquerors by violence, provided a foundation for growth of souls on the Finnish land."

… Divine Finn embraces us with Himself. His distinctive feature is *shining* and *flowing joy* of Divine Love! The Flow of His Divine Power takes us up and lifts us above the earth. We expand with the consciousnesses over the winter forest in Mergence with His *Purity* and *Joy*. His gentle and strong arms caress and invite us to the *Depths*…

Borovik

Once, walking through the forest and gathering mushrooms, we came upon a high hill with a very steep slope. Despite being tired and carrying heavy rucksacks with mushrooms, we felt an unaccountable urge to climb up it.

We climbed and found on the top of the hill, above and beneath it, the purest Divine *Light*, which streamed up like a fountain.

We entered inside the "fountain" and studied it. This place turned out to be remarkable for work, for example, for cleansing the chakras.

We understood that this is a *working site* of one of the Divine Teachers.

Then we saw Him.

He said that He was called Borovik.

We asked Him to tell about Himself. He replied:

"I was a young son of a local landowner. In that life I studied the Divine wisdom. These lands were Finnish, but we were a Russian family.".

"When was it?"

"1905 — 1945. I was a member of a Lutheran community."

"Who was Your Tutor?"

"The Pastor Whom you know.

"I developed Myself on this hill. There is a remarkable *place of power* here, which can help your students as well. Here, there is a 'fountain' of the Divine Energy streaming from the Abode of the Creator. With its help, one can 'inflate' oneself as a consciousness, like a balloon. In this way — by doing it again and again — one can grow the consciousness quickly, grow it — with the Creator's Energies!

"I found this place Myself and brought others here. Everyone would take here as much as they could."

… A Divine Woman — His Mother — came to us.

"I took Her, too, into Me."

Nearby, a group of other Divine Souls was also present.

"Are They Your Disciples?"

"Not exactly. This was a community where no one considered himself or herself 'higher' or 'superior' to others. We were all companions on the Path to the Creator. I walked first.

"You know My Mother very well. Many years ago She helped you to gather mushrooms in this forest.

"Pay attention to the possibility of connecting quite easily, on this place, one's heart with the Heart of the Absolute and attuning it to the subtlety of the Creator.

"The same can be done on the place of Bartholomew, though in a slightly different manner.

"In this way, one can easily achieve Mergence with the Creator on this place. This is the minimal program that I had mastered.

"Bartholomew told you that Jesus took Him into His Anahata. And I was taken by the One Universal Creator into Him. I did not have apprenticeship with Jesus personally, but I followed His precepts concerning seeking the One Universal Creator — it is this that constitutes the essence of Christ's Teachings!

"I will be with you always. Remember how I cognized God-the-Father here! And bring your students to this place!"

"Why do You call Yourself by such an unusual name[241]?"

"In childhood I fell very ill… Neither doctors nor priests could help Me… And once My mother appealed to God as she never did: 'If you really exist, You must help me!'

"And she leaned against the fence of a park.

"A person passing by asked her, 'Are you okay?' And helped her to sit onto a bench nearby… It was a Pastor.

"My mother burst into tears and told Him everything.

'Why don't you ask advice from God?' He asked.

'How?'

'In the same way as you ask Me. Do you think that God can't hear you?

'Don't you see that His reply came instantly?! And now I will help you to hear the rest. Try to hear Him yourself: not with the ears but with the heart!

'Move with your son to live in the forest. Buy a house in the pine forest near a lake. And live together with God! He will heal your son! Once you move, let Me know; maybe I will help you more!…'

"The mother believed Him. They together with the father sold what they could and bought a small house in this place.

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[241] **Russian word *borovik* means *cep (Boletus edulis).***

"And I began to recover. I gained not only health and the beauty of nature, but also a spiritual Tutor. People gathered in our home to listen to the Pastor and to learn to love God. In this way, we lived as a community.

"When I grew up, I Myself began spiritual work with those few who were with us."

"But Why do You have such an unusual name?"

"Pastor jokingly called Me so! He told My mother: 'Your son will recover! And he will grow healthy as *borovik!*' And I grew up!"

Sophia

"Tell us, please, about Your Path of development!"

"Once I was incarnated in a male body near the Dnipro River. I studied in the School of Svarog in concordance with an ancient tradition of Slavic spiritual culture. In those times, there were many such Schools on the Earth. They existed openly, without hiding. That was the usual way of life…

"… My Temple, as you can see on this *working site* of Mine, is like a city inside our planet Earth! This is the result of our common work during My last incarnation. We worked here with the planet Earth, filling it with ourselves.

"Apart from this, the meditation called by you 'Putting on a Coat' was a principal meditation during those *trainings directed to becoming God.*

"… It is always joy for Us when someone advances towards Us by the Path of self-development! And when this process involves many people on Our planet, Our joy increases a hundred times!"

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"Each person should review his or her future path, taking into account, first and foremost, the relations with God rather than with the friends that accompany him or her on this travel.

"Everyone knows that people are supposed to encounter obstacles on the Path and here everyone can make a serious mistake.

"It is possible to overcome such situations if one knows beforehand where and how God guides a soul.

"The comprehension of the 'organization of God', that is, of how He is organized and how He develops Himself is a key that allows one to avoid all unfavorable turns of one's destiny!

"Those who have understood this and moved themselves in the right direction will overcome all troubles!

"To be able to foresee a course of events in its different possible permutations is what God teaches to any of His servants in order to make him or her a Part of Himself.

"Those who haven't mastered this can easily throw themselves out of the cycle of worthy ones."

John the Baptist

We were invited on a certain date to the forest *place of power* of Danish Lady.

Having come, we could not recognize Her… Her face could not be seen clearly, and the energy was Divine yet different from Hers…

Only after some time, we understood everything and began to laugh together with Her… It turned out that Divine John the Baptist also came and united with Her by the Consciousness!

"John, we waited for a meeting with You! Tell us, please, about Yourself. In Your incarnation at the time of Jesus were You Divine already?"

"Not exactly.

"I was very big by the size and strength of the consciousness, when I was proclaiming to Hebrews about the advent of Christ. I was a prophet: I could feel and hear God. But I could not say about Myself as Jesus did: 'I and the Father are One.'

"Later I was embodied in Australia and was an owner and captain of a merchant sailing ship…"

… John shows the sea… and a sailing ship…

"You ask how did I develop Myself further? — I 'blew the sails'…

"It was very good for My future spiritual growth to learn to 'catch the wind' by the sails…

"In the beginning I learned this when operating the sails of My ship. And later, in meditations I Myself became a 'sail', created a 'sail' of Myself. I was also the 'wind' that blew the sail…

"Do you remember how you mastered Pranava — Mergence with the *Flow of the Holy Spirit*, combining this with the meditation *The Sail*?

"In the same way I merged with Pranava: in the beginning with the horizontal *Flow* above the surface of the sea or land; then — with the *Flow* going at an angle from a subtler eon; and then I did the same almost vertically.

"In that way I became the *Flow* that comes from the Abode of the Creator.

"And when I left the body forever, the Creator took Me into Himself…

"This was My path, in brief. Today I continue My work from the non-incarnate state mostly in Australia and Oceania. This is My area. A lot of promising souls are embodied and grow there.

"Now you know everything about Me."

"So, was it You Who taught us Pranava meditation?"

"No, it was not Me. But these methods are standard. They are a part of the 'compulsory program'…"

"John, do You want to tell something to incarnate people through us?"

"Yes.

"I see the true Christianity in you: the Christianity that accords with the Teachings of Jesus Christ given by Him then and with His present opinion.

"But why do the faces of so many people begin to look mournful when they hear the name *Jesus*. This must be changed! Jesus is neither an icon nor a statuette! He is a *Living Divine Joy*!

"I do not like pursed lips, cold eyes, and austere faces of parishioners in temples! It is painful for Me when with the name of Jesus people kill, burn, beat, when under this holy name they defile the sexual love, which allows people to give one another the highest manifestations of *tenderness*…

"They say: 'God suffered, and you, too, have to suffer!' No! God is not suffering! God is Love! His essence is joy and bliss! And you have to create *exultation of love and joy* in yourselves! Let your hearts become filled with *joyful and tender calm* when you say the name *Jesus!*

"Jesus does not come to churches where there are gloomy faces and lackluster eyes. He is with those whose hearts are kindled with love when they hear His name."

Apostle Matthew

We are in a forest of remarkably tall and slender spruces, birches, and aspens. Everywhere around hazel hens are singing joyfully. They want to talk to us, regarding us as their guests!

We enjoy the forest sattva!

In summer here, in the contrast to other places in the forest around, one can gather many chanterelles. But now it is winter, December. Nevertheless, without much effort we gathered many mushrooms. At this time of year, it is not chanterelles but oyster mushrooms that grow here. Oyster mushrooms

usually grow on the alder tree. But there are no alder trees here, so they have grown on birches…

… However, we have come here not to the hazel hens and not for gathering mushrooms. Here the Divine Teachers — Apostles John and Mark — are waiting for us. And for the first time, Apostle Matthew is also present. We even did not know that He, too, lives in the Abode of the Creator! They All, together with Divine Finn, Ushastick, and Dobrynia, closely stay here around one of the favorite places of Jesus Christ — His *place of Samadhi*.

Jesus here, as well as on His other *places of power* known to us, is always present and available for conversation. The unique feature of this particular place of His is that here He helps one to activate not only the spiritual heart, but also the front meridian. This meridian plays a very important role in the functioning of the emotional sphere and allows one to experience fully the Divine Bliss. Here Jesus also helps worthy disciples to substitute all energies in their bodies with His Bliss…

Jesus speaks about the Bliss which can be cognized on this place thus:

"Such am I. Such is Every One of Us — Those Who entered the Creator completely and became His Integral Parts!

"Bring here, to Me, everyone whom I entrust to you!"

… Then Jesus switched our attention to His Disciple — apostle Matthew.

"… How did You attain the Creator, Matthew?"

"It didn't happen in the incarnation known to you.

"After this, I was embodied in England and sailed the seas. I loved the *Ocean of the Creator* and embraced It with Myself; I, as a consciousness, submerged into It *together with the head* — and became *It!*

"Jesus helped Me. He led Me into Himself. Since the moment when He accepted Me as one of His disciples, He has always been with Me."

"What do You do now?"

"I give *silence,* wipe tears of those who want to cognize Me, but are not capable of doing this yet… I submerge those who are mature into Me, caress them in Me… And I help to remember about Me those walking the Path to Me…

"… In the past, for a long time I had been seeking promising souls on the seas around the British Isles, but it was in vain. I carried the youth on My Hands, thought of them as of the *sea cadets of Jesus Christ*. I called them so and gave them to understand that this name is bestowed upon them. And some of them did understand this… But having grown up, they became completely absorbed in the material plane. And *that* — remained in their minds just as a childish game!…

"This is why now I am with you."

"What would You advise us, Matthew?"

"The spiritual situation on the Earth is very lamentable! People do not know and do not want to know what God is and where to seek Him… This must be changed!…"

"Was Your Gospel distorted?"

"No, it was not. Only some words can be translated better."

"Could You tell about Your incarnation at the time when Jesus Christ was on the Earth?"

"I prefer that you perceive Me as the One sailing the seas, loving the earthly oceans and the *heavenly Ocean!* I like this image more!"

"When were You embodied in England?"

"In the twelfth and seventeenth centuries…"

"Were You embodied two times?"

"No, only once."

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"This is a joke! I had a wife. As the captain of the ship, I could take her with Me on journeys.

"Later, she, too, attained Me in the Abode of the Creator!

"In the next incarnation in the seventeenth century, she was a hefty man. He also sailed. And He did everything as I told her: repeated Me, repeated My Path completely.

"When she was My wife, her name was Clara. And the next time…"

… He came to us to show that appearance of His: a broad-shouldered man with a beautiful muscular body, a face radiating joy, and very gentle charm…

"You were acquainted with Him, although you did not have conversations with Him. It was to the northwest of this place several years ago…

"He began as a sea cadet. He was the only *sea cadet of Jesus Christ* who dedicated Himself to Me completely — and cognized Me!

"… I want to say also a few words about how to distinguish between true and false religious views of people.

"I mean that teaching people to pray by panhandling something from God is very harmful, because it encourages growth of one's egocentrism.

"The true religiosity has to be manifested as a constant work on changing oneself in accordance with what God expects from incarnate people. It also implies service to God, rather than service to oneself. And one has to serve God, first of all, by spreading true knowledge about Him and about the Path to Him."

* * *

This time we came to Matthew on another of His places. This place was His favorite one and is located near a large fallen tree, lying among some moss in the midst of a pine forest, where it is possible to find many mushrooms.

Vladimir asked us to pay attention to the fact that it was possible to work much more efficiently on that place if we perceived Matthew in the *depths,* and not above the surface of the Earth!

If we, as consciousnesses, submerged ourselves into the *depths,* we could perceive *there* the extensive Light of the Consciousness of Matthew and submerge ourselves deeper and deeper inside this Light…

Then, in that *depth,* it was possible to find not only the Light of the Consciousness of Matthew, but also the Light of the Consciousnesses of other Apostles and of Jesus Christ.

"Many years ago," — Vladimir continued — "I perceived Matthew here above the surface of the Earth. In those times, He used to invite us to sit with Him on this fallen tree, but it didn't come to my mind then to look wider! When I did it, it turned out that John, Mark and Jesus were here as well!"

Matthew suggested that we submerge ourselves into the relaxation and then He started speaking:

"I lull My children, those who love nature and stay in this place for a while! I try to help everyone to notice and understand that I exist and that I am Love!

"Yet people don't understand this and don't want to understand! What they do out of their religious motives, in reality, bears no relation to God. They don't comprehend how Holy and Great He really is. They don't comprehend what they should do in order to pull themselves, as souls or consciousnesses, up to that Divine Standard. They don't comprehend, among other things, how they can refine themselves to become equal to Him in this!

"But I and other Apostles managed to become equal to Him!

"Not every one of Us reached this. Mary Magdalene did, because She grasped a great thought, mentioned by Her in Her Gospel. I refer to what Jesus said to her: there is no sin in love-giving!

"Love is what unites people, what united Me with Jesus, what could unite everyone with God! In order to reach the Divine Perfection, in the entire universe there is no alternative to love!

"This understanding should be implanted in the mentality of people: *there is no sin in true love!* On the contrary, love is the Way towards the Perfection!

"However, one should comprehend clearly what love is. Love is that which is not *for oneself!* Love is to give *from oneself* to another, to others!

"Only those who have understood this and fulfilled this totally become Christ, as We became.

"Some of Us achieved the Divinity when We were with Jesus; some did this later. This doesn't matter right now. What does matter is that this principle works always, in all 'the most distant corners' of the infinite universe.

"It is also important to note that through tender and subtle love, the potential, denominated as *Kundalini,* is accumulated, which ensures stable and correct future self-development.

"Dogs, loved by you, could serve as an example of the fact that love transforms souls: you can observe how love flames up in those dog's souls when they start wagging their tails! And soon these beings, becoming humans, will cognize higher love.

"This is what moves all beings to the heights of Perfection: sincere and tender love-giving!"

Jesus joined the conversation:

"The 'Book of Knowledge' should be used by everyone as a base for the art of the spiritual work on oneself!"

Matthew:

"This 'Book of Knowledge'[242] was written for the first time by Vladimir Antonov in a simple and clear language, accessible to everyone who has a more or less developed intellect. And let this 'Book' serve as a foundation for the future development of the entire planet Earth!

"So few people recognize now a right of another person to write about Me, about Us! They trust only in 'antiquities', in those things that were written long ago by prophets. They don't understand that it is really possible to become God here and now. This information is beyond the comprehension of the obtuse minds of people who live by petty concerns of each day."

Apostle Mark

"I, Mark, greet you! With all My heart — I am with you! And with My hands I help you to carry the load which you shouldered!"

"Mark, You told us that You, like Matthew, were embodied in England after living on the Earth at the time of Jesus. Tell us, please, who were You when You came to that incarnation? And how did You cognize the Creator?"

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[242] **More precisely, a set of several books of Vladimir Antonov and his colleagues (note of Vladimir Antonov).**

"I had no memory about the past incarnation in the mind. Yet, there is also the memory of the soul, consciousness. Born in England at the time of domination of Catholicism, I felt Myself as a caged bird. The soul, which has touched the Great One, cannot be accustomed to living in a cage, even in a very comfortable one!

"Imagine: the name of Jesus would cause rejoicing in My heart, while the Church — repulsion in the soul! I had no possibility even to read the Gospel which I wrote in My past incarnation…"

"Who did teach You when You were embodied in England?"

"Jesus…

"All of Us, Who had come into contact with Jesus, next time were born with hearts in which Jesus lived. Wherever We were — Jesus was always with Us. He had 'breathed' into Us the True Life — and we 'flew' to other lands, to other lives[243] carrying the Light of Jesus in Ourselves. Like ringed birds, We all were betrothed to the Love of Jesus…

"Do you remember, I told you once that after resigning from the post of *ambassador*, I began receiving *messages* from God?… I began hearing and seeing Jesus then!"

"Tell about this in detail, please!"

"I was an ambassador. Once, before starting on a journey with a mission from the embassy, I came to a temple and prayed that God would give Me strength and the ability to speak the words which are pleasing to My Lord… I thought that I was asking for the affairs of My embassy…

"Suddenly, bright Light flooded around… — and I saw Jesus!…

"He said:

'The work which you do is not the one you must do, My beloved Mark!… You should ask from Me words of another kind; you should concern yourself with other kind of affairs!…

'I will fulfil your request, though in a way other than you expect: I will teach you — what to do and how to speak!

'Resign from your post and hand over your affairs. I will entrust you with a different *post* — to be My Messenger! From now on, you will do what your Lord wants!'.

"… When I had resigned from My post, they counted Me insane… and allowed Me to leave to a family castle to live there in seclusion…

"Since then, only Jesus remained in My life! It was enough to utter His Name and He immediately manifested Himself, filling with *Golden Shining*

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[243] **Incarnations.**

everything around Me and inside Me. He became more real than everything material that surrounded Me… I talked to Him — Living! He showed Me My past life, the episodes of His life… He called Me gently by My former name — Mark…

"Then He began to show Himself differently — as Universal, One with the Creator! He taught Me meditations of Mergence with Him and submerged Me into Him.

"I asked Jesus:

'How can I help people?'

"He answered:

'Look: I have touched many souls, and everyone who aspires to Me receives My help — as you do.

'There is a *transforming touch of God* on a soul; after it the former life in sins and vices becomes impossible, unthinkable for the soul. It is called the *moment of truth*.

'Very few people are ready for such a *touch*. I will help you to find them. One has to learn to see them — and see the moment when one may touch the soul of man in this way…

'You gave Me your heart forever — and I give you forever Mine, which is One with God-the-Father! I will be always with you, in you! I will give you the words to speak My Truths! I will give you the Strength of Spirit That cannot be shaken by trials! I will teach you to see the *moment* when with *My Fire* you may touch souls.

'God-the-Father will live in you as He lives in Me!'.

"I fulfilled this commandment of Jesus.

"I found those few to whom I could give His Teachings in all their fullness.

"Jesus also dictated a book through Me, which became a textbook for Me and some of My disciples…

"Unfortunately, what I had done did not remain among people for long…"

* * *

"To pass from sattva to the Abode of the Creator, one needs to make only one step! It is necessary just to *know how*.

"Sattva is paradise, a paradisiacal state of the soul.

"In the present time, only a very few people cognize paradise! In total, approximately 400-450 people all over the Earth cognize true sattva."

"And how many of them will achieve the Divinity?"

"None, on average! Such is the planet right now, the planet that doesn't exist for God!

"The productivity of the planet for God is very small now!

"That is why there is a tendency towards a greater and greater number of destructions on the planet Earth. What for? To help people come to their senses and begin to look for God instead of just talking about Him!"

Apostle Philip

"I am glad that you came here…

"Do you remember how on this place, when Vladimir brought you here, you for the first time could see Jesus with the *eyes of the soul* and received His blessing to continue your efforts?… You were at the very beginning of the Path to God-the-Father…"

"I do remember it… I remember it in all details!

"Philip, please tell about how You saw Jesus for the first time."

"Well…

"At that time, we had been waiting for the advent of the Messiah for a long time…

"… One day My sister ran into the house crying:

'Philip, He has come!…'

"She could say nothing more…

"Many people went to the open space out of the village, where He wanted to speak.

"A lot of people had gathered, but there were no usual hubbub and bustle; everyone waited…

"Suddenly, amazing transparent *silence* fell over the place.

"And Jesus began to speak.

"He spoke not loudly, but it seemed that His soft voice sounded not outside, but inside everyone who listened… And however far from Him people stood, they could hear His every word…

"… Later, many times I experienced that amazing state when Jesus submerged all the listeners into Himself as a Consciousness and spoke with each soul as if one-to-one, however many people were around… And everyone knew that Jesus spoke personally to him or her…

"… When the sermon was finished, people dispersed overfilled with what they heard. They walked in silence as if fearing to spill the invaluable truths

with which Jesus filled their souls… And I… could not move: My legs as if stuck to the ground…

"I did not know how I would live further without Him… Everything I had been doing before, had lost its meaning…

"But only He could teach to do the things about which He told…

"Jesus came to Me Himself and called Me by My name as if He knew Me… He asked, 'Do you want to follow Me?…'

"I answered:

'I do, Lord! Wherever You go — take me with You!…'.

"Jesus touched My shoulder and said:

'Come, you may follow Me…'."

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"… Philip, tell us please about how Jesus taught…"

"It is difficult to convey it with words… He taught by all His life; He taught by His every word and deed!…

"He exposed in us that which was imperfect. He taught to root out vices in oneself, because one cannot approach the Father having not become the *Pure Light!*

"He taught meditation: taught by submerging us into His states, by explaining how to enter them, how to retain them in whatever hard conditions our bodies could be.

"Whether He commissioned one of us to do something, whether He worked Divine miracles in our presence… — His every word and deed changed something in those who listened and followed Him.

"Since the time we met Jesus, we had no life other than the life with Him. Everyone renounced everything they had in the material world in order to follow the Lord!

"But it was not enough to become *One with the Father*, as Jesus taught. One had to *renounce 'oneself'* as well…

"He did not have much time…

"… We had to complete the transfiguration of Ourselves and to cognize the fullness of Mergence with the Heavenly Father — when We were walking to different countries carrying His Teachings to people. And Jesus was always with Every One of Us…"

"Do You want to say something more, Philip?"

"I would like to, but there are no words in the world to express this… I would like to tell about the love for Jesus… I will tell about this without words to anyone who ask Me…

"I want to tell also about *Christ's Heart*. Many people use these words when edifying others … Yet do they understand what these words mean?

"It is one of the greatest discoveries that a seeking Christian can make!

"*Christ's Heart* is larger than anything that ordinary people may see in the earthly life!

"Therefore, just by reasoning about It in words one cannot gain even a slightest understanding of It!

"This *Heart* embraces with Its Love everything! In this *Heart* there is an infinite Source of Love and life-giving Power! Like an infinitely large Sun, this *Heart* shines beneath the entire world![244]

"By feeling this *Heart*, you can feel also the Love of Christ which He carried in Himself to people!

"Only having felt this *Heart* as yours, can you understand the fullness of this Knowledge…

"Therefore, I say: the duty of every true Christian is to strive to become *Christ's Heart*, so as to become truly similar to Him!

"… I am ready to help all who seek Jesus, who seek the Father!

"Jesus and many other Sons and Daughters of the One Father breathed life into your undertakings which will create a new spiritual spring on the planet Earth! We All are glad to give Our help to you!"

Apostle Andrew

"I have been waiting for you! Listen:

"Before we saw Jesus for the first time, we had heard a lot about Him from John the Baptist and had been waiting for His coming. Yet despite the fact that we had been anticipating it and preparing ourselves, a miracle happened — the great miracle of being with Him, Living!

"None of us were ready for encompassing at once the knowledge that Jesus brought… He taught us… He taught when He was speaking or keeping silence, when He was edifying others, when He was eating together with us meager food shared equally, when we had no place to stay overnight, when people were

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[244] **This concerns the *Depths* of the multidimensional space.**

praising Him and when they were blaming Him… Every moment of being near Him was education for us…

"I would like to recount one episode… It was before the beginning of our apostolic Service. Once, Jesus sent some of us to heal and to preach in a village, but He Himself did not go with us…

"We walked joyfully and proudly: Jesus entrusted us to heal with His Power!

"In the village, we tried to speak as He would speak and repeated His words. Then we began to heal, but nothing happened… There were no miracles… We only incurred ridicule:

'Where is your God?! You are deceivers!'.

"… We came back disgraced…

"Jesus met us with words:

'Where is your faith? Where is your love? Where was your Father when you were healing?'.

"We answered:

'He was with You…'

'If He is with Me and not with you, Andrew, then who will heal? You?

'When you are doing His Work — the Father rather than Andrew must be in your body! It is the Father Who gives the blessing and power! He does the work with your hands! If there is no His Will, words cannot help: the lame will remain lame, the blind will not recover the sight…'.

"And Jesus said to us:

'Go back!'.

"We answered:

'We cannot, because no one will believe us there anymore! Let us go to another village…'.

"Jesus said again:

'Go back and let the Father go in each of you! Do not be afraid of ridicule! And if they want to beat you, also do not be afraid! Do not be afraid of death! Do not be afraid of pain! Heal those pointed by Him and show thus His Power and His Love! I will be with you!'.

"… And we went. People laughed at us. And stones flew. But each of us felt the Light of Love of Jesus and the Power of the Father… And even stones flew past us…

"The mockers did not come to be healed. It was the miserable ones who had great love for the Lord that came and they said:

'If it's His will, heal me a sinner!…'.

"And they were healed. We praised Jesus and the Father and said:

'Go and do not sin again!'.

"And the Power of the Father was in us.

"In this way we mastered the law of the Higher Power: ***There must be no one between the one whom you are helping and God: any trace of 'I' does not allow the Power of the Father to flow… The Father can manifest Himself through your body only if there is no you as a lower 'I'.***

"It could not be mastered at once. But with time, it became more and more easy to be a ***Vine!*****"**

"When You went preaching — without money, without any support except God — how did You get by, how did You survive?"

"We thought about this least of all. Sometimes we were given a feast, sometimes — a beating. In this way we went preaching with Jesus; in this way each of us went afterward according to his lot…

"And if we remained hungry, it meant that the ***Bread of the Lord*** **had not satiated the souls to whom we had come, and we grieved only that** ***they*** **remained hungry…**

"Or, if the seed of the Lord's words fell on ***rocky soil*****, how could we grieve for** ***being stoned*** **if we knew that the seeds of His Love would not sprout there?!**

"It is easy to live with absolute faith! Jesus taught Us this: ***If you have to accept death, you accept it! If God prolongs your life, you serve Him!***

"It is so easy! — to ***trust Him absolutely*****, Who is with you and in you! Your strengths, your hands, your mouth, your thoughts serve Him, and He will provide to you all the rest: all that He considers necessary for you…**

"Each day of life increased His Glory and brought us closer to Him!

"The more time passed the less of the former Andrew remained in me, and the more was of Andrew the First-Called — Jesus' Andrew, Andrew-Son of the Heavenly Father…

"And, crucified on a cross, True Andrew preached. When the guards wanted to release Me, they could not even come near…

"I was coming to Jesus!

"The Father willed it so: I was going away — to Him!…

"… It was easy for us! It was much easier for us than for Others Who reached the Father! Since the moment we saw Jesus for the first time, He was with us.

"We were not like rivers which have to make their way. No: we merged with a great River that had already made Its way to the Ocean. Jesus showed us the Way! We walked nearby, we walked with Him just a bit behind! It was easy for us!

"He showed the Way and gave the power to walk! He taught us to unite with the Power of the Father! And each of us wished to complete His Path and enter the Abode of the Father as Jesus did. The cross death was desired by us!

"We walked the Path of Jesus!

"We carried His words to people!

"We did what He entrusted to us!

"Jesus was always with us!

"And now We are — with Him — in the Heavenly Father!"

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"Affliction comes when man remains alone, without God.

"If man lives not for God, affliction comes.

"One must not live so! One must live in Me and for Me!

"… The first feat of the soul on the Path to the Father is the feat of *being aware of His constant presence*. Then one begins to live feeling oneself before Him. Then 'on His scales' one weighs all thoughts and deeds…

"The second feat of the soul is the feat of serving Him. Every thought and deed must be done *for Him*.

Through mergence of the first two feats one realizes full devotion to Him.

"The summit of the soul's life is the third feat — *Mergence* — when you give yourself to Him entirely and do not think about yourself anymore, forgetting the personal — in Great Love for Him! Then the great sacrament of *Joining, Reunification* is possible. When everything that was you becomes love and is given as a gift to Him — then the giver disappears because you have given away everything, including yourself.

"The one who comes into Him says: 'There is only You — Father!'

"The One Who comes out from Him says: 'I and the Father are One!'

"And then the Highest becomes possible — that which Jesus demonstrated to people by His life. This means that one realizes the Mission, being not an individuality anymore!"

Apostle John

"Jesus was with Us! Jesus was in Us! He united Our hearts in Himself! Through the Love of Jesus — We became One with the Father! The Heart of Jesus became the Heart of Every One of Us!

"The Love of Jesus smelts, transfigures, heals!

"God is Love! Jesus demonstrated this to people!

"Receive His Love into your hearts! This is the Love of the Father! This is the Love of Every One of Us!

"Here — in His Abode — All Who have cognized Him are *One!*

"… I will help everyone who wants to master the Love that Jesus talked about. It is enough just to address to Me recalling My name!

"I am One with the Father, and there is nothing impossible for Me! By the Power of the Father, I will create everything that is needed for teaching, all favorable conditions for development of My disciple! There is no power in the universe that can thwart this!

"But let those who ask Me for help, whom I will guide, make on their part all due efforts; without this successful advancement is not possible!

"They must be sensitive in order not to overlook My hints and guiding signs.

"They must be brave to believe in the possibility of direct guidance from God and follow it in life among atheists and pseudo-believers.

"They must be freedom-loving to be capable of breaking away from habitual worldly things and climbing to the heights that others consider unreachable.

"After all, is it possible to become like Jesus in a different way?

"Live for the future, for the life to come! Don't get stuck in the swamp of daily problems and concerns!

"The future opens before you the shining prospects of the life in Me!"

Mary Magdalene

One day we were going to a certain *working site,* and when we were passing by the *place of power* of Jesus, He invited us to visit Him.

He said: "I must say a few words to you and give you an assignment: you should tell people about My Disciple and travelling Companion — Mary Magdalene.

"I certainly understand that it is not possible to cover All Those Who reached Mergence with God-the-Father in one book... However, I ask you to dedicate at least a few pages to My beloved Mary! Her love and devotion deserve to be mentioned and described so that they can serve as an example for many people! You could try to gather all that you have perceived during your many meetings with Her."

... We often visited a favorite place of Mary Magdalene. It was Her *working site* near a lake, on a high hill overgrown with pine trees and heather. Almost

always the Apostle Mark was also present there. Jesus and many Other Divine Teachers often gathered on this place to meet and talk with us.

... We are sitting in the quietness of a forest and in the beauty of a morn, being accompanied by Mary. Other Divine Teachers are also nearby. They are Those Who have attained Immortality and open with Themselves an *entrance* to the world of Light, Love, and Great Divine Perfection, the world in which there are no diseases or suffering, sorrows or fears, the world of Love, Which can work great miracles.

Here, on this place, one can master numerous meditations, but for today, the Subtlety and Tenderness that Mary Magdalene demonstrates with Herself as a Consciousness are the most important.

It is not easy to transmit the peculiarity of Her state using only words. It is an amazing *transforming Tenderness!*

One needs to imprint this Tenderness, saturate oneself with It, and learn to give It to other people who are worthy!

Her appearance is beautiful! She has endearing amber-brown eyes and long, thick, and slightly wavy hair...

Everything around us dissolves in the gentle and caressing Light of the Consciousness. This Light enters everyone who merges with Her in reciprocal love. It seems that Her Light washes from the soul all sorrows or painful wounds of the past if they still are present. This is the state that heals souls and calls them for the great Love-Devotion for God!

She shows that one can live radiating and giving the identical Tenderness!

It seems to me that it is impossible to forget Her if one manages to feel, at least once, what She shows! It is also impossible to remain the same person after this!

She gives an understanding that even those souls who were crippled by a life in sins and vices have the possibility to cleanse themselves, to heal themselves, and to transform themselves through immersion in God's Love and through self-transformation into the identical Love!

She says:

"There is no sinner for whom salvation is impossible! Nevertheless, there are those who — in their spiritual blindness — do not want to be saved...

"On the contrary, those who have opened their eyes for the Truth and who yearn for salvation can really transform themselves!

"To explain this, Jesus came to the people of Earth!"

... Once, when Mary and Jesus were with us, it was possible to attune ourselves to Them and see how They looked at each other, how They interacted.

On this day, They gave us the *model of Love* between Souls Who attained the Perfection.

They are an example of the fact that a special connection between Those Who loved one another, being in bodies on the Earth, can be preserved in the Divine world as well.

Mary suggested:

"Try to see Jesus with My eyes! Then it will be easier for you to understand Me and to hear My words in your spiritual heart connected with Mine!

"Feel the way I lived:

"I looked only at Him! I looked at the entire world as if through Him, with His eyes. I was learning to think as He thought! Through the love of Jesus, I cognized the Love of the Heavenly Father!

"I did not separate Myself from the Love of Jesus even for a moment! I lived in it: I breathed, I thought, I ate, I drank, I went to sleep and got up, I spoke and was silent!

"Love for Him was in Me all the time! It became like a principal part of the soul! Love was like the air I breathed, like the space of His Light in Which I lived constantly!

"I could not stop loving Him even for a single moment; His body might be near or not — this didn't matter!

"In this way — gradually — one can learn to love God, including in the Form That is not incarnated in a body. In this way, one can learn to live feeling permanently the Presence of God!

"The love for the One Who has cognized the Heavenly Father can transform the souls and change people's destinies!

"He spoke to be heard by people. That is why We will repeat His words again and again!

"We should carry the Truth to people! It is essential because souls are wandering in darkness without the Truth and do not know about the Divine Light! And the hearts grow cold, the hearts of those who do not know about the great and transforming miracle of God's Love...

"His Teachings are necessary for souls so that they can cognize Love and Light!

"Describe Jesus! Describe His eyes and hands! The Light, Which is not visible to the material eyes, flows inside His hands! In them, there is the creative Power of the Heavenly Father!

"Explain also how the power of His Love enters the hearts of people if they attune themselves to Him. Then their own power grows up, and their healing becomes possible!

"Describe also those who do not understand Him, whose minds are so blindly committed to the dogmas of a false faith that they do not listen to the Truth! It is fundamental to speak about this again, because centuries have passed — and new dogmas that eclipse the Truth about God have appeared...

"It is so difficult for a blind heart to find its way to the Heavenly Father! Teach hearts to be capable of seeing!

"Only love begets wisdom!

"Describe as well the magic of the *Communion* with the Divine Love and with the life in the Light and in the Truth!

"One can take a real *Communion* by becoming a Part of that Love in Which We All are One in the Infinite Tenderness and Omnipotence of God!

"Words are not enough: they can't express everything! However, these words are filled with Our Light!

"... I will tell you much more about Him. Maybe, later on it will turn into *the Book about the Master Jesus,* or it will be *Parables from Mary Magdalene...*"

Jesus Christ

"I am equal among All Who constitute the Essence of the Father. There are no 'less equal' and 'more equal' among Us, because We All are *One!*

"And, as anyone of Us, I represent the Father, independent of by what Name He is called.

"Unfortunately, so few people understand this! This is why there are so many evolutionary 'recoils', tragedies of individual souls and whole nations! This is why the evolutionary perspective of the planet Earth is so low now!"

*** * ***

… When I said the name *Jesus*, the sun began to shine through the clouds of the cold gray day… He came and filled the room with the Light of the Divine Consciousness…

"Why are you afraid of speaking on behalf of My Name? Am I worse than Others?"

"I am afraid of making harm by inaccuracy of my perception… Because so much is written and said about You already… Do we need more?"

"Why are you not afraid of speaking with Others? You do know Me! And why do you think that those who wrote about Me two thousand years ago knew Me better? Look, I am here with you now!

"It is about this that I want to speak! I would like to say this to people who love Me, seek Me, but for some reason dare not appeal to Me directly! I want to change the situation where 'Jesus' is an icon for 'praying', where only the Bible can speak about Me, despite the fact that it was changed and interpreted by people…

"I am Living! I am here, in your room! And at the same time, I can be with many of My people, because I am omnipresent! Because I and the Father are *One!*

"I would like to give this possibility to communicate with Me — to all who love Me, to all who seek Me!

"I want to speak now, with your help, about the reality of Jesus for everyone!

"Let every person, who is reading these words, experience Me standing now behind him or her, and with love ask Me to enter his or her heart — the spiritual heart…

"I will be with *everyone* now — with *everyone* who wants this!

"The Light and Love of the Father come with Me into *you!*

"This is *yours* by the right of the children of our Heavenly Father!

"If *you* want, I will come always, always when *you* call Me into your heart!

"*You* will learn to *recognize* Me!

"*You* will learn to *see* Me!

"*You* will learn to *hear* Me!

"I will be helping *you!*

"I will teach *you* the laws of God, the laws of Love!

"I am always ready to be with *you!*

"I am near! I am ready to be in *your* spiritual heart! I am as real now as I was real when I spoke to Paul!

"If the *Light of Love* is burning in *your* heart, then I am already in *you!*

"Give this *Light* to people!

"I have repeated this many times through prophets! I came to the Earth for this purpose, so that My and My Father's Love may dwell in *your* heart!

"You ask how you can know that this is true, that I am actually now with *you*? Look: I am answering *your* question… And it will be so always if *you* want this! I will come, I will help, I will answer *your* questions, because I love *you!*

"It is for this purpose that I was on the Earth 2000 years ago! It is for this purpose that now I am here! I would like to show once again the Path to the Abode of Our Heavenly Father — *your* and My Father! Love is the Path to the Father!

"You can begin right now to learn Love! Experience how My Love and *your* love strive to shine for all from *your* heart — to those who know Me and those who do not!

"Do you know by what *you* are different from Me now? I am just bigger: My Heart is the whole *Ocean of the Father* giving Love. While *you* just learn to do this.

"I love *you!* And what about you?

"Yes?! It means you did it! But do not be proud: you will have to do much more!"

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We are in the winter forest. Everything is filled with quietness. The morning begins. Soon from the horizon the sun will appear. But now the light is just embracing the white trunks of birches and is sinking in the verdure of spruces. Mist from the melting snow covers the sleeping earth with a soft coverlet… Everything is sleeping… Calm and silence…

I enter the *place of power* where Jesus is always present. Here His Light fills a clearing. This Light, like sunlight, is the Light of Jesus' Love. It is felt by birches and spruces growing here: they differ from the trees which stand around by their particular beauty and power.

A hare perplexed by my coming leaves this place with great reluctance, looking back at me discontentedly. It slept so cozily in the Love of Jesus…

… In contrast to almost all people, many animals feel very well the *Holy*…

… Jesus… He approaches with His Face to me…

… The majority of people are used to believing that one can communicate with Jesus only in temples… But He is omnipresent!

And there are special natural places — the *places of power, holy places* — where this can be done especially easily. Here one can perceive words of Jesus, merge with Him by the consciousness, dissolve in Him in the easiest way…

… The meditation is "There is no me, only Jesus is"…

Now Jesus begins speaking:

"Try to experience how many souls I hold on My hands on all the continents of the Earth, how many people call Me: 'Lord Jesus, come to us!' This is My 'field' on which I work. This is the 'field' which I sowed, and now there is a multitude of souls devoted to Me.

"… The climate on the Earth is inhospitable now. I am glad that in the silence of your northern forests there grows one of the Branches of My Love — your School, which is My School as well! Hesychia and love filling the spiritual

hearts are the base of the Straight Path to the Father! This is what you can give to the world from Me! Do this for Me, do this for the Heavenly Father!

"One has to unite people in their love for the Father! One has to explain to them that not *new Pharisees* but Living God — our Loving Heavenly Father — helps everyone who directs the eyes of the soul to Him!

"Love transfigures souls! Transfiguration and purification of souls in love allow the *Light of God* to warm and consecrate the life of such people!

"Create love on the Earth!

"All the Earth is open for you! Tell everywhere about Me and the Father!

"Spiritual hearts living *in freedom* — this defines one's success on the spiritual Path! Let people's hearts not be constrained by anything! Where are there such conditions? — in the forest in nature!

"Accept on yourselves the mission of spreading the true knowledge about God, about Me! You are My apostles! And you have to transform yourselves from the state of apostles — into the state of Messiahs! This can be realized only through service. Realization of Missions from Me can turn man into Me!

"All countries have to begin to speak the language of the new knowledge about God and about the meaning of life! I invite everyone to participate in this work! This requires, first of all, that one overcomes one's own inertia.

"… You know that the main meaning of the word *religion* is Mergence! To walk the religious Path means to direct all the strength of the soul to achieving this Mergence.

"It is the Yoga that Krishna taught about! It is the Yoga taught by Me: 'Love your Lord with all the heart, with all the soul!…'.

"The fullness of love for Me is Mergence with Me!

"If you love Me, you forget about yourself and do everything only for Me, and then only from within Me.

"'To dissolve in Love…', 'to abandon oneself' — and then there remain no personal, egoistic interests!

"What prevents one from doing this? The vices of the soul! They are like dark spots, dark contaminations that do not allow man to dissolve completely. They are like 'hooks' that attach man to the earthly…

"… I want to tell also about love…

"Some believe that love is only meditations…

"In reality, love has very many aspects!

"I, too, am Love!

"And one of the most important manifestations of love is to care about others. Only they who truly care about Me, that is about My souls[245] — only they are worthy of Me! Living by others' interests, they forget about themselves. And only such a *self-forgetting soul* is needed by Me: I let in only such souls!

"By forgetting about yourself, you gain Me!

"To care means to realize the interests of others: what do *they* need, what is most favorable for *them* from the standpoint of the Evolution of God.

"Serve Me! — as I served in the past, as I do it now!

"The one who refuses to serve Me is not worthy of Me!

"The one who is not worthy of Me cannot live in Me!

"Learn to be — for all — only Pure Light, only Love!

"Love means care, forgiveness, respect, devotion…

"Develop in yourselves the missing qualities; I need not only meditation in you!

"Hold My souls in your hands and *under their weight* submerge into Me!

"… Yes, it is not easy to learn to be *Divine Love*! One has to have power to realize the Will of the Father. And it is in service to the Father that one's heart grows and the *arms of the heart* become stronger!

"As a fire becomes brighter, even so the Love of God — with your efforts — can be ignited in many hearts!

"Your fire has been built already, and the Divine Flame burns in your hearts. Yet if you do not support it with your service, it will fade.

"Kindle new hearts with the flame of Divine Love! Use every chance for this purpose, because there may be no more chances!

"One has to bring to people the truth about their Father! The wave of new knowledge about God has to go throughout the planet and fill human souls! And where there are Lord's seeds in human souls — there will be sprouts!

"Let all other life purposes disappear for you; let only I remain for you!

"The Totality of My Beingness — everyone who strives to become Me has to master it! With the feeling of My Grandiosity one has to perform actions! You must act not as an ordinary person but as a consciousness coessential to Me! If you embrace the entire Earth with yourself, if you feel yourself coessential to the Divine Consciousness, if you feel that you bring to people of the Earth the truth from God-the-Father — you cannot become faint-hearted before any task on the Earth!

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[245] **About souls sent by Jesus to incarnations for the sake of their further development.**

"Look at your service from within Me! Approach this task from My Greatness! And then all the indecisiveness and hesitations will disappear! One has to strive to act in earthly situations not from the body but from within Me!".

"What do we need to do to change more successfully the worldview of people? Only a few of them want the true knowledge!"

"One has to try to grow in people the ability to *love*, try to help them understand that it is *love* that brings one to God! You can also help them to feel the touches of God. And then some of them, not all, will aspire to Me!

"Some seeds fall on rocky soil, yet this does not mean that one does not have to sow! And I will show you where to sow.

"Explain to people that the desire to give rather than to receive is the most important thing!

"The service to Me is a prerequisite for the personal cognition of Me!

"One has to cognize Me not for one's own sake, not for one's own blissful states, but in order to give My Love to others more successfully, in order to serve Me! Only then one can come to Mergence with Me!

"Everyone has freedom of choice on this Path. Everyone has to decide how to develop and to serve Me. And let Me repeat that an egoistic motive is wrong here: it does not work on the Path to Me.

"And remember: it is a basic right of the soul — to become one with the Father!

"… Through you God wants to help many people!"

"What do we need to do now for this?"

"Be open for the Power of God to come through you to the Creation!

"You have to be always 'an open window', a passage from the Creator to the world of the Creation!

"I am the Door — one comes to the Creator through Me!

"I am the Logos — I say His Words to people!

"I am the Vine: through Our bodies the Great Power goes, which brings fruits to ripening souls!"

"How can one learn to stay always in Mergence?"

"All the chakras have to be filled with the state of the 'Sun of God'. Learn to live in this state! The 'Sun of God' has to shine through your bodies — the *Sun* in which you and I are one."

"Tell us, please, more about Yourself, if possible…"

"To the incarnation known to people I came from the Father! I came to fulfill what was predicted in the Scriptures and to demonstrate the Love of the Heavenly Father to people. I came to show the Way to people by all My life.

"… The body of boy-Jesus, educated in the traditions of Judaic faith, could not comprehend *at once* all the knowledge about My future course of life, all the fullness of the Father's Wisdom and Power. I felt inside Me Great Love and Power, coming from the *depths* of Me, but it was not yet the knowledge that I was the Messiah to come that prophecies talked about…

"In that earthly life, I had to unite with the Father in such a way that the Power and Love of the Father could be manifested freely to the world through My body and that great miracles could be possible!

"Yes, miraculous phenomena occurred in My life since birth. But I had to master manifesting consciously the Will and Power of the Father. It was necessary for making possible My broad preaching to people — preaching of the Laws of Father's Love!

"The laws of Jews of that time required to avenge, to hate, to kill… But I knew and carried Father's Love to people!

"… From a certain age, having cognized *quietness* inside My spiritual heart, I began speaking with Him.

"And gradually, having expanded in the Infinity of the Creator, I began to perceive Myself as the one chosen by Him for the Great Work.

"When I reached the age of thirteen, He led Me to travel to many countries, where I received the spiritual knowledge accumulated by humanity, including meditation techniques that were necessary to guide the worthy ones to the Father…

"… I cognized the Teachings of Gautama Buddha — the laws of love and compassion, the laws of non-attachment to worldly things.

"… I cognized the Teachings of Krishna about the Path of bhakti — cordial love for the beloved Creator. And I saw that there is no other way to cognition of God but the Way of the spiritual heart.

"… In Egypt I received initiations and understood the truths about the necessity of keeping the secret which protects the highest stages of the Path from the unworthy.

"I easily cast away the 'husk' of rites and legends, submerging Myself into the essence of the Teachings…

"I preached and taught in different countries. There are stories about My earthly life which were not included in the New Testament. They can reveal to those who are interested the details of that part of My life… But this is not the main thing…

"Then I came back to Judaea in order to begin that part of My Service about which almost all people on the Earth know now. I brought to people Love of the

Father and His Teachings. I accepted death, and then I rose, demonstrating through this the Omnipotence of the Father!

"I showed the Way! And may it be cleared and extended further by your work — this Path to the Heavenly Father!

"Imbue yourselves with My Tenderness! Let the Tenderness of My Love be where there is 'no you'! Let this *Field of Love* become yours, inherent in you!

"Learn to radiate Love-Tenderness! From now on, let the Love of Christ fill your body and your cocoon!

"Christ is the One Who, having cognized the Love of the Heavenly Father and having merged with Him in the Infinity, comes here to bring love and knowledge to people!

"I give My Love to those who undertake the mission of the Great Service to the Father!

"Carry, give My Teachings! I command you to love people as I love them!

"Each seeker must know that he or she can stay with Me one-to-one and perceive My Love, My Help!

"It is very important to those who are helping people, being the Living Light — healing and transforming Light — to show everyone the possibility to break the barrier of the disbelief in the ability of man to experience Living God!

"A *door* is necessary, a passage between the *world of people* and the *World of God*. Spiritual heart is the *key* that is in your hands! It opens the *door* to Me, in Me!"

Yours affectionately, Jesus

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