Thoth the Atlantean and Khem

Gold Tablets of the Atlanteans

Written by Anna Zubkova, M.A.

Edited and translated from Russian by **Dr. Vladimir Antonov**.

Corrector of the English translation — Keenan Murphy.

"New Atlanteans" 2017

The materials expounded in this book can be classified as Buddhi Yoga or developed *Hesychasm*, among other names. These materials are integral parts of the *Teachings of God*, which are the same for all people. (see also [10]).

Hesychasm — is the name of a central and highly effective branch of Christianity. Hesychasts strived to achieve inner silence in the depths of their developed spiritual hearts. This is the only way of attaining direct cognition of God and of achieving the fullness of spiritual self-realization!

The term *hesychasm* appeared among the followers of the Teachings of Jesus Christ [14]. However, God taught incarnate people the same theoretical knowledge and the same methodological practical training both in the days of Atlantis, and Ancient China, and among the Native Americans, Hindus, Zoroastrians, the Founders of Buddhism, Sufism, etc. [2,4-10,13-20,22-34].

This publication makes a significant contribution to the development of the subject of modern developed *Hesychasm*.

It is dedicated to all those who love and seek God, as well as to those who are only just now considering starting the Path of spiritual self-improvement.

Contents

From the Editor	the 5	
		Recommended Literature

From the Editor

Before the invention of paper, our ancestors recorded significant information on various other materials, including plates (tablets) of gold. As a result of this, various texts of the highest spiritual significance have been preserved for us, modern people.

Now we can make an interesting comparison. What is more valuable: the gold, of which the tablets were made, — or the information that was written on them from the words of the Divine Teachers?

It is clear that the answer will be predetermined by the intellectual level of those who reflect on this matter. It is clear that any person, who has given special attention to the recommendations that God has given to us, will make this choice in favor of His Teachings about the meaning of our lives on the Earth and our ability to implement it.

Yes, some people hoard wealth, drown in drunkenness, profane everyone and everything around, do violence, kill, steal, or devote their lives to worldly amusements... And all of this is done before the death of their bodies, which gets closer and closer every day...

But others, who know the Truth about God and about the meaning of their lives, devote every day of their lives towards transforming themselves in accordance with His Recommendations (Commandments).

Wishing to emphasize the spiritual significance for modern people of the texts that are provided in this book, its Authors, Who are non-incarnate Divine Teachers of Atlantis, have proposed to call it by the words given in the title: the *Gold Tablets of the Atlanteans*.

Thoth the Atlantean: Guide to Help Marching to the Light

I — Thoth the Atlantean — am ready to become a Guide for all who aspire to the Divine Light!

I am ready to help both those who are only just beginning the Path, and those who have already approached the highest achievements!

Accept My Guidance — and I will be with you every hour, day or night!



There is a *Silence* that prevails everywhere. You can learn — even in the noise of the external material world — to come into this *space of Silence*.

Calm the mind! Cultivate the habit of living in such deep peace of mind that it becomes possible to perceive the space of the *Transparent Silence*, in which it is possible to perceive God.

I am One of the Representatives of the *Divine United We.* I can effectively help you, if My Guidance is accepted by you in your *inner Silence.*

This Silence is mastered in the developed spiritual heart.

* * *

Both outside of you and inside of you — God is always present. It is He Who gives both to the "manifested" world and to every creature — the ability and the power to be, to live!

An embodied soul is initially a detached individual lump of consciousness, which is intended to develop in the material world.

It has *free will* in order, in particular, to admit or not admit God into its "small world".

To accomplish this, it is necessary to remove the "blinders" of the individual mind and to understand and accept in your life that God — really exists!

Then you need to open the gates of the spiritual heart — after which, there is then the prospect of feeling the presence of God as Reality.

Only the "opening" and further development of the spiritual heart allows you to cognize what love is!

Only the soul that has become love, can fully cognize God, Who is Love!

* * *

If love in the soul grows and becomes stronger, the person may develop true wisdom and power. Af-

ter all, such wisdom and power come exclusively from love!

And then it takes time to gain experience in the life with God — to come to the knowledge that the person and God can become *One*.

To do this, the soul must evolve up to the Divinity!

* * *

Get used to taking responsibility for your decisions before God!

Acquire a habit to seek and do the best that is possible in each of the existing situations! Then sadness and indecision will leave you forever, and the ability to understand the Divine Will, as well as the force required to withstand the pressure of adverse circumstances, — will increase many times!

When you have established yourself in the true knowledge of My Will, then you will have nothing and no one to frighten you! You will forget then, that there is pride and fear, you will not be afraid of any shame before an unreasonable crowd or the death of your material shell!

Everything that comes to you from the outside — the actions and words of others, success or failure, and other problems and circumstances — are My tools by which I, in the most accurate and timely way, work on your improvement!

You — with your acceptance, understanding, humility, and love — can co-operate with Me in this work of your self-transformation.

Your choice might be as follows:

- To get upset or to remain in a steady and gentle radiantly-transparent state of consciousness.
- To accept the challenge of difficulties or to surrender.
- To forget about God in the everyday bustle or to seek to preserve and multiply your interactions with God.
- To find the wisdom of the "golden mean" in your actions or to repeatedly "hit your forehead" against insurmountable obstacles, which would be better to move around.
- To patiently wait for the moment to carry out your actions and do them together with Me in an accurately aligned moment or, being too early or too late, make it so that you have to repeat such training situations in your destiny.

You make such decisions — more or less significant — all the time.

And you can always learn to look at events — in the way that God does.

Thus — using the full awareness of your studies from Me — you gradually approach the *Unity* of you and Me: man and God.

In this way, the Greatest Happiness is acquired! It can become your achievement!

On the Path to this, you will gradually depend less and less on circumstances and increasingly become Me — the One Who creates everything and controls everything!

To learn to live in the Divine Light, a person needs cleansing.

It is incredibly difficult to feel God having a body that is sick or polluted (in terms of energy)!

Cleansing and healing the soul and the flesh can be started as follows:

- To accept the true ethical principles suggested by God, and fulfill them in your life.
- To exclude from the soul all bad emotions and thoughts.
- To eliminate the flesh of dead animals from your nutrition.
 - To learn to live in the spiritual heart.

* * *

It is easy to start working with the energies of Light!

Every morning, you can perform a simple cleansing exercise:

A flow of *light*, similar to the subtle white-golden light of the Sun, washes your body both inside and outside. Let this flow of *light* be strong and steady. Let it flow into and through the body, as if there are no barriers of the flesh.

As you get better at doing this exercise, you will increasingly feel yourself as this flowing *light*.

Then, let the next movement of you-aconsciousness be a giving away of love from the spiritual heart to all sides. God always includes Himself in these movements of love!

You can open widely the spiritual heart from the chest like a window — and let the *light* from it pour stronger and stronger to all the living!

The stronger your emotions of love, the more you will feel God's Help!

Next, feel that the soul has its hands. And learn to use these hands of the spiritual heart.

Let *light* stream through the body's hands, which have merged with the hands of the spiritual heart.

In this way, you will gradually learn to act with hands that are connected with the Hands of God and which consist of the Divine Light.

Due to this, your freedom from bodily matter will increase.

* * *

Then you will be able to accept God's Guidance in all areas of your life.

The key to the Unity with the Creator — is to give Love together with Him!

You start to learn it by giving love away from the spiritual heart, which, in the beginning, is located within the body.

But later, there is an opportunity to learn more: to carry out the same action from the Living Source of the Divine Fire-Love on a universal scale!

Every soul, radiating love, merges at this moment with God, at first — for a short time. But such co-operation with God may become permanent.

Thus, by constantly striving and working so hard, you will be able to establish yourself in the Unity, i.e. the coalescence of the spiritual heart with the Divine Consciousness.

In this way, with time, you will find the center of yourself in the Depths: in the Divine Center, which is called the "Great Sun".

* * *

There are worlds of sorrow for the souls that have turned away from the Light... So, have the intention not to enter them and turn away from vices! Because the vices of the soul are "anchors", which bind the soul in dense worlds and do not let it go to the Light.

Learn to notice that bad thoughts and emotions immerse you into dark and rough universal energies.

But the joy of giving away good states to all around — allow you to live in those states that are referred to as paradise!

Typically, the majority of embodied people very freely fluctuate like pendulums between these states. Such people call these states of theirs as happiness, suffering or grief.

But you can also cognize the Greatest Happiness — the Heavenly Bliss in the Great Light — in the Unity with God!

The one who does not aspire to Knowledge, — will not find it.

The one who does not aspire to the Light, — lives by instincts and mundane worldly desires.

The one who seeks the Light and persistently makes the necessary efforts on self-transformation, — surely will find the Light!

What attracts souls to the creation of evil, to lie, to laziness, violence, and anger? Think about it and remove all of it from yourself!

"But how?" - someone may ask.

To understand how to learn to manage your own states, know:

There are energy centers in the body, called chakras. There are seven of them.

They allow you to regulate the emotions of the soul and the life energies in the body.

To begin, bring these structures into harmony. Fill each chakra as a bowl — with the Heavenly Light, pouring from above. In these bowls, wash all the organs of the body that are located in the corresponding chakra region.

Then, feel a Fountain of Light coming from the Depths and let that Flow rise up through the body from below, connecting the chakras into a single system. This will allow the light healing energies to more efficiently fill your body.

Next, bring your mind into harmony with the creative thoughts of the Messengers of the *Divine* We, Who are always ready to help you. Attune your thinking to Their Thinking!

Connect your power and will with the Calm of the Divine Power. And then We will be able to work together to produce and direct any kind of complex intention — to its implementation!

With the growth of your wisdom and strength, the ability of the Divine Force to act through you — through the body and soul — will increase.

You can combine the love, thinking, and will of the soul — with the Love, Wisdom, and Power of God. The body of such a Divine Man will be a tool for the realization of the Plans of God.

In this way, God-Realization can be achieved and be manifested in all strata of the universal space!

The one who has completely cleansed oneselfsoul from darkness and has been born in the Light becomes the Brother or Sister of Me.

* * *

Your goals should be clean, oh man! And your thoughts must be clean!

Then it will be easy — to see the Lords of the universe, because Their Abode is not far!

Open, oh man, the door of your spiritual heart!
And do not close this door ever!

Expand the space of the spiritual heart, the space of love, — until you realize that Love is the state of God, of the Infinite and Eternal Creative Universal Power! Consolidate yourself in the Mergence with Him!

Then you will be able to combine the Light of Heaven, Which is above the Earth, with the Light of

Heaven, Which is below the surface of the planet. And then you will cognize the Creative Divine Fire!

Khem: Secrets of the Pyramids

Rejoice, children of God! You are granted the happiness — to love!

Cognize the Love and Wisdom of God — and you will get His Power to Create!

Invite God into your life — and the Omnipresent Primordial Himself will appear!

Learn to recognize His touches, His guiding Hand, His words of Wisdom, His barriers and His guidance, and His crushing pressure on human self-centeredness!

In the field of love, crops grow at His Touch! Flowers bloom and fruits ripen in those souls, in which kindness and wisdom have taken root!

But on the cliffs of pride and vanity, His hurricanes strike, destroying the unacceptable and sweeping away the superfluous!

And to those places where there is spiritual desolation — the rains of His Grace do not fall!

If God gives you a heavy blow from His Hands, do not indulge in despondency! It was an indication that emanated from the Supreme Wisdom!

Accepting the Lessons of God allows us to approach His Heart!

The Omnipresent exhibits His Strength and Power to those souls that want to cognize the Divine Perfection in their possible future and are able to approach this Ideal, removing their vices and increasing in Love, Wisdom, and Power!

* * *

The Heart of God and the heart of man — can connect!

Those who are worthy will cognize how great the Tenderness of the Divine Love is!

The seeker of wisdom will cognize how great His Wisdom is!

Only those who first gained His Love and His Wisdom, will cognize how great His Power is!

His Power connects with one's own strength — when one has attained purity in *Oneness* with Him.

Comprehending life in the *Depths*, one cognizes that the "I" of God and the "I" of the One Who has reached the Perfection, are *One!*

It is not enough to learn to momentarily leave the body and enter — as a soul — into the Light. Instead, one needs to become the permanently Shining Divine Flame!

And then, the world is no longer divided into the one who strives to reach the Creator, and the One to Whom man has striven! Because that Man has become the Source: His or Her center now coincides with the Primordial!

Therefore, every Perfect One can cognize Him in Oneself, and Oneself — in Him!

Such a Divine Person can carry the Divine Flame by the Soul, Which is not separated from the Universal Primordial Fire. It is like a Wave on the

Ocean's surface: it is filled with the Power of the Depths!

* * *

Oh man, you can put everything in its proper place in your understanding of the world, and restore order in your life!

What is significant — will then be revealed!

What is useless — will then disappear!

And hindrances — will then be eliminated!

Liberty comes only from bringing your life into harmony with the Divine Laws!

If you cognize the Love of God as a Manifestation of the Power of God, then you will attain an invincible and indestructible Foundation for your life!

The main quality of God is Love!

Perfect Love is indestructible, eternal, omnipotent, and wise!

It is in order to learn this and master this that you, oh man, have put on the body of flesh and live here!

* * *

You will be able to dive into the *Depths* and obtain Power, once Love and Wisdom have sprouted inside you!

The United Power and the United Will — rule the universe!

The *Oneness* is the *Unity of the Multitude*. And Anyone Who is a part of the Divine *Multitude* can use

the Power of the Divine Ocean of the Universal Consciousness!

* * *

Cleanse yourself of prejudice, anger, lust, sloth, selfishness, and from everything that transforms a human being into a primitive animal! Cleanse yourself — and you will see Me — God — in yourself and in everything around!

Anyone who has cognized Me as Love in his or her heart — can then realize even more, namely:

It is I, God, Who gives strength to your body to grow, move, and develop!

It is I, God, Who can see the world through the eyes of your body — and you can begin to learn to see what I see!

It is I, God, Who can hear — within My Great Silence — the sounds that you hear. Do you want to know how I hear?

My Thinking can guide your thoughts. Do you want to learn to think as I do? Do you want to learn from the Source of My infinite Wisdom?

My Love fills all space! And you can connect your love to My Love — or resist It!

You can live in the Ocean of Pure Love, Light, and Bliss! But the choice is always yours, oh man! This is called *free will*!

My Care for every creature can become your care! Let your love and care envelop those whom you think about and whom you direct your emotions to! Such care of yours will guide you on the Path of Goodness!

There is the *law of conservation of energy,* which can be mastered by the one who intends to master the whole Path of the Higher Knowledge and Skills:

Every non-essential word or act takes away your strength. But every act, which is in agreement with the *United We,* increases your strength and ability to interact with the Creating Flow!

Haste leads to oversights. Haste does not befit a wise person. Whereas, inner peace allows you to make reasonable decisions.

Those who have cognized the tranquility in the Great Calm — can both instantly see the correct decisions, and say the right words at the right time, and act quickly when it is necessary.

Let the Infinity of the Great Calm of God flow into your body, oh man, if you are willing to let this Calm be in yourself and you are opened up to it completely!

And if you give your mortal body for the service of the Will of the Primordial — then gradually His Strength and Wisdom will fill thee, oh devoted and faithful one!

* * *

For many people, the pyramids of Egypt are only ancient symbols of a time long forgotten... But people still know very little about the nature of time.

I will talk about this a little bit.

There is the Eternity of the Divine Existence. And in it, there are certain cycles of life — of stars, planets, and souls in bodies.

Every such manifestation of life in matter has an end.

But eternal life in God has no bounds!

This eternal life is gained by souls that have attained the *Oneness* in the Divine Consciousness.

It is important not to miss the most important in your life!

For this, you need to think about what is most important: what is the meaning of your life, oh man?

It makes sense to devote the best years of your life and the best hours of every day to this. These best years and hours are when the strength of the soul is pure and active and when the ability of the mind and body is in the best possible state.

It is the Will of God that decides when you must leave your body. But you, oh man, have to decide how to spend the time that has been allotted to you for life in this body.

It is you who disposes of the minutes, hours, days, and years of your incarnate life! God only reveals to you your opportunities and helps you to achieve worthy accomplishments!

The time that you have to live in a body is precious! Try to imagine that tomorrow may not even come to you in this body. And then, see every minute of your life as a precious gift from God!

When We meet those people who are moving from the world, where they lived in material bodies, — into the world, where souls wait for new incarnations, We so often see how much regret they have: about misspent time, about major acts that were not

done, about words of gratitude or repentance that were not spoken, about love that was not given, and about their futile anger and cruelty!

It makes sense to live in such a way that, when the transition occurs, you do not regret what you did and do not grieve about you did not do! Then, it will be easy to smile towards what ordinary people call death, and quietly accept the separation from the world of dense matter and soar into the realms of light, where worthy souls rest before new births on our planet!

Souls live and develop towards Divinity for more than just one life in a body, and each incarnation is a new opportunity to get closer to the Perfection!

* * *

You may ask, oh man, how — having not yet developed the ability to hear the Divine Messengers, Teachers, and Assistants of humanity — can one distinguish between what is right and what is wrong in one's own actions?

Yes, one who knows the basics of ethical life, understands that the mind may initially distort one's understanding — because of, among other things, the imperfections of morality in modern societies of embodied people. But, the accusations of one's conscience and the development of heart love will help one to learn the true understanding.

Those guidelines and censures, which are dictated by one's conscience, are manifestations of the activity of the best and purest part of the soul.

The one who listens to the voice of one's conscience and lives with a heart full of love — to such an extent that there is nothing for which to reproach oneself — very soon acquires the ability to hear and understand the Divine Instructions!

* * *

Why is it that only after a catastrophe, or other large-scale destruction, do a lot of people begin to think about what is temporal and Eternal, about the Divine Will, and about the "posthumous life"?

Is it really necessary for all this to happen for humanity to destroy the illusions of temporal values and realize the presence of eternal ones?

The cause of all disasters and wars is not the Divine Will — but the destructive energies that are produced by humanity itself — in their emotions, thoughts, and intentions!

Small disasters happen every day for individual people. But many people who live nearby, seem not to notice as their brothers and sisters become disabled, indigent, or lose the social positions that they had been striving for with huge efforts for their entire lives... Being indifferent to their neighbors, such people do not show compassion, do not provide assistance, and do not conclude that such misfortunes could also happen to themselves...

But, do not wait for the painful consequences of wrong actions, thoughts, and emotions — to cause destruction!

One needs to think in advance about what is truly valuable!

It is necessary for people to understand that, by building a house, they gain — before God — above all, the ability to build, and that, by creating a family, they can develop the ability to love, or by managing a community, they gain the ability to take care of others. It is namely these skills — to think, to work, to create, and to love — that are taken by correctly developing souls with them to the "other world", when leaving the material world. This is because the acquired skills become qualities of the soul.

But if a soul acquires the opposite qualities, such as: malice, a desire to control others, to steal, and so on — then it will be very difficult to get rid of these vices that have grown into the soul!

* * *

The laws of development in the universe are the following: Love, Harmony, Calm, and Beauty!

God speaks to you, oh man, by both the beauty of sunrises, and the grandeur of mountains, and the vastness of oceans, and the defenselessness of small creatures that live in this beauty!

Knowledge about the Earth and about the connections between all those embodied on it, should hasten people towards an understanding of the *Universal Love*. Namely, such connections are those between one being and another, between one being and the multidimensionality of the whole planet, and between one being and endless life in the universe.

The Divine Power of Fire and Light is under every atom of matter, under every cell of the bodies of

incarnate beings. All that exists is supported by this Original Creating Power!

You must understand that the creatures who live here are connected with you and with the planet — just like how the different parts of your body are connected into a single structure, to which you, as a soul, are bound.

Only one who has received a birth in a human body is able to evolve up to the awareness of one-self-soul in the Unity with the Primordial Light and the Creating Fire. This is the Highest Meaning of your life!

When a devotee has achieved the Divine State, this allows him or her to directly experience and understand the Creator's Love. One can do this by developing in oneself love for all beings.

It is love that lets cognizing the wide space in the universe, where the Autocratic Lord is God!

* * *

A soul can learn to dissolve.

The ability to dissolve teaches a human soul how to pour into the Ocean of Divine Souls!

The dissolution of the soul is the disappearance of the feeling of separateness and the acquisition of unity. It transfers the state of a separate being — into the *United Whole*. It is only possible to cognize this when in a state of *love* and *calm*.

Oh man, you can feel yourself not as being separate — but as being *one*, with the planet-mother, on which you live and develop!

You can learn to live in a beautiful universe that is filled with stars and distant wondrous worlds that surround your planet! You can learn to feel your connectedness with the development of all living beings on this planet, with its beautiful seas, mountains, and forests!

Everything that surrounds you has been created by the Creator so that your development may be carried out in the best possible way!

And so — by love! — connect with all the beauty around you!

A benevolent attitude towards all beings will allow you to quickly learn how to connect with the Creator Himself, Who loves His children with His Wise Love.

He will teach you not to connect with their imperfections, which they will have to eliminate.

And you, too, should eliminate in yourself all that is not perfect!

* * *

Oh man, you can cognize that — in the subtlest planes of multidimensionality — under the Creation — everything is filled with the Living Divine Light and Fire. It is God in the Aspect of the Creator Who makes matter and directs the development of souls!

And you must also realize that this Light and Fire is the Unity of the Multitude, or the Oneness. These are the Divine Souls Who work for you, oh man: for you to grow and develop!

You should make efforts to join this *Unity with Them*, to join this *dissolution in Their Universal United We*!

That is where you, oh man, will find Supreme Happiness and Bliss! By joining forever, you will be Perfectly Beautiful, Divine, and Immortal! And then you will be able to perform deeds of God — for the sake of the common good in the universe!

One, Who has truly mastered the life of dissolution in the Divine Light, One, Who has cognized the True "I" in this Light, will no longer shudder at the storms of the outside world! The Calm of this One will not be shaken by anything, and this One's Radiant Love will not disappear!

... If anxiety, anger, sadness, and sorrow penetrate the soul, then the outside disharmony of the space and coming unwanted events can attack...

But, if the peace of the soul is indestructible and merged with the Divine Peace, then nothing and no one will be able to harm such a Soul! The life of such a Zealot is included in the *Life of the United We.*

And this person is guided by non-incarnate Great Souls.

It is worthwhile to aspire to a life in Union with the Divine Will! And then the Divine Help will be with this One!

But if one turns away from the Divine Guidance, then the experiences of a life lived separately will be given to such a soul. In this case, one's thoughts, emotions, and deeds build one's fate and this person undergoes what he or she has prepared for him/herself. It often happens that a person erects a structure that may collapse... Or prepares food that

is harmful or poisonous... All of this can be avoided... But the choice is always yours, oh man!

* * *

It is I, God, Who created you, oh man!

It is I, God, Who wanted to live and develop in you!

It was I Who gave you a body and helped you to develop a mind capable of self-realization!

You must first understand that you are not the body or the mind! You are the soul!

Develop yourself! Also take into consideration that the process of development is long.

Everything that you have considered as yourself, oh man, is an illusion, which I, God, let you experience in order to develop your ability to become aware of yourself!

You grow up through the development of the ability to love, to plan, to manage, and to take care of others. But the "I" that is happy or sad, that manifests strength and will, that desires and achieves its desires — is temporary. It was necessary for your development. But later you can know that there is only one True "I" — the Divine "I"!

You can try to cognize your true "I" — in your *Union* with the Divine Origin.

Truly, there is no other "I" in the universe than the "I" of God!

It is I — or, rather, the *We* formed of all Those Who have cognized the Unity — Who manage everything!

Until a certain time, one cannot stop being aware of oneself as a small individual 'i' — no matter how much one wants this. This is because this one has nothing to replace this natural self-awareness since he or she has not yet attained self-awareness as God.

No matter how much this one repeats mentally: "I am God!" — it will not help!

If, at this stage, the awareness of oneself as an individual were to disappear, then there would be no other "I"... This should not happen!

Just as a baby is designed to develop in a mother's body for a certain time in order to be viable when born — so, too, must the Divine self-awareness grow and form in a gradual way.

Love for God and constant interaction with Him, allow it to happen faster. There is a *birth* in the Abode of the Primordial. And, after that, one must then grow and mature in this new state.

... Only after having acquired the ability to live as a soul that is free from matter and having cognized how to merge in love with the Divine Consciousness, one can gradually realize the identity of the best in oneself-soul — with God.

At this point, one can already start learning to move completely and forever into the Home of God.

But such resettlement takes some time. Sometimes it takes several incarnations of the soul.

Often, only that one who has more than once in a series of successful incarnations been aware of oneself — in God, and God — in oneself, can accustom oneself to the Divine Life in the *Oneness of All Those Who Have Attained.*

* * *

Imperfect human desires lead to imperfect results. Implementing imperfect desires brings satisfaction only for a short time, and then new, similar desires grow...

Perfect desires and intentions are born from the *Universal Divine Love*.

By becoming *One with God*, such a Person reaches the perfection of His or Her motives, intentions, and will to implement them.

But anyone who uses the power of the soul for the pleasures of the self, gets only a temporary result from this during his or her temporal existence in the material world.

Whereas, the acquired Divine Qualities and Divine Strength of the soul can be nurtured and not be destroyed by the death of the body.

The best states of the soul are Love-Care, Subtlety, Bliss, and Tenderness. They are stored in the Underlying Treasury, which allows a person to eventually attain the Unity with the Divine Consciousness. Here, the Divine Potential of the soul matures and accumulates. Then, at the proper time, a person can become aware of this Energy and lead It through the body and identify oneself with It.¹

... Thus, awareness of oneself as a separate individual "i" is useful for the growth and development

¹ The speech is about Kundalini.

of the soul. It allows one to learn to act, to think, and to love. Gradually, however, it must give way to the Divine "I".

The temporary individual human self-awareness is like a bud, which has to be formed, and from which the Divine Flower of Immortality of the Soul will grow.

This can also be formulated in other words, namely: the main purpose of the temporary "i" consists in letting a soul grow and develop, and then realize its own subsidiary nature, its predestination only to be a transitional stage to the Supreme "I", to the "I" of God, to the Universal "I"!

Only by having nurtured your love, strength, and ability of self-awareness up to the Perfection, can you, oh man, realize yourself as God!

At first, such a state lasts for a short while, but, with time, it can last forever.

You can become Me! Or, to put it another way, you can become the *One Universal Divine We!*

By fully realizing and manifesting God's "I", the Soul thus discards the last old "shell" of its separate existence.

* * *

I promised to tell you about the Golden Tablets.

You, perhaps, expect that I will reveal to you certain words that were cast in gold on special bars, hidden in a secret place.

Yes, there were once such gold plates. There were also many other tablets, papyri, stone slabs, and granite walls, on which were engraved the words of God. These material media, for the most part, did

not survive up to the present days. Only a very small part of them is known to people. There are other similar records that are buried in the deserts or on the ocean floor. Some of the information, which was recorded on them, is present in the words that I told you.

But this is not the main thing.

Realize that the matter is not eternal.

But the Truth of the Essence of God and man's Path to God are eternal!

This Knowledge can be found in the inner chambers of the soul, that is, in the sanctuary of the spiritual heart, filled with *silence*. This is a place of Love, in which God and man can talk.

There — God can always be present!

There — the sacred words will be heard in the language in which a person thinks and speaks! There — the answers may be heard, if a human soul asks questions to God!

This is the entrance into the Treasury of Indestructible Knowledge of the entire universe! This knowledge may be received by a soul from the Divine Souls!

The more purity, love, wisdom, and self-awareness grows in the soul — the more Knowledge may be disclosed to it by the Divine Teachers!

* * *

Now in front of you, oh man, I will reveal the secrets of the Great Pyramids.

The pyramid is a symbol of God Who has gone out from His Original Dimension, which is located in the Initial Depth, *under* His Creation.

A person can build his or her own such Pyramid that connects his or her body with the Primordial Ocean of the Creator — thereby revealing the Divine "I" in him\herself and in his\her body.

But, why a pyramid?

A soul, which was once limited by a material shell, can cognize — through the shape of a pyramid — the immensity of the Divine Fire and strengthen the stability of its consubstantiality with It.

One, who learns to live in the House of God in such a way, easily attains the *Oneness*.

And then the form that one takes will no longer matter: there will only be the Divine Ocean both outside and inside the body...

So, oh man, you can build your own such Pyramid!

This will be your own entrance into the Ocean of the Creator and also the place through which you can come out from this Ocean to incarnate people!

This will be your Eternal Part in the Divine *Unit-* ed We!

... In the whole universe, His Omnipotence has no limits!

Every One who has entered into a permanent *Union* with the universal Creator, acquires the possibility to receive the Knowledge on how the Great Creating Force operates and how It exists.

Every One who has attained such Unity, gains the ability to apply this Great Power to facilitate the Process of Evolution. This Person directs the Divine Power into the world of the Creation — through Himself or Herself.

* * *

Not many people see and realize how beautiful is the world around, how perfect everything is arranged on the planet!

Look, oh man: walking on the Earth's surface, you can embrace with love any open spaces — meadows, forests, mountains, valleys, and seas... You walk along these wonderful expanses — and below your feet there is the wondrous planet!

It is one of many in the universe. And yet it is — your planet! It gave you a wonderful opportunity to live, grow, and develop!

And then — there must be one more small step in the awareness of your existence: you should realize that everything here is created by the Creator and is permeated by His continuous Gaze!

God, the Creator of the universe, is always here! He is closer than the sky!

He is inside and outside — in relation to your body!

He has given you a great chance: to develop, grow, and eventually become Him, having joined Him in His Infinite Existence!

The "Veil", which separates you from the Creator, may be perceived as just a very thin transparent film.

When, with your love, you feel that the Creator is the Only Source of Higher Love, Wisdom, Power, and that He is the Reason of the existence of every-

one and everything — then you will easily feel His Reciprocal Love!

When Love on both sides of the "Veil" becomes identical, separateness disappears — and the person perceives oneself — in God, and God — in oneself!

It is precisely for this that the Creation has been made! And, in this, is the meaning of your life, oh man!

Having found this Unity, you will merge into *One* with the Love, Wisdom, and Power of the Creator of everything!

Recommended Literature

- 1. Akinfiev I.Y. Vegetarianism from Biological Standpoint. Ekaterinoslav, 1914 (in Russian).
- Antonov V.V. (ed.) God Speaks. Textbook of Religion. "Polus", Saint Petersburg, 2002 (in Russian).
- 3. Antonov V.V. (ed.) Spiritual Heart: Path to the Creator (Poems-Meditations and Revelations). "New Atlanteans", Bancroft, 2007 (in Russian).
- 4. Antonov V.V. The Bhagavad Gita with Commentaries. "New Atlanteans", Bancroft, 2008.
- Antonov V.V. (ed.) Tao Te Ching. "New Atlanteans", Bancroft, 2008.
- Antonov V.V. Spiritual Heart Religion of Unity. "New Atlanteans", Bancroft, 2008.
- 7. Antonov V.V. How God Can Be Cognized. Autobiography of a Scientist Who Studied God. "New Atlanteans", Bancroft, 2008.
- 8. Antonov V.V. (ed.) How God Can Be Cognized. Book 2. Autobiographies of God's Disciples. "New Atlanteans", Bancroft, 2008.
- 9. Antonov V.V. Sexology. "New Atlanteans", Bancroft, 2008.
- 10. Antonov V.V. (ed.) Forest Lectures on the Highest Yoga. "New Atlanteans", Bancroft, 2008.
- 11. Antonov V.V. (ed.) Spiritual Work with Children. "New Atlanteans", Bancroft, 2008.
- Antonov V.V. (ed.) Classics of Spiritual Philosophy and the Present. "New Atlanteans", Bancroft, 2008.

- 13. Antonov V.V. Ecopsychology. "New Atlanteans", Bancroft, 2008.
- 14. Antonov V.V. The Original Teachings of Jesus Christ. "New Atlanteans", Bancroft, 2013.
- 15. Antonov V.V. Life for God. "New Atlanteans", Bancroft, 2014.
- 16. Antonov V.V Anatomy of God. "New Atlanteans", Bancroft, 2014.
- 17. Antonov V.V "Bubbles of Perception". "New Atlanteans", 2015.
- 18. Antonov V.V God-centrism. "New Atlanteans", 2015.
- 19. Antonov V.V Teachings of God. "New Atlanteans", 2016.
- 20. Antonov V.V., Zubkova A.B. Taoism. "New Atlanteans", Bancroft, 2013.
- 21. Harmony through Vegetarianism. "Society for Vedic Culture", Saint Petersburg, 1996 (in Russian).
- 22. Zubkova A.B. Divine Parables. "New Atlanteans", Bancroft, 2008.
- 23. Zubkova A.B. Divine Stories of Slavic Lands. "New Atlanteans", Bancroft, 2013.
- 24. Zubkova A.B. Dialogues with Pythagoras. "New Atlanteans", Bancroft, 2008.
- 25. Zubkova A.B. Dobrynya. Bylinas. "New Atlanteans", Bancroft, 2008.
- 26. Zubkova A.B. (comp.) Book of the Born in the Light. Revelations of the Divine Atlanteans. "New Atlanteans", Bancroft, 2008.
- 27. Zubkova A.B. Parables of Lao Tse. "New Atlanteans", Bancroft, 2011.
- 28. Zubkova A.B. Parables about the Elder Zosima. "New Atlanteans", Bancroft, 2013.

- 29. Zubkova A.B. Story about Knyaz Dmitry and Volhva. "New Atlanteans", Bancroft, 2013.
- 30. Zubkova A.B. Story about Princess Nesmeyana and Ivan. "New Atlanteans", Bancroft, 2007.
- 31. Zubkova A.B. Sufi Parables. "New Atlanteans", Bancroft, 2014.
- 32. Zubkova A.B. Lessons of Pythagoras. "New Atlanteans", Bancroft, 2016.
- 33. Zubkova A.B. Fairy Tales of Kindness, "New Atlanteans", Bancroft, 2016.
- 34. Spalding B. Life and Teaching of the Masters of the Far East. "DeVorss & Co", 1924.
- 35. Tatyana M. On the Other Side of the Material World. "New Atlanteans", Bancroft, 2012.
- 36. Teplyy A.B. (comp.) Book of the Warrior of Spirit. "New Atlanteans", Bancroft, 2008.

Video Films

Antonov V.V. — Spiritual Heart. 70 min.

Antonov V.V. — Sattva. 60 min.

Antonov V.V. — Sattva of Mists. 75 min.

Antonov V.V. — Sattva of Spring. 90 min.

Antonov V.V. — Art to Be Happy. 42 min. (HD-video).

Antonov V.V. — Practical Ecopsychology. 60 min. (HD-video).

Antonov V.V. — Keys to Mysteries of Existence. Obtaining the Immortality. 38 min. (HD-video).

Antonov V.V. — Bhakti Yoga. 47 min. (HD-video).

Antonov V.V. — Kriya Yoga. 40 min. (HD-video).

Antonov V.V. — Yoga of Krishna. 80 min. (HD-video).

Antonov V.V. — Yoga of Buddhism. 135 min., two parts (HD-video).

Antonov V.V. — Yoga of Taoists. 90 min., two parts (HD-video).

Antonov V.V. — Psychical Self-Regulation. 112 min., two parts (HD-video).

Antonov V.V. — Yoga of Sathya Sai Baba. 100 min. (HD-video).

Antonov V.V. — Yoga of Sufies. 128 min., в 2-х частях (HD-video).

Antonov V.V. — Yoga of Ancient Russians. 105 min., two parts (HD-video).

Antonov V.V. — Yoga of Atlanteans. 82 min. (HD-video).

Antonov V.V. — Yoga of Pythagoras. 75 min. (HD-video).

Antonov V.V. — Laya Yoga. 48 min. (HD-video).

Antonov V.V. — Kundalini Yoga. 45 min. (HD-video).

Antonov V.V. — Yoga of Don Juan Matus and Other Native American Spiritual Chieftains. 147 min., two parts (HD-video).

Antonov V.V. — Yoga of Jesus Christ. 128 min., two parts (HD-video).

Antonov V.V. — Agni Yoga. 76 min. (HD-video).

Antonov V.V. — Advaita Yoga. 47 min. (HD-video).

Antonov V.V. — Ashtanga Yoga. 60 min. (HD-video).

Smirnova E.Yu. — Immersion into Harmony of Nature. Path to Paradise. (Slide-show). 90 min. (on CD или DVD).

Wildlife videos on www.ru.spiritual-art.info

Zubkova A.B. — Harmony of a Morning.

Zubkova A.B. — Family of Water Hens.

Zubkova A.B. — Little Sparrows.

Zubkova A.B. — Blackcock's Display.

Zubkova A.B. — Sattva of Ducks.

Zubkova A.B. — Scaups.

Zubkova A.B. — Lapwing's Babies.

Zubkova A.B. — Great-crested grebes.

Zubkova A.B. — Gophers.

Zubkova A.B. — God Has Created the Beauty Just for

You!

Zubkova A.B. — Joy of Winter Forest!

Zubkova A.B. — Come to love!

Other materials:

www.new-ecopsychology.org www.path-to-tao.info www.swami-center.org www.spiritual-art.info www.encyclopedia-of-religion.org

Design of Ekaterina Smirnova.