Thoth-the-Atlantean
and
Khem

Gold Tablets
of Atlanteans

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Expounded in the materials here, which are the integral parts of a unified for all people *Teachings of God*, can be defined, including, as Buddhi Yoga or developed *Hesychasm* (see, including, [10]).

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

The term *hesychasm* had appeared among the followers of the Teachings of Jesus Christ [14]. But God taught incarnate people the same (i.e., the same theoretical knowledge and the same methodological practical trainings) in the days of Atlantis, Ancient China, among the American Natives, 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 theme of exactly the modern developed *Hesychasm*.

It is designed for all those who love God and are directed to Him, as well as those who only intend to begin this Path of spiritual self-improvement.
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From the Editor

Our ancestors, when paper was not yet invented, led in recording significant information on various other materials, including plates (tablets) of gold. Thus, for us, modern humans, the texts of the highest spiritual significance have been preserved.

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

It is clear that the answer will be predetermined by the intellectual level of those who think on this matter. It is clear that any person, who gave special attention to the recommendations to us by God, will make a 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, killing, stealing, or devote their lives to worldly amusements... And that is — before the approaching each day for each of us death of the body...

But others who have known the Truth about God and about the meaning of our lives, devote every day of their lives to the efforts on transforming ourselves in accordance with His Recommendations (Commandments).
Wishing to emphasize the spiritual significance for modern people of the texts, cited in this book, its Authors — the non-incarnate now Divine Teachers of Atlantis — have proposed to call it by the words given in the title.

**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!

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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.

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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. After 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.

Such decisions — more or less significant — you make 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!

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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-a-consciousness 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.

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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!

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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 Uni-
ty, 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 from 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 oneself-soul 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!
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 Primal will appear Himself!
Learn His touches, His guiding Hand, His words of Wisdom, His barriers and His guidance, His crushing pressure on human self-centeredness!
In the field of love — the harvest is growing of His touches! Flowers bloom and fruits ripen in those souls, in which kindness and wisdom are rooted!
His hurricanes, destroying the unacceptable and unnecessary, are sweeping and afflicting the cliffs of pride and vanity!
And where it is a spiritual desolation — rains of His Grace are not!
Do not indulge in despondency, if it was a heavy touch of His Hands! It has been an indication that emanated from the Supreme Wisdom!
Adoption of the Lessons of God — lets approach to His Heart!
The Omnipresent exhibits His Strength and Power — to the souls that want to cognize in their possible future Divine Perfection and were able to approach this Ideal, removing their vices and increasing in Love, Wisdom, and Power!
Heart of God and heart of man — can connect!
How great is the Tenderness of the Divine Love — the worthy will cognize!
How great is His Wisdom — the seekers of wisdom will cognize!
How great is His Power — only those, who first gained His Love and His Wisdom, will cognize!
His Power connects with the strength of the human — through the acquisition by the cleansed soul of the Oneness with Him.
One, comprehending life in the Depths, — cognizes that “I” of God and “I” of the One, Who has reached the Perfection, is One!
It is not enough to learn to leave for a time the body and to enter by the soul into the Light. But one needs namely to become the Shining Divine Flame!
And then — the world is no longer divided into the one, who strives to reach the Creator, and One to Whom man had strived to! Because that Man has become the Source: His or Her center coincides now with the Primordial!
So every Perfect may cognize Him in Myself, and Myself — in Him!
Such Divine Man 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 by the Power of the Depths!
Oh man, you can put everything at their places in your worldview and set right in your life!
Significant then will be revealed!
Useless — will disappear!
Interference — you will get out!
The scope and freedom will come from only bringing your life into harmony with the Divine Laws!
If you will cognize the Love of God as the Manifestation of the Power of God, then you attain the invincible and indestructible Core for your life!
The main quality of God is Love!
Perfect Love is indestructible, eternal, omnipotent, wise!
It is in order to learn it and master it, — you, oh man, had put on the body of flesh and live here!

When Love and Wisdom sprouted in the soul — you can be immersed in the Depths and obtain Power!
The United Power and the United Will — rule the universe!
The Oneness is the Unity of the Multitude. And Each of this Divine Multitude can use the Power of this Divine Ocean of the Universal Consciousness!

Become cleansed from prejudices and anger, lust, sloth, selfishness, from everything that trans-
forms a human being into a primitive animal! Become cleansed — and you will see Me — God — in yourself and in everything around!

Anyone who has cognized Me as Love in his or her heart — they can realize also more:

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

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

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

My Thinking can direct the course of 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 the space! And you can connect to this, My Love — or resist it!

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

My Care about each creature can become your care! Let this, your care envelop by love those whom you think about and whom you direct your emotions to! Such care of yours directs you by the Path of Goodness!

* * *

There is a law of conservation of energy, which can be mastered by one who is going to master the whole Path of the Higher Knowledge and Skills:
Each not essential word or act takes off your strength. But every act, agreed with the *United We*, increases your strength and ability to interact with the Creating Flow!

Haste leads to oversights. Haste does not fit the wise person. But inner peace allows you to make the 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.

Infinity of the Great Calm of God — let It 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 flesh for the service to the Will of the Primordial — gradually His Strength and Wisdom will fill thee — who is devoted and faithful!

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For many people, pyramids of Egypt are only ancient symbols of vast remoteness in time... But people still know very little about the nature of time. I’ll talk on this a little bit.

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

Time for each such manifestation of life in matter — is terminal.

But the infinity of the life in God has no restrictions!
This infinity of living is gained by souls which 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 the most important: what is the meaning of your life, oh man?

This is the main, and to it should be devoted the best years of your life and the best hours of every day. That is time, when pure and active is the strength of the soul, when the ability of the mind and body is in the best possible state.

In the Will of God is that time when you must leave your body. But you, oh man, have to solve: how to spend the time allotted to you for life in this body.

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

Your lifetime in a body is precious for you! Try to imagine that even the next day cannot come to you in this body. And then — see every minute of your life as a precious gift from God!

How often We meet those people who are moving from a world, where they lived in the material bodies, — into a world, where souls wait for a new incarnation, We see how much there is regret: about misspent time, about not committed major acts, about not spoken words of gratitude or repentance, not given love, about your futile anger and cruelty!

There is reason to live so that, when the transition occurs, you do not regret what was not done and do not grieve about the not committed! 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 are resting before the new births on our planet!

Not for a single life in the body the soul develops to the Divinity, but each incarnation is a new opportunity to get closer to the Perfection!

* * *

You can ask, oh man, how — not yet having developed the ability to hear the Divine Messengers, Teachers and Assistants of humanity — to distinguish between the true and not true in one’s own actions?

Yes, one, who knows the basics of ethical life, — this one understands that the mind initially may distort understanding — because of, including, the imperfections of morality in modern societies of embodied people. But accusations of conscience and the development of the heart love will help in learning the true understanding.

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

The man, listening to the voice of conscience and living with a heart full of love — so that there is not that, to reproach oneself for, — very soon acquires the ability to hear and understand the Divine Instructions!
Why is this: should only happen on a planet some catastrophe, large-scale destruction — and a lot of people begin to think about temporal, Eternal, about the Divine Will, and the “realm of post-mortem”?

Is it really necessary for mankind to destroy exactly so the illusions about the temporal and realize the presence of the eternal values?

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

Small disasters happen every day for individual people. But many people who live nearby, do not notice, as brothers and sisters become disabled, indigent or lose the social position that they were reaching with huge efforts for all the life... One, who is indifferent to neighbors, do not show compassion, provide no assistance and do not make conclusions for oneself from the seen...

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

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

It needs, people to understand that, while building a house, they gain — before God — above all, the ability to build, also that, creating a family, they can develop the ability to love, or management of a community can help to gain the ability to take care of. It is namely these skills — to think, to work, to create, to love — are taken with them to the “other world” by a
correctly developing soul, leaving the material world. It is because the acquired skills become the qualities of the soul.

But if the soul acquires the opposite qualities: such as malice, a desire to suppress, to steal, and so on — it would be very difficult to get rid of these growing into the soul vices!

* * *

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

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

Knowledge of the Earth and the connections of all those, who are embodied on it: connections of each with others and with the multi-dimensionality of the whole planet, with endless life in the universe — all this should zoom people in to an understanding of the Universal Love.

Divine Power of Fire and Light is under every atom of matter, under every cell of bodies of incarnate beings. All that exists is supported by this Original Creating Power!

You must know that the creatures, living here, are associated with you and with the planet — as well as the different parts of your body are connected into a single structure, with which you are sealed by yourself-soul.

Only one, who has got birth in the human body, is able to evolve up to the awareness of oneself-soul
in the Unity with the Primordial Light and the Creating Fire. That is the Highest Meaning of your life!

Achieving by a devotee of the Divine State allows him or her to directly experience and understand the Creator’s Love. One can do this by developing in themselves love for all beings.

It is love that opens a wide space in the universe, where the Autocratic Lord is God!

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The soul can learn to dissolve.

It is through the ability to dissolve — the human soul is able to learn how to pour into the Ocean of the Divine Souls!

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

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

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

Everything, surrounding you, has been created by the Creator so that your development was the best!

And so — by love! — connect with all the beauty around you!
Favorable attitude towards all beings will allow you to quickly learn how to connect with the Creator Himself, Who loves His children with the Wise Love. He will teach you not to connect with their imperfections, which they will have to eliminate. But you should eliminate in yourself all that is not perfect!

* * *

Oh man, you can cognize that — in the finest planes of multidimensionality — under the Creation — all is filled with the Living Divine Light and Fire. This is Creating God Who makes matter and directs the development of souls! And you must also realize that these Light and Fire are the Unity of Multitude or the Oneness. Those are the Divine Souls Who work for you, oh man, for you to grow and develop!

It is to the Unity with Them, to the dissolving in Their Universal United We — you should make efforts!

That’s where you will find, oh man, Supreme Happiness and Bliss! Joining forever — you will be Divinely Beautiful, Divine, Immortal! And then you will be able to manage deeds of God — for the sake of the common good in the universe!

One, Who has truly mastered the life in dissolving in the Divine Light, One, Who has cognized the True “I” in this Light, — that One will no longer shudder at the storms of the outside world! The Calm of this One will not be shaken by anything, and His Radiant Love will not disappear!
... But if anxiety, anger, sadness, sorrow penetrate the soul — 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 Soul! The life of such Zealot is included in the Life of the United We.

And it is directed by non-incarnate Great Souls.

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

But if to turn away from the Divine Guidance — and the experience of life separately will be given to such a soul, then by its thoughts, emotions, deeds is built the fate and this man undergoes to that he or she has prepared for him/herself. And often a person elevates a structure which may collapse... And such food, which harms and poisons, is prepared... All this you can avoid... But the choice — always is yours, oh man!

* * *

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

That is I gave you the body and helped in the development of your mind, capacity of self-realization!

You, first, must 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, — it is an illusion, which I, God, let you experience to develop your ability to aware yourself!

You grow up through the development of the ability to love, to plan, manage, take care. But “I” that is happy or sad, shows the strength and the will, desires and achieve the desired — is temporary. It was necessary to develop you. But then you can know that there is only one True “I” — 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 “I” of God!

That is I — or, rather, We of all Who have cognized the Unity, — manage everything!

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Everyone, to a certain time, as if he or she wanted this, cannot stop being aware of oneself as a small individual “I”. This one has nothing for the present to replace a natural self-awareness, because he or she had not yet attained self-awareness as God.

No matter how much this one repeats in mind: “I am God!” — it will not help!

If, at this stage, the awareness of oneself individually has disappeared, the other “I”… there would be no… This should not happen!

Just as a baby is designed to develop in a mother’s body the certain time to be viable when born — the Divine self-awareness is growing and forming namely gradually.
Love for God, and constant interaction with Him allow it to happen faster. There is a birth in the Abode of the Primordial. And then must be — the growth and maturation in this new state.

... Only having acquired the ability to live as a soul free from matter and having cognized how to merge in love with the Divine Consciousness — then such one gradually realizes the identity of the best in oneself-soul — with God.

That's when one can already start 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, that one can accustom oneself to the Divine Life in the Oneness of All Attained.

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Imperfect human desires lead to imperfect results. Imperfect desires only for a short time bring satisfaction due to their implementation, and then new, similar desires grow...

But perfect desires and intentions are born from the Universal Divine Love.

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

But anyone who uses the power of the soul for the pleasures of the self — he or she gets the tempo-
orary result in his or her temporal existence in the ma-
terial world.

But that, which can be nurtured and not be de-
stroyed with the death of the body, — those are the
acquired Divine Qualities and Divine Strength of the
soul.

The best states of a soul are Love-Care, Subtle-
ty, Bliss, Tenderness. They are stored in the Underly-
ing Treasury, which allow a person to eventually find
the Unity with the Divine Consciousness. Here the
Divine Potential of the soul matures and accumu-
lates. Then, at the time, man can aware this Energy
and lead It through the body and identify with It.¹

... Thus, awareness of oneself as a separate in-
dividual "I" is useful for the growth and development
of the soul. It allows one to learn to act, to think, to
love. Gradually, however, it must give way to the Di-
vine “I”.

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

It can be formulated also in other words: the
main purpose of a temporary “I” consists in letting a
soul grow, develop, and then... to realize its own mi-
nority, its predestination only to be a transitional
stage to the Supreme “I”, to “I” of God, to “I” Ecu-
menical!

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

First, such state lasts for a short while, but, with
time, — forever.

¹ The speech is about Kundalini.
You can become Me! Or, what is the same, — to become the One Universal Divine We!

By fully realizing and manifesting God’s “I”, the Soul thus discards the last old “shell” of a separate existence.

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I promised to tell you about the Golden Tablets. You, perhaps, expect that I will tell you the words that have been 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, granite walls, on which were engraved the words of God. These material media, for the most part, did not live 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 is on them, is in the words that I told you.

But not this is the main thing.
Admit 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 be always!
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!

As far as the growth of purity, love, wisdom, and self-awareness of the soul — any such Knowledge may be disclosed to it by the Divine Teachers!

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

Pyramid is a symbol of God Who has gone out from His Original Dimension, which is located in the sheer Depth, under His Creation.

A person can build his or her own such Pyramid, connecting body with the Primordial Ocean of the Creator — and reveal the Divine “I” in him\herself and in his\her body.

But why — a pyramid?

Limited before by a material shell, the soul can cognize — by the shape of a pyramid — the immensity of the Divine Fire and strengthen the stability of the consubstantiality with It.

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

And then a form — already does not matter: there is only the Divine Ocean outside and inside the body...

So, oh man, you can build such your own Pyramid!
This will be your entry into the Ocean of the Creator and also the place for your coming out from this Ocean to incarnate people!

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

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

Each the Attained, Who entered into a permanent Union with the universal Creator, acquires a possibility to get the Knowledge on how the Great Creating Force operates and how It exists.

Each, who has got such Unity, attains 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 Oneself.

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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, seas... You are walking along these wonderful expanses — and under your feet 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: 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 in His Infinite Existence!

The “Veil”, which separates you from the Creator, may be perceived like just very thin transparent pellicle.

When you will feel by your love your Creator as the Only Source of Higher Love, Wisdom, Power, and also the Reason of the existence of everyone and everything — then you will easily feel His Answering Love!

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

Namely for this, the Creation has been made! And in this — the meaning of your life, oh man!

Having found this Unity, you merge into One with Love, Wisdom, and Power of the Creator of all!
Recommended Literature


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. — 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.