

How God Can Be Cognized.

Book 2.

Autobiographies of the Disciples of God

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with minor changes.**

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by Andrey Zhabin
and Christian Lirette.**

This book — one of the books in the series of publications on the theme of *Methodology of spiritual development* — a new branch of modern science, founded by a scientific-spiritual School of the Russian scientist-biologist Dr.Vladimir Antonov. The direction of work of this school can also be designated as a fruitful merger of *spiritual ecology (ecopsychology)*, *theology* and *modern developed hesychasm*.

On the pages of the book the authors talk about how God conducted them to Himself: to the cognition of Himself, to Merge with Himself, also — about their own efforts, mistakes and victories over their own imperfection.

Those experiences can be useful for you, the readers. It teaches us not to repeat the mistakes of others and allows us to emulate the things that led the authors of the book to Victory on the Path of spiritual growth.

The book is intended for all of us searching for God and aspiring to reach ones own Perfection.

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ANNA ZUBKOVA

“Man can overcome this infinitely long Path during one single life, if he/she concentrates the own will solely on this purpose”.
Elizabeth Haich [19]

Instead of an Introduction

I would love to write a book about Vladimir Antonov — the spiritual Master, who has devoted his life, life of a scientist, — to the research and analysis of the whole world of religious and esoteric experience. He himself has overcome the whole path to the cognition of God the Father in his Abode and has attained Mergence with Him. He wrote dozens of books on this topic. He has developed the methodology of the Straight Path leading to the cognition of the Creator — giving us clear and steady steps, allowing those, who have chosen God as their only Goal, as the highest meaning of their life, and as their only Love, — to follow this Path and succeed.

But I don't have the abilities and skills to write a book about him, I can only tell you how I went myself up the steps of this Path, how I fell, got up and continued. I will try to tell you about what a great pleasure it was — to cognize God, what a great happiness it is — to love God! I will try to demonstrate, by the examples of my own life, — how gently and carefully God leads those, who are giving their trust to Him.

But everything that I have understood, comprehended and done on this Path, was done under the sensitive, tender, and sometimes almost unnoticed guidance coming from Vladimir Antonov.

Acting in the best Indian traditions, I should dedicate my work to the “lotus feet of my Guru”... But the “lotus feet” are shod in worn-out running shoes and rubber boots, worn windbreaker at summer and no less worn quilted jacket at winter are his monk’s garment. Behind his shoulders — a backpack. He goes and leads those, who can and want to go with him, those, for whom the Love of God became an inextinguishable need to approach Him, to merge with Him, those, for whom it became the unique purpose, of this life on earth...

I can only tell you how it happened and how it occurred to me...

*** * ***

My perception of Vladimir in the first months of apprenticeship consisted of a mixture of love, awe, almost fear and an infinite gratitude for the miracle of being able to perceive the living reality of God that he gave us. Even now, many years later, after the fear and the awe gave place to the surprisingly close, kinship relations, such as those that are formed between us and our non-incarnated Divine Teachers, — it still not became usual and ordinary.

His soft, smooth flowing manner of speaking, of moving — was strikingly different from anything I’ve ever seen. It wasn’t at all a slowness or sluggishness! But that, manifesting as words and movements, was only a small part of his being, giving the opportunity to the incredible power of Peace to rise from the Depths and affect us.

He explained — not only by words, and we perceived — not only with minds. We studied — as consciousnesses at once...

The long-term habit of living in the body — as a body — needed a radical change. And Vladimir knocked patterns of behavior and thinking, inherent in us, — by an inimitable manner to joke, with bright examples taken from the life of

wildlife and people and with unexpected turns of meditations...

Vladimir always succeeded in making our life harmoniously filled: with great meditations and deep dissolving peace, with beauty and harmony of nature, with fun and jokes and new variants of service to God...

The Choice

“The free will of a human being, as a whole, manifests itself in one’s own choices, and determines in which part of the Absolute he/she will continue his/her existence”.

Giant [5]

One day, we worked and then were resting on the floodplain of a small river. It was an amazingly beautiful place! The little river which spreads here, on a huge open space during spring, was calmly flowing down the stream. Meadows surrounded us with soft waves of grass almost to the horizon.

This — was a special place by the quality of its energy: a place of power. “River” of the Holy Spirit, called Pranava, smooth and quiet current spread all over this huge open space.

Near us two shepherds were passing by. They went into the Stream of Living Divine Light, but didn’t see or feel it. As the majority of people, they didn’t feel there anything special...

They wished us a pleasant rest and accepted us as fishermen. They told us, that fishing at Vuoksi is better than fishing here... From this started a conversation...

Vladimir:

— Thanks, but we don’t eat meat and fish. For God commanded people: “Do not kill!”

Surprise was the first reaction of the shepherds. Then one of them, having waved away with a hand gesture went his way, but the second didn’t agree in any way:

— How is it possible not to kill? After all, I – must eat! I work a lot and can’t live without meat!

Vladimir:

— Animals feel pain and die in anguish. What right do we have to kill — for the sake of satisfying our own gustatory whims? People may live well and work, without eating meat.

— I kill them myself, quickly and without any pain! I do not want them to be tormented: I know what pain is! — the shepherd objected.

— Everyone makes a choice: to kill or not to kill, to eat or not to eat, to love or hate... But that, determines how we live on Earth during our lifetime in the body, — and that's only a short period of the souls life — but it defines our destinies now, during the lifetime in the body, and after his death.

— But do you know: what will happen after death? — the shepherd asked having become interested.

— Yes, I know. I am a scientist and I have made such researches. I know that souls living in malice and hatred, turn out to be among those like themselves after death in hell, and, on the contrary the souls who live in love and goodness, — provide themselves heavenly existence after the death of the body.

We spend relatively very little time on Earth in incarnated states. And the way we live now, defines our own destinies for the future.

— And how do you know this? Have you been there — have you been in afterlife?

— Yes, I have.

— And came back — why? Didn't you like it there?

— No, I did like it.

— Then why?

— God returned me.

— And what? You are going to teach us?

— No, not teach, but to explain to those who want to know.

... Then the shepherd started to blame the state for all his troubles: that it was guilty of all...

But Vladimir objected:

— Yes, it is guilty in many respects. But each person is responsible for him/herself before God.

There are two most important "milestones" in life for each human: God and death of the body.

And the way we live this life — is just our choice, ours — and nobody else's! No one and nothing can be an excuse for the way we live, what we choose and what we do in this life...

*** * ***

Once, as if by accident, Vladimir and I met too. This was the moment when my whole life "turned around"...

He then said almost nothing, just mentioned his books...

But, by reading them, I realized that... beside me here was a man who knew perfectly Jesus, and also cognized the Creator! ... His books showed the Path of transforming oneself as a soul up to the very end: until gaining true Perfection!

... God for me, thanks to him, now ceased to be "distant," "unknowable," "unavailable". He became my Real Loving Teacher!

But I will try to tell you about this in detail...

*** * ***

Each person makes his own choices all the time — how he lives in general and what for, how he or she acts in a set of concrete situations... Sometimes these choices — are conscious, and sometimes — purely reflex: or the results of formed patterns from our upbringing, or on the basis of imitation...

It can be similar to watching TV: someone can choose to watch a philosophical program, or about medicine, about natural sciences — or an action film, a horror film, a sugary melodrama... And to some people — even this doesn't matter: they just need something "showing pictures and making sounds"...

So all of us constantly decide how we live during each following piece of our lives.

The person, who follows the spiritual Path, makes such choices consciously. And God then can actively direct his movement: that person and God begin to work in cooperation.

The Beginning of This Life

“There is a certain transforming touch of God to the soul, after which the old life of sin and vice becomes now impossible and mentally nendurable.

This is called the moment of truth”.

Mark the Evangelist [5]

I was born in a quite “normal” atheistic family for those times in our country, however, very friendly and full of love and respect for one another.

Only one, my grandmother, believed in the existence of God. I remember her firm conviction that the church — is one thing, and Jesus Christ and His teachings — is quite another. She believed Jesus and did not believe priests.

However, I did not become a believer. I was an atheist “goody-girl”, quite appropriate for the environment.

...But the image of Jesus, thanks to my grandmother, remained in my memory...

And when I was studying in 9th grade, I read the prohibited Bible, which was given to me for a few days for the first time — the Gospel touched me very deeply.

But... my childlike reaction was: “What a pity it is what it is — a fairy tale! And how great would it be if all of this was true!...”

I still had a lot to read and comprehend — before understanding the Existence of God.

... When it finally happened, I already was an adult and took baptism consciously.

By this time, I had no doubt that One God exists, and that religious beliefs of different people just reflect variants of how to honor him. But, since I live in Russia, — that led my way to the Orthodoxy.

*** * ***

God is constantly knocking at our hearts. We only need... to open the door of the spiritual heart to Him.

When this happened to me — God tried to give me the greatest gift in life: the living incarnated Master!

But I... was not ready to recognize him yet... After all I was quite satisfied with my own life: considered myself a believer and did not see the necessity to search for something more... And moreover: I was not aware of such a possibility...

It is said that, when the student is ready, the Teacher arrives. But, if the student is not quite ready yet, **does** not search for the Teacher and does not want to be a disciple at all... — then things do not happen so smoothly... God has to **make** a lot more efforts then...

It was as follows:

At that time I was working at a cinema studio “Lenfilm” as a costume designer. The scenario, that I was suggested at that time, was a parody on the theme of the creation of the world. When it dawned on me that I could not participate in the making of a film, which ridiculed the idea of God's Existence, when I realized the inadmissibility of such work for me — I could not dare to declare this among the collective of atheists for some time. But then, nevertheless, I decided — and refused to participate in such a work, and honestly said aloud the reason of my refusal:

— I believe in God!

Thus, I was able to pass this little test.

And miracles started right away! The next day I was offered work on another film. And... soon Vladimir Antonov came right to the film studio's wardrobe: an assistant of actors *accidentally* met him and persuaded him to star in a movie episode.

At that time I had no idea to what extent this meeting would change my life. But each word was etched in my memory, each thought of that meeting were, like, fixed in an internal film in slightly slow motion.

At first, when he came in, I did not notice anything special, just a man, with clothings that were out of fashion since a long time ago, however, perfectly clean. The thoughts even came to me that: “When people come in decent places — they should dress better!” Later, I was very ashamed **of** this thought...

While we were walking to the sewing workshop and back, Vladimir told me, that right here, at the kiosk in the lobby of the studio, his books were sold.

And I kept thinking: “So many weird people are in this world!... And in a film studio you meet them much more often...”

Having said goodbye until filming, I continued on my way to work and passed by that kiosk with his books... But I never had “the time” for it, and did not even take them in my hands...

... The shooting days of the film started. When from seven in the morning you dress up 500 persons in costumes of the Peter the Great epoch — the attention dissipates. But nevertheless I noticed that this time he was dressed in a denim jacket and jeans. This for some reason suddenly made me very pleased, as if it was done for me... As if his warmth and tenderness embraced me, I felt Love and Peace emanating from him. This made a significant impression on me...

I continued to fuss, since I had so many things to do: correct all costumes, and check them all up... And when he came and spoke to me, I continued to hurry, unable to stand still I wanted to run somewhere, do something... He then took my hands and talked with me: he spoke very simply... And I still could not understand...

... Thus God introduced me to my future Master.

... Then I read his books again and again during the whole year... And when it was difficult, painful, or bad — I was warmed by thought, that right here, in this city, lived a man who cognized God, which I saw, and that he held my hands...

* * *

Before that meeting I never searched specifically for religious literature. Such books were coming into my life from time to time... as if by themselves. I was reading them, analyzing and building the foundation of my own worldview from what seemed to me similar to the truth. Those building blocks in my foundation were alternating with empty spaces filled with question marks. But I was not trying to find the answers to these questions by myself, I was just very happy when the answers came to me as if by themselves and filled the empty spaces.

When I read the books of Vladimir Antonov, I received a foundation already made — a durable, real, unconditional one. Everything that I developed as my own world view so far, was correlating with him, similar to a plan on paper with all its shortcomings — ready to build, possible to execute in real life, sustainable building, what I wanted to create myself!

I easily accepted everything that was written there! I found there, everything that I was lacking, and also much more than that — something that I had not started yet to think about. I was reading again and again the books one by one. The most valuable truths of all religious concepts had been collected, explained and analyzed in them very carefully! The higher knowledge about the Creator, the meaning of our human life and the ways of realizing this meaning is given in the most accessible way. I only needed to read, realize and absorb this knowledge.

Everything, that I have read, is so grandiose, real, and at the same time... simple! These books were not just about how and why God created everything in the universe, under what laws of His everything develops, but was also about, what follows from this: what each of us, humans incarnated by God on this planet Earth, should do.

While I was analyzing myself by the schemes of psycho types described in Antonov's books, and despite all my desire, I could not find my place near the top of those schemes. My imperfections — in all beauty and fullness — suddenly fell on me! When I understood that I had not been serious enough for real spiritual work yet, I undertook changing everything about myself, that did not match the ethical standards.

The Beginning of Work over Oneself

***“... There is a miracle that can be done by...
a human being, this is — when a human,
being full of sincere faith, decides to tear out all bad
thoughts from own soul and, for achieving the Goal,
does not go on the paths of lawlessness anymore”.***

“The Life of Saint Issa”, 11:8 [15]

In the beginning, it was necessary for me to try to fix the mind and suppress my own coarse emotional states: anger, irritation, envy, greed, etc.

Also it was necessary to learn to love all living beings, including those of our younger brothers and sisters, whom for some reason, humanity persistently strived to “love” as a tasty food.

Switching to killing-free nutrition was the first difficulty for me. But it did not consist in refraining from the desire to eat meat or fish at all: I absolutely calmly did not eat meat and fish, when I was fasting as it was understood in Orthodoxy. The thing that was hard to break was the stereotype “that one does not have to be like everyone else”.

So God had to educate me through pain: to teach me not to cause any pain to others...

For example, I was going to Moscow for shooting the film and thought: “It would be somehow inconvenient to show my new way of eating in front of everyone — when everyone on set was fed the same way! They certainly would not cook separately for me!”

... And the next thing I knew – is that I got ill with a temperature of 40 degrees C. The next two days I was still trying to go to work... Later, while I was lying in a hotel room, I was thinking how inconvenient it would be to die in a foreign city: how much trouble it would be for my friends and family to deliver the corpse!... The temperature was not falling below the mark of 40 degrees and nothing could bring the temperature down... My head was splitting from unbearable pain... I thought about my body, about the fact that it was so close to death and that it had “no place to be put”...

Finally, I realized that I had to switch unconditionally to the killing-free nutrition once and for all! And... I recovered almost immediately!

*** * ***

I wanted to share with someone all the things that I had understood and discovered. But I was surprised to see the total lack of interest! The true reality, which I saw on every

page of Antonov's books, did not produce any impression on my acquaintances and friends! Even those, who, kind of, believed in the existence of God were satisfied with... just remembering about His existence on "holidays" or in misfortunes, and for the rest of the time it was easier to live... without Him.

But God gave me another great gift: a friend on this Path — Maria. She was not a temporary companion: we were helping and supporting each other, and moving up the steps of the Spiritual Path...

We also met each other at the movie studio, we worked together, sometimes were exchanging books and talking about our kids... Once I gave Maria Antonov's books— and received in return Carlos Castaneda's books with the Teaching of Juan Matus.

... Only a few persons reading the books of Castaneda can see, behind an entertaining mystical story, the real work of God with His incarnated disciples...

Maria did not only see this reality. She, while reading and rereading these books, ... would wait for the time when the Sonora desert with the Nagual¹ would be here, nearby. And so — she waited until this came!

Our teamwork of working on ourselves began from this point. Maria, having understood the priority of the ethical side of spiritual growth, switched to killing-free nutrition easily: as if it was always understood.

We read a lot, discussed, looked for ways to fight with our own "complexes", with laziness, with irritability and with all other negative emotions, that we could detect in ourselves.

And it greatly helped me to feel that every morning , at the same time as me, on the other side of town at 6:00 am, Maria was doing the same psycho-physical exercises as me, that were described in the books of Vladimir Antonov...

¹ Nagual — a spiritual leader, who has already cognized the intangible worlds, collectively called the Nagual (with a capital letter).

These are — the terms of Indigenous tradition described by Carlos Castaneda in his books, given to him, in particular, by Juan Matus and Genaro.

* * *

I, however, modestly evaluated my successes.

God — too...

And He had to scare me a bit...

One night I woke up with the full understanding that, if I was not ready to begin serious work over myself right away, that in a very near future I would have a cancer and a painful death...

In the morning I wrote a letter to Vladimir Antonov.

He phoned me on the second day. Although... the letters never come that fast in our city...

He invited us to visit him...

When I told Maria about this invitation — her reaction was: "Is this already beginning? Oh, how scary and great!"

... We arrived in advance. There was a strong frost and wind, we were shaking with cold and fear. We found the entrance and apartment, but... we walked around the house for about half an hour: as to arrive exactly on time, not sooner or later. Understanding that our inner selves were going to appear before him without any barrier, that all would be visible, as is, without any embellishment — just thinking about it did not give us much courage.

... We rang the bell with trembling hands. The door opened... We were met by Vladimir on the threshold.

... When a stranger is accepted in embraces and kisses — then we know that we enter another world of relations: in a world where Love reigns and where — we feel like we are all children of God, and that the spiritual Master should be called "thou".

The most amazing thing that I remembered from that meeting, was the silence. But the silence was not awkward, it was... calm and nice.

I always felt uncomfortable because of silence in the presence of unfamiliar people. I felt a sort of tension in these situations. Here — all the tensions, all my internal "scenarios" due to the desire to look better, to behave and to speak correctly, retreated, were washed away by the soft wave of peace and quiet. There was a feeling that in the presence of this peace we could swim, and being completely relaxed — dissolve in it.

At that time, of course, I did not possess the ability to dissolve. And so — from time to time I emerged on the surface and with excitement plunged again into the bliss of that peace.

Of course, we talked. Vladimir told me that I had “achievements” coming from a past life, that I was already living in the anahata. He said that I had developed hands of the spiritual heart and that when I was correcting the costumes of actors, the light was flowing out of my hands — that was the reason why he paid special attention to me...

Vladimir very softly and gently touched the topic of my Orthodox upbringing and suggested me to leave the narrow limits of religious ritualism. He spoke nicely about the Orthodox church, and remembered his own Orthodox past. The conversation on this subject appears to have clarified everything for me.

First Classes

***“The Kingdom of Heaven is taken by effort,
and the person who puts the efforts, ravishes It”.*²**
(Matthew 11:12)

The first attempts to change myself actively began when I was in 8th grade. I realized that girls who were “suffering from complexes”, who were shy and foolishly proud could not achieve anything in life, and that they could achieve success only if they changed in the opposite direction.

Now this work had a new — highest — meaning for me. I did not do this for myself but for God. So, it was no longer possible to indulge in my weaknesses! Every morning — gymnastics, psycho-physical exercises, etc., and I did this even if I had to go to work at seven in the morning, I did this even if I only slept 2-3 hours. And so on — month after month.

At that time I was mastering the course of Raja Yoga. I will not describe these exercises in detail: since they are described in the book *Ecopsychology*[7].

² The literal translation from the Russian Synodal version of the New Testament.

For our meetings with Vladimir, I always prepared a list of questions which I intended to ask him. But I never managed to do so! Vladimir started to speak... — and answered all of my questions before I had the time to ask them aloud...

A very significant event occurred to me during the second time of such a meeting.

I was still sitting on the floor on a mat after shavasana — the final relaxation exercise. Tiredness and happiness at the same time were so great, that I did not want to move or speak.

Vladimir suddenly asked:

“ Which Divine Teacher is here with us?”

And our Guest answered:

“‘God of Sun’ — Assyris.³ I conducted Anna in her previous incarnation and I am very glad to see her here now!”

And Assyris further said that in my previous earthly life I was incarnated in the north of Novgorod Russia. There was a spiritual School there, which was supervised by Assyris. The steps of studying in that School led to the cognition of the single Creator of all people.

... I can hardly remember the words that He said, because Assyris — my former Divine Teacher — entered by Consciousness into my body granting me the bliss of feeling Him entirely...

It was the first time that such a thing happened to me. The Light and Love filled and overflowed me so much that I could not move. Tears of happiness were flowing down my cheeks. I almost ceased to perceived what was around me. Everything was filled with the miracle touch of the Living God, Who, finally, took His rightful place in my heart...

God — Living God! — came into my life so tangibly, the same as the most beloved human being comes. I had never before experienced such a strong love in this life! I waited for so long: the moment when that Main Beloved would come, whose name is — God...

³ You can read in detail about Assyris and other Divine Teachers in the books [5-7,10].

* * *

This is how we received touches of God during the meetings with Vladimir — and after these meetings, we were plunged again into the hustle of earthly life... But it is important that one does not dive immerse in it for too long time. We also have to learn to swim out of it when necessary.

During that time it seemed to me that the marathon would now end and that there would be a breathing-space, a stop. But there was no stop: just as a certain spring began to untwist, to unclamp it was giving my life a growing acceleration — to make up for the lost time of my spiritual idleness, time which I previously considered as “conscious” life...

Places of Power

***“God — the Great Infinite Universal God — is Love.
And in order to get closer to Him, cognize Him,
to join Him — we also have to become
very-very big love!”
(From the film “Sattva of Spring”)***

Then we went to the wood to Assyris’s place of power. The things that I did not even dare to dream about, were starting to come true...

A huge sphere of Living Divine Light, which is visible by the eyes of the consciousness that developed from the spiritual heart... The Shining Sun of the Divine Love... Again — was giving an intense Bliss of Contact...

It seemed I was burning with happiness — and I asked, prayed:

“Assyris, what are You? I want to see, hear, understand, feel you so much more fully — in all of Your Divine Omnipresence!”

Vladimir saw my troubles and approached me:

“Exit back from the anahata. And try to push off from the back of the body by the hands of consciousness. Then you will be able to swim into Assyris’s Light of Consciousness.

Then you can try to merge with Him through filling His form.”

After an hour of effort and hard work, which were only replaced by a piercing feeling of blissful Merging for a few seconds, I was tired and exhausted like never before in my life.

... As we were walking to the bonfire, Vladimir asked me on our way: — So. How did it turn out? Did you like it?

I was confused as I did not know how to reply. Because I had no idea of how THIS should turn out!

He smiled, and then assured and encouraged me that it turned out okay... He then began explaining to me how human’s consciousness gradually develops. In the beginning, most people have the consciousnesses about the size of a tennis ball and that they are often attached to some chakra. Methods of Raja Yoga allows one to learn how to move by his own consciousness through energy structures of the body and, at the same time, clean them. When energies of the body and consciousness itself have been cleaned and made subtle in a sufficient measure — then a human can begin to learn how to get out of the body, to tune, as a consciousness, to the level of subtlety of the Divine Teacher. The next steps — growing in size, volume of the consciousness; is called “crystallization” — similar to the growth of crystals in a proper environment.

... Then we had lunch and rested at a bonfire. After that — we were given a home-work to do: to continue the work of cleansing and development of the chakras further. In particular, we had to sing special mantras for chakras.

To show us how this should be done, Vladimir, coughed slightly, and sang all the mantras in an amazingly high pitch. They sounded gentle, subtle, the whole snow-covered wood space was filled with the sound of his voice, which did not seem to belong to his body. Vladimir, with his soft fluffy beard framing his face, wearing a quilted jacket and rubber boots, was standing in front of us, and the sounds of the mantras were filling the whole space around. His body seemed to have nothing to do with it. All the air transparency, was suddenly coming to life and it was huge, composed of a flow of his soft voice...

... Those tuning sounds for chakras allowed us to tune our bodies with their energy structures — as tools which are suitable for further work to improve consciousnesses.

* * *

He left us to work independently for some time.

I was feeling and watching, being amazed and delighted of how powerfully God was coming into my life and throwing away “garbage and trash” from my everyday life.

From that moment every morning, as soon as I woke up I kept remembering Assyris. He immediately was coming to me — and was filling me with joy and hope.

When I “was forgetting about myself” in the hustle of the city life, sometimes like out of nowhere, through the haze of clouds over the wet snow, for a few seconds appeared in the sky the solar disk... — and I was igniting with joy when this made me remember about Assyris. Inside my consciousness, lines of poetry were beginning to be heard. I did not compose them, they began to manifest themselves — as some kind of rhythm, that were gradually filled with words... — words, which took me away and beyond the bounds of this world of illusions...⁴

* * *

Every morning we were doing a set of exercises given to us and were singing mantras for the chakras, while hiding in the bathroom: in order not to wake up relatives at six in the morning. The neighbors above and below, probably, were wondering what was this suspicious hum coming from the water pipes...

And so I wanted to go — faster, further!

One time, Vladimir called us to inform us of a new class.

I informed Maria about this... But she said that unfortunately that day she was busy and could not get rid of her work...

⁴ You can become acquainted with these verses in the book [6].

This situation, and what happened to her next, became a life lesson for me with the meaning that we had to go to the limit of opportunities. She was despaired that God did not take her, did not let her come closer to Him... And, if not now, the opportunity could never present itself again! “The bird of freedom flies — and it never stops and does not come back!” — this is what Juan Matus taught through Castaneda's books. Her despair was so great that I did not know what to do. I had no way to console her...

But everything was resolved very simply. God having done His test, Vladimir just postponed the time of the meeting for two hours, so Maria could come to work, and at our class.

... So, snow and rain were splashing under our feet, the sky was gray with heavy clouds...

But before us — there was a wonderful plant of power — a poplar. It differed from all the surrounding poplars by his huge cocoon of subtle and lightful energy, and was completely consonant with the energy of the developed human spiritual heart. This — warm tenderness and light, could be seen by consciousness, despite the dampness and gloom around. We could also feel the boundary of the cocoon from the outside and the inside, through filling the cocoon by ourselves — ourselves as spiritual hearts. Or we could even go with the concentration of the consciousness below the earth's surface — the place, where the cocoon covers the powerful roots of the poplar. The surface of the earth ceased to be perceived and we then could freely pass through the earthly firmament...

But this poplar — is not just a tree with anahata energy: it is — a consciousness, which had human incarnations in the past. And through the life of his tree body, it now develops a peace that could not have been learnt when living and loving as a human...

We could speak, and emotionally communicate with this soul ... The reality of communication of consciousnesses beyond the physical world became obvious for us at that time. It was impossible to no longer understand that life is seen as a movement of material bodies *only from one side*. But, as we looked deeper beneath this matter we could feel its heartbeat, and so it was getting clearer to us that we — are not bodies but consciousnesses, that — there are an

infinite number of other evolving consciousness around us — as alive as we are...

We were instructed to continue to work with the poplar, and we worked there every morning before we got to work and every evening, we came back to him, greeted him, hugged him with the hands of the spiritual hearts. And this big and kind soul taught us harmony, tenderness, love and peace, and helped us clean the energy structures of our bodies. It also helped us to get use to be as big as him.

... I recently came back to our friend poplar and asked him: what should I write about you in the book? What would you like to say to people? He replied:

“I hardly remember what books are. But I know what it means to love, love, love!...”

... And I no longer wanted to hear any words, I just wanted to respond with my love — to his love.

After all, to love — is much more, than to speak about it!

* * *

Then Vladimir taught us to exit from the anahata through the meridian chitrini and to merge with the Holy Spirit over the earth's surface...

During the few hours living with him we were able to master what people sometimes take more than one incarnation of hard work to do...

At that time we did not realize yet the enormous help that God was giving us in order for us to go to Him...

... In particular, I had the gift of experiencing myself through a fundamentally new state. Speaking in the terms of Juan Matus, I managed to completely “collect myself into another world”, leaving the physical body to go into the Living Light of the Holy Spirit in the third level of density of its manifestation.

The sensation of my body completely disappeared. I was swimming by consciousness, extending the hands of my spiritual heart and aspiring to be there with all my being, where many living souls are mutually merged into One Consciousness manifested by the Light and Love of the Creator in the Creation. I stopped looking and turned back my attention to the physical world, I did not remember where

my body was, when performing the meditation... Meditation — as an active job — suddenly ceased to exist for me. No more efforts were required anymore... The world of the Infinite Living Light became the only Reality... I was met *there* by the Embrace of Love, *I was expected there, was expected for a long time...*

This state did not last very long, but while I was there I was not realizing time. When I “flipped” back into my body, I could not repeat it at will all by myself. I just captured this state and subsequently tried to “catch up” to it. It was the appetizer of God: He had shown and given me once again, in one other variant, the bliss of really cognizing, feeling Him. And then all depended on my efforts — to comprehend Him fully and Merge with Him in the Abode of the Creator.

Divine Teachers

Disembodied Divine Teachers, Who in the aggregate are called the Holy Spirit (Brahman) — can manifest Themselves in many forms. They — are Those, Who throughout the existence of the universe, were able to merge with the Ocean of the Primordial Consciousness. Divine Souls, Who became consubstantial with the Creator, and then could manifest Themselves as Divine Teachers, Who are emanating from Him. They implement His Will in His Creation.

Some of Them are well known, and Their Teachings became the property of humanity. But there are also Those, Who were not known by many people, and because of that, the way They lived, and what They said, — did not get preserved in people's memory.

Sometimes They reincarnate again into human bodies. They then are called Avatars, Messiahs, Christs. They do this out of love for us: They then are able to help us better.

I would like to talk a little bit more about my own experience of communicating with Them.

* * *

I was living in this world, without knowing anything about the lives here on Earth of Sathya Sai Baba or David

Copperfield. I had never even heard of them before my acquaintance with the books of Vladimir Antonov!

My acquaintance with Sathya Sai Baba started when reading Vladimir's book *Sathya Sai Baba — the Christ of our days*. While I was reading this book, created with His blessing and blessed by Him afterward — in a published version — in His Indian ashram — I felt His Divine presence. It was the same when subsequently — I read His other books and books speaking about Him. With His immediate help the understanding of many different sentences were starting to unfold their real meaning to me, giving me a much deeper understanding than the one that I would normally have had.

In particular, He, helped me through directing my thoughts in the right direction while flooding me with His Love, or said explaining the drawbacks that I should eliminate right now.

And sometimes He created small miracles, by allowing, for example, to find and buy books about Him that were not reprinted for many years. Once, He put into my hands exactly two copies, one for Maria and one for me, — which were the only ones that “accidentally” were available at the seller. Or a stranger in a bookstore would suddenly give me His portrait...

I was already confidently feeling the presence of Sathya Sai in my life — and was anticipating my first meeting with Him at His place of power, as did, probably, His devoted followers who were going to India to see Him.

... Vladimir took us to one of Sathya Sai Baba's favorite place — a place, where His Mahadouble can be easily seen and where it is especially easy to communicate with Him.

When we got there we took off our backpacks, had a little break after a long trip and then stationed ourselves next to His Mahadouble — Vladimir initially explained: Baba is approaching and is extending His Hands to us, He is touching our anahatas in us with them. After that he proposed to us to communicate with Him directly by ourselves.

I clung with all my being, with all my consciousness to the enormous Body of Consciousness of Sathya Sai and told Him, how I loved Him, how I would try to learn very, very hard... Then I ran out of words — and it became surprisingly

blissful... I was completely surprised to hear His voice distinctly, addressing me — me who knew nothing and who was not able to do much yet, who was standing just at the very beginning of the Path. He said to me:

“We have — one Heart for all: the Heart of God. This is your “Highest Self”, this is what you will cognize, by becoming Him.”

I remembered those words my entire life. I lived with them, was repeating them like a mantra, like a password, that would let me be allowed into the Abode of the Creator.

And some time afterwards, while we were taking lunch, Sathya Sai Baba, Jesus and Krishna came to bless us. When Baba approached me He stood behind me, and pressed me to Himself as a little girl. Something in me just “overflowed over the edge” ... Then I saw clearly His large smiling Face bent over me.

Sathya Sai became for us since that moment one of Those, Who, is, and will always be with us. He responded immediately. For example: He kept telling me “do not fear anything, I am here, near you, always with you. Your Baba”. And those words “Your Baba”, were the ones that I kept hearing from the depths of my heart, they were always helping me to find strength, courage, patience and helped me understand what I had to do.

* * *

Our studying continued. Vladimir looked at us cleverly and said:

“Well, what should we do now? Try this!” — and he then gave us a task.

So we got acquainted with Huang Di — one of the first Avatars of the Earth, incarnated several times in China. It is He, through Lao Tzu, Who dictated the Tao Te Ching. He was “the Tenant”, Who, loving various extravagant jokes, gave secret knowledge to the group of Nagual of Juan Matus.

* * *

A forest trail. Around us — thick high spruces. Only the singing of robins and finches were braking the silence.

Vladimir introduced us to Huang Di. In particular, he told us how, once, Huang Di condensed His Body of Consciousness so that It became visible even for very beginners.

Vladimir then mentioned to us that it was possible for us to invite Huang Di into ourselves in the anahata and start chatting with Him.

... I could not see the face of Huang Di in my anahata in the beginning, so I began to imagine His image from the descriptions that Vladimir gave us — my art education allowed me to do this without any difficulty. A mongoloid type of face with broad cheekbones... Suddenly His eyes came to life and sparkled with joy, expressing a smile filled with tenderness... His face showed a real life mimicry!

I tried to speak with Him, but could not hear anything: due to the excitement I was not able to be relaxed enough to perceive the response. Then I asked Huang Di to answer by winking His eyes: I asked Him that if the answer was “yes” — to wink with his left eye, and with the right one — if the answer was “no” . And... — it worked!...

I asked Him a few questions and then, by the same “winking” system and having obtained His consent, I clutched to His neck by the hands of consciousness and asked:

“Let's go behind the ‘Mirror’!...”

And then I got into the state of warm, dense peace of the eon of protoprakriti⁵.

I continued “to ride” on Huang-Di’s neck, over and over again, and asked Him “to roll” me by eons, until I could hear very clearly:

“You're just lazy!”

But this was said so gently that I even could not get grieve. So I continued to enjoy with this amazing experience of cognition of the real God — Living, Gentle, Merry — with all His Universal Might!

⁵ About the eons (lokas) of the multidimensional space, look in [7] and other books by Vladimir Antonov.

However, remembering about this, I felt “uncomfortable” due to my own effrontery. How could I take “advantage of God” so easily? He was the One in my then notions, Who should only be prayed to on my knees! But what was I suppose to do?! Huang Di was here — Alive, Real! And falling on my knees before Him... — did not make any sense: He did not need this at all! And even try to find the knees of the spiritual heart: if it has only the hands of love!...

* * *

Time was flying by in a strange way. On one hand, in the material world, I was living my ordinary life as usual with my work, family, other relatives, whom by the way were all waiting: for the moment when all this “folly” would end, how long could it last?! And on the other hand I was living in a world, where only God existed. And Vladimir led us there very quickly, not giving us any break. Only a few months had passed by after the beginning of the classes!

... Vladimir took us to see the spring sunrise during the time of the black grouse lekking. We had been driving since the evening before, and were without tents.

... After leaving the bus, we quickly got immersed into the silence of the night forest. The starry sky, it seemed, was laying down on the Earth, a cozy blanket filled with the stars. I felt like I could touch the sky with my hands or grow my consciousness to such an extent, that I could just touch the thickness of the sky near me, which was filled with starlights. And through looking from the infinity, I was able to feel as if the little planet Earth was swimming in a soft universal expanse.

Huang Di came — and the whole infinity got filled with His presence. The coolness of the night suddenly disappeared, and everything around us got filled with warm Peace, saturated with His Love.

Happiness was filling me to the brim and was ready to splash out of me! But the Peace of Huang Di was stronger, and therefore my happiness had to burn as a tiny star in the Ocean of Universal Huang Di.

... We arrived to a place where we could spend the night. We were gathering firewood in complete darkness. When, at

last, the bonfire broke out, Vladimir invited all of us to lie down comfortably and sleep for three hours before dawn, until the moment when we would go closer to the grouses.

I was not able to sleep, I was asking myself: “Who am I? Where am I? What am I doing on this Earth? Why am I here? What should I do here?” — How many times had Vladimir suggested to us not to forget about these questions! But now — it was not only necessary to ask them to ourselves, we also had to answer before God — directly, with full awareness and with full responsibility: “I am — a part of the Absolute, a tiny droplet of the Living Consciousness. I am — that which is embodied in order to grow and realize its own consubstantiality with The One, to Whom we should strive.” And now I must tell Him about my own readiness to go to Him without hesitation. For there is nothing in life more important than this Goal!

Huang Di connected to my experiences and reminded me about an idea that I had read in one of Vladimir books: God never gives to humans unbearable tasks for them; but they must not continue to live in the dreams of something more⁶, not making every effort, that depends on them, for reaching the Goal, — it is necessary to not only make a choice in favor of God, we also have to note everything in our own life, preventing us to go to the limit of our own possibilities daily, hourly...

... I slept a little bit while holding the hand of Huang Di.

... We got up before dawn and, after we silently collected our things, we moved to the place, where grouses would be singing. In the predawn mist there was flying woodcocks, gently flapping their wings over our heads. Then the snipes began to sing their delightful songs, rising up, and then falling down and cutting the thick morning air with their splayed tail feathers, which were making the inimitable sound of bleating.

We also listened to the grouses...

... The sun was rising higher and higher and illuminating the fields. Birds were filling the space with their voices. Each species of birds was participating in the general chorus at a specific moment in relation to the quality of the brightness of the light. Males of all species were trying their best to

⁶ Words of one of the earliest songs of Boris Grebenshchikov.

attract females through their songs — so as a result of their love, children would be born, and then they would learn the songs of their own species from their fathers.

Vladimir told us all about this, and taught us to distinguish the voices of the birds.

And then he depicted, through compacting his consciousness into a new form, how grouses sing: so that we could see it more closely.

... If some of you have seen the actor Lebedev, depicting a very old horse in the play “Strider”, then you know that a person can portray a horse like no horse can.

So now try to imagine a man on a small hillock among the fields, who slowly turns into a huge singing grouse. He was tilting his head and torso, spreading his wings, which were almost touching the ground, spreading, as a fan, his large feather tail made of black and blue tinted feathers — and started “to warm up”, by shaking his torso and uttering grouse’s “chufykaning” sounds that later were growing into a jubilant song...

Then Vladimir straightened up, took a human form again, and laughed — and we all laughed with him.

... After this we looked at the Sunrise on a hill inside the Mahadouble of Sathya Sai Baba, Who had emanated from the depths of the boundless Ocean of the Creator.

... After that we went swimming in the icy water of the river, which had barely got rid of its ice, and then took a sunbath under the already summer’s sun. All the experiences, tensions and delights of the night were washed away by a new day, which we had to live for God, here and now.

Birds

*“You can believe, that all beings —
Are My little children!”*

Krishna [6]

Vladimir always taught and is still teaching us not only the art of meditation but everything! He is teaching us to — see the harmony and beauty of nature, to be careful, to have gentle interaction with each incarnate soul. Every living

being — blades of grass, trees, small spiders, ants — were becoming for us those, who we should sincerely love. It was inadmissible “to miss” an ant on a trail and accidentally step on it. Or walk past a rusty sheet of tin, which crushed down young grass without removing it. He always noticed when a living creature needed help, for example, by releasing a young tree from a dry branch that hanged on it, by cutting ropes that were wrapped around tree trunks by someone which hindered the growth of trees.

Vladimir is not only teaching us by words, how we should act. He always gives the example himself, by the way he lives: by practicing the laws of love towards every creature. And this is how we were learning from him; we saw an example before our eyes, as he was putting it into practice.

He also taught us to recognize birds by their voices.

It was not easy for me to do this... During the first spring of my discipleship, voices of birds were naturally joining into a united harmony of happiness expressing the first touches of God, and I was not able to remember their names or their songs. My skills in ornithology⁷ were limited to the ability of distinguishing a crow from a cuckoo. If I saw a bird, I was able to distinguish a thrush from a woodpecker, a robin from a chaffinch... But by ear... and when they all sang together...

It was like if Vladimir asked: “Who is keking?” As we knew the answer: we spotted a woodpecker and said “kek-kek” — it was written in our cheat sheets. A black woodpecker says: “I’m sitting down” when he sits on a tree, and whistles, as a police whistle, declaring to everyone that he flew. “Pink, pink” — means chaffinch. Jay — gently “croaks”. And blackbirds, if they are just talking among themselves or fighting off other birds from their nests, — cracks.

But if the same kind of thrushes starts to sing — it is very difficult to distinguish: a blackbird, a redwing, a song thrush or a fieldfare... You will never guess! And you can not record their verses in cheat sheets!

And only with time did it became clear to us, that those who have not yet learn to contain in themselves love for all

⁷ Section of zoology dedicated to the birds.

living beings — His children, also can not love God. And that you can truly love them — only if you are willing to know them: learn their names, recognize their voices...

Vladimir did not only manage to overcome such resistance from us. He did not only give us the possibility to see, near our big city, black grouse and snipes, woodcocks and curlews, foxes, hares, beavers... We became witnesses and participants of a transforming miracle: when we learn to live in subtle harmony with nature, animals and birds cease to be afraid of us and approach us, fly up close. When we got in forests instead of parks, tits and jays came to eat cheese sandwiches right out of our hands. Lizards were letting us pat their backs warmed by the sunshine. Robins, with their big eyes for their little furry bodies, were looking at us: they seemed to be asking themselves... Who are those big creatures radiating love? They were flying up close and were sitting on branches very close to us — and gave us the pleasure to hear their beautiful songs.

Then, when we were filming the birds for our movies, I really got to know about their lives — and loved them even more, as Vladimir wanted! And I learned their songs, while I was offering robins and chaffinches, thrushes and warblers the possibility to sing their songs in the microphone — for the pleasure of those people, who, perhaps, will hear their voices in our films for the very first time.

Monasticism

*“... The discernment of one person does not stretch
the wings on to another.
Khalil Gibran [5,13]*

*“God is cognizable only in the true monasticism!”
Vladimir Antonov
(From the film “Places of Power”)*

I have already mentioned that from a certain point the current of my life clearly divided into two streams. And the one that flowed in the physical world, — was sharply slowing, stopping an unnecessary race for the illusory, transient values. And there was the other one, carrying me

to the fullness of cognition of the Creator, — which was incredibly intense and accelerating. From a certain point the habitual course of events ceased to exist. Only the stages on the Path remained, which were determining changes in my life on the material plane.

A monk — is one who is completely devoting himself to God only: learning to cognize Him, loving Him and serving Him, through spiritual help to others.

I fully understood this formulation, outlined by Vladimir. But it is one thing — to understand the theory, but another and difficult task — to implement it in a real life situation.

So God created a situation where I had to make a definitive choice.

... I was combining the work that I loved in a movie studio with spiritual studies for quite a long time. But at one time, I was offered a job on a film which consisted in an expedition to Egypt (a free trip, wages in hard currency, excellent film director and actors). But on the other hand, there was — the Divine Teachers Ptahhotep and Elisabeth Haich Who were beginning to reveal to us ancient time esoteric mysteries from Egypt.

I understood that if I was to go on the expedition — these doors could never open themselves for me again, the ones that God was opening.

I did not even ask Vladimir about this situation: I knew that if I had, he would have said: “Of course, go, if it's what you want!”... I had to make this decision myself. And it then became clear for me: I decided not to go and transferred all my current affairs to a good person and then... I left the keys inside the wardrobe, and slammed the door which had two locks... The door of the world of illusions was closed forever for me...

Other ways of life, other than a life, completely dedicated to the service of God and consisting in moving on the Path to the fullness and realization of the meaning of one's existence, was already unthinkable for me. God no longer needed to ask me about this, there was already no way back!

* * *

Being a monk — is a state of the soul, one on one with God. This is exactly what true monasticism is. It does not consist at all in things like removing ourselves from “the world”, or adopting new names, wearing special clothes, etc.

Vladimir always taught us to interact with God directly.

In particular, he sometimes suggested to each one of us to stay alone with God in the woods, drift apart to some distance, — to feel that there was only *Him and each one of us*.

Once, each of us even got to live in a complete forest “retreat” for a whole week. At that time, we got to look for places of power ourselves for the first time, and learned to feel the direct guidance of God.

It always has been an invaluable experience that allowed us to learn to have a more complete and intimate interaction with Him — the Loving Father, Strict Teacher, Only Beloved, Infinite Ocean of Love...

God Himself was unfolding situations in our lives so, that understanding came to us: in fact we should rely only on Him and no one else, not even incarnated Masters, not even on the most dear and closest companions on our Path.

* * *

At first, God was only telling me encouraging words on the early stages of the Path, dictating verses of love and talking to me about the bliss of Mergence with Him, but then, the more profound and mature my relationship became with Him, the more strict He became.

The closer you approach Him — bigger are the efforts He requires from His disciples.

I will give now some examples from my conversations with Him to illustrate this:

“There can be no meditation without love!

“Why is it that love sometimes disappears in us? — The reason is that some part of us-soul has not yet been cleansed from the vices and is not crystal clear, only that can merge with Me! The soul must be absolutely pure, fearless in its aspirations, gentle and transparent!

“This is — what you have to do for Me, you have to clean yourself from vices and rebuild yourself as a soul, filled with love, and offer yourself to Me.

“The things, that you do out of imitation and that are not coming from your own inner convictions, — are short-lived and fly off like a husk.

“The ones who are led to Me by a leash’ can not enter into Me!

“You must learn to rely only on Me — and be fearless! After all, the heart, filled with My Love, cannot be afraid, neither for oneself nor for others!

“Understand that My concerns are not in the creation of comfort and peace for you or My other students. My concerns right now — are about you overcoming your “self”, throwing off “the human form”⁸.

“Study, — for this sake — see My blessings in every situation. I created them for you and for all the living beings. Rain, cold, a train cancellation — everything can be turned into blessings! Learn to use every situation — to become better!

“Do not be afraid of failures! In defeats, the will to win becomes tempered! Those searching for an easy way can not reach the end!

“Also understand: That I do not expect that you become perfect instantly. Accept calmly the fact that mistakes are inevitable for those who have the courage to act! Just remember that the wise do not repeat these mistakes twice.

“And remember: that I am — near you, I am — always ready to come to your aid!

“I teach you COOPERATION with Me! This is the only way you will learn to live and act in Mergence!

“Remember firmly and forever:

“The state of ‘nothing turns out’ — is a challenge! It is — a challenge to become better, to change — and to take the next step! Life of a spiritual warrior consists of *challenges* that he/she accepts as a great gift, — and comes out the winner in the battle against one’s own imperfection!

“Learn to act in Unity with Me! I do not accept your service as ‘a shudra’ any more, when one only acts as told. I

⁸ See “The Teachings of Juan Matus” in [5].

expect from you a sense of initiative and creativity! And accept — only love as gifts!

“But do not deny the right of the ego to “self-determination”! Offer your gifts to Me, your ideas, your proposals. Then we will be able to work together you and I on the things that I have accepted. This joint work will teach you to Unite yourself with Me!

“You must not be like a chip of wood without any propulsion, helplessly floating on the waves of the ocean, and neither should you be like a ship, going against the waves and the wind, directing your course, — be like a wave, *consubstantial with Me the Primordial Ocean!* The waves go up and down — but still they never cease to be the Ocean, and when the calm comes — there are no waves anymore, only the Ocean remains!

“Correct yourself! Do not force Me to teach you through pain!

“Understand that when I have to teach you through pain, I always suffer more than you do! So please stop hurting Me!

“There are events that come into your life caused by the inertia and passivity of your life. If a person, embarked on the spiritual Path, for a very long time, and has not yet changed his/her way of life, then the consequences of such mismatch concerning the growth of the soul in opposition to the old shackles of the material plan, cause events that break down those old shackles and old foundations through cataclysms.

“It is required to always have a more intensive and deeper life in Me, with Me! Fearlessness in letting go of all obstacles is required! The process of the dissolution of negative karma can be done slowly. But we can live in such a way, that the manifestation of that bad karma can be diminished in the material plan — through the right actions and Mergence with Me in Love! This applies to everyone who has spiritual aspirations and wants to achieve more than just a ‘life of righteousness’. This is — for those who follow the Straight Path!

“It all depends on the size of your vessel⁹: how much you are able to contain. I am willing to offer you the whole Ocean of Me, the whole Ocean of My Love, Wisdom and

⁹ Size of the developing individual consciousness.

Power! I am willing to give Myself — to you, and everyone... but you cannot contain the Ocean. Only the Ocean can contain Itself — you, and all that exists. And at the moment, when your vessel will become identical to My Depths and large enough in size for the preservation of your awareness in Me, then I will be able to remove this vessel, to break out the illusion of your separate existence. You will then make the experience that there is only Me, only I exist, that you are Me!

“For now, since you cannot always be in Me, try to surrender yourself to Me, and the best way to do that — is to offer selfless service to Me! This is — the best way of living, allowing one to acquire missing qualities such as: energy, self-discipline, calm, non-attachment to earthly things, broad-mindedness, ability to think quickly etc. And all actions should be done on the background of bhakti, love-devotion to God. This in return allows us to erase vices from the soul and help in the dissolution of the remaining negative karma from the past. This allows us to grow properly. Those who serve Me and forget about themselves, will be brought closer to Me. I surround them with the love and care of a Father and Mother. I stay with them always.

“Total Reciprocity¹⁰ should become the background state. Always feel yourself dissolved in the Ocean of Me! Being able to perceive Me fully, My Will — can only be done on the background of peace and dissolution. If you master this — you will become One with Me.

“Only love can be dissolved in Love! Only in mutual love can Peace be possible, Gentleness, Mergence of consciousnesses! Everything else — the garbage, let it emerge to the surface and be carried away by the current!

“You — are in the Ocean of Me: in the Ocean of Pure Love! Become this Ocean!

“... Contentment with oneself, over one’s own successes — prevents the subtle and pure perception of Me. It is possible to immerse into Me up to infinity, and then come back into a comfortable ‘human form’, without discomfort, or contradiction between these states. But the immobility of the ‘I’ in the absence of efforts to immerse it

¹⁰ One of the meditative states that are mastered in buddhi yoga (details — in [7] and in our films).

into the Depths of Me — over time becomes “shackles on feet”.

“One, who stands still, — moves away from Me. This is like a pregnancy: it is fine, for the fetus to stand still while it grows, but when the mother is ready to give birth things should be moving — otherwise?”¹¹

“You cannot sit on your achievements, when the level of your previous achievements forms a marshy lake with stable banks, — instead of the mighty river flowing into the Ocean of Me!

“The Mergence with Me, that does not lead one to go deeper and expand in constant search of new opportunities to give love to Me and Me to others, — after some time ceases to be in Mergence with Me, for I do not let you stagnate.

“One, who thinks, that the Goal is now reached and that it is now possible to “rest on his laurels”, — enters into the path of degradation.

“The Mergence which does not become deeper — diminishes!

“Love that does not increase, — dims!

“The task — is to become Me in its entirety! And you will not get your way through “pleasing” Me with small things! The stage of ‘shudra’ has ended for you a long time ago! You have the option to take a new direction in life — if you do not, your present incarnation may end!

“And I do not expect at all that you will be able to take this new direction the first time you try. I never condemn those, who fall, rise and start all over again!

“Bless the difficulties, for through them we grow!”

Teaching

We were not only learning new things for ourselves, we were also learning to give received knowledge to others, in particular, to teach.

There has always been a few worthy students ready to receive this teaching. Sometimes we all, in turn, conducted

¹¹ This is the “birth” in the Abode of the Creator. (See the *Gospel of Philip* in [5]).

classes with one or two chosen ones... For a very long time, many years, Vladimir did not make massive recruitment among those, who wanted to study. Since then, very few received the possibility to study at least at the initial stages.

One of the difficulties for me has always been the ability to see the drawbacks, mistakes and vices of students. Here my “pink glasses” were greatly hindering me. Drawbacks in others, if I noticed them, seemed to me to be insignificant. I talked about those excessively softly — and... people were just not taking my words seriously...

But this is extremely dangerous — when the process of the growth of consciousness happens... along with the soul’s vices...

Vladimir, of course, scolded me for this. And God scolded me to — and the further I got — the more strict they became:

“Are you really ready to serve Me?

“Here: I give you My children into your hands! You have to love them, as I do, bring them up, as Vladimir! And you... only ‘smooth’ their defects!

“You, when bringing them up, should take the responsibility for their destinies! Your concern for them cannot be limited to the subjects of: eating, drinking, and giving meditations! For there is also God and ethics, philosophy, there is a life side by side with Me, in which you must be an example to be followed, imitated every second...

“Your role now — is not correct: you just want to be ‘a good mom!’... You depict *an upbringing*, instead of love, from which I both — scold and praise, and never let My hands go, on which I hold the whole situation from My Depths!

“My Love has no pity! I make precise strikes against vices of My students, because I know that this clears them from ‘ego shells’ which separate them from Me!

“Are you ready henceforth to take the whole burden of responsibility for the people’s lives — of whom I entrusted you?

“Herewith, it must be remembered that the fullness of the responsibility for the fate of the students implies the ability to feel My Will in every moment — Will of the Creator, which is directed to the benefit of each soul!”

... Thus God was teaching me to understand people, to see the abilities and potentials of souls, see the longing for Him, or its absence, see vices and the ability of each student to discover them in oneself and get rid of them...

And it was not always those, who seemed to be more capable than others — due to their achievements of their past lives, who stayed with us. For some reasons, it seemed that God turned out to be... not needed... to many of those, for whom everything was easy to master. And only those, who were working tirelessly over themselves and burning with great love for Him stayed with us. It is such souls ready to fight for their impeccability and filled with love — that are needed from God!

* * *

Sometimes it was very painful for me as for all of us to see and understand that certain persons could not move on...

The causes of their withdrawal in such cases may be different, but the best thing that could happen is if they just lost interest in the work — and leave.

But if a person is unable to deal intellectually with one's vices and sometimes even defends one's right to possess them: "I am right, I am scolded for nothing", or they do not put efforts in their elimination — then a student must be immediately stopped.

God spoke to me about this in such way:

"Serious meditative practice is associated with the rapid growth of the consciousness, and this requires getting rid of vices quickly.

"And besides the work of remaking oneself is performed by the students themselves, God-Teachers — only help and give advices. The students must consciously accept the Path and *put* themselves under the guidance of God. Through this, the students ask God to guide them. Thus the students become allies of God in this work over their own imperfections and make maximum efforts to change. They must, with "clenched teeth", endure the pain of surgery removing the vicious pieces of one's ego.

If the students do so — they can move on, if not — then STOP!”

*** * ***

I would like to say one more thing. I personally witnessed this only once, but I have heard that such things happened before.

How easily it is forgotten sometimes, by some former followers, that they did not pave the way that they were helped to go on, themselves, that the most powerful technique were received by them as a gift!

“And that the one who receives gifts and gives nothing in return is in reality a thief,” — so God taught us.¹²

But somehow, some of them suddenly say: “Now I will create my own techniques myself, Antonov is too strict and demanding, I now know God better than him, I hear, see and can do everything myself!...”

Then takes place a complete “rollback”, lost of past accomplishment, degradation, or at best a stand still till the end of the incarnation.

As a branch, that grew up attached to the trunk of a tree which would suddenly announce its disagreement with the roots and trunk, which nourished and nurtured it, would dry up and bring no more fruit, — thus the further development of such people are stopped by God...

*** * ***

Once, Vladimir told us a parable saying that the spiritual Path is similar to crossing to the other bank of a turbulent and broad river. And that in the boat we should not take with us those, who in the middle, suddenly, will be scared, or remember that they forgot to take something with them, want to go back, start to panic and sink the boat... It is better for those, who are not ready to overcome the Path, to stay at their bank. We should not take them with us, even if they strongly ask for it...

¹² See the *Bhagavad Gita* in [5].

Miracles

All my life I lived with the desire to see a miracle, with the belief in miracles. I believed that it was possible: to fly, to heal with the Divine Touch, to resurrect...

The real miracles came into my life together with the start of my discipleship. But my childish-egoistic desire of the materialization of something that I could touch with my hands continued to live in me... The miracle of the cognition of God did not replace my ordinary human notions completely, thinking that a miracle — is when things appear “out of thin air” or when a train wagon or a plane disappears or when it’s snowing in a hall...

I already knew how to merge with the flow of Pranava, with Mahadoubles of our Divine Teachers, was entering — just a little at that time — the Abode of the Creator... But I already did not consider this experience like miracles. This became — usual... — what kind of miracle is there to be seen in this?! It was similar to the way we do not see the miracle of the blossoming bud, in a huge tree, in spring which grow out of a tiny seed, in the miracle of life, in the miracle of the beauty of God’s Creation...

And so, one time, David Copperfield explained that to me with a joke — and also with the help of a miracle...

... We were in the forest, it was the end of summer, and we had been working a lot that day, walked at least fifteen kilometers, and were tired...

David came. And it became so joyful due to His presence, that our fatigue passed entirely...

It occurred to me to ask David for a miracle. It would cost Him nothing to materialize a little snowflake on my palm! Nobody would even notice: the snowflake would melt immediately... I walked for some time with the palm of my hand imperceptibly offered to Him, and then forgot about my silly request... — I was walking and admiring David, His Divine Smile...

And suddenly, after a few minutes, in a clear sky with a shining sun, — a tiny dark gray cloud started to appear. And... with a gust of wind, snow and hail began falling on us... The sun continued to shine brilliantly, as a dazzling smile of David shined: you wanted a miracle — here it is!

... I was holding melting snowflakes on my palms, breathless with excitement...

But, I had also to repent: after all, everyone was soaked because of me.

... And then, again, we experienced the true miracle: our Divine Teachers Sathya Sai Baba, Jesus, Krishna, David — helped us to Merge with Him, we immersed ourselves again into the Abode of the Creator...

I will not even attempt to explain how we feel when an individual consciousness touches the Consciousness of the Creator, will not try to speak about the states of dissolution, or Mergence... This knowledge cannot be transmitted only through words. Let everyone, who embarks on the Path, cognize it by themselves...

Wearing “Pink Glasses” and Meetings with Evil

Seeing only the good in everything, not noticing evil, living as if evil does not exist at all, — was the typical way of perceiving the world, for me, since childhood. On one hand, it was good — I loved everyone and everything, since when you look through pink glasses — it is very easy to love... But such a “defect of vision” could not suit God: it is impossible to eradicate evil, if you do not see it, it is also impossible to help others in this...

“We can tear out evil only if we recognize it. If we are ignorant of it, it will continue to grow its roots and grow itself in us... Ignorance of it is the mother of evil in us,” — Apostle Philip [5].

I was ready to deal and fight against vices, eradicate them from myself, — and it was quite easy for God to bring me up to this understanding — but to see, that evil exists outside of us too, that misunderstanding of this and carelessness in this may lead to troubles — that was more difficult for me...

So God started to explain this to me.

For example, I thought that if I loved dogs and that I was not afraid of them — no dog would ever bite me! So, one day I was walking, overflowed with love and joy, — when a dog

pounced on me and bit me. Its angry-drunken master was sitting on the steps of a store — and was enjoying the scene...

Understanding that there are people who are much worse than the most vicious dogs, who do not even need a reason to do evil..., — I was at that moment becoming aware of this...

Vladimir often showed us the reality of the present and past political situations of our country — and I tried to recognize that the lyrics: “My spacious homeland... where man can breathe so freely!” — do not reflect the real state of things. He also spoke to us about the “Christian” inquisition, spoke about the history of the perversions in other religious movements, about those which had I always thought only good,... but I only knew about the superficial layer... Every time, I felt like I was scalded with boiling water and that my skin was being removed from me — how easy it is to love a sweet fiction and continue to think: “How everything around is so wonderful!”...

God was strongly trying to explain this to me, so that I could “get it” without having to experience a big calamity on the material plane. He showed it to me up close, but from a side. He was trying to teach me caution — with the same tenderness as it was in my early youth ...

... I remember, how once, during a tourist trip, I walked alone in the mountains. Just like with dogs, I was not afraid of people at all. And I enjoyed the spaciousness and beauty..., when a man approached me, who looked more like a terrible wild animal. He took my wrist with force and asked me to go with him. I was not very afraid and said that I did not want to go with him — and I thought that it was enough for him to let me go. But he did not let me go. He apparently had never seen such a “wild” specimen before also. He held my hand for the entire time on the way to the tourist base... he told me to never walk alone... only a bruise on my wrist remained after that incident...

Here and now — through pain, and tears — God offers me to see and realize the existence and manifestation of evil on Earth. In the same way, He sometimes painfully squeezes my hand as He leads me and shows me what I previously feared and did not want to see.

He offered to develop in me the wise caution of a spiritual warrior. He suggested to me to love not a fictitious “humanity” while living and serving Him in this world, but, to see the truth, to become a wise Love. He offered me to learn to help everyone in everything good — just as He helped me!

Quite a Bit about Death

*“...The thing to do when you’re impatient is...
to ask advice from your death.
Immense amount of small things
with not much importance will then be dropped...
Death is... our wise adviser”.*
Juan Matus [5,24]

God regularly reminded me about the death of the physical body, especially when I was losing myself in the hustle of earthly affairs...

Vladimir often suggested to us to try to have no unfinished earthly affairs and earthly debts, whenever possible, — including also none material affairs. He suggested to us to live in such a way that if death was to occur right now — we would not be ashamed to die and that we would not have to look back around to see if we forgot something...

God was very skillfully “playing along” to help Vladimir in this.

God showed me the face of death even through the threat of surgery (which did not take place): suggesting to me to prepare for it as if I would not come out of narcosis... Or He showed the death of other people... Or was slightly hurrying me, directly reminding me that we do not live in our body forever — and that we should think about the things that are really important so that we have the time to get them done...

I will now tell you about one of these episodes. I had just started to study with Vladimir at that time, and was still working at the studio... One time I was running with a bunch of suits in my hands in the studio yard, and was in a hurry... — and at a turn I ran into a car, which fortunately was not

moving very fast. On another occasion during winter, winter can be very slippery! I was hit by a car and slipped — and found myself under the car. The driver, whitened with fear because of this, got out and helped me get back on my feet, and was surprised to see that I seemed to be all right...

I thanked God for this lesson!... After all, He showed me — quite specifically and intelligibly! — that death can happen very suddenly — when we least expect it...

But, God sometimes reminded me of death even after that, so that I did not forget that lesson — and hurried me up: for me to understand how much is still to be done.

For example, my mother, who accompanied a female friend, ill with cancer, to the hospital, told me that the turns of cancer patients were similar there to the crowds in crowded buses during “rush hours”. And I remember how God had once showed me in a dream myself standing in such a “turn for death”... Another variant of a turn shown to me in the same dream was in a comic form — “a turn” of Those Who reached the Perfection in front of the entrance to the Abode of the Creator... I saw then immediately how little I had done myself on this Path... And also I thought how important it is to try to have time to do so much as possible for others could be in time to think about this...

... The illness and death of my mother's friend taught me a lot.

I was deeply grateful to that woman who once, during my first steps in my confession of faith, taught me the Christian humility. She was a sincere and deeply religious human.

I then tried to give her the knowledge that I had gained at that time, but it did not turn out good. She, being an Orthodox, did not believe the things I was saying, did not accept my views, and did not want to read “sinful” books...

But, once, Jesus, speaking through me, promised her healing. But He was also asking her — in gratitude for this — to keep fasting: and that she should live, starting from now, on a meat-free diet for all of her newly granted life. He recommended to us to confirm that the healing really happened through repeating the tests and told her exactly the date when it should be done. Analyses were carried out — and a reply was received: there were no cancer cells anymore.

But she still did not believe Jesus! The opinion of the church turned out to be more important for her!

And then the cancer returned to her body...

One of the mechanisms of the manifestation of cancer — is the entering of souls of dead animals, killed and eaten, into the human body. These spirits create there “a nest” of cancer cells.

She died exactly one year later: at the very same day, in which — the year before — she was healed by Jesus...

She continued to accept with humility her fate until the last breath and strictly performed all the rituals and regulations of the church...

Imagine her shock, and confusion, when after the death of her body... she did not find herself in paradise! All did not turn out to be as the “pastors” promised her...

After she died, she came into my room. I had very little experience of communicating with undivine souls — and did not immediately notice her. She tried to draw my attention to her. I felt bad, stuffy because of this. I did not understand what was happening and only noticed her after a while.

I sharply felt the pain of this deceived soul... To calm her down somehow, I asked her to sit on a chair, which stood in the room. She hung in the air over it in a sitting posture...

I tried to help her as much as I could... I offered to her to recollect the most tender emotions of love, which she experienced in her life, the peace and transparent silence of the autumn after she was healed, when she heard for the first time in her life how leaves fall to the ground in silence... And she found peace... but the state of love, which has not been mastered by the soul during life of the body, can not be mastered after death...

But how much more she could have done, as a sincere and deeply-religious human, if...

I strongly understood at that moment what an obstacle it is to not have access to true knowledge about God, about the meaning of our lives! And how important it is to make this knowledge available to all people!...

Interrupted Song... and Repentance

The only way to purify the soul from vices is repentance.

But, how can we repent? This was explained in detail in [1,4,7], and I will give you some examples about the same thing.

Vladimir recently told us about a situation that happened once, when he had only studied the interaction with God in the Orthodox tradition. He advised his young Orthodox friend to pass through repentance in church. He told him that he would come back from this experience renewed! Vladimir asked him:

“So, have you repented?”

“Yes!!!”

“From what?”

“ ... I do not know ...”

“How did you repent then?”

“Like this: 'I am a sinner, O Lord! I am a sinner, O Lord! I am a sinner, O Lord!'...”

... In the beginning, I also repented but maybe a little better than Vladimir's young friend. Many times I did a recapitulation of my whole life and tried to observe the situations as if from outside. I looked at the mistakes that I could recall which caused pain and sufferings to other beings and asked for their forgiveness... and, I thought, I had already repented for everything that I could remember...

But we should understand that the work of purification and transformation of oneself can not be done only once and for all...

Sometimes, God leads us so that we recollect again and again the things that we did not understand well and the things that remained unclosed even after penitential work.

... I will give you an example; we collect flowers of bird-cherry to make honey. With us — Divine Lao. At a certain moment I started to feel so bad, as if I was dying, almost losing consciousness... I was trying to understand: what could be the reason for this?

I asked Lao: “What is wrong?”

“Understand:” — He replied — “you are picking flowers that I taught you to keep on the palms of your Love, on the palms of the hands of your spiritual heart! Now you are picking them mechanically: if it was for food or your survival — then it would be okay... But this is — not quite so!

“Moreover: they give you their lives, their scent, their love — you do not have the right to accept these gifts without gratitude to them!...”

“So recall in your mind all of My children incarnated into plant bodies, whose lives you took away in vain...”

... I then remembered bouquets of wildflowers gathered in my childhood, garlands of dandelions... I recollected lilies — the northern relatives of Indian lotus: which we pulled out of the water to make beads from them. We were breaking their stalks, and now the beautiful corollas were hanging lifelessly and dying...

I repented and asked for forgiveness — and learned to never forget those lessons of Lao...

... And quite recently, being familiar with the state of my energy purity and transparency in my body, I noticed a slight darkening, which I could not eliminate by any means. I tried to deal with this myself for a long time, but I could not get rid of it...

We went to Babaji¹³. He was answering questions and was encouraging us to ask more.

I took my chance — and asked about that situation.

Vladimir transmitted Babaji’s answer:

“This has a karmic cause. Repentance is required. It is — from your ‘tourist’ past.”

... “Tourist past”... I had only nice memories about the hikes of my childhood. My dad had taught me the hiking life from my early childhood. In the summer we were kayaking or bicycling, in the winter skiing. Dad always was transformed in such hikes, becoming a completely different human being... Now I understand the mechanism: in contact with nature he immersed himself into his anahata and lived by his spiritual heart, transforming our journey into happiness through communicating with nature.

For a long time, I was not able to remember about the things that I could have done wrong then. I remembered hikes... The vast expanses of Vuoksa, the marvelous beauty of the environment, where only one-third of the surroundings is land: there are rising granite islands out of

¹³ Babaji, embodied in His last incarnation as an Avatar in Haidakhan, India. His Teachings are described in [5], see also [4,6,10].

the lake's surface overgrown with pine trees, mosses and lichens, and everything else there is — water, transparent surface of the water...

Boats slipping through the smooth water surface, we arrived on an island... And there — in the small granite hollows — there were spinney of birch boletes and red-cap boletes, blueberries and cranberries. And rising above the water, granite cliffs were calling us to climb to the top — to see the amazing beauty of the lake and land from a height... Beautiful sunrises, sunsets...

My dad was an example to follow in many ways: living trees were never cut for a bonfire, broken paws of living spruces were never used to be litter for tents, dad was never able to catch a fish himself: he was physically feeling the pain of worms, which we would have to put on a hook... Neither he nor I, nor my mother knew about the ethics of nutrition... and, of course, we ate sausage, meat and canned fish...

... I was not able to find the specific reasons mentioned by Babaji. I tried to ask him for help once more...

And then I remembered one hike very different from all others, which turned out to be almost erased from my memory, hidden in the depths...

On this occasion everything was not as it used to be. I was about eight — ten years old. This hike was not guided by my dad but by his friend — a hunter and fisherman who had a much experience in this field.

He was not an evil man. And he was the one who also once taught my dad about the hiking life on water.

... We were sailing along a river with low, swampy, braky banks. Every night, a fishing net was put across the river — and huge fishes were turning to be the victims... And we then ate them...

At one time, he brought us a dead woodcock as a trophy and was very proud and happy...

Here!... Now I was sure that I had found and recollected to memory my mistakes...

I saw once again the dead body of the bird — with his large round glassy eyes, his soft brown feathers and amazingly long beak. I realized for the first time that it was — killed! And that this little hunt trophy of vanity could not serve as a meal for nine people...

Still until now I cannot remember: if I ate his flesh or not at that time... But! At that time I closed my eyes of the soul and hid them from this awareness — because of the horror... But the ability to understand was so close... This was the first deliberate choice of the soul that I could have made... But at that time I chickened out — and continued to live like everyone else: with my eyes of the consciousness closed...

... I also did not know much about woodcocks then, even if the occasion to see them was there... I was always asleep when down-low over the river, they were flying over the bushes, hanging down their long “noses”, when these amazing birds were filling the evening and the morning dawns with “peenting” and “twittering” — with their mysterious, inimitable song.

Now, many years later, I have learned more about the life of the woodcocks, I have learned to appreciate hearing their songs, and I even made a movie about their amazing flight...

Now I understand very well the magnitude of my mistakes! I asked forgiveness of that woodcock, which, in obedience to the divine call of spring and love, sang its song... but a shot of a human-predator rang out and cut short its life... and that its song...

... In recent years, I have often seen them up-close by taking part in the work with Vladimir... Sometimes it has happened that, a woodcock, after feeling the field of my love, hovered in the air a meter from my face for a few seconds. He was looking at me with surprise: is she really the one who radiates such love?... And I in response was only able to send to it new portions of my love, because the camera could not shoot it in the descended twilight...

Beautiful songs of the woodcocks, curlews and snipes sound all over the land... And somewhere in the distance the shots are ringing out... Hunters “prowess” are still continuing to cut short bird's lives...

Cinema

Cinema played a very important role in my life.

My grandmother (the second, not the one, whom I have already mentioned) worked at the “Lenfilm” as an artist

since the foundation of that cinema studio. And there was no question of choosing a profession for me.

Through the cinema, I learned a lot. After all, every new film is — a new crew, new world of images, new expedition, new cities, people... And every person, whether he/she is a famous actor or a crowd-scene participant, when he/she enters a wardrobe, takes off part of his or her personal image along with clothes — then it gets better to see his/her substance.

I have worked with many “stars” of Russian and foreign cinema and had a possibility to observe them, at the top of their fame, from the side. Also, I could see that happiness or unhappiness did not depend on their fame and fortune, for the achievement of which many are willing to spend their entire lives. But everything is determined by moral principles and spiritual qualities of man.

I worked on joint projects with the French and British, Japanese and Americans — and I knew that people in the world differ from each other, first of all, not by their language and nationality. And I was happy to meet in some people the desire and ability to work creatively, caring for others, and so on — and watched with sadness the arrogance and selfishness of others ... And it is also not dependent on the halo of glory, wealth and nationality...

Perhaps, no other job would have allowed me to cognize so close such a huge variety of human souls and life situations.

... And also, there, in the movie studio, God gave me the chance to realize my childhood dreams... For example, I was trying on clothes in front of a luxury mirror various times and in various nations (to see how they are sewn). I traveled in a luxurious carriage (on the set), slept in palaces (in the brief intervals between shots — on the floor on a pile of clothing), sailed on the “ancient” sailing ships on the sea and so on.

It is exactly here that happened my first meeting with Vladimir Antonov, and it so drastically changed my life.

* * *

... Once, during a day when Vladimir was explaining the work with Kundalini to me and Maria, he asked, inter alia: would you like to quit filming the useless rubbish for humanity — and start making spiritual films?

Of course, I wanted to Maria and I even had begun to think: where would we find the director, operator, money for the project?

We even tried to think of the scenario; Maria asked God to dictate it and took the pen... That's what came out of it:

Predestination can not be understood,
While hearts are blind and deaf,
Manage to assemble the mosaic:
The truth is divided into rumors.

Do not forget, when you arrive in the world of matter:
The whole world of Creation — it is an illusion!
Do not take away your root from the Infinity,
When you arrive into this world!

With the blinding whiteness of Fire
Burn the shackles of the material burden!
With look-jet from the other side of "Mirror"
You will pierce the space and time!

Look forward both in the depth and breadth:
There are no boundaries from behind "the looking-glass"!
To look only at the corporeal world —
This does not have sense!

Reality is there, where only He exists,
And there is no bound for His Love!
Understand that we exist only in Him —
Either we have bodies or not!¹⁴

¹⁴ You can get acquainted with many other verses, received from God or written by colleagues of Vladimir Antonov, in the book [6].

We initially thought that it was — the recommendation “to quit” filming at all. And Maria and I rushed, struggling to implement this new “scenario”. But God had other plans. We just then were proposed and asked to always keep Him, God, in the foreground in Life. And the cinema — let it become one of the mechanisms of service to Him!

... When the idea to shoot places of power and meditations had appeared, I could not even imagine how great it would be!...

And so, video camera, tripod, microphone, cassette tapes were bought... And — the first shootings started...

Knowing by experiences, that the work of a two-hour movie in a professional studio usually takes about a year, and after that about a year for the film editing... And during all this time people receive a salary...

It took us half a year to film and edits three four-hour series of the movie “Places of Power”...

Maria and I were involved in this more than anyone else. We worked on it almost twenty-four hours a day: for God did not cancel those paces of life for us that He set from the beginning, and they were just accelerating. We did not have a computer yet and if Vladimir did not like just one frame at the beginning of a four-hour tape, we had to reedit the entire film again, from the very beginning, because there was no other way to make changes...

And yet — it was turning out great! The videography transfers meditative states and states of places of power surprisingly well. The beauty of captured pictures of nature heightened even more the effect.

And God continued to teach us to communicate with Him in the affairs of serving for Him — even when we were editing films! For example, when we were trying to choose the music for the film, it was unsuccessful over and over again... But then, for example, Lao would come — and the music, which “accidentally” was turned on, suddenly was precisely laying on the image, coinciding with the duration up to the second...

Sathya Sai Baba offered such comparison: God — is like an all-powerful film Director in His earthly staging... [16]

And we were studying to be assistants of this Great Director.

A Little Bit about Methodology

I already mentioned that Vladimir Antonov had founded a new branch of modern science: *Methodology of spiritual development*. It includes, in particular, the well-defined stages of the Straight Path for the development of oneself as a consciousness and cognition of the Creator and Mergence with Him.

I would like to say a little bit more about this unique situation.

... What a shock every next step of cognition seems to be! Every time you think: “Is it possible that there is something more than this?” Any of these mastered states seemed to be the final Enlightenment!

For example, how easy it would be to say: “I have achieved everything!” after experiencing the first Nirvanic states in the Holy Spirit. Many spiritual seekers, who once had experienced this, — declared themselves “Enlightened”...

However, many people, who were not engaged in any spiritual practices, could experience the sublime, being filled with loving states at least once in their lives... But how does one learn to live permanently in such states?... It is only under such conditions that they will have lasting value!...

And how can one learn to stay on the achieved level, even if those states were not “accidents” but the real fruits of great spiritual efforts?

The fact is that, among other things, we need textbooks on the methodology in such situations!

Moreover, the developments of Vladimir Antonov — are exactly scientific knowledge, repeatedly tested by the experience of not just one person, but by so many spiritual seekers. And they are included with impeccable logic into the overall picture of the nature of Creation, Evolution of the Universal Consciousness!

... On the Spiritual Path a human being can learn to move the concentration of oneself as consciousness in the anahata chakra — and live in the states of love, harmony and peace. This is what is available for every human! This ability can be mastered in just a few classes, or even just by the books of Vladimir Antonov!

The following steps may be cognized by means of simple and clear methods on special places of power. But they are already esoteric and that is what makes them secret: God teaches them only to very worthy devotees.

Between the initial stages of the Path: the adoption of the existence of God in one's worldview, the first efforts in the ethical transformation of oneself and mental self-control — and up to the Mergence with the Creator — there are steps that include refinement and quantitative growth of the consciousness.

Moreover, the methodological “ladder” of spiritual ascent is like a map, which includes the entire route with marked points of destination and the ultimate Goal. But everyone — goes by himself/herself. The Master just paves a road. Only in some cases, does he personally helps chosen humans to go.

And these clearly labeled steps of the general scheme allow us, including cases when we fall down, hurt ourselves, lose some meditative achievements — to start all over again... and really quickly to restore the temporarily lost — now firmly and stable, forever.

The exact vision of the entire structure of the Path and understanding of the laws of motion allow one to rise quickly to each next new height, gradually learning the Divine Subtlety, Love, Wisdom and Power.

Developed techniques by Vladimir Antonov and the corresponding selection of places of power to them — provide an opportunity to master the Path with incredible speed. One day God told me about this in such a way:

“He did what even I — God — can not do on my own! But only a human and God in the great mutual Gravitation and Cooperation can pave the Straight Path — the Path that allows a man to become God!”

* * *

And I would like to say a few words about one of the components of spiritual work: about planning.

“It is impossible to live without a plan!” — Vladimir repeated this many times. — “We have to create plans for

ourselves continually: and strategic — for the future, and current — for here and now.”

Without a strategic plan, we move much more slowly, act much less effectively.

If we formulate our goals and tasks for ourselves on paper, and then, over time, make a report of them to ourselves: what was completed and what remained undone — our progress is accelerating. This happens, because God is always happy to take part in such planning and reporting, and helps us see the flaws and find the right solutions.

This way of acting optimizes not only our own advancement, but also helps in serving God by helping other incarnate people.

I remember when I sometimes was rereading my own plans and looking at the work that was done, I was conscious of and wondered to what high extent God had helped to implement these plans! For example, the idea of service, which seemed to be almost unattainable, suddenly “took on flesh” becoming the books and films made by our hands, and a lot of people on all continents, except perhaps Antarctica, got acquainted with our materials through the Internet...

Equally important are the current plans for each day. They are also surprisingly effective and allow us to do the necessary things quickly — without holding a list of undone things “in our head”: “do not forget to buy this, to visit that place, to call that person and say something and so on.”

God spoke to me about this, in such words:

“The purity of the energy in the head chakras can be achieved only if all things in the tonal — are in order. In particular, plans should be recorded on paper — and then the burden of unfinished doings does not ‘irritate’ the mind. The freedom from the world of matter can only occur under this condition! Then — you are ready to immerse into Me!

“It is impossible to solve everything only through meditation! It is just as impossible to wash mud from dirty material hands through meditative cleansings! Here you just need to wash your hands with soap and water.

“So the whole of your ‘island of tonal’, i.e. the surrounding material world associated with the body, — should be kept to a minimum, cleaned and washed out. Only

then will it be easy to slip from this island into the Infinity of the Ocean of Me!”

Parting Words from God

**Sathya Sai Baba, Sulia, Kayr,
Apostle Andrew:**

“... Is it enough for your happiness — only Me?

“When two loving people are touching tenderly the bodies of one another with fingertips, then in this touching the two disappear and only TENDERNESS remains — one for both...

“When two loving are kissing one another, there are no lips, there is only the KISS — one for both...

“When two loving are looking in the eyes of each other, then they unite souls in the flow of LOVE — one for both...

*** * ***

“How to gain the Wisdom? Through calmness of the mind, immersed into your spiritual heart, filled with the Creator.

“In this state, His every thought becomes clear. And every thought here is now also mine. But **this thought is free from the human ego.**

“Learn — at silence of the mind — contemplate Me by the purity of the spiritual heart! Learn to live in this contemplation!

“This is how I become the Basis of all your actions.

“This is how you can learn the state which allows one to act being in Mergence with Me.

“I understand how difficult this task is... However, you learned to walk, to speak... — it **was a human childhood. Now — it is a ‘childhood’ of the other level of being: learn to think, to walk, to speak — being Me!**

“Do not be afraid of falling: I am infinite in the Depth under everything! If you ‘fall’ — then ‘fall’ into My Embrace and stand up being Me!

“Learn to live from My CALM and My LOVE! Learn to act in the state of Mergence!

“You have to carry the field of Calm around your body — the field of tenderness, love, harmony.”

*** * ***

“I need bonfires of My schools throughout the Earth — bonfires which cannot be blown out by winds or quenched by rains!

“In storms and in foul weather, I want — through you — to kindle bonfires, which will attract those who want it, and whom I want to help, out of darkness, to bring closer to Myself at this time!

“As to the rest, they have to see that these bonfires are burning, burning always, that Love is the Way by which I lead people to Myself.

“You have to warm the people’s hearts before each of them will rush to the Light and get kindled from My Fire. This is your service to Me!”

*** * ***

“You are a scientific-spiritual School, and your task — is to carry the light of knowledge about God to people, the ethical laws of God! True supreme morality about God, love for God, scientific knowledge about God, man, Evolution — here is what you have to bring to the masses of people, first of all! It is necessary to change the world view on the planet, restore the lost knowledge!

“The ancient school of Pythagoras can serve you in this respect perfectly. The laws of life in harmony with God, love and wisdom — are the foundation. On this basis, should be held the upbringing of the spiritual leaders of different levels and trends, politicians, artists, scientists, and the education of children — to build on the future of society.”

“What can be done for this right now?”

“The first and most important for you — is finally to gain a foothold in Me, with yourselves in a state of the Waves consubstantial to the Ocean of the Primordial

Consciousness! Any earthly affairs cannot replace this! Real serving in scale of the planet **may take place only** from the final **unity** with Me!

“Service of the Avatar is the work that is carried out from the Ocean of the Creator, and, besides, not only through the body. This is — the work of the whole complex that includes body, Brahmanic Mahadoubles and the impact directly from the Ocean of the Creator. This work is implemented from the constant Unity with the Primordial Plane of Being!

“Look at Sathya Sai Baba: He wrote books and lectures, He pierced the planet with rays of His Ecumenical Self, He attuned those with Himself, who loved Him and were willing to listen to His Teachings, He gave the highest methods of self-perfection to those who were ready for this...”

Memories of an Assyris' Student

Once I was a student in a *forest school* of the Divine Teacher Assyris. It was my past incarnation. God revealed to me only small episodes of that life; He never satisfied my vain curiosity about it. Only on rare occasions, when He considered it useful, He slightly lifted the veil over the past.

Below are some of these memories that seem interesting:

... Summer morning... I am 3 or 4 years old. Naturally, I do not see myself, but I can feel myself. I look from within my small body...

The field is suffused with sunlight. Far in the distance there is a forest, which touches the boundless blue of the sky with the tops of trees.

Joy suddenly overfills me, and I run toward a man who looks to me very big. He radiates calm, power, love, and I perceive Him as very dear: perhaps he is my father or teacher... The state of boundless love and trust for him are as natural and total in me as the beauty and joy around: the field full of flowers, the forest, the shining of the sun...

I, overfilled with joyful love, run over to this man, and he takes my small body in his strong hands and throws me in the air... And... I feel myself as if without body... I find myself in the space of Light, all the **rest disappears**... There is only a boundless sea of Light... I swim in this Light...

Then the large and strong hands catch me — and everything comes back: the field, the forest, the flowers, the sky... I feel an overwhelming joy, shining joy! The joy of this game-caress overfills me!...

And the hands throws me in the air again... There is only Light..., and again..., and again..., and again...

* * *

Now, while I was writing this text, Assyris explained me that it was not a lesson in the *forest school*. It was our first meeting. This is how He found me.

* * *

... A bonfire, the starry night sky... The flame illuminates an elder in light robes, sitting in the state of deep calm and silence. I am a young boy of about 12 — 14 years old... I sit in the “student posture”... No, it is my body there sits. And I am an anthropomorphic consciousness, free from the body. I learn to dance — from the fire...

The most remarkable thing about this dance is that it lacks completely the human emotionality, artificialness. It was an attempt to reproduce the state of the fire as it is, with its inherent rhythm, the liveness of its tongues...

The feeling of time as if became slower; it seems that the elder looks at the bonfire for an infinitely long time...

And I have an absolutely natural understanding that I am not the body, that I am a soul-consciousness. There may be no body, while I am.

* * *

I have some memories about a celebration of spring's coming. They bring intense feeling of joy. And several song lines...

In such a celebration all the villagers and the students of the *forest school* participate.

It begins with watching the rising of the sun.

... In the soft mist at dawn, men and women, the old and children stand united by anticipation of mystery. Calm and silence...

Slowly the sun rises over the horizon. People raise their hands and greet the Sun and the Spring! This is also the celebration of worshipping the Messenger of the “Sun of God” — Assyris. And Assyris covers all with His Divine Light...

... And then — many bonfires and circle dances. And the arms of consciousnesses growing from the spiritual hearts connect all. In the circle dance, all merge into one consciousness. Immense joy — of merging of pure souls...

Circle dances, like spring brooks, run in united movement. And the flames of fires shine as the symbols of the Divine Flame!

Joy in the heart: the sun is rising!
Lada! Lada! Hands are together!
Heart to heart longs with love!
Heart with heart longs to unite!

Birches and firs are in our circle dance,
The sky whirls, the clouds rejoice!
The heart sings together with birds!
The joy flies over the fields!

The sun rises — and the joy is born!
Trees and birds whirl with us!
The song of spring sounds with streams!
The Sun of Svarog shines over us!

In the pure shining — let us merge together!
In the United Heart burns the Divine Flame!
Let us become Love created for God,
Before we jump into the Infinity of Svarog!

In the *forest schoos* there are different kinds of teachers. But the main Teacher — God — always is represented by the concrete Divine Teacher — Assyris, the Son (the Messenger) of Svarog. He gives lessons of meditation by explaining, showing, submerging students into His Depth... It is communication — with the Teacher, Friend, loving Father.

* * *

... I look at a transparent Sphere of goldish Light — this appearance Assyris assumes this time. He gives His next lesson.

I touch the Divine Consciousness with my hands, and — despite the lesson **being** quite usual — this touching again overfills me with love and tenderness.

Then I touch Him with the lips of the spiritual heart, and — as a consciousness — I dissolve... and assemble again in the state of “non-I”. There is no me anymore, but there remains everything around my former “I”...

Remembering about this at present, I recognize with surprise the method of “total reciprocity”, which I **was** taught in my current incarnation by Vladimir Antonov...

In this state of mine, Assyris submerges me into the Consciousness of the Earth and then — further, in the *depths* of space filled with Living Consciousness-Light. He easily changes the scales of perception. I can see everything inside and outside. Assyris says: “There is no you, there is only Me! I am in everything! You are also Me. Now there is nothing that you can consider as yourself!”

Then the consciousness expands more — and I find myself on the surface of a giant tender “Sun of God”; I look outside from Its surface...

I know that I have to become It all. Yet I cannot embrace It with myself... I just slightly fall deeper inside — and this gives me an intense feeling of bliss...

* * *

Next episode. This time I am older than in the previous memories. The freedom I feel, allows me to forget that somewhere there is my material body: now I am a giant body of consciousness...

It is so wonderful and easy to move in this state!...

I can embrace the fields and the forest; I can feel all beings living in them; I can caress and stroke them with my infinite arms of the spiritual heart...

And in front of me, right from beneath the surface of the Earth, “Sun”-Assyris rises. And I, as it was in that childhood,

run towards Him stretching my arms... I enter into Him — Living “Sun” — as if into a gate which He has opened to me with His Spiritual Heart...

... Remembering this, I do not feel where is the boundary between that which I have cognized in that and what I have cognized in my present lifetime... For God, there are no sharp boundaries which separate our earthly incarnations... From the stage at which I have stopped that time, the lesson continues and goes on now... — the lesson of love and cognition of the Creator.

A Conversation with Assyris

“Did You want to speak with me?”

“Not quite: rather it was you who you wanted this and I am — always glad for this opportunity! I always need for you to want to talk with Me, interact with Me, love Me!

“Again and again, you come back to attempts to recall your past incarnation. The desire to allure people into Me by ‘a tasty bait’ of the History of Ancient Russia has not extinguished in you... But you must understand that, for those, who really want to cognize Me now, — the experience of this life is far more valuable: the real experience of cognition of God, which is committed right now in the same environment in which your contemporaries live!

“The important thing is that now, as in all times, there is God — God is Alive! — And He is — cognizable! This is exactly what people need to find out!

“... But, still, I will use this opportunity to say something about My Schools of Ancient Russia.

“As the sun sends its rays, so do I always send My sons and daughters on Earth. Ancient Russia was a fertile cornfield thanks to the preservation of God’s ethic laws — the laws of love. I was able to preserve the knowledge of the Highest in My Schools for a long time. The souls were incarnating in those conditions where the knowledge of the Path was known. Schools were being led by Divine or nearly Divine Souls. Each such soul is like a tree that is rising above the Earth and supporting the already existing center of spirituality.

“Only matured souls were being selected to study the higher esoteric practices in Schools. The criterion was the ability to think seriously **with** the developed consciousness. A developed spiritual heart — was considered necessary, but not a sufficient condition.

“At that time subsistence agriculture was dominating in Russia. Spiritual Schools were almost devoid of worries about food, because they were supported by rural communities. And the people of those communities were receiving assistance from the Schools through prevention of droughts and poor harvests, healing diseases, educating children... These communities in which were schools, existed with them as a single organism, like a family.

“... Those, who were coming out of Me, were working, primarily with the already matured souls who did not have to develop the intellect through filling the mind with information... The mechanism of the development of the ability of the consciousness to think was somewhat different for them. It was similar to what is told about the ancient Greek philosophers who comprehended, through meditation, the structure of multi-dimensional universe, the spherical shape of our planet, etc. For you it is clear that there are different variants of exploration of any problem with the consciousness: starting with the information that comes from own thoughts — and ending with Revelations and the direct exploration of, for example, multi-dimensional layers by a developed consciousness. Your conversation with Me now — is also an example of such cognition. Another example is the meditation presented by Me.

“The ability to think fruitfully develops in the best way on the background of contemplative peace. Many children were growing up in the School. Through thinking about natural phenomena, various kinds of living organisms — a child was learning to think, adults were just directing, correcting this work. Any bug, flying bird, live or dry branch of a tree could become a textbook for understanding the life and death, attachment of consciousness to the material shell, differences and similarities of life forms...

“This was the first stage of teaching.

“After this students were easily and quickly shifting to the perception of multi-dimensional space. Very little amount of indriyas were attached to the material plane. To

redirect indriyas of the soul to the cognition of intangible planes and communication with the Divine Souls — was very easy for Me!

“**Precisely**, the communication of a soul with God — the non-embodied Divine Consciousness — was the basis of teaching. Due to this I could easily give lessons to everyone. To correct and explain the basic techniques was required from incarnated teachers, nothing more than this. God was the teacher! Immersion into the Depths of Me was the same as smooth, unhurried and natural as the whole life. It was the growing up of children in God's family. By the way, nobody was setting tasks to speed up this maturation.

“Remember, how once I showed you such an image: in order to cross the mighty river by swimming or on a boat we have to put continued efforts, it is important to row: otherwise you will not reach the other bank and drown. That is your spiritual Path now. In those ancient times — the worldview and structure of society were allowing a sort of a *wide bridge* to exist on. When there is a bridge, you can walk, slowly, over a stream, without **misgivings for** the currents and rapids. **Precisely** the right order of society allows the Path to God to become a bridge, which makes it safe for crossing the turbulent river of samsara...”

Father! How Can I Thank You for All?!

I never managed to express **my** gratitude through words to God, to all our Divine Teachers. When I tried to do this..., the *Dissolution* and *Mergence* were always happening, the individual “I” was disappearing... — and instead of speaking of Love to Him, He Himself was speaking of His Love...

In particular, such were all the poems written by me: they were — His words that went through me when He and I were one...¹⁵

“How do I thank You, Father? How do I thank You for the opportunity to cognize, to merge, to learn to be You?”

Once, Sathya Sai Baba answered me on this question. He said:

¹⁵ [6].

“Try to get up close! Grow up to My ability to emanate from My Abode and give My Love — and just get up close: next to Vladimir, next to Me, with all of Us! And do what We do! This will be the best gratitude! This will be the Highest Service to Me!”

Instead of Conclusion (Chapter Dictated by Jesus)

... Jesus has come...

“Did you want to write a chapter about Me?”

“Yes, I want to very much! ...”

“If you want, I will dictate.”

“Yes, do not go, please, do not go, I will take a pen and paper...”

“I never left you! I came into your life a long time ago and will never leave! I remember very well all your words to Me and all your promises to Me.

“I have been leading you for a very long time. I have always been close. Back in those days, when you did not know that I — existed, you had already been feeling my first touches. It was I, who was standing near you, when Yeshua from the pages of ‘The Master and Margarita’ touched your heart...”

“Jesus, it was You...”

“Yes, I was with you even at that time.”

“Do you remember when you were reading the Gospel and thinking that you would follow Me... if it was true?... I was there with you, I was telling you: it is — the truth! Yes, I was healing by touching, yes, I was walking on waters, yes, I was raising the dead... I was telling you: everything about this was — the truth! And you, still not knowing Me, was starting to believe Me...”

“And then in church, do you remember?... There was only Me and you — no matter how many people were around us... My eyes were looking straight into your eyes. I was looking into your heart, soul, wherever your body was standing...”

“I remember, Jesus...”

“And then I gave the book of Vladimir Antonov ‘The Original Teachings of Jesus Christ’ into your hands. You finally picked it up... I was so happy at that moment!

“I remember how you dared to start the Path to Me, I remember all your promises. I remember when you saw Me for the first time with the clarity of the eyes of the soul at My place of power — and I was blessing your Path to Me.

“I have not forgotten anything! I remember how you merged **with the consciousness with My Mahadouble and how you were stretching out your hands with Me to all the souls whom I hold on my hands, how you were asking for permission to help them to find out, at least a bit, about the opportunity to be with Me always. About this you know now... I granted your request: I was speaking words through you which were addressed to all humans on Earth...**

“It is — just the beginning of the Service that you will do on Earth from Me, for Me, in order for God to touch every human heart! People need to know that God is Love, that He — is cognizable, that I am — always next to everyone who is on this Path, that I am not **leaving anyone without help, who puts all personal efforts — and **with** love rushes to Me! I lead him/her by the hand into the Abode of the Father!**

“See: ‘the fairy tale’, in which you once feared even to believe, — became a reality of your life!

“I am here today to confirm that you have cognized Me!

“Live with My Heart in **your chest, shine from the *Sun of God*¹⁶ **with the** Great Love of the Creator!**

“Remember: I teach you to live as I lived! And I and the Father are One!

“I bless all of you to serve Father so, as I do this! Feel the Great One! Feel the Power of the Great Father!

“There is an amazing power of the love of the Father, which is able to transform souls of humans!

“God is Love!

“That, to which I have committed, everyone can commit to!”

***Your Jesus,
Whom people call Christ***

¹⁶ [12].

MARIA SHTIL

The Search for Freedom

I was always wondering what exists out there — on the other side from the usual material world.

... There is a short, but very interesting period of time at sunset when the Sun is about disappear behind the horizon, leaving the last rays of light on Earth's surface. These rays are so powerful, that it seems everything would then dissolve in the gold of sunset, melt in it... Every time, when I was watching this scene, I was waiting for the door to another world — the world of Limitless Freedom — to be opened in this golden glow — and I would be able to slip into it...

But the Sun was disappearing behind the horizon, the world was returning to its former density, and my dreams were remaining dreams... The door to other worlds was not opening, because I searched for it not in the right place: I searched for it outside, but it opens... inside each of us.

I had always believed in a Higher Power, the Supreme Mind. I was realizing that there are no coincidences and was trying to see the logical chain of cause and effect — both, in personal life and in the fate of others. But I could not name this the Great, the leading power of our destinies — as God, because at the time I associated the word “God” only with Orthodoxy, which I was not accepting. I was feeling that Orthodoxy did not open the door to Freedom, but, on the contrary, limited it. Orthodoxy pictures God as a terrible and severe judge, Who watches over the execution of some absurd, inexplicable and useless rules. I could not accept such “Orthodox” God.

But, as it turns out, God does not care how we call Him. Because He has — thousands of names! He uses thousands of languages and thousands of opportunities to pave the path for Himself to the heart of any human. God is not — a terrible Judge! He is — the Loving and Wise Teacher.

And He as if offered me then: “You do not pronounce the word ‘God’? No problem! Here is a book where I am called

by the names 'Power', 'Spirit', 'Eagle'... Choose — any of them!..."

It was Carlos Castaneda's book "The Teachings of Don Juan".

And, of course, when this book first had come into my hands — I perceived it as "a gift of fate". It was a book I had waited for all my life: a book about Freedom — the same one which I dreamed about, in what I believed...

For several years, during my reading and rereading of all the books of Carlos Castaneda, I was radiating with happiness, understanding that I had finally found the meaning of my life: "I want to dedicate it to the attainment of that Freedom, which was achieved by Don Juan and the spiritual warriors of His party!"

Common sense would say it is — impossible. After all, I am not going to Mexico! And even if I went there — I would never find those people!

But, despite the arguments from the mind, I had formed a steadfast intention: to join the party of Nagual...

I was assuming that the path of discipleship, which Castaneda was following, — is the only possible one and, expected that I would have to master it in the same way; in all its details and in the same sequence...

However, I was frightened by that: that all, without exception, spiritual warriors have to take part in battle with "the ally" at some point of their discipleship, — a fight, the result of which a warrior could either win or die from fear... I was feeling spooked due to such thoughts because I perceived almost literally everything that was written...

But I was not going to retreat! And, despite the fact that I had not known how to fight, I "summoned up courage" and said to myself: "Okay, if I cannot avoid this — I will meet with that ally and beat it!"

Now it is amusing to me to recall this, but at that moment... everything was so serious!

Castaneda, in describing his mystical experience, said that Don Juan, once, said to him to catch two lizards, and then eyes of one and the mouth of another one ought to be sewed up (the rest of the details of this nightmare I do not remember). It was the only test from which I refused in discipleship from what I expected in my future: "To die of

fear by myself — it is fair enough, but to cause suffering to lizards — no way!”

And, of course, every night, I was trying unsuccessfully to find my own hands in “a dream”, make “recapitulation” of former life, stop “the internal dialogue” while I was walking the streets like a sleepwalker...

It is not difficult to guess that this was not giving any positive results.

[Translation will be continued].