

Vladimir Antonov

“Bubbles of Perception”

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

This book is dedicated to the methodology of spiritual development. Here we, among other things, describe the higher stages of the ascension and indicate possible errors.

We also present various Revelations from the Holy Spirits.

This book is intended for all those who seek God and are ready to dedicate their lives to the spiritual Path.

“Bubbles of Perception”, Dantians, and Chakras

The term “bubbles of perception” was introduced into the spiritual science by Juan Matus, whose knowledge was passed on to humankind through Carlos Castaneda [18-25].

This term has fundamental importance because it helps seekers of the Perfection, which was preached for us by Jesus Christ [2,8,14] and by other Greatest Teachers [8], to correctly direct their effort on self-development through meditative practices.

Where did these words, so strange at first sight, come from? The fact is that the energy “cocoon” that surrounds the body of every person resembles, to some extent, a big bubble. This “bubble” can, in turn, be divided into two smaller unequal “bubbles”.

With our “bubbles”, we perceive the environment, that is why they were called “bubbles of perception”.

As we already said, every one of us has two “bubbles”: the upper one and the lower one. With the upper “bubble”, we perceive the world of matter (or tonal), while with the lower “bubble” we perceive the non-material world (or nagual).

Therefore, those who are willing not only to talk about God and other non-material manifestations but also to really cognize them — should pay attention to the development of their lower “bubbles”. They are designed for this purpose!

Our upper “bubbles” are also called *upper dantians*. They consist of the three upper chakras: sahasrara, ajna, and vishuddha [9].

Our lower “bubbles” are divided into two dantians: the middle one and the lower one.

The middle dantian consists of only one very important chakra — the anahata chakra. It is from this energy structure that the spiritual heart may begin its growth.

The lower dantian consists of the three chakras: manipura, svadhisthana, and muladhara. It serves as the power center of the organism, by nourishing both the organs of the body and the non-material components of the organism with bioenergy. It is intended, among other purposes, to provide energy for the quantitative growth of the consciousness (or soul).

About Our Food

In order to contribute to our health and successful spiritual growth, our food should be pure (this implies, among other things, that this food should be “killing-free”). Our food should also be of full value, i.e. it should contain all the necessary components of nutrition.

Another thing that must be taken into account is the compatibility of different foods. In this respect, one should know that a large quantity of sweets do not combine with protein and fat foods when they all get mixed simultaneously in the stomach. In this case, the latter two kinds of food stay in the stomach for a long time and detain the sugars there as well. The sugars then can start being decomposed by microbes.

Potatoes and milk are also a bad combination.

And, in general, milk is usually well assimilated only in childhood. On the contrary, in the case of adults, especially when they have long periods of not using milk in their nutrition, it is not well assimilated because the body stops producing the enzymes that are necessary for the digestion of milk.

In this respect, it would be useful to remember that some industrial foods (for example, cookies, chocolate, mayonnaise, and others) contain milk powder.

It is also important that all the bioenergetic structures of the body that participate in the assimilation of energy from food be cleaned and properly developed. This can be reached through the methods of Raja Yoga. You can find them in [9] and in our other materials (books and films).

The author of this book has been living according to these principles for about 40 years. Now my current body is 68 years old, but it looks 40. My health is also very good, and I feel young. The main foods of my nutrition all the year round are mushrooms, rice, pasta, tomatoes (fresh or in the form of paste), milk-free mayonnaise, sometimes potatoes, carrots, fresh herbs (parsley, dill, and others), a bit of white bread, and butter. I use salt only for the preparation of mushrooms. In the morning, I drink coffee. In the preceding decades, I ate eggs and dairy products. It is possible, if there are no mushrooms in your region, to use soy products and nuts as a source of protein.

If we add, while cooking food, a moderate amount of sea water to it, such a food will provide our bodies with all the necessary dietary minerals.

The same effect can be reached from the use of seaweed (*Laminaria*). If we slightly boil dried seaweed, which can be purchased in a pharmacy¹, allow it to swell, and then put it on a slice of bread with butter, we get a delicious result. (However, one should not eat too much of this, because a large quantity of seaweed works as a laxative).

As for alcohol, a very long time ago, in the beginning of my spiritual awakening, Jesus suggested — as a condition of His personal help to me — that I forever renounce the use of any alcohol-containing beverages, including even *kvass*². I accepted this condition and never violated it.

I have never tried that which is now called drugs and have only seen them on TV.

About Work with Chakras

There are no “good” or “bad” chakras. All the chakras have to be cleaned and developed. Each of them is important.

However, the chakras of a certain person can be dirty in a very literal sense. That is, they can be littered with coarse pathogenic energy. They also can be undeveloped or disfigured by incorrect methods of working with them. The

¹ This is true for Russia (translator’s note).

² *Kvass* is a fermented beverage made from black or regular rye bread (translator’s note).

examples of such methods are the coloring of the chakras according to the colors of a rainbow or the imparting of coarse qualities to them if one does not pay enough attention to the purity of one's thoughts, emotions, and nutrition.

Chakras must shine with white or slightly golden gentle light and completely fill the corresponding sectors of the body. It is only this state of the chakras that pleases the Holy Spirits Who try to help us, and only from this state, we can prepare ourselves for learning to perceive Them easily so that They can become our direct Divine Teachers.

It is also important to obtain the calm of the consciousness, because it is only in this state that we can learn to go beyond the boundaries of the material world. And it should be stressed that this calm can be obtained only in the *depths* of one's own developed spiritual heart.

We talked quite a lot about the functions of the chakras and their role in the formation of the status of the soul (by the way, this is what will determine, among other things, the "posthumous" state of each one of us) in our other publications [5,9,29, and others]. So, here I only want to emphasize that the practitioners must be well-oriented in the spiritual philosophy [8] and need to realize their ethical purification [2,7-9,12,14-17,29-39]. Moreover, it is desirable that these components of spiritual development be mastered by the practitioners before the beginning of their serious work in a psychoenergetical direction. To teach psychoenergetical methods to people who are ignorant about the spiritual philosophy and who have not made due efforts to complete their ethical purification and formation is unacceptable, because this can lead to the strengthening of the vices that these people have not eliminated in themselves yet.

Spiritual Heart and the Arms of Love

When we have finished the initial purification and development of the chakras, it is time to start working with dantians and then with the "bubbles of perception".

Let me remind you that the upper dantian consists of the three upper chakras; the middle one of only one anahata chakra; and the lower one of three chakras as well, which should be merged into a single power center. Only in this case they will function effectively.

In order to see the state of our own "bubbles of perception", we can use the following method:

Let us feel that we are behind our heels, at a distance of about half a meter or a meter, and then let us look from this position at our "bubbles". The best way to do this exercise is during slow walking on an empty path.

This method also allows one to see any possible energy contaminations inside one's "cocoon", and to get rid of them, one can use the methods that are presented in the book [9].

The boundary between two "bubbles of perception" should be noticed at the level of the collarbones (clavicles).

Further meditative work is realized inside the lower "bubble", to be more precise, in the middle dantian.

Initially, one must learn to live in the anahata most of time and to look from it in all directions, including backward.

Then one should grow oneself as a spiritual heart by filling different volumes of harmonious space. This can be the "cocoons" of the subtlest and most

powerful (by their energy state) trees. Then one can fill the space over vast bodies of water, over desert, or over steppes. [9]

The tendency of the refinement of the consciousness in combination with such work allows one to learn to see the Holy Spirits with one's sight of the consciousness, and this becomes the precondition for the emotional and verbal communication and Mergence with Them.

An important component of this work is the development of the *arms of the consciousness*. We can caress with them specific living beings at a distance, we can keep on our *palms of love* different bodies of water or parts of land with all their inhabitants.

The *arms of love* that have been developed in such a way will allow one, among other things, to move freely inside the multidimensional space and to merge — in the Embrace of Love — with the specific Representatives of the Primordial Consciousness and with Their *United We*.

About Possible Mistakes

A serious mistake on the spiritual Path is to put emphasis only on the development of the upper or the lower dantian. It is so, because neither one of them allows one to develop the ability to feel emotional love and — on the basis of it — to merge with the Divine Consciousness! Only the souls that have become developed spiritual hearts have the ability to feel sincere emotional love, which is what God always tries to teach us. Only the people who have become like this — will be able to flow into the universal Ocean of the Divine Consciousness. The rest will remain separate...

Our true meaning of life is, having developed ourselves up to the Perfection, which was preached to us by Jesus (“... Be perfect as your Heavenly Father is perfect” /Matthew 5:48/), to flow into the Creator and thus to enrich Him with yourselves. The existence of everything taking place in the universe is dedicated to this task. The unceasing Evolution of the Absolute is the Process in which every one of us is involved. So, it would be good for us to understand our role in it and to build our lives in accordance with this knowledge. [8-9,15-16]

The Mergence that one reaches is Nirvana, in contrast to the ignorant opinion that Nirvana is to disappear forever in the emptiness...

No! Those who achieved the Perfection continue to exist in the Mergence, in the Union with the Divine *United We*. Moreover, when necessary, they can easily restore Their Divine Individuality by manifesting Themselves as Holy Spirits or even as Messiahs (or Avatars) to incarnate people. [8-10,15-16,29]

... The tendency to proclaim the ajna chakra as the most important chakra originates from a joke of Krishna, recorded in the Bhagavad Gita [2,8,11]. In the course of His conversation with Arjuna, Krishna, pointing to His chest, said that here, between these “eyebrows” (He pointed to the hair on His male chest), it is necessary to open the exit for the Atmic, Divine Energy... However, His gesture was not described in the Bhagavad Gita, and thus the joke was not understood by the readers. That is why, afterwards, many people tried to “open the third eye” — the eye of the soul — from the ajna — one of the coarsest chakras —, and not from the spiritual heart. The results were always the same: dramatic coarsening of the entire consciousness and sometimes stresses and health disorders.

(Nevertheless — later on — it will be necessary to treat all the chakras, including the head ones, with Divine Light and Fire).

Krishna was the One Who said beautiful words about heart love in the Bhagavad Gita! But the ajna chakra, I repeat, is not capable of generating the emotions of love! It is only one of the two upper chakras that are specialized in the function of thinking. Moreover, it is in this chakra that the manas — an individual lower mind and the center of egocentrism — has its seat. Even the name of this chakra itself means “not wise” or, in other words, simply “silly” ... That is why Krishna suggested “locking the mind in the heart” (Bhagavad Gita 8:12) [2,8,11]...

The upper sahasrara chakra is responsible for higher mental activity.

However, only the buddhi — the consciousness that has been developed through the methods of Buddhi Yoga and cognized the Essence of everything that exists — has real wisdom.

People who dedicated themselves to the activation of ajnic trikutta (“the third eye”) between the eyebrows on the head — develop very unpleasant qualities of the soul: they get a “piercing” sight and coarseness of the consciousness. These are the qualities that are opposite to the tendency for the development of love!

On the contrary, the subtlety of the consciousness, which is developed through the attunement with subtle and the subtlest phenomena, through tender and caring love (but, of course, not insistent and tiresome), and through avoiding any conflict in the relations with others, is what leads us to the cognition of the Primordial One.

Is it not this that God teaches us? But spiritual ignorance in combination with the activity of aggressive primitives, who become “the leaders of the blind”, offers us something opposite.

It is equally wrong to try to find God in the space directly above one’s head... God — according to the principal meaning of this word [9,15-16] — is the Subtlest Oceanic Consciousness That can be found only in the *depths* of one’s own developed spiritual heart.

But so many people are involved in such false tendencies!...

Even more adverse effects are possible when the lower dantian is proclaimed to be “the most important”.

One of the versions of this tendency came from China in the form of the erroneous variety of Qigong (“work with energy”). In this variety of Qigong, students — without any theoretical preparation and explanation of the ethical principles of the spiritual Path, including the ethics of nutrition — were taught to drive the energy of their lower unpurified chakras along their bodies...

I had an occasion to observe the results of these “lessons”: the bodies of the practitioners became filled with energetic coarseness, and this created in the students the feeling that they were becoming more unshaken in conflict social situations...

However, the coarseness of the soul leads to hell...

On the contrary, subtlety, tenderness, and purity are the qualities that lead us to the Primordial One. Only the attainment of them guarantees paradise!

Great harm to people was also caused by the system that was created on the basis of the exercises that Juan Matus personally taught to Carlos Castaneda. They were called “Tensegrity”.

What is the cause of this? Could it be possible that great Don Juan could offer to people something harmful?

No. The cause must be seen in Castaneda.

He did not become a successful disciple of Nagual! He remained a “head” man, although it was expected from him that he would master the Path of Heart, i.e. he must have become the spiritual heart and learned to live as such.

Trying to help him, Don Juan suggested the exercises that were intended to activate the “pole” that is opposite to the head. These exercises consisted in special movements that were accompanied by fast releases of energy from the lower chakras. These jerks were very unaesthetic and coarse.

Nevertheless, it seems that even these exercises did not help Castaneda.

It is important to note that these methods were intended only for a particular slowly progressing disciple, but not for all people. But the victims of such widespread trainings acquired neurotic symptoms and the coarsening of the consciousness. This could not lead to any spiritual advancement.

... I repeat what I have stated many times: it is necessary to observe the correct sequence in teaching spiritual knowledge. First, it is essential to explain the fundamentals of spiritual philosophy, including ethical principles. Only after this (and on this background), one can start working with a psychoenergetical component of development. And it should be stressed that one needs to put emphasis on the development of the spiritual heart in this work.

... Taking the opportunity, I want to give a brief evaluation of what can be found in the books of Carlos Castaneda [18-25].

His great merit was that he tried to convey the methodological concept of Juan Matus to the readers as precisely as possible.

However, Castaneda also describes his participation in various supposedly real “miraculous” events. What is this? Deliberate lie aimed to intrigue readers? Not exactly.

The fact is that while learning the art of meditation, the disciples tried to use the states that arise between wakefulness and sleep. When doing this, they naturally fall asleep sometimes and dreamed... They were taught to perceive these dreams as reality too, “another reality”. That is why Castaneda described the events taking place in his dreams as a reality. However, some incompetent readers formed an opinion that all this took place on the material plane.

It is important to point out that by using the above mentioned method of “dreaming”, it is impossible to make any progress: the art of meditation has to be learnt in a completely different way.

Another cause of the distorted perception of Castaneda is the use of non-verbal suggestion by Juan Matus on Castaneda. Such sessions began with an unexpected slap with the hand on the back of a disciple (this was called “Nagual’s blow”), and then the disciple perceived different unreal events as a reality...

More details about the Teachings of Juan Matus can be found in the book [8] and about Carlos himself in [26].

... I had an occasion to observe a doctor who grew for himself such a big belly that in order to make up a prescription, he had to move his hands above this heap of his belly so high that his elbows turned out to be at the level of his eyes... Thus he developed his lower dantian and really achieved “success” in this. He had a strong energy field of several meters in diameter around his belly, and this energy field could paralyze other people who found themselves in it. He was evidently proud of this quality of his.

And only after his disembodiment, he will realize that his “efforts” have been false: he has not cognized God and will not cognize Him while being in such a state... He has not learned to love but only strengthened his “I” (or self)...

Those who cultivate their egocentrism — look pitiful from God's perspective. It is so because they move themselves away from Him: from the cognition of Him and Mergence with Him! Another world outlook is true: it is Godcentrism!

So, how can one start fighting one's egocentrism? This can be done through care for the welfare of others and through the gradual "migration" from the extreme dantians to the middle one.

Another method, which is even more effective, is gradual mastering of the state of "non-I" through the mechanism of "total reciprocity". This direction of the development can be considered as mastered when an individual "I" of the practitioner dissolves completely in the Turiya, Light or Fire states of God — and then there remains only His *United We* identical to His "I".

The information about how one can begin such training is given in [9] and in our films.

... Another contemporary malicious perversion is so-called Neo-Advaita, in which the intellect is declared as an enemy of spiritual progress. Therefore, in this movement, means of its intentional destruction is used. Dementia is in high among the members of this movement...

But the truth is that we should not destroy the intellect but learn to control its activity. This is easily achieved through the development of the ability to move the consciousness into the chakra that needs to be activated in a given moment. To work with the spiritual heart and to transform oneself into the consciousness that is considerably free from the material world and that has not lost its adequate thinking is the right decision!

Development of the Lower "Bubble of Perception" and Work with the Pyramid

Once one has mastered everything mentioned above, it is desirable to start working with the vertical segments of the body and with the elevation of Kundalini. It is also very important to master the methods of "dissolution of oneself", which we have just discussed; this will prevent the development of pride and ensure progress in the Mergence with God.

After this, one can proceed to the active development of the lower "bubble of perception".

To do this, one has to learn to exit as the spiritual heart from the anahata chakra backward into the subtlest layers of the multidimensional space. Why backward? Because, by looking forward, we got accustomed to perceiving the material plane, while by looking backward, we can easily learn to see subtle and the subtlest components of the non-material world.

The lower "bubble of perception" has to be first noticed within our "cocoon". Then the main direction of its further development will be backward and backward-downward, necessarily inside the subtlest layers of the Absolute.

... I remember how we once learned to expand as the spiritual hearts downward in relation to our bodies.

Our Divine Teachers first showed us a bridge over a small river. This was a *place of power*. Here one could, while standing with a body on the bridge, feel oneself as a consciousness in a gentle stream of water, to be in bliss inside it.

Then there was a pond. Here the consciousness "by itself" sank in the water; it was possible to learn to move in the depth of the pond and to approach the body, which stood on the shore, from below.

Then we submerged ourselves into the subtlest Luminous layers of our planet and filled them with ourselves as consciousnesses.

Then we penetrated into the core of the planet, in its multi-dimensional layer consisting of the Living Divine Fire. Through it, we found the passage to the Ocean of this Fire...

For the further development of the lower “bubble of perception”, it is necessary to use — over the course of a long time — a lot of meditative techniques. One of them is to fill with oneself (as a spiritual heart) the Mahadoubles of the Divine Teachers — Holy Spirits. Another one is to become the “Sun of God” and to master such meditations as “Temple”, “Pyramid” and various versions of them. [9-10,29]

By the way, why were pyramids built in the old days? Of course, they could serve as a burial vault, landmarks, and places for meditation trainings. However, their main purpose is to preserve for centuries *the symbol of a pyramid* as a guideline on the Path of the spiritual growth from a meditative perspective.

Thoth-the-Atlantean, for example, advised to seek for the *secret* deep under the image of a pyramid [8]: “Seek and the doorway to the true *Life* shall be yours! Seek in My *Pyramid*, deep beneath it... Know that it is in the *Pyramid I built* that you shall find the secret way into *the true Life*.”

I give you a hint that in order to accomplish this, one does not need to dig sand or ground under material pyramids. But one needs to find the Ocean of the Divine Fire *under* the form of a pyramid that was meditatively created and filled with oneself as a consciousness.

It can be mentioned that Elisabeth Haich, for example, grew through such trainings [27].

The progress in this can be made only if one has developed the *arms of the consciousness* — *the arms of the spiritual heart*, which can embrace, caress, and help by filling with the subtlest vital force. The *arms* that have been developed in such a way will allow one to move easily in the layers of multidimensionality and among them. With the help of these *arms*, we also exert influence on our own bodies and form a new complete “body of the consciousness”, which includes, among other components, everything valuable that has been accumulated in the upper “bubble”.

One can also develop *the arms of the spiritual heart* by soaring as a free consciousness similar to a huge bird with tremendous *wings*, consisting of living light or by swimming with the help of these arms inside the ocean of light...

We explained all this in detail in our books and films.

... Many years ago, on His working site, Sathya Sai showed us how He, with His Mahadouble, easily penetrates our material planet. And now we too can easily “fall through the Earth” and get into the *Transparent Calm* or Light and Fire states of God...

For this we express to Him and to other Divine Teachers our deepest gratitude!

The Abode of the Creator and the Divine Fire

Only when everything mentioned above is mastered, we can speak about the beginning of the new stage of development: the stage of flowing into the Primordial Consciousness and Mergence with It.

While doing this, it should be taken into account that there exist different states of the Primordial Consciousness, which varies from the *Transparent Calm* in Its Abode — to white goldish Living Light and Divine Fire. Light and Fire Manifestations of God reflect the intensity of the activity of the Holy Spirits Who have come from Their common Abode.

We need to learn to be in all these states.

It is also possible to master the Mergence with God in the Aspect of the Absolute.

Additionally, one can try to transform the matter of one's body into the non-material state in order to *take it with oneself* and then resurrect it for some time in the world to help people evolving on the planet [8,28].

This was mastered only by a few of Those Who achieved the Divinity and Who are now the Holy Spirits. But... why not try it? The Perfection has no limits!

Juan Matus, among Others, told Carlos Castaneda about this. They spoke about the Fire from within [24], with the help of which one can achieve the dematerialization of one's body.

This is the Divine Fire — the state of the maximum activity in which the Holy Spirits can be.

They say that it is necessary to learn to merge with Them in Their Fire state in order to be able to become this Fire by oneself later...

Afterwards — through long efforts — it is possible to transform the matter of the body with this Fire to such a degree that it becomes identical to the Divine Fire. Then everything will be easy...

But first it is necessary to learn to live among the Holy Spirits in the same way as we are accustomed to living among other people and other beings in the material world. By the way, from this moment on, the decisions about the realization of important earthly affairs are made in the Unity with the Holy Spirits. I can assure you that this is quite achievable! All the latest books of Vladimir Antonov, which would be more correct to consider as the result of the collective work of the *United We*, are examples of this.

Who Will Be Able to Cognize This?

In reality, only few people seek to develop, to perfect themselves... Therefore, this call is not directed to everyone.

Let us see that even among the “believers”, the vast majority does not seek in religion for the cognition of God and Mergence with Him in love but only for the protection against “the intrigues of the devil” and other evil spirits. Instead of continuously striving to become better (and, in fact, this is the main thing that God expects from us), they — instead of personal efforts — are ready to pray and pray to everyone to whom it is a custom to pray, asking them to make efforts to “save” them!

(But what good does God get from this infinite human tediousness?! It is not what He needs from us!)

These people believe that God exists for us, while the truth is opposite: we exist for God!

Such people will not be able to fully realize what is presented in this book, because they — self-centered — *cannot understand God!*

... It is a popular belief that one should not wash one's body in the shower, because the streams of water knock out hair follicles from the skin...

Another example that I observed: the wind suddenly blew during the long autumn rain, and there were those who said: “The wind blew, so now it will blow away the clouds as well!”. But in fact the wind has no function or capacity of blowing the clouds away!

I gave many other examples of human stupidity in books [5 and others]. Now I recall one of them: there are women in our country (Russia) who believe that by urinating after an intercourse, they surely prevent pregnancy... They did not understand at all that the urine flows from the bladder, and not from the womb!

And the majority of people of both sexes and all ages, which is especially noticeable in rural areas, cannot remember in no way that it is necessary to walk along the highway by its left side (in the conditions of our right-side traffic in Russia). They cannot do this even though it is quite logical and even recorded in Traffic code...

One should understand the reason for the dominance of the stupidity among many people from the perspective of the evolution of souls. We have discussed this subject with many details in the book [16].

And it is worth mentioning that when one still has an underdeveloped intellect, one lives imitating others to a very significant degree. Why, for example, does drunkenness become a tradition? Why do people think that to drink vodka, disgusting by its taste and emetic, is their duty? Because of this!

The same thing happens in the religious life. A striking example is the case of Moses. God gave him a commandment “You shall not kill!” so that he could transmit it to people. But even Moses himself did not observe this order of God. “Not to kill? How is it possible when these people are dancing around an idol?! We killed everyone on our way for so many years, and now suddenly He says ‘You shall not kill!’”...

By the way, this commandment implies to renounce killing animals as well.

In the same Jewish Bible (the Old Testament), the instructions of God on this matter are written: “... See, I have given you every plant yielding seed that is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food!...”. (Genesis 1:29). Then God explains: Eat all animate organisms, except for those in whose bodies you see blood (Genesis 9:1-4).

However, gluttonous and cruel people decided to outsmart God and pretended to understand Him in this way: the blood of animals is their souls, so it is necessary to let the blood come out of their bodies — and then we can eat their bodies.

Quite material blood is a soul? How is it?

In my opinion, if an adult agrees with such a formulation, it is sign by which we can suspect that he or she has dementia. What do you think?...

Such people cannot right now ascend to the heights of the spiritual Perfection, but they can, at least, try to free their destinies from painful obstacles. How? By memorizing and trying to follow some simple ethical principles of our life on the Earth:

About the Ethical Principles of Our Life on the Earth

- Do not kill!
- Do not steal!
- Do not lie!

- Do not take revenge!
 - Do not envy!
 - Do not be jealous!
 - Be punctual!
 - Let us refrain from anger, irritation, and emotions of condemnation!
 - Let us forgive offenses and injustices caused to us!
 - Let us not wish evil even to bad people!
 - Lao Tse left a record: “To good people I do good, to the unkind I also wish good!” [2,8,12]. This is true goodwill! Let us become those who really wish good to all beings, including animals and plants!
 - Let us strive to help everyone in everything good!
 - Let us not desire something for ourselves if this thing can cause harm to others!
 - Let us treat others in a friendly way, with respect! Let us respect them!
 - Modesty is a quality that is important for God!
 - Let us reject the thoughts of our superiority over others!
 - In the situations in which it is appropriate, let us be tender, gentle, and caring!
 - One needs to take care of the welfare of another or others much more than of one’s own!
 - It is necessary to get rid of violence, including such forms of it as tediousness (repetition of one’s requests or wishes), the imposition of the music that one likes to others, the imposition of one’s presence to others, to whistle or hum some tunes, unless you are specifically asked about this!
 - Let us try to avoid reproaching others!
 - Let us try not to upset anyone by anything!
 - Let us strive to avoid any conflict, except for the case when it is necessary to protect those who are unjustifiably offended! Let us pay attention to the fact that Jesus taught us — in regard to our relations with other people — to cultivate conflictlessness in ourselves! [2,8,10,14]
 - Let us get rid of any rudeness in emotions, thoughts, words, and acts! Among other things, let us reject the use of rude words! It is important because by any one of our coarse states we do not only cause harm to others but also move ourselves away from the Creator!
 - Before acting, let us think about whether we can cause any harm to anyone by them!
 - Not to cause any unjustifiable harm to anyone with our acts, words, thoughts, and emotions is one of the most important rules of a righteous life!
 - Let us strive to feel as the participants of the universal Process of the Evolution — the Evolution of the Divine Consciousness! Let us, in a way we can, help this Consciousness in this! Let us try to learn to live for It, and not for our own sake! Thus we gradually will replace our own egocentrism with Godcentrism.
 - Let us be vigorous in useful activities, maintaining inner calm at the same time!
- ... It is necessary to study what Jesus, Lao Tse, Krishna, Babaji from Haidakhan, Sathya Sai Baba, and other Great Teachers said on this subject [1-2,8-9,11-14,17,31-39 and others].

About the Vice of Jealousy Especially

I want to speak a little about the vice of jealousy. It is praised as prowess in literature and on television. “The right to be jealous” is “legalized” in this way and embedded in the minds as a standard of behaviour and even as a dignity...

However, jealousy is one of the most striking and ethically important defects! This is a strong manifestation of a primitive self (“I”), of egocentrism, and of a possessive attitude towards another person, that is, an attitude when another is considered as property, as a slave...

The true love, on the contrary, is to care, first of all, for another person, even in detriment of one’s own interests!

In my opinion, having gotten to know that he or she had or has someone in sexual relations, it would be correct to think in this way: “If you feel good with him (or her), I’m glad for both of you! And I will love you no less!”.

About the True Monasticism

To achieve considerable progress on the spiritual Path, one needs to revise one’s entire lifestyle. That is, it is necessary to enter the state of the true monasticism.

What does this mean?

It is widely believed that monks are those who have passed through the rites of “initiation” in one or another form, began to wear a special “monastic” uniform, and even got new names. From that moment on, they also normally live in monasteries and have taken vows, which are not always reasonable. The last thing concerns food, sex, and the submission of one’s will to the will of a mentor, who sometimes is not very intelligent. They also frequently follow such unhygienic advice as to completely reject to wash one’s body or to wash it once a week, for example, which does not contribute at all to the spiritual progress but only impedes it.

Let me say a few words about sex. I expressed myself on this subject many times in other books [4-5,8-9,29], so now I will only mention the most important points.

Sex, in general, is not “sinful”. It is as natural as to eat or to sleep, although the ethical principles in the sphere of sexual relations should be observed with special care. The main one of them is to refuse egocentrism, which often causes harm to another.

One also should not forget about the existence of sexually transmitted diseases, which one cannot only contract by oneself but also infect others with them.

Against the background of harmonious sexual relations, we can very successfully master such a valuable on the spiritual Path quality as emotional tenderness. We can also learn to feel “feedback” from a partner and care for him or her in such a manner that this care exceeds the care for ourselves.

God programmed sexual aspiration to each other in all people who are healthy and mature enough. This is an area of life in which we must learn a lot! So, what is the point to reject such a possibility suggested to us by God?

That is why it will be correct to remove excessive sexual tension and tendency through the harmony of sexual interactions instead of fighting against sexuality in oneself.

... I remembered the saying of a young woman from one of the TV programs. She said that when you live for a long time without a man, it begins to seem to you that the guy intended for you was enchanted and became your cat!

Sexuality that is not satisfied creates powerful dominant attractions, which can turn into a serious obstacle on the Path to God.

A long absence of sexual intercourse can be even more unfavorable for men at a mature age due to specific physiology of the male body. The fact is that the male sex glands should be emptied through ejaculations. During their younger years, this may happen thanks to the so-called nocturnal emissions — involuntary ejaculations during night dreams about sexual themes. However, in later decades of life, pollutions no longer happen and thickening products of the activity of glands cause the development of benign prostatic hyperplasia (benign enlargement of the prostate). (More information on this topic can be found in relevant literature, including [4]).

Celibacy (a doctrine of the abstinence from sex because of “religious” motives) is, in fact, a rejection of the opportunity to learn emotional love, the opportunity that God offers us. And I believe that it is hardly achievable to learn to love God without mastering such emotions!

The emotions of love that have been developed in the world of Creation are what we should direct then to the Creator. In this case, you will succeed! This is His Plan.

... And the true monasticism is a complete dedication of one’s life to God. This implies to do only that which He is interested in. More details about this can be found in all our books.

Not All Paths Lead to the Goal

There is an opinion that all paths lead to a single goal... However, it is not so. Our main task is to cognize God. But for this one has to have an understanding of what God is, and where and how one can find Him! Do many people and entire religious organizations have this knowledge?

No. The overwhelming number of “believers” is convinced that the main “saving” methods are to repeat standard prayers and to do certain “religious” bodily movements...

And where there is no knowledge about God or about His Will for us, horrific perversions arise.

We can recall the fires of the Inquisition, the burning alive of “the Old Believers”, the tearing out of their tongues, the cutting off of their arms...

Even now in many African countries, the clitorises of all the girls are cut off for some reason...

And a circumcision of boys, which was turned into a religious rite, into an initiation, looks absurd if it is not performed with the inhabitants of deserts, in which there is little water, and therefore there is no possibility of systematically observing the necessary intimate hygiene...

Let us talk more about initiations. In one country, there is a tradition of the initiation of youths “into men”. This initiation consists in cutting the throat of a ram. I saw this in a television program.

A ram with its four legs tied lies on its side. An executioner cuts its throat slightly with a knife. The ram twitches because of pain. The executioner pauses and then does another cut... He repeats the cuts a few more times... There is no

compassion in him for the poor, tortured animal. Probably, he intentionally suppressed it in himself for a long time, preparing for this rite...

Another example I also saw on TV. It was an interview with a young man who related that he had not been able for a long time to decide to kill another human being. Because of this, he felt his inferiority... Finally, he decided and stabbed to death a first woman he met in a park! Now he is happy! He did this! Now he knows for he will be able to repeat this in the future!

These people and others like them do not comprehend that their actions are contrary to the Will of God and that now God will have to organize for them such a destiny through which He will wean them from murders and from causing pain to other innocent beings. How? Through their own pain so that they understand what it is and learn not to cause it to others anymore!

... Some people even believe that the more “infidels” they kill, the more chances to get to paradise they will have...

About Our Free Will and the Desire of God

How can one designate the knowledge presented in our materials? This is a modern developed Hesychasm, Raja and Buddhi Yoga, a true movement of Sufism, Buddhism, or of any other religious branches. It is not words and names that are important here but the methodological essence, which is one for all true Paths to the Universal Creator.

Almost total free will, given to us by Him, allows everyone to choose his or her personal path from all the possible — true or false — paths. One has a right to consciously choose even a path to hell, which is done, for example, by the members of satanic sects.

But it is also important that everyone have a possibility of choosing the true Straight Path to the Primordial Consciousness. That is why God asks us to make, at all costs, this knowledge available to the maximum possible number of people in all countries of the Earth.

Appendix: Revelations from the Holy Spirits

Translation will be continued...

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