

Vladimir Antonov,

Ph.D. (in biology)

Forest Lectures on the Highest Yoga

The work on creating the lectures
was done with the participation of:

Anna Zubkova, Mikhail Nikolenko,

Maria Shtil, Larisa Vavulina,

Ekaterina Smirnova, Dmitry Osipov,

Svetlana Eremina

Translated from Russian by

Mikhail Nikolenko and Anton Teplyy

Corrector of the English translation —

Keenan Murphy

New Atlantians

2008

ISBN 978-1-897510-47-6

New Atlanteans
657 Chemaushgon Road RR#2
Bancroft, Ontario
K0L 1C0, Canada

Printed by Lulu
<http://stores.lulu.com/spiritualheart>

This book presents a series of lectures about the higher stages of human spiritual development. The lectures describe the methodologies of the main philosophico-religious traditions that existed in the past or exist now on the Earth.

This material illustrates the fact that the methodology of spiritual development is one for all people and that in this way God leads all people to Perfection.

The book is addressed to everyone aspiring to find and to realize the meaning of our lives on the Earth, to cognize our common Creator, to achieve spiritual Perfection.

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Foreword

The evolutionary path of every human soul consists of stages. One cannot come to spiritual Perfection all at once.

Since ancient times, there exist methods for development of the body with its energy structures and the mind, and then — for development of the consciousness. We can find such methods in all advanced traditions of spiritual culture.

Patanjali described in detail the stages of such an ascent in his Ashtanga Yoga.

There is also the following scheme of spiritual training in the psychoenergetical aspect of development: Hatha Yoga — Raja Yoga — Buddhi Yoga.

Here, Hatha Yoga is a preliminary stage, which allows one to improve the health of the body and to learn basic skills of concentrating the mind and moving the consciousness within the body.

Raja Yoga is a system of methods for cleansing and development of the chakras and main meridians. That is, the work on this stage is performed within the body and the energy *cocoon* around the body.

And Buddhi Yoga is a system of methods for developing the consciousness outside the body — when the consciousness becomes free from the “fetters” of matter, moves in the multidimensional space, and learns to communicate directly (not through the bodily organs of sense) with Divine Teachers — Holy Spirits.

Mastering the stage of Raja Yoga can lead one to Samadhi: a high emotional state of Bliss, which occurs from a contact of an individual consciousness with God in the Aspect of the Holy Spirit (Brahman).

On the stage of Buddhi Yoga, one cognizes Nirvana (Mergence with the Divine Consciousness and “dissolution”, disappearance of the individual “I” in Brahman and then in Ishvara (the Creator, God-the-Father, the Primordial Consciousness).

Let me note that the Sanskrit word *yoga* means the same as the Latin word *religion*. One should interpret both of these terms as the Path of spiritual development — up to direct personal cognition of the Creator and Mergence with Him.

In this book, we discuss mainly the higher stages of this Path, that is the stages of Buddhi Yoga.

Practical Ecopsychology

We have discussed the subject of ecopsychology many times: there is our site on this subject, there is our book called *Ecopsychology*.

And now let us see together what one can do specifically in the forest — within the frame of ecopsychological work on spiritual development.

Let us start as always with explaining the terms: so that everything we are going to discuss can be comprehended without misunderstandings.

So *ecology* is the science about relationships of an organism with its environment.

And *psychology* is the science about soul, which is the same as consciousness.

Therefore, one has to understand *ecopsychology* as the section of ecology that studies relationships of an organism with the environment not on the level of the body but on the level of the soul. And the main theme of research in ecopsychology is *methodology of spiritual development of man*.

It is through harmonious communication with living nature, with souls embodied here in such an abundance, that one can easily grow up to successful interaction with our Divine Teachers — Holy Spirits, Who represent here in the Creation our common Creator.

Such classes in nature can be very useful for children — of course taking into account their capabilities to comprehend information. This can teach them to regard people, animals, plants as living beings: that is tenderly, carefully, with compassion. Those who learned from childhood to live in this

way can live their lives without spoiling their destinies in the eyes of God and will not cause suffering and afflictions to other beings.

Introducing the true spiritual culture into the mentality of masses will change the attitude of God towards the population of the countries where this process goes on successfully. And then one can expect, thanks to this, growth of the level of well-being of the population of these countries.

... What does one have to start with? For example, one can teach children and adults to feel with one's palm the energy *cocoons* around the bodies of living objects. An apple, a tomato, a fern, a tree trunk, the body of a kitten, a dog, a human — all have such *cocoons* formed by the energy fields of the body's cells.

And if there is a wound or a source of illness, pain in the body, then against this area one can easily discover change of the density of the *cocoon* and distortion of its boundary. It can be, for example, a prominence of the *cocoon's* boundary against the focus of an acute inflammatory disease, or on the contrary it can be a concavity — against places with a lower level of energetical activity in the case of chronic diseases.

This is a tree wounded by an axe... This is another tree with cut bark, maimed alive... Here someone put a wire around the trunk of this pine (of course we removed it); but the tree has to grow wide with its trunk, and it suffers from this wire... This is a pine with Scotch tape put around its trunk: the cells of the bark under the tape lack air; they cannot get dry and become covered with mold; this living being begins to rot alive... If you see such cases, please remove these tapes!

If one feels the *cocoons* of such plants, attunes with them by the soul — one can see and understand that such wounds are not insignificant for them: yes, they can suffer!...

And if children become convinced that this law is common for every one of them, and for all people, and for all animals, and for all plants; and therefore everyone can suffer from the cruelty of ignorant people... — such children from an early age discover in themselves the emotion of compassion and hopefully will not become like those primitives who maim their own destinies by causing harm to other beings... After all, by making evil to others, we program evil to our own destinies...

Sathya Sai Baba cites a precept of ancient Indian sage Vyasa: “Help ever, hurt never!”. It is appropriate to rephrase this formula like this: “Help everyone in everything good, hurt no one!” — and then let this important principle be remembered by everyone: by children and by adults — as the multiplication table or even better than the multiplication table!

The principle of not causing unnecessary harm to other beings (ahimsa) is the first serious step towards mastering LOVE!

God is LOVE — He Himself teaches us this through the New Testament!

And we can become closer to Him not through taking part in various rites and reciting of standard prayers, but through gradual transformation of ourselves into LOVE. (Let me note that Jesus did not teach ritualism! He taught ethics and further spiritual development!)

Love has many aspects. For example everyone can check themselves:

Do I have, for example, the quality of caring (non-obtrusive)?

Do I have tenderness (non-sugary)?

Or, for example: that coarseness, that despise towards others, that haughtiness in me — do they correspond with the principle of LOVE? Why did I not understand this before?!

Note that Jesus Christ said much about this! Also Sathya Sai Baba, Messiah of our days, teaches the same in His discourses. (One can read about it in our books *Classics of Spiritual Philosophy and the Present* and *Ecopsychology*).

* * *

The next very important step in spiritual development of man is opening and further development of the spiritual heart. How it can be done is described in detail in the book *Ecopsychology* and demonstrated in some of our films, including *Spiritual Heart*.

Also everyone certainly wants to get rid of long-lasting diseases, which get aggravated with time...

To improve health, to realize in oneself the functions of the spiritual heart — all this is very easy to do at corresponding *places of power*. This is

probably the most interesting aspect of practical ecopsychology for beginners!

Places of power are zones on the land or water that differ significantly from the background by their energetical features.

There are positive and negative *places of power*. The former are useful for us, while the later are usually harmful. At positive *places of power* it is much easier to work on cleansing and development of the chakras and meridians, to get rid of various diseases, to refine and grow oneself as a consciousness. What concerns negative *places of power* — one has to avoid staying at them: this can result in an illness and loss of power, can induce destructive emotional states... And it is very bad if one settles to live on such a place (examples of this kind are given in the book *Ecopsychology*).

There are also *stones of power* and *plants of power*...

At many positive *places of power* one can get acquainted and converse with Divine Teachers... They call such places Their *working sites*...

* * *

So we can use positive *places of power* for healing, for cleansing and developing the chakras and meridians, for correct formation of the emotional sphere and refinement of the consciousness, for communication with the Divine Teachers and Mergence with Them, also for cognizing the structure of the multidimensional space, for Mergence with the Creator in His Abode, for divinizing the cells of the body.

And now let us walk a little in the forest...

(See demonstration of practical work with *plants of power*, *stones of power*, and on *places of power* in the film)¹.

¹ See information about the films in the end of the book.

Yoga of the Atlanteans

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

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

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

* * *

In the pyramids of South America Dr. M. Doreal discovered ancient writings composed by Thoth-the-Atlantean. They are called *The Emerald Tablets*. What do they contain?

In the beginning of the text, Thoth-the-Atlantean describes the reason for the destruction of Atlantis: the confidential knowledge was imparted to unworthy people and the latter began to use it for evil purposes. They also began to make bloody sacrifices, and this resulted in incarnations of hellish beings among people.

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

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

Thoth gives basic recommendations for initial harmonization of the chakra system. For fulfilling just these recommendations He promises health and longevity. (This is the level of work on the stage of Raja Yoga).

On the higher stages of meditative practices (i.e. on the stage of Buddhi Yoga), one has to dive with the consciousness into the *Depths* of the multi-dimensional space and cognize there "star worlds" and the *Light of the Great Fire* on the Path to the Abode of the Primordial. There are also other spatial dimensions, which are "vacant to all seeming, yet hidden within them are the keys".

Thoth also explains one of the higher meditations — the *Temple* and its particular variation — the *Pyramid*.

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

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

"Often did I journey down the *dark pathway*² unto the space where the *Light*³ ever glows.

"Long then dwelt I in the Temple of the *Primordial* until at last I was One with the *Light*."

* * *

Thoth gives the following directions to spiritual seekers:

Preserve and keep the commands of the *Primordial One*:

² The eon of protoprakriti (see [13]).

³ God in the Aspect of the Creator.

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

Quell all *the chaos of emotions* and you shall have harmony in life.

Conquer by *silence* the bondage of words.

Keep ever your eyes on the *Light!*

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

Out of the darkness shall you rise upward, *one* with the *Light!*

Man has to strive to become the *Divine Sun*⁴.

Follow this Path and you shall be *One* with the *All!*⁵

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

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

They are Messengers of *Light* to shine among men. Like man are They and yet are unlike.⁶

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

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

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

⁴ This is one of the final meditations on the spiritual Path.

⁵ With the Absolute.

⁶ Similar in bodily appearance, but not similar in the level of the development of consciousness.

Keep ever your face to this Goal!

... Open the soul, O man, to the *cosmos* and let it “flow” through you as one with the soul!

Man’s evolution consists in the process of changing to forms that are not of this world. Grows man in time to the *formless* — to live on a higher plane. Know that you must become *formless* before you can be one with the *Light*.⁷

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

Search first the mysteries of the *Earth’s Heart*! Seek the *Flame* of the Living Earth! Bathe in the glare of this *Flame*!

Know, O man, you are complex, a being of matter and of *flame*. Let *your flame*⁸ shine out brightly! Be you only the *Flame*!

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

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

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

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

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

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

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

⁷ This concerns transformation of the consciousness, not the body.

⁸ Flame of the “burning” spiritual heart.

Cast off the darkness and travel in *Light!* Learn to cast off your body, O man, and be free from it! Become the true *Light* and unite then with the *Great Light!*⁹...

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

The key to these Higher worlds is within you; it can be found only within!¹⁰

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

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

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

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

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

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

... Hear and understand: the *Divine Flame* is the source of all things; all things are Its Manifestation!

Seek to be One with the *Divine Sun!*

Hold your thoughts on uniting the *Light* with your human body!¹¹

⁹ In other words, one has to merge with the Atman and then with the Paramatman.

¹⁰ Within the developed spiritual heart.

¹¹ This is a way to Divinization of the matter of the body.

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

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

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

Deep beneath the *image of the Pyramid* lies My secret. Seek and find it in the *Pyramid* I built.¹²

Follow this key I left for you. Seek and the doorway to the true Life shall be yours! Seek in *My Pyramid* deep beneath it, and in the *Wall*.¹³

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

... Seek and find there That Which I have hidden!

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

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

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

Know that the future is never in fixation but follows man's free will!

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

¹² This concerns one of the higher meditations leading to Divinization of the consciousness.

¹³ *The Wall* is also one of the higher meditations of Buddhi Yoga.

... Know you not that in the *Earth's Heart* is the source of harmony of all things that exist and have been on its face? By the soul you are connected with the *Earth's Heart*, and by your flesh — with the matter of Earth.¹⁴

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

... Three are the qualities of God in His *Light-Home*¹⁵: Infinite Power, Infinite Wisdom, Infinite Love.

Three are the powers given to spiritual Masters: to transmute evil, to assist good, to use discrimination.

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

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

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

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

* * *

Later Thoth-the-Atlantean incarnated Himself again in Egypt as Hermes Trismegistus (i.e. Thriceborn). The latter term concerns not incarnations but stages of spiritual advancement: that is born in the world of matter, then in the world of the Holy Spirit, and then in the Abode of the Creator.

¹⁴ A similar idea is found in the Teachings of Agni Yoga.

¹⁵ The Abode of the Creator.

There is a record of His addressing the Egyptians:

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

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

“Why do you give up yourselves to death while you have power to partake of Immortality?

“Depart from the dark path, be partakers of Immortality, abandon forever your vices!

“Nowhere but in God can you find good!”

There is also a short text written by Hermes Himself. It is called *The Emerald Tablet*:

“I say here only truth and nothing else!

“That which is below is similar to that which is above. And that which is above is similar to that which is below. One has to know this in order to gain the cognition of the marvelous *Primordial One*!¹⁶

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

“The *Sun*¹⁷ is the Father of the manifested world; the “lunar”¹⁸ is its mother.

“The Holy Spirit “brings up” developing souls; the Earth nurtures them. The *Father* of all the development in the entire universe is present always and everywhere.

¹⁶ This concerns one particular meditation of Buddhi Yoga that allows achieving full Mergence with the Primordial Consciousness.

¹⁷ In this context — Divine Sun, God cognized as an Infinite Sun of God.

¹⁸ By “lunar” Hermes calls the substance of the *trans-mirror* eons — protoprakriti and protopurusha.

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

“Thus you should divide: the worldly— and the *Fiery*, the coarse — and the subtle! Act, at that, with great caution, awe, and understanding!

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

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

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

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

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

*** * ***

These principles were the basis of the ancient Egyptian spiritual culture. But with time it degraded and disappeared, as it happens to all spiritual cultures. (It is described in more detail in the book *Spiritual Heart. The Religion of Unity*).

But now we return this knowledge in all of its fullness to modern people. Realize it and you, too, may call yourselves Trismegistus if you like! Though the main thing is spiritual achievements rather than names and titles.

*** * ***

The spiritual work in Atlantis was directed by Divine Adler. Let me cite His words about this:

“Atlantis was My work: from the very beginning till the end I created the spiritual culture of Atlantis. From there it moved partly to Egypt.

“I took with Me worthy people and led them into Myself — an incarnation after incarnation, a wave after wave. Thus I incarnated Myself there several times.”

One can find more details about this in our book *Classics of Spiritual Philosophy and the Present*.

The potential of the spiritual Schools of Atlantis allowed many people to approach Divinity or even to achieve it. Among Them we know Cairo, Nifkor, Odin.

After the destruction of Atlantis, many Divine Atlanteans brought higher spiritual knowledge to Egypt and other countries. Moreover, many of Them incarnated among people as Messiahs, Avatars. For example, Odin told the following about it:

“I am going to tell you about the Aesir, as They are called in Scandinavian legends and sagas. They were the Atlanteans Who assumed responsibility for the destiny of people on the Earth after the destruction of Atlantis.

“They were not many. But Their life span was much longer than that of other people living on the Earth at that time. They lived in the body for 300-500 years; it was normal for the Atlanteans. People remembered Them as Gods coming down from Heavens and ruling the Earth. They would come to the Earth again and again, taking mortal women for wives, and this would bind Them to the material plane... Yet in every incarnation, They would bring the new mortal body to the Fullness of the Divine Awareness...

“As Bright Suns of Divine Consciousness They guided the life on the Earth...

“I was one of Them...

“For many lives I came to the Creation and every time connected the embodied part of Myself-Consciousness with the Consciousness of the Creator.”

* * *

We learned about Atlantis and the life of the Atlanteans from Cairo, Who achieved Divinity in His incarnation in Atlantis; the name Cairo, by the way, in Atlantis meant *Earth* (as a living organism):

“I was one of the five Atlantean rulers. There was a group of five rulers-elders, and I was its leader. I represented the temporal power which possessed spiritual knowledge.

“The history of civilization, the history of the spiritual life on the Earth is more ancient than modern people think it is. Atlantis was not the beginning of the spiritual development on the Earth. It was only one of a number of big stages. Many times the configuration of the oceans and continents changed, and the *Dweller of the Depths* created every time new conditions for growth and development of souls.

“The story of Atlantis can be useful for modern people. Adler, Thoth, and I can tell everything important of it.

“In Atlantis there existed a great civilization. The leaders of that society possessed the highest spiritual knowledge.

“The leaders of society, who direct the spiritual growth of people, bear great responsibility. Even the smallest deviation from the principles of Divine Love and Selflessness may become a turning to the abyss where one loses the connection with the Creator! This is exactly what happened in Atlantis (the power was taken over by selfish people), and God decided to end this period of the development of consciousnesses on the Earth — to destroy Atlantis.

“... I will tell you also about the *Temple*.

“The image of a temple is not a human invention. The *Temple* is a Divine structure in the multidimensional organism of a living planet. Its closest equivalent is *Shambhala* — i.e. the place inside the planet where Divine Consciousnesses live in the Highest spatial dimension; it has an exit to the *Boundless Ocean* of the Creator’s Consciousness.

“The *Temple* is the epicenter of the creation of life on the planet. It is the place where abide Those Who supervise the development of life on this islet of the Divine Creation.

“The *Temple* has an ‘exit’ and an ‘entrance’. This Divine structure in the multidimensional organism of the Earth is as real as the Kundalini in the multidimensional organism of man. In the Atmic component of the human organism there is memory about the past incarnations — and it is the same with the *Temple*: by submerging into the *Temple* one can learn about important episodes of the planet’s life. For example, one can read the pages of the history of Atlantis — to learn about the Atlanteans of Spirit: about Adler, Thoth, and Others, who ‘interwove’ Themselves (as Consciousnesses) into the life of the planet — for the sake of the development of consciousnesses growing on the Earth.

“Originally, all rulers of Atlantis throughout centuries had the ‘keys to the *Temple*’; that is, they lived coming out as Brahmanic Consciousnesses from the *Temple* and had the ability to immerse and to dissolve their Divine Individualities in the Ocean of the Creator’s Consciousness. In this way the Atlantean civilization was guided and developed.

“Pyramids and other earthly temples are but a reflection of the *Temple* where the initiation of souls was performed.

“Every planet is created as densification of the energy of Consciousness up to the material plane. Then there starts the process of the development of life in material carriers.

“The souls embodied in Atlantis had gone through incarnations on other planets. They were well-advanced souls but not Divine yet. The majority of the Atlanteans lived being aware of themselves as souls rather than material bodies. They enjoyed the intense feelings of life in the material bodies. The power of such feelings is much more impressive than a paradisiacal life without a body. This power of feelings was delightful for souls who lived for a long time in the non-incarnate state. They lived in the states close to Samadhi, and one could call it a paradise on the Earth. For many of them it was the last or prior to the last incarnation, and the conditions were quite favorable for attainment of Divinity by them.

“The Atlantean educational system included the skills of psychical self-regulation, the knowledge about the structure of the multidimensional universe, ethics and different kinds of art, creativity in science and technology, which were developed to a high level.

“For those who had chosen for themselves realization of the highest meaning of life — cognition of the Creator — there were spiritual initiations. This type of education was closed, esoteric; it was accessible only to those who understood the higher meaning and purpose of their lives. Among their Teachers there were Divine Souls possessing material bodies, which are used as *instruments* of Divine Creativity in such cases.

“The long existence of the Atlantean civilization allowed many paradisiacal souls to complete the cycle of evolution and to merge into the Creator. They did not need to be incarnated again any more.

“As for the Atlanteans who, upon receiving material bodies, chose the path of material self-gratification, through sex in particular, — through them new human races were created. They were races of people who grew then as consciousnesses on this planet — new ‘shoots’ of young souls to go through the long process of evolution.

“Such a mixture of races resulted in many legends and myths about gods in different nations. Elisabeth Haich described very precisely that in that time on the Earth there were races of people with very different levels of development of consciousnesses and bodies. The mixture of these races through sex and birth of offspring accelerated significantly the process of evolution.

“As for Those Who achieved Mergence with the Creator — They have never incarnated Themselves again, except for a few Who chose to take care of the new generations of people. Among the latter are Those Who wished together with Adler to guide people on the Path of self-realization and cognition of the Divine Oneness. They incarnated again and again bringing to people the knowledge about the Highest.

“All this is a very long process taking millennia; you will have a chance to participate in it too.”

* * *

Let me finish this conversation with the following words of Adler:

“It is the traditions of Atlantis that Pythagoras wanted to restore through His School. And We try to do this today with your help.

“The World of Divine Souls is willing to tell people about the main and most significant for humanity task of the evolution of consciousnesses.

“It includes the stage of transformation of the consciousness-soul into a spiritual heart, when man-animal becomes truly man! It is the stage when one begins to learn Divinity.”

Yoga of Pythagoras

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

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

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

* * *

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

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

At a mature age, Pythagoras founded His spiritual School in the city of Croton. We know about the work of this School from stories narrated by several great Disciples of Pythagoras, Who also attained Divinity in Merger with the Creator thanks to Pythagoras' help. (You can find this material in our book *Classics of Spiritual Philosophy and the Present*).

* * *

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

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

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

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

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

Remember that all people are destined to die.

Remember that the worldly boons can be easily given to people and just as easily they can be taken away from them.

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

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

Heed to what I am going to tell you:

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

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

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

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

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

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

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

Standing firmly on this path, you will know everything about the Immortal Gods. You will also know about people, about the differences among them, about the One Who contains them in Himself, being their Foundation. You will know that the entire universe is a Single Whole, and that in the Eternal there is no dead matter.¹⁹

¹⁹ Pay attention to the last words: they contain a description of the Absolute as a One Living Organism.

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

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

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

Only a few can cast away afflictions with their own efforts, for most people are blind to the law of the formation of their destinies! Like wheels they roll downhill carrying the burden of their past misdeeds towards others, the burden which controls their destinies until death comes...

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

But we should not abandon hope of saving people from the darkness of ignorance — for every human has a *Divine root...*

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

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

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

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

* * *

These are excerpts from our conversations with Pythagoras:

“Tell us please about Yourself: how did You receive Initiations, how did You teach?”

“The geometry of Pythagoras is more than just a theorem about triangles studied in the school. It also includes the science about the multidimensionality of our planet and about the multidimensionality of the universe. The very concept of geometrical points, lines, planes, and the infinity of space is

one of the ways to talk about God, about His multidimensionality in the Absolute. I used all these in teaching.

“A Pyramid is a symbol of the Creator pervading the Creation, in His initial quality, initial subtlety. The top of this Pyramid is smaller than an atom, for it is a geometrical point; the base of the Pyramid is the Infinity itself.

“... For a long time I pondered on how to lead souls towards the knowledge of the true essence of man, towards knowing the *Whole*, towards Love, towards the knowledge of nature and of Mother-Earth, on how to show them the *Divine Fire* and how to illuminate them with the Light of Wisdom... All My non-incarnate Teachers helped Me to create that which was called later the Teachings of Pythagoras.

“I subdivided the Teachings into a number of stages so that those with weak minds would not get overburdened.

“I made ETHICS, LOVE, and BEAUTY the basis of the first stage and called it QUIETNESS OF SOUL.

“Only after one had **succeeded** in quieting the mind and had mastered the abilities to suppress wicked qualities in oneself, to transform oneself as a soul, and to grow love and wisdom in oneself — only after that could an aspirant be accepted as a student.

“I transformed the tradition of spiritual initiations into a science: the science about the souls development. In this regard, your activity inherits and continues the Work that I performed on the Earth at that time.

“Wisdom is the spiritual knowledge about the Highest.

“There is not much value in knowledge which just trains the mind and memory: it is like a game with a ball for training the body. The only knowledge that is valuable is the one that leads a person to cognition of the Truth and Laws of the Life of the *Whole*.

“The knowledge is useless if there is no spiritual transformation!

“The knowledge is dangerous if there is no ethics!

“I — Pythagoras — open again My School on the Earth! Here and now with your help, My friends, this work has begun!

“I want to draw the attention of the youth to the Laws of existence and to the meaning of life!

“I want to make Love and Goodness the basis of human life!

“I want to open wide the door to the world of Divine Love, Calm, and Bliss — for all yearning souls!

“The harmony between the development of love, wisdom, and power — this I would call the GOLDEN LAW in the art of raising souls.

“In that last incarnation I was a Soul that already had an experience of cognition of God in many past lives. The main purpose of that incarnation was to reestablish the truth about God for many generations of people on the Earth.

“One can say that I was the last one of those who received an initiation in Egypt in the traditions which had originated from Thoth-the-Atlantean but had been perverted with time.

“But without Divine Love the power is dead... Only a soul transformed with Love can become wise! Only the spiritual heart is capable of walking completely the entire Path of Cognition of the Creator without stumbling — and of merging into the Divine Essence That controls the universe!

“But the *Light* was not known to the priests.

“Therefore, this last step was revealed to Me by Divine Souls Who met Me in that *Light*. They initiated Me into the laws of soul’s life and into the Divine Essence.

“... The Divine justice is not like people imagine it. Nothing wrong comes to the lives of people but only that which must come: what they have attracted by their own thoughts and past deeds.

“God is the Creator of these Laws! And no affliction can fall unjustly upon man! There can be no undeserved, unneeded joy; only self-conceit, self-pity, and envy see it so in others!

“The justice of God is great: everyone receives and partakes of the fruit which they themselves sowed and grew. The result can be bitter, but one can develop in oneself other qualities to make the fruit sweet and beautiful!

“Learn the purity of thinking!

“Only when your mind is silent and listens, and your heart is full of love — only then God talks with you.”

We asked:

“Tell us please, did Your School use techniques similar to Hatha Yoga asanas for purifying the energies of the body?”

“I was familiar with such methods; they were used, among other places, in Egypt. But I did not use them in My School, because they attract the attention of students to the body more than to the soul.

“The initial stages of learning in the School were *purification* and *preparation* — when the soul acquired knowledge about ethics and purity, about the harmony of the Whole and the meaning of the soul’s life in the body, the knowledge that man is a soul and the body is but the soul’s temporary dwelling. Teaching students kindness, love, calm, and ethics was a preparatory stage before the next stage of Raja Yoga, as you call it. Our harmonious way of life also contributed to this: life at the expanse of the seashore, in a pleasant climate with moderate heat and cold, with good nutrition. The students of the School used soft gymnastic exercises for their bodies and swimming in the sea.

“The stage of work with the energies of the body began when the soul-love grew in size larger than the body, thanks, in particular, to life at the seashore and to the harmony of the sea expanse.

“Always the first step in mastering every new stage was done by the soul, and the body followed it by attuning to the new state of the soul. In this way the body purified. Any problem of the body went away when the corresponding problem or the vice of the soul disappeared on the causal plane.

“The soul-love, much larger than the body, attuned the body like an instrument which has seven chakras and the ‘strings’ of meridians so that to sound in harmony with the universe. This instrument allows the human soul to create the Great Music of Life and Harmony.

“On this stage we paid much attention to music and dance, which can imprint and convey to people elevated states of the soul.

“Students in our School usually performed meditations when walking slowly.

“The stage of Buddhi Yoga began when the soul could naturally live as a Mahadouble, speaking in your terms.

“I did not have many disciples ready for this work. But those who had mastered this stage continued then the work of the School. They supported the ideas of the Pythagorean Brotherhood in branches of the School created by them throughout the entire Mediterranean region – for more than 500 years. They are all willing to help you now with spreading and introducing your knowledge, Our common knowledge.

“You asked Me some time ago about materialization and dematerialization. I can answer this question now.

“I never tried to master dematerialization of the body; I never had such a goal. Immortality of the soul in Unity with the Highest Divine Consciousness – this was the task that I set for Me and for My disciples. If the soul manages to realize this task and lives in this state, serving the Creator and people – then the material body becomes Divine thanks to the Divine status of the Soul.

“After fire destroyed the building of the School, I had to support My disciples, who escaped persecutions but were dejected because of My death – and I easily created a material body and appeared before them. This gave origin to legends that Pythagoras escaped death. Creating a body was necessary to support the disciples who had to continue My Work and bring higher knowledge to people to help them develop successfully on the Earth.”

*** * ***

Now let us listen to stories about the School of Pythagoras told to us by some of His Disciples and Followers.

Let us begin with the story of Konstantinos:

“I was a disciple of Pythagoras. There was once a Greek town on this place, and there was My School. I created it at the request of My Teacher. I tried to keep all traditions and principles of His School.

“Our selection of aspirants was as strict as His. There was a certain trial period with lectures, which helped the initial ethical transformation of those

who wanted to join the Pythagorean brotherhood — in accordance with its highest ethical norms. Only then the aspirants could be accepted as students.

“One of the most important points of the initial stage of learning was to master *hesychia*. One had to learn to stay in *inner quietness* not for minutes or hours but for days and weeks — until this state became a quality of the soul.

“Contemplation of the sea expanse, the measured sound of waves helped the students to stop the mind, to become submerged into *inner quietness*. The students began to live in the *space of quietness*. In this state one feels that the body is but a tiny grain in comparison with the expanse of the sea, and the life of man is but a moment in comparison with the eternity of the rocks and sea...

“The literary works of Pythagoras and His disciples helped the students at the first stages by giving to the mind formulas for submersion into *inner quietness*.

‘Your personality is like a grain on the bottom of the ocean. But any tiny part can become aware of its *unity* with the *Whole*... Thus we can approach the Truth...’ — this worked in the same way as selections of excerpts from your books.

“Then, in the state of calm, the students learned to listen — to listen to their incarnate Teachers and then — to non-incarnate Ones. Thus the students gained the ability to listen and to perceive information not only with the mind of the body but with the whole consciousness.

“And, of course, from the beginning of learning, the students were taught the art of working with their energy structures: to cleanse them, to move the concentration of the consciousness between different chakras and meridians. The students learned to place the concentration of the consciousness into concrete energy structures and to achieve the beauty of the sounding of oneself-consciousness in harmony with the Whole: feeling and radiating the states of love, calm, joy, strength, confidence, tenderness, etc.

“As a result, the students developed the ability of controlling the body — as a musical instrument, which can sound in harmony with the Divine Subtlety and Purity.

“Then, judging from the results of learning on this stage, we selected a few students for the higher stages — the stages of Buddhi Yoga. It was the stage of meditative work from one’s own Mahadouble.

“As for the others — we created for them the best conditions for developing the consciousness’ abilities to think and to show creativity through various forms of service, through the development of thinking skills by means of studying mathematics, logic, architecture, rhetorical art, etc. It is creativity that is the best way of developing the ability of the consciousness to think!

“On the higher stages of work, our meditations were similar to those you perform. Of course, they were called differently but similar to yours in essence.”

*** * ***

Now let us listen to the story of Pythagoras’ Divine Disciple Larisa:

We asked:

“Tell us please about Yourself, Larisa!”

“Let Me tell you about Konstantinos — what I know about Him!

“Konstantinos was one of those Disciples of Pythagoras who — before the destruction of His School in Croton — went to different towns at the request of the Teacher — to establish there branches of the School, which could become sources of Truth and Wisdom for a large number of people.

“Konstantinos began here, on this new place, the work done by Pythagoras. He kindled here a new Fire of Love — by telling people about the Wisdom of the Creator of the universe, about the life of the *Whole*, about Pythagoras.

“Many people came to listen to Him, asked questions. Those who came not only out of vain curiosity remained with Him. I was among His first disciples.

“I listened to Him with the open eyes of the soul — and great love arose in My heart — love for Him and for everything that He manifested with

Himself, for the knowledge that He shared! Apart from this, the meaning of human life became clear to Me!

“Konstantinos asked those living in wealth to contribute to the foundation of the School: anything they could. I was ready to give everything I had. Thus My house on the seashore became the first building of the School.

“Many of the noble citizens gave gold and men for construction. One of the Konstantinos’ conditions was that any slave who wanted to work on the construction and was sent for this work by his master had to be released from slavery and to receive the status of a free citizen. And people gave their slaves and valuables, and the School grew!

“The School had, among other things, classes for education of children. It was quite unusual — and this made the School desirable to local nobility; also this ensured the support of the authorities.

“Once per week Konstantinos delivered public lectures for everyone interested. Many people came even from far lands, sailed over the sea — those who wanted to know about the Teachings of great Pythagoras.

“Konstantinos and we, His disciples, spent every morning in meditation, then had breakfast and began to work on constructing the buildings of the School.

“The harmony of life, which was the basis of the School, made our life and work so elevated and wonderful that people who remained in the School did not seek a better lot and a better destiny!

“With time, the lectures of Konstantinos were supplemented with the performance of some disciples who developed capabilities of the soul that could be expressed in music, dance, or declamation. This attracted even more people. The School grew and developed!”

“Larisa! Tell us please a little about Yourself!”

“It was easy to learn when you were burning with love for Him Who manifests God on the Earth! A soul burning with such love grows and develops very easily!

“With the help of meditative methods taught by Konstantinos, the spiritual hearts of the disciples grew and expanded! We learned to flood with the

spiritual heart over the expanse of the sea! The fire of cordial love grew larger — and embraced all lives, all the beautiful! Shining with love, the souls approached the threshold of the Divine!

“We also learned to control our emotions: to live always in the state of love!

“Then we learned to be a *Flow of Light*, similar to ‘solar wind’, streaming over the expanse of the sea and blowing ‘the canvases of the souls’!

“Then we dissolved ourselves so that every drop of myself-Light merged with the *Light* of those Divine Consciousnesses which you call the Holy Spirit or Brahman. And one could disappear in Mergence with Them — and exist only as *Light*!

“In this *United Light* we could feel ourselves as giant, living, and free from the body!

“I learned to be a *Soul-Light* — with a real face, with smiling lips, with eyes radiating Love and Light, with gentle hands caressing everything! With the tips of My fingers I could touch bodies of incarnate people — to heal them, to caress!

“With My fiery heart I aspired to the Creator of everything — and learned to live with His *Living Fire of Love*!

“Konstantinos, Pythagoras, and Adler guided Me! And now I — together with Them — from the Eternal Oneness — shine at the Creation with the *Light of Divine Love*!

“... I may add that I became the wife of Konstantinos.”

“Tell us please how did You and Konstantinos end these earthy incarnations of Yours?”

“Both Konstantinos and I completely dissolved everything worldly in Ourselves, including Our materials bodies! Konstantinos achieved this state several years earlier than I.

“Later I had another husband — one of the promising disciples of Konstantinos. He was much younger than I.

“He did not manage to achieve Divinity in that life...”

“... One achieves full FREEDOM only thanks to unceasing work on transformation of oneself as a soul!

“... In ‘usual’ conditions one learns the lessons of karma in many corporeal incarnations, where — by going through pain and trials — the soul ripens and transforms, acquiring this experience slowly, painfully, and with difficulty.

“But meditative work — if organized correctly and combined with ethical self-correction — allows one to go through this transformational stage of growth much more harmoniously and quickly! This was taught by Pythagoras and Konstantinos. And all true esoteric Schools of Soul are based on the same principles!

“But no meditative ‘techniques’, even well-mastered, can allow the soul to infuse into the Ocean of the Creator if there remain states of the consciousness not identical to Him! Until one gets rid of these ‘shadows of the past’, that is of ungodly qualities and states — the soul cannot achieve the final Mergence!

“In particular, there can be some qualities of the soul that have been useful for its growth but have to be discarded now — when the stage of human life has to be replaced with the stage of Divine Life!

“... One has to create Schools on the Earth — according to the principles established by Pythagoras!

“And the principles of living in harmony with the *Whole* are very simple:

“ — Cordial love!

“ — Calmness of the mind and inner quietness!

“ — Benevolence towards everyone and doing good to all the living — in deeds, emotions, and thoughts!

“ — Gratitude to the Creator for all His lessons!

“The one who manages to keep to these principles in life — advances significantly to that quality which God wants to see in all people!”

* * *

Well-known people, Russian poet Nikolay Nekrasov and architect Carl Rossi were also Pythagoras' Disciples. One may learn about the spiritual aspect of Their biographies from our book *Classics of Spiritual Philosophy and the Present*.

Now I will give some excerpts from our conversation with Nikolay Nekrasov:

"I attained Divinity not in the last incarnation known to you, but in the previous one. I was a follower of the Pythagorean School and learned from the disciples of Pythagoras and Socrates.

"In that School, they knew also about the multidimensionality of the universe, about how one can cognize the Creator, enter into Him forever, and become a Part of Him."

We asked:

"Were You aware of Your Divinity in the last incarnation?"

"No. That life of Mine, in many aspects, was not like a life of an Avatar... It was designed so by God: so as not to tempt persecutors..."

"... Only a few people in the next millennia understood the Pythagorean tradition, recognized the greatness of that School. The incarnation of Pythagoras was an incarnation of God!"

"Where does Pythagoras work now? Can we communicate with Him as we communicate with You? Are there His Mahadoubles, His *working sites* in these lands?"

"One can find Him in Sicily and on the south-east shores of the Mediterranean sea.

"Pythagoras was a Messiah in that part of the Earth, similar in His significance to Jesus Christ."

"For us and for our readers, for sure, it would be interesting and useful to learn more about Your second to last incarnation and about Your apprenticeship with the Pythagoreans..."

“I lived then in the region of the Mediterranean sea. I was a Roman citizen from a noble aristocratic family. I sailed a lot over the sea with diplomatic missions...

“The sea is wonderful! In the early morning, when the giant disk of the sun rises from the horizon and the entire space gets suffused with goldish gentle light — the soul becomes enchanted by the greatness of the Creator! In such moments, one can very easily expand with the consciousness over the sea, open the arms of the consciousness, feel the joy of freedom — and blend with the sunlight, with the wind, feel oneself as a giant free bird soaring over the boundless waters!...

“... I was an educated man thirsting for new knowledge. I heard a lot about Pythagoras, about His Teachings, and dreamed of finding His followers who continued His work. I knew that His disciples, who remained after the carnage, went to all corners of the Mediterranean region and founded Pythagorean Societies.

“I was lucky to become a member of one of them!

“In the Society, they taught the laws of the higher justice expounded by Pythagoras; they also observed the principle of the multistage giving of the higher esoteric knowledge — according to the student’s level of development.”

“What were the meditative methods used in that School for cognition of the Creator?”

“On the higher stages, they gave knowledge about the multidimensional structure of the universe. And the students — with the consciousness developed as a spiritual heart — learned to move using the *arms of the consciousness* through all the layers of multidimensionality: from dense — to the subtlest ones. In that way, the students cognized the Abode of the Creator, then mastered it and accustomed themselves to living in it in Mergence with the Creator.

“We had incarnate tutors, but Pythagoras and His closest Disciples were for us quite real non-incarnate Divine Teachers. They directed our spiritual advancement.

“In the tradition of the Pythagoreans, the theme of transformation of the society’s life was the most important one; to Me, the most important in My life was cognition of the Creator.

“Though I attained Mergence with the Creator, I had not managed in that incarnation to turn the look of the soul from Him to incarnate people. This became the task of My life in Russia: I had to develop in Myself Divine Love for people.

“In Russia, My civil activity as a publicist and a poet was aimed at changing the ethical norms of the society by drawing its attention to the awful life of common people... I tried to raise compassion for common people in the most powerful people of this world...

“This became My service to Him.

“I lived by the spiritual heart, and it ‘bled’ watching everything that was taking place in Russia: arbitrariness of officials, ruthlessness in the attitude of landlords towards serfs, darkness and ignorance everywhere around...

“I loved the Earth, loved people, loved the great tenderness and harmony of nature... And I learned to love people not abstractly, but by fighting for them...”

“What would You advise us and everyone who goes to the Creator?”

“The first thing to do when one enters on the Path is to learn to live by the spiritual heart which is open towards people and towards all the living and radiates love. The second thing is to bring to people the true knowledge, the pure Teachings about God.

“One has to raise free citizens with the help of the true knowledge about God! Only this will allow the creation of an ethical structure in the society that will be auspicious for the spiritual evolution of all people.

“... Why did in Russia during the last centuries everything develop so badly despite the fact that there were many bright, outstanding personalities who tried to instill in the society the ideas of Love and Good?...

“Yes, God sows through such people His seeds... But other members of the society decide themselves what they want to do with these ideas. This constitutes their freedom of choice...

“The purpose of God is not to make the life of people safe and happy by all means. God helps everyone by constantly suggesting right decisions to them. But He also gives them the possibility to choose their path and to grow as they want. Only in such conditions one can have the true freedom of creativity, i.e. when one can grow as a creator: as a creator of oneself, to start with...

“... And the work of your School has to develop according to the known principle: God wants a new spiritual hearth to grow on the Earth, a hearth similar to the Pythagoras’ School. He wants, among other things, that politicians and scientists of different countries receive confidential knowledge through you.

“However, this process will not take years but decades.”

Yoga of Krishna

The Teachings of Krishna can be subdivided into three components: ontological, ethical, psychoenergetical (the latter is related to man’s development within Raja Yoga and Buddhi Yoga).

It corresponds to the three components of man’s spiritual development – intellectual, ethical, and psychoenergetical.

Let us consider each of them separately.

Ontological Aspect of Krishna’s Teachings:

From the ontological point of view, the Bhagavad Gita gives complete and clear answers to the main questions of philosophy:

- a) what is God,**
- b) what is man,**
- c) what is the meaning of human life and how should we live on the Earth.**

The Bhagavad Gita considers God in the following aspects: Ishvara, Absolute, Brahman, and Avatar.

In other languages, Ishvara is called the Heavenly Father, God-the-Father, Jehovah, Allah, Tao, Primordial Consciousness. Ancient Slavs called Him Svarog. Ishvara is also the Highest Teacher and the Goal of every one of us.

The second aspect of the word *God* is the Absolute or Everything, that is the Creator existing as one with His multidimensional Creation.

The Evolution of the Absolute goes on in cycles, which are called Manvantaras. A Manvantara consists of a Kalpa (Day of Brahman) and a Pralaya (Night of Brahman). Each Kalpa begins with the *creation of the world* and ends with the *end of the world*. The meaning of such cyclic recurrence consists in creation of new conditions for continuing the universal Evolution of the Consciousness (the Evolution of the Absolute).

The third aspect of God is Brahman, Who is also called the Holy Spirit. This is a collective name for all Divine Individualities Who come out from the Abode of the Creator, primarily with the purpose of helping embodied people.

There is one more manifestation of God on the Earth — Avatar, Messiah, Christ — man-God incarnated in a human body and merged by the Consciousness with the Creator. An Avatar — from the Divine level — helps people to find the Way to the Creator.

Krishna, Who presented us with the Bhagavad Gita, Jesus Christ, Babaji, Sathya Sai Baba, and many Others in the history of our planet are examples of Avatars.

... Man is not a body. The body is just a temporary material container of man. Man is a consciousness (soul), a self-aware energy. The size of the lump of the consciousness of different people may differ significantly: from tiny “rudimentary” — to cosmic sizes. It depends on two factors: the psychogenetic age (i.e. the age of the soul) and the intensity of efforts made on the spiritual Path.

Krishna said the following about the correspondence between man and man’s body:

2:18. Only the body of an embodied soul is perishable, but the soul itself is eternal and indestructible...

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

Man represents the last stage of the evolutionary development of incarnate purusha: plants — animals — man — God. Man's task is to strive to achieve the Divine Perfection. On this Path, man goes through certain stages, steps.

One of the schemes of advancement through these stages is the description of the evolution in terms of gunas. That is, there are three gunas:

the first is *tamas* — darkness, ignorance, stupidity, coarseness;

the second is *rajas* — passionateness, intensive search for one's place in life, fight for one's ideals, and so on;

the third is *sattva* — purity, harmony.

Nevertheless, Krishna said that one has to go even higher — higher than *sattva*, to Mergence with God, and this requires new efforts, new struggles with oneself. We have to keep this in mind, since *sattva* may turn out to be a trap: it captivates us with its bliss peculiar to this stage. It "relaxes" us, tempts us to abandon further efforts. It ensures paradise for us, but we have to go further. To become Brahman, having cognized the Nirvana in Brahman, and then to become Ishvara, we have to do much.

However, it is impossible to bypass the *sattva* guna. It is impossible to merge with God without mastering the qualities inherent to this guna.

It is also impossible to bypass the *rajas* guna, for it is in this guna that man masters such qualities as energy, self-discipline, power.

... Another scheme of man's evolutionary advancement mentioned by Krishna is the scale of varnas. (Let me stress that this and many other scales are mutually complementary; a complex use of them in application to oneself or to others gives a more complete picture).

According to the scale of varnas, man on the first stage is called *shudra*. People of this stage are too young in their psychogenesis and are not capable of doing much. Their task is to learn from others who are evolutionarily more mature, by helping them in their work.

The second stage is represented by *vaishyas*. These include merchants, craftsmen, farmers, etc. Being in this varna implies having a developed intellect for starting creative business activity, because to run a business one has to possess a developed intellect. It is through such activity that the representatives of this varna develop themselves.

The next varna is represented by *kshatriyas*. These are people who have ascended still higher in their intellectual development, in being energetic. These are leaders possessing sufficient “broadness” of the mind and *personal power* (the power of the consciousness). By the way, one can start preparing oneself for this stage of spiritual development starting at a young age by developing the *personal power* and energy. Helpful in this work are physical labor, motion kinds of sport, dances to rhythmic music. If one does this without coarse emotional states, remembering about God and about the necessity to observe the ethical norms in front of Him, then this can form a good potential for future spiritual development at a mature age. At a mature age, it will be necessary to renounce both competitiveness and passionateness. On the contrary, one has to then achieve calm, harmony, tenderness, and wisdom. But this should be based on the foundation of large *personal power* — i.e. the energy strength of the consciousness and of intellect.

The highest varna consists of *brahmins*, they are spiritual leaders.

It became historically established in India to hand down the varna membership by inheritance. Therefore, it is quite obvious that not all people who assign themselves to the highest varna have high spiritual achievements.

... Let me cite the words of Krishna about how to choose the adequate methods of work on oneself — that is those which are in accordance with the real stages of psychogenesis and ontogenesis.

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

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

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

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

The activity which is dedicated to serving the Evolution and devoid of egoistic, selfish components (spiritual service, in other words) is Karma Yoga.

... Let me also note what great importance Krishna attached to the intellectual development of people on the spiritual Path.

This is especially important due to the fact that there are many schools denying the importance of intellectual development — up to opposing the traditional education of children.

But Krishna exalted Wisdom:

4:33. Superior to all outer sacrifices is the sacrifice of wisdom... All actions... become perfect when they are performed by the wise!

4:34. Therefore, gain wisdom through devotion, inquiry, and service!...

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

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

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

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

(It follows from the last words of Krishna that: first, any active person who is not of demonic nature, i.e. not indulging in coarse vices, is regarded by Krishna as righteous. Second, the representatives of the first three mentioned groups are not wise yet: the wise are an independent group of a higher level. Those striving to become free from suffering, those thirsting for knowledge, and those striving for personal achievements at the stage of rajas — they are not wise yet.)

7:17. ... Superior to others are the wise, even-minded and devoted to Me completely. Verily, I am dear to the wise, and they are dear to Me!

8:28. Studying the Vedas, performing sacrifices, ascetic exploits, and good deeds give proper fruits. But a Yogi possessing the true knowledge is superior to all these; such a Yogi attains the Supreme Abode!

So who can be called the wise? — Those who have a wide breadth of knowledge on the main subjects: about God, about man, about man's Path to God. This is the basis, the foundation of Wisdom. But it is not Wisdom yet. This is just possession of much knowledge, erudition. Wisdom implies an additional capability of operating the knowledge, the ability to *create* intellectually.

How can we develop this quality in ourselves? The first and easiest way is to study in the usual educational institutions (schools, universities, etc.). Additionally, we can contribute to the development of this quality by mastering as many skills and professions as possible, by communicating with people, with God, and in many other ways. It is essential to master the stage of grihastha (householder) completely. It is through service to other people, through caring about them — first within one's own family, and then within the "family" of spiritual disciples — that Wisdom can be gained.

And the Creator does not let foolish people into Himself: He does not need them.

Let us consider now the ethical aspect of Krishna's Teachings:

Ethics consists of three components:

- a) man's attitude towards people, towards all other living beings, and towards the entire environment;
- b) attitude towards God;
- c) attitude towards one's own Path to the Perfection.

Let me cite Krishna's statements on each of these three parts of the ethical teachings.

What did Krishna say concerning the first mentioned point?

Krishna suggested regarding everything existing in the universe as a Manifestation of God in the Aspect of the Absolute. Love for God in this aspect implies our love for the Creation as for His integral Part:

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

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

7:10. ... I am the Consciousness of all who developed the consciousness; I am the splendor of all the beautiful!

7:11. I am the strength of the strong who is devoid of attachments and sexual passions. I am the sexual power in all beings that does not contradict dharma.

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

12:15. The one who does not injure people... is dear to Me.

16:2-3. ... Compassion for living beings... — the one of Divine nature possesses this quality.

17:15. Speech causing no dislike, ... pleasant... — such is the asceticism of the speech.

17:16 ... Amicability towards everyone... — such is the asceticism of the mind.

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

Now — about the attitude towards the Creator:

11:54. ... Only love can contemplate Me in My innermost Essence and merge with Me!

13:10-11. Steadfast and pure love for Me... — this is acknowledged as true...

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

12:14. ... Seeking Unity with Me, resolutely cognizing the Atman, having devoted the mind and consciousness to Me — such a loving Me disciple is dear to Me.

12:20. ... All... for whom I am the Supreme Goal — ... are dear to Me above all!

About the attitude towards one's own Path to Perfection:

God suggests that we regard our lives as the opportunity to approach Perfection by making efforts on transformation of ourselves, as well as through active creative love-service to God, which is manifested as our service to people. These are the corresponding statements of Krishna:

The first point concerns fighting
coarse negative emotions and worldly cravings:

12:13. The one who is not hostile to any living being, who is friendly and compassionate, ... even-minded among joy and sorrow, all-forgiving,

12:14. always content... — such a loving Me disciple is dear to Me.

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

12:17. The one who neither... hates, (nor) grieves... is dear to Me.

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

16:21. Threefold are the gates to hell where man perishes: lust, anger, and greed. Therefore, one has to renounce these three!

16:22. The one who has freed oneself from these three gates of darkness is the creator of one's own good... and attains the Supreme Goal!

18:27. Excited, desirous for fruits of actions, greedy, envious, admiring oneself, dishonest, subjected to rejoice and sorrow — such a doer is called rajasic.

18:28. Arrogant, coarse, angry, obstinate, ... somber... — such a doer is called tamasic.

By the way, sexuality as well as all other qualities of man can be differentiated according to the gunas. That is, the sexuality peculiar to the representatives of a certain guna has the nature of this guna. This knowledge may become the ground for self-analysis and self-improvement, and for understanding other people better. Only the sattvic sexuality is worthy of encouragement.

In the Bhagavad Gita, a great deal is said about sattvic qualities; they are harmoniousness, calmness of the mind, subtlety of the consciousness, the ability to control one's own emotions with refusal of coarse emotional manifestations, prevalence of the state of subtle and joyous love, absence of egocentrism and violence.

From the methodological standpoint, it is important that sattvic qualities can be developed only if the body is healthy and cleansed from coarse energies. To become sattvic, one needs, among other things, to exclude completely meat and fish from one's diet.

Sattvic qualities can be steadfast only in those who have passed fully the stage of kshatrim, have developed vigor, *personal power*, high intellect, and have gained deep knowledge about the most important in life.

About fighting against false attachments:

12:18-19. ... Free from worldly attachments... such a person is dear to Me.

13:8-11. ... Dispassion towards earthly objects..., absence of worldly attachments... — all this is acknowledged as true...

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

16:1-3. ... Generosity, ... absence of greed... — the one of Divine nature possesses these qualities.

18:49. The one who, as a consciousness, is free and omnipresent, who has cognized the Atman, who has no worldly desires — such a one attains through the path of renunciation the Highest Perfection and the freedom from the fetters of destiny!

**About fighting egoism, egocentrism, and ambitiousness,
which are manifestations of the lower self:**

12:13. The one who is... without worldly attachments and egoism, even-minded among joy and sorrow, all-forgiving,

12:16. ... who requires nothing from others... — ... is dear to Me.

13:7-11. Humility, ... simplicity, absence of egoism... — all this is acknowledged as true.

16:4. ... Haughtiness, pride... are the features of the one of demonic qualities.

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

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

The problem of fighting against false attachments, egoism, and egocentrism can be solved radically by:

- forming the right spiritual orientation (i.e. whole-hearted aspiration to the Creator),
- mastering the control over the indriyas and
- direct elimination of the lower self in Nirodhi through the meditation *total reciprocity*. If this meditation is performed in the Holy Spirit, it results in the state of Nirvana in Brahman; when performed in the eon of the Creator, it results in Mergence with the Creator.

Work with the indriyas is a component of the psychoenergetical work on self-development. It is feasible only for those who have mastered — on the stage of Raja Yoga — the methods of moving the consciousness from one chakra to another, developed all three dantians, and then — on the stage of Buddhi Yoga — brought to the perfect state both *bubbles of perception*²⁰.

About cultivating positive qualities in oneself:

12:19. ... Determined in decisions, full of love — such a person is dear to Me!

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

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

4:33. Superior to all outer sacrifices is the sacrifice of wisdom... All actions... become perfect when they are performed by the wise!

²⁰ We will discuss this in detail later.

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

4:38. There is no purifier better than wisdom in this world! Through it, the one skilled in Yoga attains Enlightenment in the Atman.

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

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

About service to God:

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

5:25. The Nirvana in Brahman is attained by those rishis who dedicate themselves to the good of all.

And now let us discuss what Krishna said about the psychoenergetical aspect of development:

The psychoenergetical direction of Yoga, as Krishna expounded it, includes the following stages:

1. Preparation of the body.
2. Preparatory exercises for the energy structures of the body.
3. Cognition of the Atman through:
 - a) bringing in order the emotional sphere,
 - b) refusal of false attachments,
 - c) formation of right aspiration and following it,
 - d) control of the activity of the indriyas,

e) meditative practice aimed at the refinement of the consciousnesses, mastering the ability of moving the consciousness, growth of the *personal power*, and cognition of the Atman.

4. Cognition of Brahman.
5. Further strengthening of the consciousness.
6. Cognition of Ishvara and merging with Him.
7. Merging with the Absolute.

About preparation of the body:

Krishna did not leave specific methods for realization of this task, but gave general directions:

17:5. Know that they who perform severe ascetic exploits... for the sake of self-admiration and pride...,

17:6. unwise, torturing the elements that compose their bodies... — know that their decisions are demonic.

17:14. ... Purity, ... abstention, non-harming (the body) — such is the asceticism of the body.

6:16. Verily, Yoga is not for those who eat too much or do not eat at all, not for those who sleep too long or wake too long!...

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

17:8. Food that promotes longevity, strength, health, jocundity, and serenity of mood, which is succulent, oily, substantial, and tasty — such food is dear to the sattvic.

Preparatory exercises for the energy structures of the body:

It is impossible to start working with the Atman straight off. This work should be preceded by preliminary trainings.

About this preparatory stage Krishna said briefly:

12:9. ... If you are not able to fix your thoughts steadily on Me — try to reach Me by practicing Yoga... (This concerns the use of the methods of Raja Yoga, which are described in detail in our book *Ecopsychology*).

About conquering the mind:

In the Bhagavad Gita the following is said about this:

Arjuna said:

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

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

Krishna said:

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

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

In the esoteric practice, the problem of controlling the mind is easily solved with the help of the methods of Raja Yoga and then of Buddhi Yoga. For this purpose, one has to learn to move the consciousness into the anahata chakra. This helps to destroy the mental dominants and to make the mind quiet; at that, the mind's indriyas detach from everything worldly.

Later on, at the stage of Buddhi Yoga, the problem of controlling the mind is solved even more radically — when one masters moving separately the developed structures of the upper and lower *bubbles of perception* in the *subtle worlds* far outside the body.

It does not mean, of course, that such meditators lose to some degree their intellectual ability. Being not in meditation, they continue to reason about the earthly aspects of life not less but more adequately. During meditations, their intellects are not “switched off”; in meditation the intellect switches completely from the earthly to the heavenly, to the Divine.

Higher stages of the solution of this problem become available with the help of special meditative techniques in full Mergence of the consciousness with Brahman and then with Ishvara. The intellect of the meditator in this case is united with the Intellect of God.

In some degraded sects, they use inadequate methods in attempt to control the mind. For example, long “seclusions” by themselves, i.e. without special esoteric techniques, make no sense; they who resort to such seclusions only waste their time. Equally ineffectual for this purpose is the use of psychedelics, which have in addition harmful effects on physical and psychical health. The only right way of mastering control over the mind is to use the methods of Raja Yoga and Buddhi Yoga in a completely adequate and clear state of the consciousness.

Description of the Atman and how to cognize it:

8:3. ... The main essence (of embodied beings) is the Atman...

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

6:10. Let a Yogi be constantly concentrating in the Atman!...

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

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

15:11 Rightly aspiring Yogis cognize not only the soul but also the Atman in themselves. But the unwise do not find the Atman.

2:58. When (a Yogi)... takes the indriyas off the earthly objects like a tortoise withdraws its limbs and head into its shell — then the Yogi has attained the true understanding.

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

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

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

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

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

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

In relation to this subject, it is important to stress the importance of the work on the development of the spiritual heart, because higher spiritual achievements are not possible without this. It is inside the developed spiritual heart that the spiritual seeker can find the Atman and then cognize Paramatman — cognize Ishvara (the Creator).

Krishna said the following about this:

10:20. I am the Atman that resides in the hearts of all beings...

15:15. I reside in the hearts of all!...

18:61. Ishvara resides in the hearts of all beings...

**Now about the description of Brahman
and cognition of Nirvana in Brahman:**

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

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

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

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

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

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

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

18:50. Hear from Me in brief about how the one who has attained Perfection comes to Brahman, to the highest state of wisdom...

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

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

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

6:27. The highest happiness awaits a Yogi... who has become sinless and alike to Brahman.

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

18:51. The one who has completely purified oneself as a consciousness, who has overcome oneself by steadfastness, who has detached from all the outer and cast off passion and enmity,

18:52. who lives in solitude, who is abstinent and has subdued one's speech, body, and mind, who is constantly in meditation and is passionless,

18:53. devoid of egoism, violence, arrogance, sexual passion, anger, and greed and who is imbued with peace and selflessness — such one deserves to become Brahman.

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

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

18:54. Having achieved the Eternity in Mergence with Brahman, one attains the highest Love for Me!

About strengthening of the consciousness:

With advancement through the stages of Buddhi Yoga, one's amount of the energy of the consciousness grows and so *strengthening of the consciousness* (or *crystallization* of the consciousness) takes place:

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

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

However this achievement can be lost:

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

2:63. Because of anger the perception gets completely distorted. The distortion of perception causes the loss of memory (about one's own achievements). And the loss of memory leads to the loss of the energy of the consciousness. By losing the energy of the consciousness, man degrades.

Description of Ishvara:

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

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

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

10:42. ... Having enlivened the whole universe with a minute Part of Myself, I remain.

10:40. There is no limit to My Divine Power!...

11:47. ... My supreme and eternal Form... is revealed only in Yoga, in Mergence with the Atman...

7:7. There is nothing superior to Me!...

15:18. ... I am transcendent to the perishable and even to the imperishable!...

9:4. By Me — in My unmanifest form — this entire world is pervaded. All beings have roots in Me...

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

8:14. ... who think of Me constantly, having no thoughts about anything else — such steady Yogis... easily attain Me.

11:54. ... Only love can contemplate Me in My innermost Essence and merge with Me!

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

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

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

18:46. By performing the duty and worshipping through this the One by Whose Will all beings come into existence and Who pervades everything, man attains Perfection!

18:55. By Love one cognizes Me in My Essence: who I am and what I am in reality. Having cognized Me thus in My innermost Essence, one submerges into My Beingness!

18:65. Think always about Me, love Me, sacrifice yourself for My sake, seek refuge only in Me — and you will come to Me!...

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

About cognition of the Absolute:

One of the aspects of God, as we discussed above, is the Absolute — the Creator coessential with His Creation. As to the practical aspect, the meditative cognition of the Creator and of the Absolute and Mergence with Them happen almost in parallel.

About the cognition of the Absolute Krishna said the following:

7:19. At the end of many births, the wise man comes to Me. “Vasudeva is Everything!” says the one of rare Mahatma’s qualities.

18:20. The knowledge that sees One Indestructible Being in all beings, undivided in the separate, — know that such knowledge is sattvic!

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

6:30. Those who see Me everywhere and see everything in Me will never be forsaken by Me and will never forsake Me!

6:31. Those who are established in such Oneness and who worship Me, the One Who is present in everything, live in Me whatever their activity may be.

Mergence with Brahman, the Creator, and the Absolute is achieved through the meditative methods that allow one to enter the state of “non-I” (*total reciprocity*) and through other methods of Buddhi Yoga. At that, not only mental but also meditative replacement of egocentrism with Godcentrism takes place.

By the way, the vector of attention in the Absolute is directed from the Creator to the Creation.

7:4. Earth, water, fire, air, akasha²¹, mind, consciousness, also the individual “I” — all this is that which exists in the world of My prakriti, eight in total.

7:5. This is My lower nature. But know... My higher nature, Which is that Element of Life thanks to Which the whole world is sustained!

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

The ultimate goal of every one of us is Mergence with Him. Let us dedicate our lives to this!

Ashtanga Yoga

In ancient times, the Indian rishi Patanjali highlighted the principal stages of the ascent to spiritual heights, to the Primordial Consciousness. The term *Ashtanga Yoga* means *eight-step Path to the final Goal*.

Patanjali distinguished eight major steps of this Path: yama — niyama — asana — pranayama — pratyahara — dharana — dhyana — samadhi.

Let us look at these steps.

²¹ Akasha is substance, energy scattered in the cosmic space in the diffusive state. It is the “building material” for creation of matter and souls.

* * *

The terms YAMA and NIYAMA are translated as *effort and relaxation* or *exertion and rest*. This stage consists in mastering fundamental ethical and psycho-hygienic rules of a spiritual seeker's life.

The first rule is called *ahimsa* — non-harming. It means trying not to injure, as far as possible, any living being in deeds, words, thoughts or emotions.

This also includes the principles of ethically correct nutrition and, what is no less important, getting rid of coarse emotions, which are the result of ill thoughts and often lead to rude words and actions.

We can make ethical mistakes, including crimes, as a result of either our ignorance, lack of understanding of the universal order and of our place and role in it, or as a result of our indulging in emotions of spite, condemnation, jealousy, resentment, anxiety, despair, fear, etc., which are manifestations of our "sticking out" lower self.

Destroying the lower self by merging it into the universal Highest Self of the Creator is one of the important tasks on the spiritual Path. This kind of work begins with the inner fight against all vicious manifestations of the lower self — first of all, those existing in the field of emotional reactions.

Repentance is an important tool in accomplishing this task — sincere repentance for ethical mistakes that one has committed, accompanied by a mental analysis of the corresponding problematic situations and finding the best ways of resolving them.

Many people do not grasp the essence of the principle of non-condemnation. Condemnation is an emotion, a form of anger. Identification and discussion of one's mistakes, as well as an intellectual analysis of them are not condemnation at all. An analysis is necessary since it helps us not to repeat someone else's mistakes. But while performing this type of analysis, one should be free from any kind of the emotions of anger.

Emotions are states of the energy of the consciousness. They emanate beyond the body, thus creating an energy environment for people and other beings around us.

People living in coarse emotional states produce a destructive and pathogenic environment for those around them. Communicating with such people can cause severe energy lesions and diseases, especially in children.

But people who live in subtle states of love make everything around their bodies healthy, spiritualized, and elevated; they heal with their mere presence. And the stronger their love and more powerful the consciousness is — the larger space they spiritualize — up to the planetary scale.

A spiritual seeker can achieve full control over the emotional sphere only through working with the chakras and other energy structures and then through merging (as a consciousness) with the Divine Consciousness. But he or she should start making efforts right from the beginning of the Path.

The second rule of yama is *sathyā* — truthfulness, purity, honesty.

However, there are cases when we cannot tell the truth, because this will harm someone. In such instances it is better to evade answering the question...

But if we lie, we become sinners before God and captives to our lies before people, since we will have to apprehend a disclosure and to live in anxiety, instead of the state of steadfast pure peace.

The third rule is *asteya* — non-covetousness, renunciation of the desire to possess something that belongs to someone else. We have to be totally concentrated on the cognition of God! Craving for material objects, especially those belonging to others, is an utter perversion of the true orientation of the consciousness, which, at the same time, leads to harming other people.

The fourth rule is *aparigraha* — limiting possessions to necessary things. Unnecessary things only distract our attention from the essential: from aspiration to Mergence with the Creator.

Brahmacharya — the fifth rule — literally means “walking the path of Brahman (Holy Spirit)”. This implies renunciation of worldly desires (except for attending to elementary needs of the body) and redirection of the attention towards God, searching for Him, first, with the mind and then — with the developed consciousness.

This rule implies sincere renunciation of seeking worldly fame and honors, of accumulating things that are unnecessary on the spiritual Path, and renunciation of the embellishment of the body.

Some people interpret the Brahmacharya rule only as celibacy (sexual abstinence). But this is too narrow of an interpretation. Besides that, sexual continence is even unnecessary provided that one regards sex as a spiritual act. On the contrary, celibacy can lead to adenoma of prostate in men, energetic “fading” of women, and result in the consciousness growing “callous” — in both. It really does not contribute to one’s progress on the spiritual Path. What is important is not abstaining from sex, but freeing oneself from being obsessed with it and from sexual contacts with inadequate partners.²²

The sixth rule is *saucha* — maintaining purity of the body. The main thing here is to wash the whole body with warm or hot water and with soap, daily if possible. This cleans the skin from deposits of perspiration salts, which upset the normal functioning of the whole organism. Let us recall how we feel after taking a good bath, especially if we have not washed the body for a long time! This is the state of comfort that we can and should create for ourselves every day by washing the body in the morning.

Saucha also implies brushing the teeth and so on.

There are also special therapeutic saucha techniques, such as abstersion of the nose and of the nasopharynx by drawing in salted water. There is no reason for using them regularly, but they can be effective for treating chronic rhinitis.

The seventh rule is *mitahara* — pure nutrition. This has already been discussed in detail in our books. Here let me mention only that it is best to eat food in an emotionally favorable environment. In no circumstances should one eat on the background of conflict conversations or bitter arguments, as well as in the presence of malicious or irritated people.

One may perform a meditation before taking a meal in order to harmonize the inner state.

²² We discussed this subject in [12].

For example, the Orthodox prayer-meditation *Heavenly Father* suits this purpose very well.

The eighth rule — *santosha* — consists in maintaining a positive emotional attitude always. If we feel the presence of the Lord and devote our lives to Him totally, if we do not act out of self-interest, if we know that He is constantly watching us, leading us, teaching us, that He creates difficulties for us so that we can learn and then helps us find solutions to the problems — why would we not live in joy?

The ninth rule is *svadhyana* — philosophical discussions, conversations, and readings that make for a thorough comprehension of the meaning of life and of the Path to Perfection.

“Fix your mind on Me...” — this is how Krishna defined the first steps that man has to take on the Path to God.

The tenth rule — *tapas* — implies all kinds of self-restraints and efforts for the sake of overcoming our vices. Among other things, *tapas* teaches us spiritual discipline as well as to follow the principle “it must be done!” as opposed to “I do only what I want!”.

The eleventh rule is *Ishvarapranidhana*. This implies feeling that everything existing is pervaded with the Consciousness of the Creator (Ishvara), feeling His constant presence inside and outside my body, bodies of other people and material objects, seeing Him as my Teacher and a Witness of everything that I do and that happens to me.

There are also four very important rules:

- *kshama* — tolerance to those who think differently;
- *daya* — mercy, kindness;
- *arjava* — simplicity, absence of arrogance;
- *hri* — lowliness of mind, also absence of: self-admiration, self-pride because of one’s actual achievements, and conceit — self-praise on account of one’s imaginary virtues.

* * *

In this context, the word ASANA means a posture, a steady position of the body. There are special methods of working with the body in order to prepare it for further stages of spiritual work. Systems of asanas and other exercises of this stage of work are collectively called *Hatha Yoga*. They also help one acquire the initial skills of concentration and provide the entry-level development of the energy structures of the organism.

One should start doing asanas only after studying and accepting the principles of the previous stage. Practicing Hatha Yoga without switching to the *killing-free diet* leads to coarsening of one's energy and to accumulation of coarse power, and this in turn leads one astray from the true Path.

The best time for doing asanas is early morning — approximately 4-5 a.m.

Each session must be followed by *shavasana* — a deep relaxation of the body and mind while lying on the back for about 20 minutes. If one does not do this, health disorders may occur, such as deterioration of the eyesight, anxiety, insomnia, etc.

One also needs to understand that Hatha Yoga is just a preparatory stage for the actual Yoga Path. This is why dedicating one's life to it, counting on any substantial spiritual success — is not serious. Only working with the spiritual heart within raja and then Buddhi Yoga programs can ensure serious advancement.

* * *

Working with energies within the body and within the *cocoon* that surrounds the body is the task of Raja Yoga. One of the methods here is PRANAYAMA, which is translated as "work with energy".

Sometimes this term is incorrectly interpreted as "breathing exercises". This is an atheistic error. In reality it is the energy of the consciousness that is moving during pranayamas, but one may perform this — for convenience — keeping time with the breath.

The part of the consciousness that is working during pranayamas has to transform itself into white flowing *light*. With this *light*, we wash all areas of bio-energetic contamination located within our bodies. This results in general improvement of the health and elimination of various diseases. Additionally, the consciousness itself turns into a mobile and active power.

* * *

The word PRATYAHARA means “removing the indriyas from material objects”. At the stage of pratyahara, aspirants learn to control the “tentacles” of the consciousness which are called *indriyas* in Sanskrit.

This allows one to achieve the ability to *see* inside the subtle and the subtlest layers of multidimensional space, as well as to exit from the material body into them and settle in them, accustoming oneself to their subtlety, tenderness, and purity.

The concept of indriyas exists only in the Indian spiritual culture. Europeans with their simplified and degraded religious ideas usually are not capable of grasping this kind of knowledge. Even in translations from the Indian languages they substitute the word *indriyas* with the word *senses*; by doing this they completely reject the immense methodological significance of the pratyahara concept and of the principles of work at this stage.

Europeans translate the term *pratyahara* as “control over the senses”. But senses are not everything that is denoted by the term *indriyas*, since the indriyas include the mind as well.

It is also essential that the image of “tentacles” evoked by the word *indriyas* provide profound understanding of the principles of the functioning of the mind and consciousness, as well as of the methods of controlling them.

Krishna presented fundamental knowledge about working with the indriyas in the Bhagavad Gita (you can find its text in our book *Classics of Spiritual Philosophy and the Present*). He was talking about the indriyas of vision, audition, smell, touch, proprioception, and about those of the mind. And indeed: one’s concentration on an object through any organ of sense or with the mind is very similar to extending a tentacle to it from the body.

When one switches the concentration to another object, one detaches and moves the indriyas to it.

In the same manner the mind creates its own indriyas, when one thinks about something or someone.

People with developed sensitivity can perceive other people's indriyas touching them. In some cases they can even see those indriyas and therefore can influence them.

Krishna said that one of the things man has to learn is the ability to draw all the indriyas from the material world inwards, just as a tortoise retracts its paws and head into its shell. Then one has to extend the indriyas into the Divine eons in order to embrace God with them, to draw oneself to Him, and to merge with Him.

Now Sathya Sai Baba — our contemporary Messiah — also teaches about control over the indriyas. Many of His books have been translated into Russian but in all of them the information about working with the indriyas was lost due to an inadequate translation.

One cannot achieve control over the indriyas without mastering the ability to shift the concentration of the consciousness between the chakras and main meridians, i.e. the meridians that make up the *microcosmic orbit* and the middle meridian. (See more details in the book *Ecopsychology*).

* * *

DHARANA means "maintaining a proper concentration". Proper concentration means keeping the indriyas on God. In other words, this is a real manifestation of our aspiration towards God, towards Mergence with Him.

But God in the Aspect of the Creator or the Holy Spirit is inaccessible for direct perception at this stage of apprenticeship.

Our loving thirst for God can be partially quenched by working with an Image of a Divine Teacher, for example, Jesus Christ, Babaji, or Sathya Sai Baba — the One Whose form from His past Incarnation is familiar to us.

If we hold such an Image in anahata on the background of the emotion of the most intense love that we are capable of, we gradually enter the state

when it is not I who look at the world from anahata but He. This denotes the Yidam (this is what this Image is called) becoming alive; we are partially merged with Him. After that we may live in Unity with Him in anahata; having moved the concentration of the consciousness to the chakras located in the head, we can address Him in anahata as an Advisor and a Teacher.

This is not an illusion but the real Divine Teacher entering into His Image created by us. He may also become an Instructor in our meditative trainings. He will lead His devoted and loving disciples through Himself — into the Abode of the Creator.

This work can be very useful if one does it with Krishna in particular. Unfortunately, we do not know adequate pictures of His Face. The pictures distributed by the Society for Krishna's Consciousness as allegedly portraits of Krishna have nothing to do with His real Appearance. In fact, the Face of Krishna is very similar to Jesus' Face.

If work with Yidam does not bring immediate results, one may benefit from practicing visualization. One may practice creating images that help develop the chakras or visualize blissful pictures of communion with living nature, etc. But only those images, which are filled with exultation of happiness, harmony, joy, subtlety, and bliss, will make for one's correct spiritual development. Corresponding types of paintings, musical compositions and art photography, etc. may also serve as an aid.

There is a description of God suggested by Shankara: SAT — CHIT — ANANDA. It is incorrectly translated as "pure beingness — consciousness — bliss". In reality, it means: PURITY — SUBTLETY — BLISS. It is from the purity in everything and subtlety of the consciousness that we have to start walking the spiritual Path. Then we may experience the Higher Bliss of contacts and Mergence with Brahman (Holy Spirit) and Ishvara (Creator).

* * *

DHYANA is the stage of meditative trainings that brings one to Samadhi.

Meditation is work of the consciousness aimed at consciousness development on the path to Perfection, to Mergence with the Creator. Meditation is practiced at three stages of the Patanjali's scheme.

At the dharana stage, students learn, among other things, to expand the consciousness in the subtlest and the most beautiful that exists in the world of matter. By means of such attunement they establish themselves in the sattva guna.

And through working with Yidam they may immediately come in contact with the Fiery Manifestation of the Divine Consciousness and experience Samadhi.

At the dhyana stage, students work on increasing the "mass" of the consciousness and obtaining power in subtlety.

At the next stage, the stage of Samadhi, their efforts are focused on interaction of the individual consciousness with the Consciousness of the Creator and on merging with Him in His Infinity.

At the dhyana stage, meditative work is especially effective if it is performed at special *places of power* — areas on the Earth's surface that have a special energy impact on human beings. Among the variety of them, only those should be chosen that make for expanding of the consciousness in the subtlest eons. A correctly selected sequence of such places ensures that the most complex tasks of correct *crystallization* (i.e. quantitative growth) of the consciousness will be solved easily and with little effort.

For the same purpose, one can meditate during athletic exercises, as well as practice *winter swimming* and *meditative running*.

The structure of the human organism responsible for meditation is the lower *bubble of perception*, the principal part of which is the anahata chakra supplied with energy by the lower dantian (a complex of the three lower chakras).

From the very beginning of meditative training until the ultimate victory of Merging with the Primordial Consciousness, one must always remember that man's main merit is measured by the level of the development of the spiritual heart. This is by what man can merge initially with God. This is

why it is the spiritual heart that man should develop and keep pure in every possible way.

Everything said above allows us to take it not as a nice figure of speech or a metaphor, but as a quite practical knowledge and instruction.

The steps of one's spiritual ascent that we are discussing now are meant for teaching one how to position the consciousness, first, in the cleansed anahata, then to ensure the growth of anahata within the body and then beyond it — within the *cocoon*, then within the Earth and beyond the planet in the highest eons.

In this way we can grow as Love. God is Love; this is why one can merge with Him only after becoming Great Love, a Great Soul consisting of Love (Mahatma)!

And there are no other ways of developing Divinity, except for these fundamental steps that we are describing here.

* * *

The stage of SAMADHI includes a range of the highest spiritual achievements — from the first Samadhis — up to Mergence with the Primordial Consciousness and with the Absolute.

The consciousness of the spiritual seeker prepared at the previous stage becomes capable of getting in contact with the Consciousness of God in the highest eons. These first contacts give one a vivid novelty of bliss, which is what the term *Samadhi* denotes.

In contrast to Samadhi, Nirvana is a stable Mergence with the Consciousness of God in which the feeling of the localized "I" disappears. The term *Nirvana* means "complete burning away", i.e. losing the individuality through Mergence with God in the aspects of the Holy Spirit or the Creator. And it really happens.

In the Bhagavad Gita, Krishna speaks about Samadhi and about two principal stages of Nirvana: Nirvana in Brahman (the Holy Spirit) and Nirvana in Ishvara (the Creator).

But in India, the term *Nirvana* became widely used by Buddhists at some point in time, and later on, this term along with Buddhism, was “forced out” from India by Hindus. Instead of using the term *Nirvana*, Hindu schools started to expand the meaning of the term *Samadhi* by adding to it various prefixes. Various schools used these composite words, and because of this the term *Samadhi* became “diffused” and lost its unambiguity. This is why it makes sense to get back to the accurate terminology that God introduced into spiritual culture through Krishna.

So, in order to get from Samadhi (Bliss of Contact) to Nirvana (Mergence) one has to have a large and strong consciousness, developed by preceding trainings. In addition to this, it has to be firmly established in Divine subtlety.

If these conditions are fulfilled, then all one needs to do is just to find an entrance into the required eon, to enter it, and to dissolve oneself in its Consciousness using the method of *total reciprocity*, which one has to master in advance.

This task requires not only meditative skills but ethical preparation as well: destroying the lower self in every possible way and replacing it with the collective self first, and then with the Universal Self, i.e. with the Paramatman.

This is the only way man can connect to the unlimited Divine Power.

... One explores the highest eons of the Absolute one after another. Before starting exploring the next eon, one has to accumulate the power of the consciousness for a long time, sometimes for years, in order to be able to enter it and remain in it. The only exception is people who approached these stages in their previous incarnations and maintained the necessary amount of *personal power* and the level of the subtlety of the consciousness.

... So, now we know what we have to do. Let’s get to work!

Kriya Yoga

Today we are going to discuss the direction of Yoga called *Kriya Yoga*.

The word *Yoga* (starting with a capital letter) is identical to the word *Religion*; it means *Mergence* of an individual consciousness with the Primordial Consciousness (that is with the Creator, God-the-Father, Allah, Tao). The same word starting with a small letter means Path to such Mergence.

The word *kriya* means purification.

That is, the term *Kriya Yoga* should be interpreted as the path of purification of oneself (as a consciousness) to the Highest Subtlety of the Creator. Only if we have achieved such subtlety, can we come to Mergence with the Creator.

The Teachings of Kriya Yoga originate from great Babaji. His two Divine Incarnations took place in the near past. The first one of them was described by Yogananda in His books²³ published in the first half of the twentieth century. The second Incarnation happened from 1970 to 1984 in Indian Haidakhan, where Babaji materialized for Himself an adult body and lived in it fourteen years.

Let me note that the second Advent of Babaji was prophesized by Jesus Christ more than 2000 years ago. Jesus said: "When you see One Who was not born of a woman, fall on your faces and worship Him, for He is your Father". These words are recorded in the apocryphal *Gospel of Thomas*.²⁴

We know also the names of Lahiri Mahasai, Yukteshvar, and Yogananda, Who were Disciples of Babaji in His first (from two mentioned) Incarnation and attained Divinity.

In His second Incarnation, Babaji helped His Disciple Shastriji to achieve Divinity.

The same happened to Pavel Nahimov — who was an admiral of a Russian fleet in the past. Later He was a personal Disciple of Babaji in both of His Incarnations and achieved Divinity too.

We were lucky to converse with all of these Divine Teachers.

²³ [31] and others.

²⁴ *The Gospel of Thomas*. [14]

But Babaji taught people not only during His Incarnations. He also provided spiritual help from the non-incarnate state to those deserving people who addressed Babaji for help. We were among them.

Babaji left to people of the Earth concise and profound spiritual Teachings; you can read about them in our book *Classics of Spiritual Philosophy and the Present*.

Now let us talk in more detail about Kriya Yoga.

So, *kriya* means purification. But what should we purify? And for what purpose? And, in general, what is the meaning of our existence on this planet?

From the Divine Teachings gifted to people by God, it follows that the meaning of our lives on the Earth consists in our development (as souls, consciousnesses) — with the purpose of achieving Divine Perfection in order to merge into the Creator and enrich Him in this way.

Jesus Christ expressed this idea very concisely: “Be perfect as your Heavenly Father is perfect!” This statement of Jesus is recorded in the New Testament.²⁵

The Apostle Matthew, telling about the Teachings of Jesus, said that the purpose of our spiritual efforts is attainment of Unity with the Heavenly King.²⁶

Moreover, the Apostle Philip wrote in His Gospel how Jesus taught His closest disciples the meditative methods of cognizing such Unity.

(You may read about this in more detail in the book *Classics of Spiritual Philosophy and the Present*).

This is the essence of the Evolution of the Universal Primordial Consciousness: It creates and sends small particles of purusha, which are germs of human souls, to grow and develop on planets suitable for this. The for-

²⁵ Matt 5:48.

²⁶ *The Apocryphon of Matthew*, 145; see full excerpt in the book [17,19]. Published in *The Book of Thomas the Contender Writing to the Perfect*. [19]

mation of these germs happens on the crystalline lattice of minerals; then they incarnate in bodies of plants, then — animals, and then — people.

Thus every one of us has gone through a long personal evolution on the Earth.

And all those plants and animals that we can observe now are people to be! Therefore, we have to treat them as our little brothers and sisters — that is carefully, tenderly, viewing them as not just bodies but also as evolving souls. And we have to help them in their evolution!

* * *

What are the features of Divine Perfection? What qualities should we develop in ourselves on this Path?

The main qualities of God are Love, Wisdom, and Power. Also it should be noted that the Primordial Consciousness is the most subtle Manifestation in the multidimensional universe (which is also called the Absolute).

It is in these directions that we have to develop ourselves.

Let me note that the power aspect of the consciousness is directly related to the size of the consciousness. Yet, on the spiritual Path it makes sense to grow the consciousness only if it has been refined already.

As for those who developed in themselves emotional coarseness, their destiny is hell: the “cesspool” of the evolving Absolute.

This allows one to create an image of a vector of multidimensionality, which goes through all the layers of the multidimensional universe: from the Primordial Consciousness — to hell.

And every one of us has the possibility to use the freedom of will given to us by God and to walk in one direction or another along this vector of multidimensionality.

Approaching by the state of the soul the Divine end of this vector gives one the feeling of increasing bliss.

Approaching the hell gives one the nightmare of destructive emotional states, pain, life among similar beings, and eventually destruction of the soul... This is where the image of a *blazing inferno* comes from...

(One can read about the evolutionary processes taking place in the Absolute in our book *Ecopsychology*).

* * *

The information I am telling you now is not fantasy but knowledge imparted to people by God. This knowledge, according to the intent of God, has to unite all people in the common process of positive Evolution of consciousnesses. Babaji and all other Divine Teachers are willing to provide all Their Divine Powers to help people who walk this Path.

But how should one begin walking it?

Babaji suggested a very simple scheme consisting of five points; by mastering it, we can come to the higher stages of the spiritual Path. These points-principles are the following: Truth — Simplicity — Love — Karma Yoga (that is service) — Abandonment of the lower self for the sake of Merger with the Higher Self.

We described all these points in our books that I mentioned already. And now I am going just to explain them briefly.

The first point, *Truth*, implies a deep understanding of everything that we are discussing now.

Simplicity means an absence of haughtiness, arrogance, self-praise, self-admiration, contemptuous attitude towards others; it also implies lowliness in self-perception and in the way of life, absence of striving for luxury and for petty embellishment of the material body.

Love means development of the whole spectrum of the emotions of love in oneself, refusal of all coarse and selfish emotional states. This can be mastered easily with the help of the art of psychic self-regulation and through the development of the spiritual heart.

Yet, love must be manifested not only in inner states but also in giving oneself to others for their sake.

Karma Yoga is service to God through service to people in their evolutionary development. The personal selfish interest in the results of such work must be excluded.

The next point, *Abandonment of the lower self for the sake of Mergence with the Higher Self*, means refusal of egocentrism in behavior and in self-perception, and substituting it with God-centeredness. On the final stages of personal evolution, there must remain only one Self — the Self of the Creator, which is called the Higher Self. The inflated personal human self cannot allow this to happen; Mergence cannot take place in this case.

Let me explain that in the Abode of the Creator all Those dwelling in it exist in the state of mutual mergence, and therefore there is indeed only one United Self of the Primordial Consciousness.

It is only when someone of these perfect Souls comes to the Creation with the purpose of helping incarnate people — only then His or Her individuality is partly reconstructed.

I want to emphasize also that one's full ethical transformation cannot happen instantly, for example just from listening to this conversation. No, it takes quite a long period of time. It also requires repenting one's own ethical mistakes: in order not to repeat them again.

It is very useful to study in detail how Jesus Christ, Krishna, Sathya Sai Baba and other Divine Teachers discussed with Their disciples these problems of ethical self-transformation. (It is described in the books mentioned above and in other books).

* * *

All that we have discussed here concerns the intellectual and ethical aspects of spiritual work, of spiritual purification. And now let us turn to some psychoenergetical methods.

I should note that there is no sense in trying to purify the organism of energetical contaminations if one continues to contaminate it.

The main sources of such contamination are the following:

- using bodies of animals for food;
- one's own coarse emotional states;
- emotional contacts with energetically coarse people; this is most important in the sphere of sexual contacts;

– influence of coarse, contaminating negative *places of power*.

Concerning purification, its methods can be the following:

– *winter swimming*, that is swimming in ice-cold water;

– various methods of physiotherapy that treat the body with electric currents of high frequencies, with magnetic fields, and so on;

– bioenergetical therapy, that is the methods used by healers;

– cleansing of the chakras and meridians with the help of the methods of Raja Yoga;

– receiving help from Divine Teachers — Holy Spirits — in special meditations, such as *latihan* or *pranava*;

– transformation of the energies of the body with one's own *arms of the consciousness* developed through the methods of Buddhi Yoga.

What is the most efficient way of winter swimming, how to work with the chakras and main meridians — we are not going to discuss this now, because it was described in our book *Ecopsychology* and in our films; it hardly makes sense to talk about it again. Now let us talk about the methods that we received from Babaji and His Divine Disciples Yogananda and Yuktेशvar.

Let us begin with *the pranayama of Yogananda's kriya*. I should note that it can be done successfully only after cleansing the chakras — when the chakras become filled with pure goldish-white light.

(See demonstration of the exercises in the film).

* * *

One of the laws of spiritual development is that one can enter subtle layers of the multidimensional universe only if the body has been brought to the corresponding level of purity and subtlety. Such purity and subtlety can be achieved, among other ways, with the help of such methods (provided that there was also a corresponding change in one's way of life) that we discussed in this lecture and in our other conversations.

Only when we have become pure and subtle consciousnesses — we receive the possibility to see our Divine Teachers, to enter Their giant anthropomorphic Forms — Mahadoubles, to merge with Them, to learn to be Them.

* * *

And when we have accumulated enough experience in this work — They will guide us further: to Their common Abode, the Abode of the Creator, where all They are *One*.

Divine Teachers let us into Themselves only if we have become giant spiritual hearts. How one can turn into such a heart is described in our other conversations and books.

Kundalini Yoga

Let us now talk about Kundalini Yoga and about the role of Kundalini in the spiritual self-realization of man.

Let me note first that on the Path of Yoga (which is the same as religion) one can distinguish three directions of work on oneself: intellectual, ethical, and psychoenergetical. They imply:

— Studying and comprehension of the Goal of spiritual efforts and the ways of Its cognition.

— Ethical self-correction.

— Direct transformation of oneself as a soul (consciousness) — for the sake of becoming closer by the degree of the subtlety of the consciousness to the Primordial Consciousness: the Primordial Consciousness is the most subtle part of the Absolute! Also one has to grow oneself as a consciousness.

All this is necessary. One cannot achieve full spiritual self-realization without mastering everything listed above.

Let me note also that for achieving full victory one needs a high level of the so-called *personal power*, that is the power of the consciousness. And it depends, first of all, on the size of the individual consciousness, and of

course, on one's ability to act, on one's skills of acting outside of the material body.

Also it is very important to understand that the size and power of the consciousness are valuable only if the consciousness is purified from coarseness and egocentrism.

We have discussed already in our books and in our previous conversations that the destiny of coarse people, who are inclined to violence and aggressiveness and who live in the states of irritation, is hell, the "cesspool" of the Evolution of the Universal Consciousness.

As for egocentrism, people who possess it cannot infuse into the Creator and dissolve in Him: an inflated personal "I" prevents this; Mergence with God implies that there remains only His "I" — the "I" of the Creator; the second small inflated "I" is inappropriate in this case!

... In the book *Ecopsychology* we considered the stages of the spiritual Path described by the ancient sage Patanjali. They include recommendations on cleansing the mind, body, and consciousness; work on mastering control over the indriyas (that is the "tentacles" of the organs of sense and of the mind which we stretch to touch outer objects); also on interaction with the Primordial Consciousness.

One can also read about the principles of spiritual development in our book *Classics of Spiritual Philosophy and the Present*. It describes, among others things, the Teachings of Jesus Christ, Krishna, Babaji, Juan Matus, Sathya Sai Baba, and the ethical principles of the Teachings of Gautama Buddha and Islam.

One of the most important rules to follow for successful advancement on the spiritual Path is to adhere to the *killing-free* nutrition — due to ethical reasons. This implies absolute refusal of meals made of bodies of animals.

* * *

Before starting to practice certain spiritual methods under the guidance of an instructor, it is very important to understand, first, what God wants from us and why He sent us to develop on this planet. Only in this way one can avoid joining various ignorant sects who maim their followers.

And when we have understood the intent of our Creator towards us, when we have fully accepted the ethical principles suggested by Him — the principles of interaction with Him, with all living beings, with the entire environment — only then can we begin real transformation of ourselves on the psychoenergetical component of the spiritual Path.

This work begins with cleansing and development of the energy structures located inside the body. This stage is called *Raja Yoga*. On this stage, one uses such methods as pranayamas, mantras, and work with images. They are described in detail in the book *Ecopsychology* and demonstrated in our previous films.

It is very important that these methods allow one to harmonize one's emotional sphere, because it is in the chakras that our emotions are generated. And emotions are states of the consciousness. The emotions that we have accustomed ourselves to living in while being on the Earth determine our future after the death of the material body.

Therefore, the habit of living in coarse emotional states programs us for hell.

On the contrary, the habit of living in the subtle emotional states of tender love and care ensures paradise for us.

Let us note what large importance Jesus Christ attached to this in His Teachings! One can read about it in detail in both books mentioned by me.

The paradisiacal states of the soul (they are called also sattvic) — be they states between one's incarnations or in the current incarnation — are the "starting ground" from which one can begin walking directly to cognition of the Creator in His Abode and then to Mergence with Him.

... It is also important to know that further steps on development of oneself as a consciousness are performed outside the material body in the subtle layers of the multidimensional Absolute. And one can enter these layers, with the purpose of working in them, only from the energy structures of the organism that were purified and refined to the level of purity and subtlety of these layers. If the body is energetically dirty, one can exit from it only to coarse layers — hellish or those close to hell.

* * *

So, after the chakras and main meridians are cleansed and treated inside the body and one has learned to stay firmly in the anahata chakra — one can start working on the final stage of the Path — the stage of Buddhi Yoga; that is to work on the development of oneself on scales much larger than the size of the material body.

Here one has to first make efforts in the following directions:

First: Development of oneself as a spiritual heart. Let me stress that the only way of direct cognition of God is to cognize Him with one's own giant and subtle spiritual heart; there is no other way.

Second: Creation of dharmakaya; in the literal translation, the term *dharmakaya* means "body of the Path".

Third: Mastering the Nirvanic state of Nirodhi through the meditation of *total reciprocity*. This is a universal method that allows a consciousness, which has become much larger than its material body, to enter the state of Mergence with the Consciousnesses of the Holy Spirit and the Creator. (By the way, in the School of Juan Matus described by Carlos Castaneda they used an analogous method called *rolling force*).

Forth: Cognition of all the main eons, that is the layers of the multidimensional Absolute, and mastering the subtlest layer. (In some of our books including *Ecopsychology*, we published the chart that helps one to study successfully these layers).

* * *

Development of the chakras outside the material body allows one to form a dharmakaya. Such transformation of the chakras is performed through expanding them from within the body with the help of the method of pushing the chakra's walls from within it.

A dharmakaya is made in the form of a pillar of connected chakras. Of them, the four upper chakras are partly located within the body, and the three lower chakras prolong this pillar to the space down-backward from the body.

A developed dharmakaya represents a structure of many kilometers in size. Thus it should be clear that one can grow with the consciousness to such a size only after years of arduous efforts; or, to put it more correctly, by dedicating the entire life to this purpose (of course, starting not from childhood but from an adult age).

Moreover, it is desirable to create not one but two dharmakayas: the right and the left one...

... The word *dharmakaya* can also be used to describe a more simple structure created on the basis of the anahata chakra only. I am speaking about the spiritual heart developed to the size much larger than the material body. This is very good! Only this direction of self-development allows one to quickly become closer to the Primordial Consciousness by the state of the soul.

Yet dharmakayas built first on the basis of the spiritual heart and then from the entire complex of the chakras (as it was described above) — gives one the unique possibility to come close to Mergence with the Primordial Consciousness in Its Abode right now.

What does one need to do for this? One has to appear as a developed spiritual heart (with active arms of the consciousness) — under the muladharas of the two dharmakayas... And then... with a little effort one can achieve the possibility to perceive the Primordial Consciousness in the space where the body is situated, that is in a very convenient situation: not *there* but *right here*. The cells of the body in this case become completely filled with Him; they divinize and gradually attain Immortality...

And then one can easily master the meditations *Temple* and *Two Temples*...

* * *

In this way one can gradually transform (of course provided that one successfully develops in all three directions mentioned above) from an ordinary person into a Messiah, an Avatar: an embodied Representative of the Creator.

Yet in order to make it happen, one has to have a significantly large experience of positive evolution in the current and in the past incarnations. Such an experience is reflected in the amount of accumulated Atmic (i.e. Divinely subtle) potential of the consciousness, which is called by the term *Kundalini*.

It turns out that every time a person incarnates into the next body, the entire soul does not get embodied but only a small part of it; this part is called *jiva*. The rest — the most valuable part — is stored in an “archived” (speaking in computer terms) form in a unique “container” known as *Kundalini*.

The “container” of *Kundalini* resembles by its form a giant prolonged balloon, which can be many kilometers in size.

Therefore it is completely wrong to believe that *Kundalini* is located in the coccyx or in the muladhara chakra. No: it resides far outside the material body, yet is linked with the body by a special channel connected to the front bottom part of muladhara.

* * *

A consciousness has the ability to grow quantitatively. We receive the energy for this growth from our ordinary food, first of all.

The quality of the accumulated energy of the consciousness depends on what we eat and what emotional states we live in. For example, from “killed” food we receive the most coarse energies; from vegetarian food — subtle energies.

(Let me note that the consciousness can degrade by its quantitative feature; that is it can decrease. This happens most brightly due to prolonged states of fear, feeling offended, feeling of being suppressed by someone, and similar “sorrowful” and “intimidated” emotional states).

... Thus, God saves from us this best part of every one of us (as a consciousness), which is accumulated when we feel most subtle emotions of love-tenderness and other similar states, in particular sexually-tinged states. God does it so that we do not spoil this part, do not waste it in vain.

Yet we have the possibility — when we grow in our development so as to we receive this right — to unite by the jiva with one's own Kundalini by “unarchiving” it. This is called *raising of Kundalini*.

Such work is performed in several stages.

First the Kundalini “container” has to be brought to the body, to the muladhara chakra. One cannot do it oneself: it is done by an incarnate or non-incarnate spiritual Master possessing these methods. And the task of the disciple is to create conditions for this.

Then, lying on the back with the eyes opened, in daytime (in the morning, best of all), one introduces one's hand of the developed consciousness through muladhara into the “container” of Kundalini and awakens Kundalini there. This causes “unarchiving” of Kundalini: that is an increase of its volume; this resembles the “boiling out” of champagne from a warm bottle. And its flow of subtlest white *Light* runs through the meridians of the body, which have to be prepared in advance with the help of the methods of Raja Yoga.

Moving Kundalini through different energy structures of the body allows one to radically heal the body.

After passing through the body and flowing out from the sahasrara chakra, Kundalini is accumulated behind the head of the practitioner. This is also an important moment: it allows the practitioner to enter into this “cloud” of Kundalini and to learn to be this living Atmic Light.

Such work continues for several days until the reserve of Kundalini ends.

In the future, this reserve will be replenished during meditative conversations with Divine Teachers representing the Creator and during tender and loving emotional conversations with each other among the members of the spiritual group or community.

And it is especially good to grow the reserve of Kundalini and to work with it — on *places of power* like this!

... Let me repeat that the purpose of the work on “unarchiving” Kundalini is, having enriched oneself with this “one's own” power, to ad-

vance more successfully to further cognition of the Absolute, to Mergence with the Creator and service to Him.

And those who have not accumulated Kundalini yet know now how to grow this Divine Potential in themselves.

I wish you success!

Laya Yoga

Yesterday we talked about Kundalini Yoga. And now let us discuss a similar methodological direction which is called *Laya Yoga*.

Laya means “dissolution”.

Dissolution of oneself first in the Holy Spirit and then in the Primordial Consciousness, then also in the entire Absolute — this is one of the elements of the final part of the religious Path.

We have to master the methods of Laya Yoga even if we call our Path Kundalini Yoga, or Kriya Yoga, or Bhakti Yoga, or Buddhi Yoga, or Hesychasm, or Sufism. The methodological scheme of spiritual advancement of man is common for all people. The differences are only in terms and minor accents put on certain nuances in concrete spiritual traditions.

* * *

So, what does one need to do to achieve Perfection on the Path of Laya Yoga?

To make this question more actual, I can formulate it vice versa: what does one need to do to gain in the beginning the *possibility to feel* the most subtle Manifestations of the Universal Consciousness, that is the Holy Spirit and the Creator?

In the New Testament there is the following precept: make yourselves close to God, and He will be close to you! What does it mean? How can one become close to God? Of course, the Apostle James²⁷ talked here not about

²⁷ James 4:8.

visiting temples, making certain bodily movements, or repeating certain prayers. One has to become closer to God by the state of the soul: to make the state of the soul closer to the state of God.

Let me remind you of the words of Jesus: be perfect as your Heavenly Father is perfect!²⁸

This is the only way in which we can become closer to God, to learn to feel Him, to hear His advice, directions, and commandments. Through this we can learn to enter the Bliss of Mergence with Him and achieve Unity with Him!

And the first thing we have to do is to purify the body, the mind, and the consciousness from everything coarse.

For this purpose one has to cleanse the energy structures of the body with the help of the methods of Raja Yoga — and this will result in a radical improvement of the health and the state of the soul. (By the way, one has to do it only on the background of *killing-free* nutrition, that is nutrition which excludes meals made of killed animals).

And the thinking (i.e. work of the mind) has to be purified from everything malevolent towards anyone, even towards the most despising human scum! Thanks to this, the emotions of anger and irritation will be substituted with compassion towards these ignorant people, with the wish that they become aware of how destructive their path is. (However, these words of mine do not mean refusal of action on preventing their criminal deeds).

Let me draw your attention to the fact that emotions are *states* of ours (as consciousnesses). Coarse emotions are states of hellish souls; subtle emotions are states of paradisiacal souls; the most subtle emotions are states of Holy Spirits, the Creator, and Messiahs. Therefore, the work on the refinement of the consciousness is the main method of making oneself closer to the Creator.

Very helpful in this work is to read the precepts given to us by God and to master the art of psychical self-regulation. These can be found in our books *Classics of Spiritual Philosophy and the Present* and *Ecopsychology*.

²⁸ Matt 5:48.

Let me also note that one can achieve significant success on the Path of Yoga only by developing oneself as a spiritual heart — subtle and giant.

Then we gain the ability to see Divine Teachers — Holy Spirits. And if we merge with Them in Their Mahadoubles — giant Forms in which They manifest Themselves over the surface of the earth or water — then this allows us to make ourselves similar to Them by the state of the soul and by the size of the soul.

Of course, on the Path of Laya Yoga other exercises are also necessary: exercises for growing the power of the refined consciousness, work on re-connecting with Kundalini, studying with the developed consciousness the structure of the multidimensional Absolute. But now it is appropriate to talk about the methods which allow one to enter into harmony with the Holy Spirit, to cognize Him, and to master Mergence with Him.

(See demonstration of psycho-physical exercises and other meditations in the film).

* * *

When we have mastered everything said above, the Holy Spirit will guide us further: to the *Depths* of the Abode of the Creator — from where He Himself comes out.

Advaita Yoga

The word *advaita* means “non-duality”.

Advaita is discussed to a large extent in the direction of philosophical thought called *Vedanta*. In fact, Vedanta is not integral teachings but an aggregate of personal views of several Indian philosophers, who tried to comprehend and develop some ideas of ancient Indian Vedas. They all lived on the Earth much later than Krishna. Most likely they all read His Teachings contained in the Bhagavad Gita. Yet not all of them could understand it.

And this is strange: through the Bhagavad Gita God explained to people the essence of Brahman, the essence of Ishvara, the essence and meaning of

individual souls and their development in a series of incarnations. (Let me note that the Teachings of Krishna completely accord with other Teachings imparted by God to incarnate people during millennia! You can become acquainted with them in our book *Classics of Spiritual Philosophy and the Present*).

From the Teachings of Krishna it is quite clear that Brahman is a Manifestation and Realizator of the Will of Ishvara (the Primordial Consciousness, the Creator). In other words, the terms *Brahman* and the *Holy Spirit* have the same meaning.

Yet in the concepts of Vedantists, the term *Brahman* sometimes means Ishvara, and sometimes the Absolute; this originates from the philosophical views which existed far before the Divine Incarnation of Krishna.

We are not going to analyze now in detail the true and false views of Vedantists. Let us concentrate now on the most valuable idea of Vedanta — on advaita.

By the way, Krishna also said:

I am Ishvara. But I am also *Everything* (that is the Absolute, in modern language). And *Everything* is a whole of Ishvara and the World of Brahman, that is the sphere of Brahman's activity, or in other words the Creation including all material bodies and evolving individual souls embodied in these bodies. And the task of people is to develop themselves up to Cognition of Brahman and Mergence with Him in Brahman-Nirvana, and then to cognition of "Me in My innermost essence" and Mergence with Me in the aspects of Ishvara and the Absolute.

In other words, God in the Aspect of the Absolute is ONE WHOLE ORGANISM. And every one of us has to realize — not only in thoughts and words but also through the practice of development of oneself as a consciousness — this Total Coessentiality of His, also one's own Coessentiality to Him.

And the realization of Coessentiality to the Absolute can really take place only after achieving Mergence with the Creator-Ishvara. It is the Creator — with His countless Arms of Love — Who permeates and unites all His Creation.

So, it is in these terms that one has to talk about advaita!

For people who possess a certain spiritual experience it is clear that realization of this task is possible only through gradual ascent over steps: first — cleansing of the mind, body, emotional sphere, main energy structures, then — further refinement of the consciousness and its quantitative growth with the help of special meditative methods.

* * *

This is not the same as what one can observe in the practice of the modern sects of Vedantists, where they see the solution of these grandiose tasks of the development of individual consciousnesses only in reasoning and autosuggestion...

This may result in such absurd perversion as the following: "I am an integral part of God. I have understood this, therefore all my thoughts, desires, emotions, words, and deeds are Divine! I, as an integral part of God, have a right to do absolutely everything! I manifest the Will of God here on the Earth! Everyone has to obey ME! Everyone has to submit to MY will! If I want, I can take away your possessions! If I want, I can kill you! I will humiliate you in order to destroy your 'I' and to help you realize through this your co-essentiality with ME!...". And so on...

Psychopathology which can arise against the background of such perverted sectarianism is not rare. In the past, I met such monsters several times among drug addicts who regarded their "path" as the spiritual path... And the result of walking this "path" is the destruction of the intellect, and this leads to a loss of ethics, coarsening of the emotional sphere, and attaining a hellish state of the soul even during life in the body... And after disembodiment, they go to hell and even attain "non-duality", "advaita" (in inverted commas, of course) with... protopurusha... after full destruction of the soul in hell: in "blazing inferno"...

* * *

But one has to go to the true advaita in a completely different way: in the way taught to us by God!

What does one have to do specifically? What are the most important things on the Path of Advaita Yoga?

In the intellectual-ethical aspect, one has to comprehend most fully the principle of Ishvarapranidhana, which implies feeling constantly that the Divine Consciousness permeates everything including my body. This helps one to constantly feel the presence of the Teacher-God not only nearby but even inside one, which is especially important in extreme situations. And let extreme situations remind me about the necessity to come back to this feeling! *What do You want to tell me by this?* — this question to God has to arise in us in such situations.

Another important principle is the principle of aparigraha — freedom from unnecessary things: in order to avoid scattering the attention and to keep it focused on God.

Jesus Christ once said to His disciples: “Where your treasure is, there your heart will be also”²⁹. These are very significant words! As a result of the work on transforming ourselves, we have to *unite* ourselves as consciousnesses transformed into giant spiritual hearts refined to the state of Ishvara — with the Heart of the Absolute, that is with Ishvara Himself, with the Creator.

Let us recall also how Juan Matus taught the same; I mean the episode with a table (we described it in the book *Classics of Spiritual Philosophy and the Present*): only when the tonal (that is the world of material objects) is cleansed from everything unnecessary — only then one can successfully contemplate and study the nagual — the non-material components of the Absolute.

One should also learn the principle of *hri* — lowliness of mind. If we want to achieve Mergence of two consciousnesses, two souls — there must be formed ONE consciousness. And if we want to achieve such a Mergence with God — then one has to understand that Ishvara is INFINITELY GREAT in comparison with the individual consciousness aspiring to merge with Him, however highly developed this consciousness may be! And this Mergence

²⁹ Matt 6:19-21.

represents INFUSION of oneself into Him and DISSOLUTION of oneself in Him.

Let me repeat: there must remain only ONE Consciousness; there is no place for a second one!

And it makes sense to start learning this as early as possible — by developing the lowliness of mind in oneself: a lowly, humble, non-ambitious, non-offended feeling of oneself — before the Greatness of the Universal Absolute.

One can achieve this only through mastering the art of psychical self-regulation based on cleansing and development of the chakras; this subject is described by us in detail in the book *Ecopsychology*.

For example, the head chakra ajna (its name, by the way, is translated as “non-wise”) is the carrier of the lower human self, which is also “the center of egocentrism”, so to say. And only after we have learned to switch off ajna by moving the concentration of the consciousness into the chakra anahata — only then and in no other way can we achieve the possibility to realize the lowliness of mind!

Also one has to trace intellectually in oneself such emotions as feeling offended, irritation, anger, *self-defensive* ambitiousness, jealousy and other similar states of the soul — in order to overcome these vices in oneself.

It is also necessary to learn and realize all other ethical principles; we described them in our book *Ecopsychology* in the chapters dedicated to an analysis of Patanjali’s Teachings called Ashtanga Yoga. Let everyone think by themselves about the importance of the principles of ahimsa, sathya, daya...

Everything above said allows one to understand that such methods of the so-called “modern psychology” as insulting, humiliation of students-victims by their “instructors” — with the purpose of allegedly destroying in them their lower selves — these methods are not only completely ineffective but have to be considered as brawling, which is a bright manifestation of the most disgusting qualities of these instructors...

* * *

In regards to the psychoenergetical line of development — one has to master all stages of cleansing of the chakras and main meridians, the methods of development of oneself as a subtle and growing quantitatively spiritual heart.

This can be realized, by the way, only against the background of *hesychia* — inner quietness, which can be achieved provided the spiritual heart has grown significantly. We discussed this subject many times in our conversations and in our books including *Ecopsychology*.

And then one has to study the entire multidimensional Absolute: first, Its parts, and then uniting all Its parts together in the meditation NAM.

Let me tell about the last meditation in more detail, because there are too many cases of its misunderstanding.

The point is that in the spiritual aspect, this word has to be understood not as a *name* but as a *description* of God.

First, by meditating this way we can attune and even merge by the consciousness with all Divine Teachers known to us. It is quite appropriate that Krishna becomes the first of Them.

Then we add attunement to all the mastered layers of the multidimensional Absolute, which are represented in the chart for studying the structure of the Absolute published in the book *Ecopsychology*. (Of course, one must not merge with the content of hell, but one should know well the border with this layer.)

One has to learn to merge with the Consciousnesses of the higher eons. The mechanism of such Mergence is the meditation called *total reciprocity*. Mastering this meditation allows one to cognize the Nirvanic state of *Nirodhi*.

When we gain the ability to *assemble in ourselves* all the main eons together, with emphasize put on the Abode of Ishvara — then it means that we have traversed a very significant part of the Path.

And it is better to master these stages on corresponding *places of power*. For example, for finding the border with hell and for mastering all *trans-*

mirror eons, and then for performing the meditation NAM — one can find corresponding optimal places. Seek — and Divine Teachers will help worthy disciples!

And then what?

Then one has to double all these with the help of special methods of Buddhi Yoga; thanks to this, one's capability to perceive Ishvara and the Absolute also doubles — and this will be enough for achieving the fullness of Mergence with God in both of His Highest Aspects.

And only then advaita becomes a reality!

Yet it does not mean an end to the work on self-development!...

(See demonstration of exercises in the film).

Yoga of Juan Matus and of Other Native American Chiefs

We know about the highest methods of spiritual work used among Native Americans thanks to the remarkable books of Carlos Castaneda. These books are valuable because they contain conversations of Castaneda with Mexican Native American Nagual — Juan Matus, or don Juan as Castaneda called Him.

Castaneda's books known to us were published in the period from 1966 to 1987. There is also the book by D.C.Noel *Seeing Castaneda*, which contains interviews with him.³⁰

It must be noted right away that in his books Castaneda describes the period of his relationship with don Juan that lasted for about three decades. Over this period, it was not only Castaneda who advanced in his development but also don Juan. Reading Castaneda's books, one can see both the early and the later personal spiritual quest of don Juan, which was not free from mistakes. This is why the spiritual concept of this School must be

³⁰ [20-28,30].

evaluated not based on what don Juan spoke and did over these decades, but on what He attained by the end of His earthly life.

We discussed this subject in more detail in the book *Classics of Spiritual Philosophy and the Present*.

And now let us talk about the worldview concept of this School.

... The universe consists of two “parallel” worlds; the first of them is called the *tonal* (that is, the world of material things), and the second — the *nagual* (the non-material world).

We communicate with the world of matter through the so-called *first attention*, i.e. the attention carried out through the organs of sense of the material body.

To become capable of cognizing the nagual, one has to develop the *second attention*, that is, clairvoyance.

There is also the *third attention*, by means of which one perceives the Creator and His Manifestation, which don Juan referred to as the *Fire*.

A person resolved to achieve *Immortality*, first has to become a “hunter”. Not a hunter who kills game, but that for knowledge, who walks the *path of heart* — caring, loving both the Earth and the beings that live on it.

Having mastered the stage of spiritual “hunter”, one can become a spiritual “warrior” — that is the one who “traces” *Power* (which means God in the language of that School), striving to “stalk” It and to cognize It.

Don Juan often taught Castaneda and His other disciples when they walked in the desert and in the mountains — in most natural conditions of direct contact with the world that surrounds us.

... After the disciples had mastered the basics of ethics and wisdom, don Juan would proceed to teaching them psychoenergetical methods.

When the work with *hara* was completed, the next stage followed: the division of the *cocoon* into two parts: the upper and the lower *bubbles of perception*. It is from these *bubbles* that one perceives the *tonal* and the *nagual*, respectively.

Division of the *cocoon* into two *bubbles of perception* was regarded as an important intermediate step towards further stages of psychoenergetical

self-perfection. One had to master concentration of the consciousness in both “poles” of the *cocoon* divided in such a way.

Then, further work was performed in order to develop the lower *bubble of perception*. But it was started only after the consciousness had been properly refined, or, as it was called in the don Juan’s School, after *cleansing the luminosity of the cocoon*.

That is, as in all other advanced spiritual Schools, the techniques aimed at the refinement of the consciousness preceded the large-scale process of its *crystallization*.

Thanks to the refinement of the consciousness and the work with the lower *bubble of perception*, including mastering the state of Nirodhi, the disciples attained the state of Nirvana (though, they did not know this Sanskrit term). First, they mastered the static variation of Nirvana in Brahman, and after this — the dynamic one, when the *crystallized* consciousness acts in subtle eons. In this state, one can easily touch with the consciousness any being within the Earth or near it, provided one has information about this being.

The state of Nirodhi, known in all developed Schools of Buddhi Yoga, was described by don Juan also in endemic terms specific to this School. The disciples were taught that there exist energy waves, which constantly roll on all living creatures and from which we are shielded by our *cocoons*. And that one can use the power of these waves for transferring oneself with their help into unknown worlds. (These unknown worlds are other spatial dimensions). To make it happen, one has to allow the *rolling force* to flood the *cocoon*. Then one turns into “nothing”; one’s “I” dies.

It is only after attaining the state of disappearance in Brahman that it becomes possible to cognize Ishvara — and to disappear in Him forever, having conquered death, that is to merge into universal God-Power.

* * *

And now, let us consider in more detail the specific methods of work in the School of Juan Matus, which have been described by Castaneda and which we can apply to ourselves.

They can be divided into two groups: preliminary and basic ones.

The first of the preliminary methods is *recapitulation*. In essence, this is the same as repentance, which is present in all major religions. The disciples had to recall — mainly in seclusion which lasted for several days — all the mistakes they had made in their lives, and to re-live those situations anew, this time correctly. To make the disciples more “interested” in this very hard work, they were told that during *recapitulation* they would regain the energy wasted as a result of their incorrect emotional reactions. The quality of the penitential work did not deteriorate because of this trick, since its major goal — to learn to react in the ethically correct way and to avoid sinning — was achieved, provided that the disciples made due efforts.

They also had to destroy the *feeling of self-importance and self-pity* — since these qualities result in a tremendous waste of one’s personal energy. Indeed, if one views oneself as being very important and someone else encroaches on this importance with his or her disrespectful attitude, one reacts with emotional outburst of resentment, anger, and so forth. In this process, the energy of the organism is intensively wasted.

Here is an interesting fact of the Castaneda’s biography: when his study in don Juan’s School came to an end, he and his closest companion, la Gorda — though Castaneda became a millionaire thanks to his books and could live a life free from material concerns — in spite of this, he and la Gorda got hired under different names as servants to a rich man and suffered humiliations from rudeness and treachery of other servants. They resorted to this in order to completely destroy the *feeling of self-importance*, to erase from their memories their own *personal history* — so as to attain humility. Since everything that happens to the warrior on the material plane, as Castaneda put it, DOES NOT MATTER; the only thing that matters is the STATE OF THE CONSCIOUSNESS.

And it is of no importance indeed, compared to the Supreme Goal! That which is of principal importance is the ability to be *naught*, the ability not to *defend* yourself when someone is unjust to you but to *be protected* — so taught don Juan. And the state of being protected comes only when “there is no myself”, when there is only God.

One of the most essential preparatory elements of the work in the School

of Juan Matus was *sweeping of the tonal*, which is called observance of *aparigraha* in the ethics of Hindu Yoga.

We have already mentioned wise don Juan's ability to explain the most complicated philosophical matters in an easy-to-understand manner using natural examples from everyday life. He did it, for example, when explaining this principle to the disciples.

Once don Juan assembled the disciples, took a sack and put into it a radio, a tape recorder, and several other things found in the house of one of the disciples. Then don Juan gave this sack to one disciple to carry, gave a table to another disciple to carry, and took them to the mountains. In the middle of a valley, He told them to put the table down and emptied the contents of the sack onto it. Then He took the disciples at some distance from the table and asked them what they saw.

They said that they saw a radio... and so on and so forth...

Then don Juan came to the table and whisked everything off it. "Take another look and tell me what do you see now?", He said. Only then the disciples understood don Juan: He wanted them to see not only the things on the table, but the table itself and more — the space around the table. But the things on the table prevented the disciples from seeing the world around them by drawing their attention to themselves.

In this way don Juan demonstrated to the disciples that in order to cognize the nagual, and then — God, one has to cleanse the tonal around oneself.

Perhaps, it is appropriate to recall the example of observance of the same principle in the history of Christianity: monks had in their cells, besides icons and a few books, a coffin in which they slept — so as to remember constantly of the inevitable death, which urges those who remember about it to intensify their spiritual efforts.

Additionally, don Juan taught the disciples to destroy stereotypes of material life, as for instance, strict observance of one's routines. For what purpose? In order to attain freedom. The destruction of unreasonable patterns of behavior, thinking, and reacting, instilled in us in the process of our upbringing, must result in the "loss of the human form", that is, in attaining

the state when we learn to act not according to our reflexes or because it is customary to act so, but in accordance with advisability.

The “loss of the human form” is not a short-term mechanic action, as some disciples of don Juan fantasized, but a prolonged process, accompanying the man’s gradual approach to God. This process comes to an end when the seeker learns to look at all situations with the eyes of the Creator.

But attaining the “loss of the human form” does not mean that man starts to behave “unlike everyone else” in the society, because, first, inevitable conflicts with other people would prevent man from fulfilling the main duty. Second, the conduct, which is “defiant” by form, in many cases turns out to be a breach of the basic law of objective ethics — making no harm to other living beings. This is why the disciples were suggested to observe conventional norms of behavior, sometimes secretly laughing at them and resorting to the so-called “controlled folly”.

To illustrate this, don Juan once astounded Castaneda by taking off His usual Native American’s garments and putting on an immaculate modern suit for his trip to the town!

In connection with this, don Juan also taught the disciples to talk to people in the language that they could understand. For example, once He and Castaneda were sitting on a bench near a church and saw how two middle aged ladies came out from a church and hesitated about descending several steps. Then don Juan came and helped them to go down, and advised them that if they fell, they should not move until doctor arrived. The ladies were sincerely grateful to him for this advice.

The next very important methodical technique is remembering about one’s own death.

The majority of people today are accustomed to banishing the thought of their death. And even when we come across the facts of other people passing away, we never try to imagine ourselves in their place. We assure ourselves that even if this is going to happen to us, it is a very long time ahead.

If each of us asks oneself now: “When will I die?” — the dates will be very distant, though theoretically everyone knows that people die at any age.

So, don Juan suggested that we imagine that personified death is always

with us. And if one quickly looks back over the left shoulder, then it is possible to catch a glimpse of the death. "At this moment, death is sitting next to you on the same mat, waiting for your mistake", He said to Castaneda. And no one is aware of the moment when he or she is going to die; this is why we should not have any unfinished works.

Let me cite these remarkable words of don Juan, for it is one of His best theoretical developments:

"How can anyone feel so important when we know that death is stalking us?

"The thing to do when you are impatient is to turn to your left and ask advice from your death. An immense amount of pettiness is dropped if your death makes a gesture to you, or if you catch a glimpse of it, or if you just have the feeling that your companion is there watching you.

"Death is a wise adviser that we have... One... has to ask death's advice and drop the cursed pettiness that belongs to men that live their lives as if death will never tap them!

"If you do not think of your death, all your life will just be personal chaos!

"(The warrior) knows that death is stalking him and won't give him time to cling to anything... And thus with an awareness of death,... and with the power of his own decisions, the warrior sets life in a strategic manner... and what the warrior chooses is always strategically the best; and thus the warrior performs everything with gusto and lusty efficiency!

"Life for the warrior is an exercise in strategy.

"Without the awareness of death everything is ordinary, trivial. It is only because death is stalking us that the world is an unfathomable mystery!

"You have little time and no time for crap. A wonderful state! The best of us always comes out when we are against the wall, when we feel the sword dangling overhead. I wouldn't have it any other way."

Another important aspect of working with disciples was mastering the *mental pause* or, in other words, *stoppage of inner dialogue* (the first term is preferable because besides *inner dialogues* there are also *inner monologues*).

This is an absolutely necessary prerequisite for mastering the nagual, because the nagual is mastered by means of meditation, and meditation, as Rajneesh put it nicely, is the state of *non-mind*. That is, to learn to immerse the consciousness into the nagual, one has to learn to stop, to switch off the mind.

For the purpose of attaining the *mental pause*, don Juan used psychedelics. It should be noted, however, that don Juan used this method only in the very beginning of their joint work, but later on He abandoned it. Second, Castaneda complained afterwards that though he was immensely grateful to don Juan for everything that He had done for him, but nonetheless his (Castaneda's) liver was still marked with scars. Hence, it is absolutely unadvisable to follow their example as to using psychedelics (drugs). All the more, there are other, far more effective and harmless means of mastering the *mental pause* at our disposal.

Another unique technique developed in this School by don Juan's predecessors is intentional interaction with people-tyrants. The technique was employed for attainment of *impeccability of the warrior*, that is the ability to follow ethical principles and adhere to the strategy of objectively valid behavior in situations of urgency. Sometime in the past don Juan Himself was sent by His teacher to a fierce foreman-tyrant for such training. In Mexico such people were considered very rare, and to find one was considered very lucky by spiritual warriors.

... Now let us list the methods of psychoenergetical work used in the don Juan's School:

1. Cleansing of the inner luminosity (i.e. the refinement of the consciousness).

2. Use of *places of power* — energetically significant zones favorable for mastering particular meditations.

3. *Dreaming*, which was given much attention in the work of the School. What is it? Many people, having read Castaneda's books, try to use their night sleep for this purpose without success. No, this is not the way it must be done. *Dreaming* is a synonym of the word *meditation*. Due to being unfamiliar with the terms commonly accepted in other countries, Native Americans had to find their own words to denote techniques, phenomena,

and objects of spiritual practice. This is how the term *dreaming* was born, because meditative images are sometimes similar to the images one sees in dreams.

Special training in *dreaming* allowed the disciples, in the state of being detached from the body, to run on the walls, to climb along energy beams (the *lines of the world*), and so on.

4. Learning to act in extreme magical situations, intentionally created by the preceptor. For this purpose, ethical vices of the disciples were used. For example, if disciples had an inclination to attack selfishly other people, they were suggested to take part in a magical fight that they would lose for sure. And it turned out beneficial for all the participants.

5. The technique of shifting the *assemblage point* as a result of energetic impact of the preceptor (this was called *Nagual's blow*; the term *Nagual* had another meaning in this case: a leader who mastered the nagual and is capable of acting in it and from it).

6. Practice of meditative leveling-off of the energy *emanations* inside the *cocoon* in accordance with the outer *emanations* of the highest spatial dimensions.

7. Work with hara aimed at the development of the power aspect.

8. Use of *allies* (that is, spirits). This was done in two ways.

The first one — “taming” of spirits who had to, according to the plan, become assistants and protectors of the sorcerer. Both don Juan and His friend Genaro had such *allies* in the beginning of Their spiritual quest.

But everyone must be warned that this is an erroneous and dangerous practice, which we in no way should try imitating. By the way, both don Juan and Genaro gave up this practice later on.

The other way of working with *allies* consisted in hunting them. No wonder such a tendency appeared among Native Americans who lived in constant contact with wildlife.

So, the disciples were told that at some moment they were sure to come across some *ally* in male human form who would challenge them to a fight. One can lose in this combat, giving way to fear, or one can win. In the latter

case, one acquires the power of that spirit.

And the disciples prepared themselves for such a fight, which could take place any moment, by developing alertness (readiness) and other necessary qualities of warriors.

On the basis of this educational game, the disciples also performed the work on the development of the lower *bubble of perception*.

* * *

To sum up the above said, let us consider the basic aspects of these Teachings, which are extremely rich of most valuable theoretical and practical elements.

Don Juan pointed out three directions in the Teachings: a) the art of stalking, b) the art of intent, and c) the art of consciousness.

In the history of this Native American spiritual tradition, the *art of stalking* initially consisted in the ability to sneak, to stalk unnoticed among people who do not understand you (that is, people of lower stages of psychogenesis) — and to achieve your Goal.

But later on, owing in particular to personal contribution of don Juan, this trend was significantly expanded and included also the stalking of one's own vices. We have discussed this already. Let me just quote one brilliant formula, given by don Juan: *God* (in don Juan's parlance, Power) *provides according to our impeccability*. That is, God gives us an opportunity to approach Him, to immerse into increasing happiness of Mergence with Him — as we perfect ourselves ethically.

The second direction is the *art of intent*. *Intent*, in this context, is the same as *aspiration* to the Supreme Goal. A true warrior, in don Juan's meaning of this word, is a person with the correctly developed *intent*.

The third direction is the *art of consciousness* — it is what Buddhi Yoga is: a very large higher stage of the spiritual Path.

... So, we could see once again, that God leads all people, who have attained a certain level of maturity in their psychogenesis, irrespective of the country and religious culture they live in, using the common methodological

pattern.

* * *

For many years we were lucky to be personal disciples of don Juan, Genaro, Silvio Manuel, and Representatives of other Native Americans' spiritual Schools — Juanito and Eagle. (By the way, Eagle is well known in America and Europe by one of His recent Incarnations when He was called White Eagle).

Now let me give some excerpts from conversations with Them:

From conversations with don Juan:

“Many people on the Earth, who became involved in religion superficially, believe that their ‘religious duty’ is to weep.

“Yet, spiritual warriors neither weep, nor complain, nor pity themselves. They see their own defects and — without stopping to fight — get rid of them once and for all!

“When we are concerned only with seeking our defects and grieving about our imperfections — we miss the opportunity to perform a really serious work on helping people and developing ourselves.

“We have to be capable of taking our attention off the personal ‘I’ — and looking at the One Whom we love! We have to learn to live and to act by His example and follow His precepts!

“We have to ask Him to help us to understand our mistakes and to reform — yet, we should keep in mind that the success depends, first of all, on our own efforts.

“And the main thing — we have to change our attitude towards events which look unfavorable to us. We have to learn to regard them from His standpoint, i.e. from the standpoint of the Evolution of the Universal Consciousness and spiritual growth of individual consciousnesses on the Path to Him.

“... Do you know, for example, how to master the art of perfect control

over matter? It is very simple! One has to learn to laugh!

“I like to laugh! Do you want Me to tell you about the laugh of Nagual?

“Spiritual warriors from the very beginning must learn the *laugh of Nagual*: they laugh at their own vices and thus make them burst like soap-bubbles — vices burst together with the inflated *feeling of self-importance*!

“Many people believe that it is weapons that make man strong. This is wrong! It is laughter that makes man strong! The laugh of Nagual turns the envelope of the ‘I’ into nothing. The only thing one has to add is calm and love — and then... There is only infinite, flowing, free consciousness...

“Search for *personal power* is just a hook, a trick which the *One Power*³¹ uses for ‘catching’ and teaching them who do not hear when they are told about Love... or Tenderness...

“If they do not learn this from the *Power*, they are not going to progress ...

“There is the following law: the *Power* does not belong to anyone, only you can belong to the *Power*.

“The *Power* just is, and It is the *Power of Love*! (Let me remind you that by the word *Power*, they meant God).

“When you gain *Freedom*, you just merge with It into *One*... Your desires and the desire of the *Power* become the same; your choice and the choice of the *Power* become identical...

“They who try... to ‘command’ the *Power* fall into Its trip. The *Power* catches them by this desire, and they become Its tool, even without knowing about this. They live as the blind, stricken by the *feeling of self-importance*, and may never become sighted.

“And the process of growing coarse power can become irreversible like a cancer process...

“... On the other hand, the ability to laugh at one’s own vices, making fun of them is the first step to the real mergence with the *Power*!

³¹ God.

“They who have learned to laugh so that their vices, which they laugh at, cease to exist — they are about to perform great deeds!

“The spiritual warrior can laugh only at oneself and never makes fun of other people!

“From the state of union with the *Truth*, the warrior looks at his or her own imperfections and laughs at them! And when there remains nothing of them — the warrior becomes *Everything*, becomes a true Nagual; the warrior’s laugh unites with the joy of Beingness, with the *Freedom and Power!*

“Then the warrior gains the ability to affect the particles of the *Great Whole*, removing everything that prevents the joy of beingness, prevents the *Radiant Light of the Power* from becoming manifested in others — in those who entrusted this warrior to be their leader, their Nagual on the Path to the *Freedom*.

“See how beautiful the laugh of Nagual is: it heals souls, ridding them of burden and pain, it makes them capable of flying into the unknown...

“Do you understand now the basics of the art of perfect control over matter?

“When you have mastered this, I will tell you further... And do not forget to *put on My hat*: this can help. (This concerns one of the most important meditations of Buddhi Yoga taught to us by don Juan and Juanito. I will demonstrate it later.)

“... Impeccable acting of the spiritual warrior in interaction with the Power fills the warrior’s life with special acuteness and silent passion.

“And the life of Nagual becomes a manifestation of the action of the Power.

“One can learn wisdom in universities — and this is good. Yet, one can and should learn the higher Wisdom interacting with the Power. When you seek solutions for the Nagual’s party, when you find methods for teaching the students — you gain Wisdom.

“Genaro and I are Those Who live and act, and not just speak about this. We have always lived and live now a life filled to the brim with the state of impeccable Love and Power.

“Feel this state of Nagual’s life in the moment of ‘now’, feel that the Power of God fills every moment, everything:

“... This burning campfire...

“... The quietness of the forest...

“... Earth under your body...

“... This *place of power*, which allows one to cognize the living consciousness of the Earth... and further, deeper... even deeper..., where there is only Great Love and Power of the Creator!

“... This cannot be conveyed to others by means of words. This has to be ‘tasted’: as one bites off, chews, and swallows a piece of bread — only then you can *know it*.

“Such is the spiritual Path: if you have chosen it — walk it! Then every moment of life in interaction with the Power becomes an invaluable experience for the soul.

“In the life of true spiritual warriors there are no holes; they never feel bored, cannot be depressed by past failures or worries about the future. The spiritual warrior has only life to live and lives it to the end with maximal efficiency, with full awareness of the Goal, with full responsibility for his or her own decisions! And then the *Power* fills this life to the brim...

“You can be the Hands of God if you do not separate yourselves from the *Ocean of the Creator*. It is the Ocean of Love-Power that pervades your bodies and *cocoons* and manifests Itself through them. We called it — *kindling of all emanations of the cocoon*, aligning their energies to the subtlety of the Primordial Plane.”

From conversations with Genaro:

“You love Me — and merge with Me. But I also love you — and merge with you! Mergence can be only mutual and voluntary. Any deviation from this rule is violence!

“In order to achieve absolute fullness of Mergence you have to become like-minded to Me...

“It is very hard to cleanse and enlighten the mind. In order to become like-minded to Me, one has to begin with throwing out from the head all habitual, old stereotypes, which are easy to use, — the stereotypes of thinking and behaving. The spiritual warrior has to make the mind open for receiving new.

“One needs also courage, power, and knowledge.

“You begin to live really only when you stop interacting with the outer world through your ‘masks’ and stereotypes. They are offered to you by your mind — the creator of your lower self...

“One has to learn to perceive the outer world with the ‘naked consciousness’, cleansed from the traces of the lower self — to accept the world as it is in reality and not in the mind!

“... There is a trick of awareness which gives you a key to the Freedom! It is the ability of being aware of oneself not as a body. This ability brings one to the freedom from the body — from this dense material container of the soul.

“First, one has to know that he or she is not a material body. Gaining practical experience of this kind means the first encounter with the world of nagual.

“For many people, however, this stage becomes the last one: one needs courage to choose to go further on the Path of Freedom and Knowledge, of Love and Power! There is no place for vain curiosity on this Path. Cowards and ditherers, sluggards and egotists cannot withstand the Freedom: the Freedom destroys them, wipes them out, rips them! It is like a rocket engine, which should not be attached to a child’s bicycle.

“The Freedom sets down its condition which don Juan called *impeccability of a warrior*. Every non-impeccable step on this Path can become a complete failure; one has to keep this in mind.

“One has to know an important point: after a certain stage, spiritual warriors cannot return to the ordinary life. They can live only as warriors. After a certain moment, there is no way back for them; there is only the way forward!

“But the freedom from the body is only a fragment; it is only a part of

the Freedom of Spirit.

“... The freedom from the body cannot be achieved at once.

“There are methods — and you know many of them — for moving the self-awareness within the body and then outside it...

“One has to become absolutely free from the material body! This freedom cannot be taken away in prison; it does not disappear when death comes...

“The Freedom is a possibility to move — at your will — to the world which you choose. It is also the freedom to stay there if you want it!

“Let the world that you choose become ‘assembled completely’! Let the *Primordial One* become more real than the world of material bodies! In the same way as you had to master the layers of the Absolute, to learn to assemble in each one of them the entire world of that particular eon — in the same way this deep layer of the universal Beingness — the Beingness of the Creator! — has to become not just a reality that you know, but you have to learn to live in it!

“The farther from the body you move — the easier it is for you to perform this.

“And then you have to grow there!

“You have to become so large in the Abode of the Creator that you cannot be contained in the body and in the other layers of the Absolute!

“For example, you cannot now put onto yourself a baby suit which you wore in childhood. Even if you try — you cannot do this! The same happens if you have grown yourself *there* and habituated yourself to living in the Primordial Consciousness! Then comes the moment when the old perception of the world does not fit you, however hard you try to ‘put it on’!

“And then you have to do a little: just to treat the energies of the material body... The body has to become completely identical — by the quality of the energies — to the world where you want to go. This allows you to disappear entirely from this world and to ‘assemble’ completely the other one!

“A perfect Nagual has the freedom to move to any world which He chooses. This is omnipresence, the freedom to be where you want. This is the

freedom to be *Everything* and to move the concentration of Yourself inside Yourself — Universal, Boundless! At that, the center of Yourself has to remain in the *Home*: in the *Home of the Primordial One*. One should never forget about this rule!

“... The *feeling of self-importance* disappears when the mystical death happens: when you die completely to everything worldly. How can it be achieved? Only through self-control, unceasing control over one’s own in-driyas. It is the indriyas that bind one to worldly things.

“Disappearance of the *feeling of self-importance* leads one to the loss of the *human form*.

“Yet, it should be noted that the *feeling of self-importance* has positive aspects.

“In the beginning of the life path, this feeling is necessary; one cannot develop without it!

“It is due to ambitions that people try to become better, cleverer, stronger. And it is out of the desire to be loved and respected that they perfect themselves. This is the first positive point.

“The second point is that you cannot train a person who is devoid of the *feeling of self-importance*. An absence of this feeling gives one psychological invulnerability. How can you guide or correct such a person if in him or her there is nothing to ‘press on’, to ‘strike to’, to ‘fillip on’?

“... I was always of an ‘easy’ temper; others have an ‘ill’ temper. But the *feeling of self-importance* is present virtually in everyone; it is just its outer forms that are multifarious.

“Once My Teacher told Me that I would be a powerful sorcerer when I would rid Myself of the *feeling of self-importance*. I believed Him and devised a plan how to fool this quality in Myself and become free from its control. I tried — and did not allow it to act. Among other means, I devised the following tactics: to not exult at My success and to not become despondent about failures.

“For example, when I succeeded in something and was about to inflate

out of pride, I had to look at the situation from such a far distance that nothing could be seen.³²

“In other words, when the Power ‘rolled over’ Me creating certain situations and I was about to inflate with pride or anger, I had to move immediately outside of the *cocoon*, outside of Myself and merge with the rolling Power into one.

“But do not think that ridding oneself of the *feeling of self-importance* is the acme of perfection. No: it is only the beginning of the next part of the Path...”

From conversations with Juanito:

“I was the Chief of a small tribe in Mexico. It was a tribe of explorers of the nagual. And it was the tribe’s way of life — to expel unworthy people and to invite worthy ones from everywhere, from all other tribes. This was the kind of a ‘tribal’ spiritual School we had! In the history of this tribe, there were always about 100-200 students.

“And now I am with you, with every one of you!

“Here — every clear day, I admire the rising and setting of the sun!

“And I dream that any person from any corner of the planet could come here and develop spiritually!”

... We ask Juanito what, in His opinion, is most important for us now.

He shows the meditation the *Hat of Juanito* (which is identical to the *Hat of don Juan*) and says, laughing:

“Look at the Freedom! You have to look forward: at the Freedom!

“Realize also that I always remain That Which I am, independent of the conditions occurring on the material plane. You, too, have to master this: to be Me independent of what happens around you.

³² It is about the meditative location of the *assemblage point* — the area of concentration of the consciousness. This can be fully accepted and realized in practice only by those spiritual practitioners who have a sufficiently large and strong consciousness, which can freely act far outside the body.

“One of the aspects of the *art of action* is that if spiritual warriors happen to be in adverse conditions, they never merge with them but always remain true to themselves. It is not *places of power* on the Earth’s surface that have to dictate to you who you are, but rather you have to remain that which you decided to be — independent of the energies of the surroundings and other influences!”

We asked:

“Juanito! Tell us please about Your Path to the Creator, about Your tribe, which imparted from generation to generation the knowledge about spiritual methods that allowed one to cognize God! How did You learn, how did You help others?”

“Every member of the tribe learned to be ‘invisible’. It was accomplished through gradual mastering of the methods of *total reciprocity*. (Of course, we called it by a different term). In order to become ‘invisible’, one has to learn to merge with the surroundings in deep calm. Of course, one could not master this when ‘living in the head’: dissolving and merging is possible only from the lower *bubble of perception*.

“For hours the student could be mastering the ability of becoming *one* with stones and rocks — and then the steadfastness and stillness of cliffs became such an experience of the consciousness that to spot the body of such a person, looking at it from a distance, was almost impossible...

“Then — trees, a forest... Embracing the space with the consciousness, the student would disappear; the student’s body would merge with the surroundings and not stand out against the background.

“Staying in calm-mergence taught students love. We had no special techniques for opening the spiritual heart, but we knew that a soul abides in the center of a human body: where the source of breathing and the heart’s rhythm are.

“Then one had to learn to move in this calm. We chose animals whose movements were the most soft and graceful. And the student learned the ability of looking like one or several animals: to move softly, to see and hear the surrounding space with the consciousness, to give with the consciousness signs to others and to receive signs from them... If one stays with the con-

sciousness in the lower *bubble of perception* and tries to see something which only an eagle can see from such a distance, then gradually one gains the ability to see with the consciousness that which cannot be seen by the bodily eyes.

“Then, worthy students were initiated into *young Chiefs*. Becoming tutors for beginners, *young Chiefs* could learn to feel the students as clear as themselves, could learn *love-care*. At the same time, they could gain the ability to perceive the *Higher Chiefs* and the *Supreme Chief* — the Great guiding Power, the Supreme Will.

“*Young chiefs* also mastered the ability to see and hear in the space of the Spirit. Seeing, i.e. perceiving with the consciousness, leads to knowledge, to understanding the essence of what you see and hear.

“In this way, gradually, students came to the direct perception of God. And then it was simple — as in your case: the methods of the final stages are not much different between different spiritual Schools; only their names differ in different languages. And the ability to dissolve and be that which you merge with — provided remarkable results: the transfer of the self-awareness into the world of the Spirit, the world of the Power could be accomplished very easily.

“In this way, we helped consciousnesses to move to the worlds of the Holy Spirit and then — to the Abode of the Creator. And Everyone Who achieved the Freedom became a Guide leading others to It...”

From conversations with Silvio Manuel:

“I, Silvio Manuel, tell you: only a daring person can walk confidently on the Path of knowledge! One has to have a venturesome heart to travel to the Unknown!

“I also followed such a Path. Having set out on a sorcerer’s journey to the unknown worlds, I never thought about returning to the worldly. I strove only towards new unexplored expanses awaiting Me on this Path. A life filled with sorcery and new worlds — drove Me forward!

“But as I advanced, I gained Wisdom. And I turned from a ‘restless’ sorcerer-traveler striving for the unknown worlds — into a Calm, which em-

braces everything.

“Gradually I gained an understanding of the true Goal of the Path, granted to Me by the Power.

“And one day I moved from the state of a separate self — into the state of the Higher Self and became the entire boundless Light-Power.

“It was the only purpose of life for every one of Us. Seeing unbelievable prospects open to Us, We discarded from Our lives all the rest, let go of everything that We ‘clung to’ before.

“In relation to this, let Me tell you about *detachment* — an essential attribute of the warrior’s life.

“*Detachment* implies two things: a system of values revealed to the warrior by the Spirit and resolute adherence to this system.

“To have *detachment* means to walk through your life not as if through a bazaar, idly looking here and there, but to move forward taking every step in accordance to this system.

“Don Juan said about the same when He explained to Castaneda that the spiritual warrior plans actions asking advice from death.

“And one more thing: sad is the future of those who do not seek companions, do not take others on the journey! Spiritual warriors weaken, faint if they have no one to fight for!

“First, the spiritual warrior fights for oneself, then — for others, and grows thanks to this. A warrior who has no one to fight for weakens and soon dies a natural physical and spiritual death.

“Therefore, one must fight!

“I invite you to My *Depths*!

“But do not try to entice people into Me!

“The Freedom which lives in My *Depth* is the highest reward only for those who truly strive for it and are ready to pull themselves out of the commonness and limitedness.

“Do not entice anyone into Me! I receive in Me only those who desire to live with Me, in Me — and not for a moment, but to unite their lives with

Me!

“As a water current flows around all obstacles and runs to the depths, so must you pursue your course and do not turn back!”

From conversations with Eagle:

“Mountains speak the language of silence. Through their greatness they express their essence!

“With the flight of freedom the wind speaks to those who have spread their wings!

“The ocean manifests its surface layer with powerful waves and currents. Yet the *Primordial Ocean* does not let into Its *Depths* anyone uninvited, because it is dangerous for small creatures from the surface!

“With souls ready for Higher Initiations, God can communicate without words. It speaks to them with His Touches! And when such a soul partakes of the *Unity*, it begins to aspire to the permanent Mergence.

“The words are needed no more than the murmuring of streams, than the whisper of the surf or rustle of the wind through the leaves.

“When God speaks to a soul walking the Path, He speaks the language whose words are but a reflection of the Great Love between the soul and God!

“... One can submerge a mature soul into the Abode of the Creator with the help of your methods in one month or a little more...

“But to smelt, to remake, and to grow souls which are young, to teach them to be one with Me, shedding the clothes of egocentrism, overcoming the *human form* — this requires years of arduous efforts. It can be likened to carving a sculpture out of a block of marble: one has to chop off everything unnecessary — and then there remains only the clear Atmic Essence — the Higher Self.”

... We ask:

“Eagle, tell us please how You perceived Yourself when You were embodied among Native Americans.”

“My body was filled with the Power. To Me, there were no insuperable obstacles. I regarded all obstacles just as something to overcome!

“In My incarnations, I was never absorbed in the problems of earthly life. I never ‘reduced’ Myself, as many people do by getting bogged down completely, i.e. with the whole consciousness, in a situation of an earthly problem and thus ‘jailing’ themselves in this situation.

“The *expanse* was My ‘home’ — from the state of *expanse* and *totality* I performed My deeds.

“I never fell into the trap of illusion that the earthly plane was the only world where I lived. For Me, this world existed only *on the surface* of the boundless *Ocean of Beingness*. The Life of the *Ocean* was My true Life. From there I acted.”

“But how did You manage to live in a body and to retain, at that, the awareness of Divinity?”

“I never reduced Myself from being the Ocean — to the earthly life alone, never deluded Myself by making various earthy situations My only ‘space of existence’.

“You switch your awareness from Me to the earthly life — when a particular situation or problem becomes to you more important than life in Me. Then this situation seizes your attention, and you get drawn into it with the consciousness.

“If you want to take the consciousness off the problem, just direct the look of the consciousness from your anahata backward — to My Infinity — and submerge into It.

“Interacting with the material plane, do not regard yourself as the person you were formerly: a small man involved in the worldly affairs! Strive to retain the awareness of My Beingness! I gave to you the expanses of nature not to make you feel small amidst it but to help you feel how large you are!

“When I perform My deeds on the Earth, they reflect My Unlimitedness rather than ‘floundering’ in the sea of worries.

“... Every anahata developed to the Divine level is a hole leading into the *Depths* of Me, i.e. to the ‘bottom’ of the depth of the multidimensional space.

In principle, through every such a 'hole', one can enter My *Depths* and cognize Me. It is also important to know how to expand, having passed through such 'holes'. This is the basis of everything, as every one of you knows.

“...Understand also that I am *not dependent* on any outer conditions, whatever they might be. *Everything* lives and develops *inside Me!*”

“Behold My controlling Hand in every event and accept My Will, without leaving the state of Mergence with Me! This is the way to cognizing the Oneness of everything existing in the universe.³³”

“... And one more thing: you have to create new 'nests' where My nestlings can grow and then become Eagles! This is your task!”

... We ask Eagle to tell how He worked with Native Americans.

“Native Americans are an ancient civilization, and their worldview in those old times was quite different from the modern one. I taught them to perceive the world as One Whole Organism. I taught people to respect every life, taught them to live and to act on the Earth impeccably, without disturbing the harmony, balance, and beauty of the environment. From childhood, a Native American learned to listen and understand the world around — the sun, the stars, the wind, the forest, the rivers, the lakes, the animals... Native Americans learned to follow the laws of nature in their life; they understood that by violating these laws one causes unnecessary pain to the living.

“Teaching Native Americans was easy! They, in contrast to the modern Europeans, did not 'imprison' themselves in stone houses, were not 'shackled' by dogmas about the structure of the world. They felt themselves an integral part of nature; their home was the boundless forest, rocky mountains, blue lakes, waterfalls. The state of mergence with nature was very natural for them!

“Crossing a river on a pirogue, walking forest trails, Native Americans felt themselves one with the wind, water, mountains, birds... From a young

³³ Before this, Eagle spoke about cognition of the Primordial Consciousness; in the last two paragraphs — about cognition of the Absolute.

Both have to be mastered on the spiritual Path.

age, they knew that the body is but a small fragment in the world of matter, that it is not more important than pines swaying in the wind, than clouds floating in the sky, than squirrels frolicking in trees or fishes swimming in waters.

“How did I teach them? In the same way as I teach you now. I taught them to *fly!* I also taught them not to follow only one’s own power, but, first of all, — love and wisdom.

“Gradually, as disciples matured, I showed them that the world of matter is not everything that exists, that the picture of One Whole World is much richer. And if there were those who walked steadfastly the Path of Love and learned to create *beauty* and *harmony* with every act, I took them with Me into the flight to the World of Spirit — by taking them out of their bodies.

“And they began to see that everything around is pervaded with *Light*; they learned to feel themselves as one with this *Light*. It took years to master this, and for some disciples — lives.

“Not everyone but only the brave ones who were ready to go further to the Unknown could come to the next step — ‘a jump into the abyss’. I did not have to seek *places of power* for this: I could create such a place by My power of the Consciousness.

“And at a certain moment, I opened wide the ground in front of those brave — and rose from the *Fiery abyss* as a shining *Fiery Divine Eagle*. In this way, I opened with Myself an entrance into the Abode of the Highest Spirit, into the world of the *Divine Fire!*

“Only those with a pure heart, who were not afraid of the *Fire of the Creator*, jumped *There*.

“And they who jumped never came back as they were before; they returned from this *Fire* renewed — returned to gather their strength — and to jump again.

“And some day, impeccable disciples made their last jump and became consumed completely by the Fiery Consciousness of the Creator. Thus, from age to age, new Sons of God were born in the Native Americans’ land.

“... I came to the Earth many times — because otherwise people would lose the Path to the Freedom, the Path to Me! I dressed My Spirit with a ma-

terial body and came here. I explained by this that I am real, that I am cognizable!

“All the Infinite *Power* that I can manifest with Myself — is God! When you lose your confidence in Me, you lose the connectedness with this Power; but My Power is always ready to be merged with you!

“You must submit yourself fully to the Will of God and have absolute confidence in His Power, which is present in you as well. If you do not believe in My Power, which can be manifested through you, you cannot perform anything great, you cannot seriously help anyone!

“... Give to people the sun! Give them the rising of the sun over the earth!

“Give them also the *Fire*!

“There is the fire of a home hearth; there is a campfire; their flame warms bodies...

“But you should give them the *Fire* brought by God to the Earth — the *Fire* of God’s Love, the *Fire* of the Heart!

“Give them the sky and Heaven! Give them the boundless blue of the sky and the clouds illuminated by the rising sun, resembling a trace of My *Wings*!

“Give them My *Depths*!

“Give them the *Mountains*! The *Mountains* whose tops reach for the sky and whose bases rest in the *Depths* of the universal Divine Ocean!

“Give them the Freedom! Give them, at least, the knowledge that there is the Freedom, that it is possible!

“Give them the *Wings* and the aspiration to *flying* with Me, to Me!

“Give them My Love!

“I can teach you the unbending will and unswerving intent of the Warrior of Spirit, whose main goal is to attain the highest *Freedom*: the Freedom to cognize God, the Freedom to stretch the *Wings of Love*, the Freedom to dissolve oneself in the *Ocean of My Beingness*!

“I offer My help to you every day and every hour of your lives! Call Me

when outer difficulties become too hard — and I will come to you with all the infinite power of My Love!

“Be aware of the *Flight of Freedom!* If you have become a *Heart* soaring in the Ocean of God, growing and living in interaction with Me — then the Path of growing into Me becomes open for you!

“... By the way, White Eagle is not a myth. It was God Who once again came to the Earth in order to bring the *Fire of the Heart* to people and to open for them the way to Heaven — the Way of Freedom! This is a Gift of the Heavenly Father to people!

“Everyone can accept this Great Gift! Everyone can possess it! — but... only if one gives it to others!

“... The Freedom is near! I open the Shining Path to it — the Path of impeccable Love!

“... I will rise over the earth together with the sun... Come to Me! I appoint the meeting at the dawn. I will teach you to kindle the *Heavenly Fire* — the Fire of Love! I will rise with the sun as many times as necessary; I will do this always!

“I will wait for you on the way to *Home!*

“I will walk nearby showing you the Path!

“And when you arrive *There* where there is only I, the *Sun of God* will obtain one more ray.

“Then You, too, will be able to rise together with the sun — You will become a *Young Divine Chief*, and I will add another feather to My head-dress...

“I am waiting for you!...”

* * *

... So we have discussed the main stages of work in the Schools of *Buddhi Yoga of Juan Matus* and other *Divine Chiefs* Who worked and developed in *Native Americans' spiritual traditions*.

We can see once again that the principles of mastering the spiritual Path

are common for all Schools of the Buddhi Yoga level, independent of where these Schools are located, whether they are related with each other or not, and what languages and terms are used in these Schools.

It happens so because One God guides people who have devoted their lives to Him according to the same laws of spiritual development.

(See demonstration of meditative methods in the film).

Taoist Yoga

This remarkable direction of spiritual thought was created in China, where the spiritual development of incarnate people has been guided by Huang Di since ancient times.

The words *Taoist Yoga*, *Taoism* originate from the Chinese word *Tao*, which means the Creator, God-the-Father. (The word *Te* means the Holy Spirit, Brahman).

The Teachings of the Taoist Yoga, that is the Teachings about Tao and about Mergence with It, were formulated and described by Lao Tse, a Divine Disciple of Huang Di. Its competent and clear to the reader translation was published for the first time by us. One can find it in the book *Classics of Spiritual Philosophy and the Present*.

Tao Te Ching (i.e. *Book about Tao and Te*) is a remarkable textbook on religion. Let me note that it contains the same truths as the Teachings of Jesus Christ, the Bhagavad Gita, and other Divine Teachings, but expressed in slightly different words. Thanks to this, one can understand the Teachings of God better, more fully.

Putting it briefly, the essence of these Teachings can be described as follows:

One cognizes Tao by developing oneself as a spiritual heart against the background of inner calm. We have to learn to love the beauty of the Creation, to have a careful and tender attitude towards it, to learn to merge with it by the consciousness. Then we can — having become a large and subtle spiritual heart — merge with Te and then with Tao.

In China and in some other countries of that region of our planet, these Teachings about the Beauty, Calm, Harmony, and about Mergence with God had a major effect on the formation of the spiritual culture. The examples are tea ceremonies, landscape parks, the arts of painting and photography adequate to this religious-philosophical direction, and even corresponding kinds of martial art.

When China and other neighboring countries adopted Buddhism — similar Teachings about the Path to cognition of the Primordial Consciousness through love for all the living and through spiritual service — then mergence of these two directions happened, which resulted in Chan Buddhism.

And now let us read what Divine Teachers — Huang Di, Lao Tse, Huang, and Han say about the Path to Tao.

From conversations with Huang Di:

“The eternal is LOVE!

“Civilizations come, flourish, and disappear, new life arises and vanishes in various corners of the universe — but LOVE remains everywhere as the unchanging Basis of Everything.

“LOVE is the language of life that God speaks in the universe!

“LOVE is the language that helps people to understand each other!

“LOVE is the language that helps man to understand God! Remember: God is LOVE!”

We asked:

“Huang Di, how did You cognize the Creator?”

“It was so long ago that I cannot recall it!” jokes Huang Di. “I became One with the Primordial Consciousness so long ago that it hardly makes sense to tell My story now.

“I was at the origin of the Earth, and all its development from the beginning up to the present days happened with My help.

“My Mission is universal. Stars, galaxies, the entire manifest universe is

contained in Me.

“As for the seekers of Me, I reveal with Myself the *unmanifest* to them. I also give them a possibility to cognize ‘the building material’ of the universe.

“I do not construct Brahmanic Mahadoubles, and almost always remain on the other side of the *mirror*. I come to the Creation from My Abode through the worlds on the other side of the *mirror*.

“... Being a Universal Divine Soul, I joined the stream of life on the Earth. Like many Others, I attained Divinity not on this planet. But no matter how varied may be the Path of the ascent of souls, the law of development is one for all.

“There exists Great Boundless Tao, and there are individual souls, created by Tao, that have to learn to correctly use the freedom of will granted to them by Tao.

“The freedom of will is a very interesting thing. It can bring the soul to falling into the abyss, or it can bring it to unbelievable heights... Everything depends on how one uses it.

“The correct use of the freedom of will brings one to impeccable life.

“There are three stages of mastering impeccability:

“The first stage that the soul has to master implies living in the world without disturbing its beauty, harmony, and balance. This is the ethics of relationships with incarnate beings and with all other elements of the Creation.

“I, like any other Avatar, told people about the laws that they had to follow in their relations with the environment. I taught people ethics, first of all. It is people that need to be taught ethics: lower forms of life almost never disturb the harmony of the world. But people are inclined to violate the laws of Tao...

“A soul that is capable of intellectually comprehending these laws, of embracing them, and of building its life in accordance with them — masters thus the first stage of *impeccability*. And Tao allows such souls, impeccable in the earthly matters, to advance further.

“At the second stage, people who observe the laws of *beauty* have to

transform themselves into *beauty*. They have to merge with *beauty* into one, have to become it. Of course, it does not mean adorning the body; it implies transformation of oneself as a soul into *beauty*. This stage is mastered through the methods of cleansing the chakras and other structures of the organism, and then — through development of oneself as a spiritual heart.

“There may be many methodological variations here, but their essence is one: there is the ‘Heaven’ — Tao, and there is the ‘earth’ — the material world; also there are souls that have to walk the Path leading from the ‘earth’ to the ‘Heaven’, from *yin* to *Yang*. At the end of this Path, the soul merges with the *Beauty of Tao* and becomes It.

“The third stage of mastering impeccability implies that the soul merged with Tao learns to actively create the Higher Beauty on the Earth with each word, thought, or deed, emitting thus to the world the Sparks of Beauty from the Boundless Ocean of Tao...

“... I began My Service as an Avatar at the dawn of life of this planet. For millennia, China was the main area of My service. I brought to people the laws of ethics and the laws of cognition of the Highest. I manifested the Love of God in this world — so that people may desire to become similar to Me.

“There is the law of similarity: *Similar things are attracted to each other*. I sowed in souls the seeds of LOVE — and then for many centuries I could attract them into Myself with the Universal Magnet — with the GREAT LOVE!

“Many times I came to the Earth. People remembered Me in legends as the first Divine Emperor of China.”

“Did You have many successful disciples — those who cognized the Creator?”

“Yes, I did. I opened for them the Highest as I did for you.

“There are two fundamental things that My disciples cognized and that allowed them to successfully master the rest. They are *calm* and *the arms of the spiritual heart*.

“*Calm* is the basis of the ability to dissolve oneself. *Calm* is the basis of the ability of the consciousness to remain unstained, to remain transparent... The one, who is capable of becoming *calm*, is capable of *cognizing*.

“There is the phenomenon of transparency. There is the transparency of water, the transparency of air. And Tao is the Subtlest Transparency!

“In order to learn to cognize oneself, one has to feel — in calm! — the arms of the consciousness: the arms of the spiritual heart. One has to learn to touch with the hands of these arms the objects on the non-material plane as with the hands of the body we touch material objects. One has to learn to feel the multidimensional space as water — and to move in it with strokes of the arms as in the water... If one masters this — then the worlds on the other side of the *mirror* are easy to cognize. And *There* one finds the *Great Calm*...”

“Huang Di, how can one gain the strength **required to become** absolutely invulnerable to negative energetical influences?”

“Understand that a separate ‘I’ cannot possess the absolute power. In the universe, there is only one such power — the Power of the Creator!

“In order to unite oneself with this *Power*, one needs, among other things, to learn to accept the course of events as a manifestation of the Creator’s Will. One also needs to understand and accept the fact that the Creator controls everything that happens in the universe.

“Mergence with the *Power* is possible only if there are no manifestations of the individual ‘I’ at all, that is when you accept the events without desiring some particular outcome for yourself. Only then you are invincible.

“... My Life is an unceasing development, an unceasing advancement to the *new*. I never remain the same; I am always changing.

“Everything existing, anything that happens is directly related to Me.

“In the *Depths* of Me is the origin, the beginning of everything.

“From there — from My *Depths* — comes the Power that gives beingness to everything. Every thing exists because I gave it the possibility to be!

“Now you can understand that behind every thing, behind every event there is Me.

“All manifestations — even those appearing most despicable to you — may happen because I granted them such a possibility.

“Therefore, do not condemn anything or anyone!

“... The great, boundless *Ocean of Tao* is the Basis of the manifested world. Nothing exists on its own, independent of Tao!

“Everything in the world of the Creation becomes manifested and disappears with time. But Tao remains – Living, Ever Existing!

“Let everyone try to feel this, confronting everything transitional, limited in the manifested world – with the eternal, infinite Life of the *Ocean of Tao*.

“For those who have realized and felt this relation it becomes clear to what goal one has to aspire in life. This helps them to make the right choice and to avoid becoming deluded by viewing something in the material world as the essence of life...”

“Huang Di, please tell us something of Your biography.”

“Of which one?”

“Tell us something that can be useful to us or something that is pleasant for You to recall.”

“Well.

“... One of My incarnations was quite different from the others. That time I had seven strong disciples, whom I initiated into the final stages of Buddhi Yoga. They were all to Me like children; they were all to Me like brothers! Every one of them could jump after Me into the abyss or enter into the fire without hesitation... They all listened to Me with their minds, hearts, and consciousnesses.

“It was a rare fortune! It was like the shining of seven Suns that later merged simultaneously into the Father. Such things rarely happen in the history of the universe... You know what a group meditation is... The power of merged, synchronously acting consciousnesses increases by many times...

“It was remarkable! They aspired to Me, and I guided them. In the universal *Depths*, I accepted them and dissolved in the Infinity of the Creator...

“... When later They came to the Earth, They sometimes took the name Huang Di... This name was Theirs by the right of inheritance, and it seemed to Me sometimes that I was incarnated again on the Earth through Them...

“... Bright future is ahead of you! The light of knowledge will come to the Earth through you! But We understand that this is a gradual process.

“We all are with you! Together with you, We work for the cause of the evolution of people and the Evolution of the universe!”

From conversations with Lao Tse:

“... Yes, the ancient Chinese civilization is one of those important cultures of the Earth that humanity still remembers about. Its development from the very beginning was guided by Avatar Huang Di.

“It is since that time that people began to call by the name *Tao* the One and Indivisible Whole — God in the Aspect of the Primordial Consciousness.

“Tao is above everything and in the depth beneath everything.

“It is beyond understanding of the ordinary mind, yet It can be cognized with a developed consciousness.

“Tao is the Highest, the most Subtle and Blissful, indivisible into male and female, into left and right, into more and less perfect.

“It creates. It manifests with Itself the Original Essence of all things and phenomena, yet It is not these things or phenomena.

“Tao is omnipresent.

“Everything in the world of matter has certain limits, but Tao is unlimited and eternal.

“Only those dedicating their lives to cognition of Tao and living in love and calm can cognize Primordial Tao.

“Millennia pass..., but the Teachings about Tao and about the Path to It remain among people.”

... We asked:

“You said that You were a disciple of Huang Di?”

“Yes... Once it was My turn to come so close that I began to see Him... I managed to become calm and silence to such an extent that I could hear Him. Huang Di began to speak, and I wrote down the text called *Tao Te Ching*...”

“Tell us please how You learned.”

“From a certain stage, a consciousness developed in past incarnations receives a direct guidance from Tao. There is a stage in a soul’s development when the Teachings of the Immortal Ones can be not only understood in words but also realized in life.

“Such was My last incarnation. I came to the Earth to renew and to purify the Teachings about Tao from everything superficial and to leave this knowledge to people.”

“Legends say that You were a philosopher, a historian, and a keeper of ancient archives; that You retired and went traveling; and that a guardian on the border did not let You pass until You expounded Your Teachings in a written form. Is it true?”

“Yes. As Anyone Who has achieved the Goal and crosses the border of life-death on the way from the world of incarnate beings to the Life in Tao — so I had to leave My Message to people.

“... Even before this, in the previous life I was a disciple of Huang Di in one of His Great Incarnations.”

“May we ask You to tell about Huang Di, about how He taught?”

“How does God teach? Don’t you know?... He shows the Way and then creates obstacles for you to overcome. He teaches you subtlety — and then suggests that you strengthen your power. He suggests that you become aware of yourself — and then shows that there is no you, that there is only Tao... Softly and gently, as a calm tender ocean, He embraces you and immerses you into Himself. And then — in Silence and Infinity — there remains nothing of you! Then there is nothing but Tao — All-pervasive, Infinite!... And above the Ocean of Tao, there is Light which has Names and Forms... One of these Names is Huang Di. These Names are as many as the rays of the Sun. Among Them there is also Lao Tse.”

“Did You see Huang Di living in a body?”

“I saw Him living in a body, disappearing and appearing again. Yes, I saw Him! I heard His words coming from His lips. I heard His words sounding in the depth of the spiritual heart. I heard the Silence of His Quietness in the Depths of Tao.”

“Could You tell us a bit more about Him?...”

“These are very ancient images from the life of China...

“Sunrise in the mountains... The Huang He river rolls its waters to the sea, which is called now the Yellow Sea. Do you know why? The Goldish Light of the shining of the Glory and Greatness of Huang Di reflected in it, and the water became filled with its yellow-goldish shining, legend says...

“The castle of Huang Di... Its form resembled a giant multilevel pyramid. Wide terraces on every level of the pyramid allowed one to walk around it. In order to come to the next level, one had to pass through a guarded gate into the inner rooms. There was a passage further — to the next level. People who had not achieved a certain level of the development of the consciousness were not allowed to come to the higher levels.

“In the inner rooms of the highest level, Huang Di accepted His closest associates and disciples.

“The first level was used for crowded meetings. Its giant gate opened outside — through it, solemn processions came out when ceremonies were performed.

“At that time Huang Di granted to China not only the Teachings about Tao but also knowledge for the material world: a writing system, mathematics, astronomy, counting of time, a calendar, and many things about medicine. All this became available to people. Apart from this, His precepts about righteousness and order became the basis of welfare for centuries.

“... Quietly flows the Huang He river; the mountains’ tops are in the sky, and the Earth itself is their firm base... Look in the eyes of Huang Di and you will learn more...

“There are the eternal and unchanging Teachings of God. There is boundless Tao. Everything created by Tao comes and disappears, but Tao remains... It cannot be described with the help of words, but there are Immortal Ones Who have traversed the Path and cognized Tao!”

“Tell us, Lao Tse, do You have Your own *places of power*?”

“Yes I do. I have many such places! Most of them are in China but there are some in other regions as well. I have been looking after the growth of many souls for many centuries. I like arts. I am a Patron of those who with a stroke of a brush on paper make viewers hold their breath and peer at that

Unmanifest which becomes living on paper in the place where the picture left empty space. It makes Me happy to hear the rhythm of verses that reveal quietness. I am a Guardian of the traditions of calm, harmony, and beauty.

“Calm and love are the basis of the righteous beingness!”

“Please say something for beginners.”

“The dense and coarse brings destruction, aging, and death. Therefore, you should aspire to the harmony and subtlety of the consciousness in everything! Find beauty in the Creation — in a tender flower, in a gentle wind, in a transparent brook! One must learn not to disturb this harmony by rude actions!

“Then one has to cleanse in the heart and in the entire body — a place for Tao!

“One has to learn to serve Tao, having become Te. This is a quality of the Perfect Ones.

“The Perfect Ones quietly tell the world about the greatness of Tao!

“Seekers listen to Them in the silence of the soul and grow in cognition and love!

“The Subtlest has a great power to create and to spiritualize!

“Become similar to the Subtlest — and then you will be capable of embracing the Whole!

“The warmth of the Great Sun melts down the remains of the lower selves — and the Light of Love begins to flow freely through the bodies of those who have submerged themselves — as consciousnesses — into Tao!

“Then the Immortality of Tao comes up through their bodies — as they merge the consciousnesses with Tao and act from It. This can be likened to a blossoming peach tree: its branches imbibe the vernal life-giving current and produce beautiful flowers! In the same way, Tao comes up through the bodies and manifests to the world the Calm, Light, and Wisdom of the Depths! Having become rooted in the Depths, the Tree of Love grows and begins to bloom in due time, giving to the world the fragrance of the Truth!

“Listen in silence to how the blissful currents of the Light of Divine Life come up!

“Allow Tao to manifest Itself here! A non-doing of you is a doing of Tao!

“Come to know the Great Border after which there are no borders at all! The ‘bottom’ of the manifested world is just a ‘Curtain’ of the world of the Depths, which is infinite...”

From conversations with Huang:

“My greetings to people living not for themselves but for God!”

“Huang, tell us please about Yourself.”

“Let Me first tell you who a true Taoist is.

“A Taoist is, first and foremost, the one who has cognized *calm*. The developed mind of a Taoist stays silent. A Taoist is immersed in contemplation and in the creation of the *fathomless quietness* in which Tao abides.

“A Taoist is firmly connected with Tao by the ties of LOVE.

“The Path of a Taoist is the Path of *calm* and *bliss*. The love of a Taoist is steadfast; the faith of a Taoist is unswerving. A Taoist feels great *tenderness* for all the Creation. A Taoist never harms living beings without necessity, never disturbs the calm of any creature.

“Tao fills the heart of a perfect Taoist, and a perfect Taoist lives in the Abode of Tao. A Taoist lives radiating *bliss* to all the living.

“A perfect Taoist becomes Tao.

“... And now I want to describe the methods that were taught in the School which I finished in one of My incarnations.

“The entire course of learning was subdivided into three main stages: a) the initial stage, b) the stage of thorough treatment of all the energy structures of the body, and c) the stage of transformation of oneself as a consciousness. The latter stage was also called ‘birth of the new body’.

“The initial stage of the School was open to everyone: anyone who had a sincere desire to change oneself could be accepted. This stage included the methods of initial cleansing of the body. Beginner students were taught to enter the subtle states of the consciousness. This allowed them, for the first time, to cognize the non-material *Light* inside the body. They were taught to

merge with this *Light* and to wash the body with It. This helped to heal the body. Most of the students were quite satisfied with such an initial level of knowledge and did not ask for more.

“But there were those aspiring for more, those who wanted to receive the knowledge about further possibilities of self-development.

“Such seekers were gladly accepted in the School, but the requirements for entering the next level of learning were quite strict. Only those were admitted to whom this Path could really become the main purpose in life, those who could sacrifice all the rest and dedicate themselves only to this goal.

“These students learned to master more subtle states of the consciousness and to control sublimation (i.e. transformation of energy from one kind into another). They were taught the methods of more thorough treatment of the entire body with *Light*. Special attention was paid to complete cleansing of the energy structures of the head. This work was considered successfully done when a flow of energy could absolutely freely and naturally move inside the body and nothing obstructed its movement.

“At the third stage, students worked with the *Golden Elixir*. This term denoted the most tender and subtle goldish *Light of Tao*. Students learned to find It in the Primordial *Depth* and had to accustom themselves to Its state, to the state of *being this Light*. Students also learned to influence the body with this *Light*. Under the influence of the *Primordial Light*, the energy structures of the body had to as if ‘dissolve’, ‘disappear’, so that in the body there remain nothing denser than the *Light of Tao*...

“... I want everyone to understand that work with the *Primordial Light* or *Golden Elixir* — whatever one may call it — must not be reduced only to the treatment of the body. People have to transform themselves as souls, to change the emotional states, first of all.

“It does not make sense to move energy through the body again and again, hoping that the body transforms miraculously while the soul remains as coarse as it was. The purpose of alchemy is not to transform the body into the *Golden Light* but to become the *Golden Light of Tao*!

“... Tao is Calm.

“Tao is Bliss.

“Immortality is Mergence with Tao.

“Centuries-old traditions live in China. They may become slightly forgotten... but again come to the Earth Those Who restore the Teachings about the Path and about the Highest Beingness.”

“Did You know Lao Tse?”

“No. I knew His Teachings. I lived on the Earth after Him.”

“Tell us please more about Yourself, Huang.”

“When I came to My last earthy life, I had no unrealized desires of the soul that would require immersion into the worldly affairs. I sought neither glory, nor wealth, nor woman’s caress. I aspired to nothing but to cognition of Tao. I came to become a Teacher of Tao, and this intent, formed before the embodiment, led Me from early childhood.

“From childhood I lived in a small monastery, where there was true spiritual knowledge.

“As a little boy, I was initiated into the life of the Spirit.

“My freedom was not limited; I explored the world around Me by climbing the mountains, observing the plants and other living things...

“The meditations of adults became the first lessons of *inner quietness* for Me. I cognized calm through the silence of the mind immersed into the *Heavenly heart* — the spiritual heart. These were the first meditations I learned.

“The stories of My tutors about the Immortal Ones were My main food for thought. The tutors wisely included in these stories history and ethics, psychology and truths about God.

“When I grew up a bit, the chakras and meridians, the organs of the body and its structure became the object of My study. I possessed clairvoyance developed in the past incarnations and easily mastered working with the energies of the body. The energies moved inside My body as flows of *goldish light* — like small mountain brooks. I could see every meridian and could easily direct there a flow of *light*.

“When I grew older, the next important stage was work with the *Divine Fire*. I learned to submerge into It in the *core of the Earth* through the struc-

ture called *the stem of the golden flower*. I learned to be this *Fire*. The entire treatment of the body up to its smallest meridians was done by Me again — on this new level of subtlety.

“I could radiate now the *Divine Fire* from My eyes or could easily move it through the meridians of My arms with the purpose of healing someone. I easily saw in the bodies of other people diseased parts and contaminated meridians that did not let the energy pass. And I could wash dark energies away or burn them with a flow of *Fire*.

“I was allowed to help the poor coming to the monastery. It became for Me the first important lessons on psychology: the ability to discern people. Healing of the body without transformation of the soul cannot give a stable positive result. On the contrary, it can only burden the destiny of the healed person and of the healer³⁴ as well.

“Then I ‘crystallized’ a giant Spiritual Body. In such a Manifestation I met you for the first time on this *place of power* of Mine and helped you then to cleanse your bodies.

“The next stage was a stage of merging with Tao. I had to master the Great ‘non-I’. I had to learn to retain this state not just for several minutes or hours: I had to become it.

“It was *non-doing* from the ‘I’.

“It was *non-thinking* from the ‘I’.

“It was *total reciprocity* in the Abode of Tao.

“It was cognition of the *Highest*, of the *Original Source*, of the *Ocean of Tao*.

“The Great ‘non-I’ was now the *Ocean of Tao* in the *Primordial Depth* and in every part of My body.

“I learned to be the *Ocean of Tao*, which fills everything from within, everything that has a form and everything formless.

“This state became total! *The Bliss of the Subtlest One* was in everything, and there was no ‘former me’.

³⁴ Read about the principles of healing in [7].

“Everything submerged into the *Ocean* becomes filled with It like a jug submerged into water.

“I want to give you this state of Great ‘non-I’ connected with the material body. It is the state when all parts of the body are purified from the ‘I’, immersed into the Ocean of Tao, and filled with Its Great Calm.

“If one lives so, then the next step is easy. One needs to perceive this Great ‘non-I’ as the only existing ‘I’ of Tao. In order to realize this, one must grow a giant Immortal Body. This state may be called the dynamic aspect of Nirvana in Tao: the ability to act from the Primordial, from Tao.

“I cognized this and became a Master of Tao.”

“Huang, did You have many disciples?”

“Not many: tens, not hundreds. I taught those who were near Me and those few brought to Me by God. You know One of Them: His name is Han.

“I also left Teachings to people and later helped many from My non-incarnate state. I am also happy that I helped you.

“I love you all; you are My spring!”

“I am the Beauty! And a reflection of this Beauty is the beauty of people who have cognized Me.

“... I want you to also note that through cognition of handmade beauty, one can approach the cognition of Me.”

... Huang shows teahouses, trails in gardens where a brook murmurs and lotuses bloom...

“This handmade beauty immerses one into calm and through calm — into Me. I want it to be this way throughout the Earth: so that *dissolving calm* immerse people into Me!”

“And what about the beauty of nature?”

“Not everyone can admire it. Some people living in cities virtually never go outside them... They can know a little of the *Beauty of Tao* through handmade beauty.

“And note: the beauty of souls is the *highest handmade beauty!*”

From conversations with Han:

“Silence of the mind! *Become silent* all whose minds are developed! Only then the arms of the spiritual heart can be opened, and then the Embrace of the Heavenly Father will open towards them!

“With the arms of LOVE embrace all the living in the Creation and then — Tao!

“This is how I traversed the entire Path, and so did Every one of Us.

“In all times on all continents of the Earth, in all countries, only one strategy helped righteous souls to advance radically to Me: it is silence of the developed mind!

“Only when the developed mind becomes silent, then in such a body and through such a body I begin to speak.

“I let into Me only those developed souls whose mind learned to be silent! Then it is enough to have one *United Mind!* The second mind is an obstruction!”

... We asked:

“Will You tell us how You developed?”

“In that very *silence* I bloomed as a flower.

“In ‘velvet’ conditions My Master raised Me. He was Huang!

“A garden, ponds with lotuses... It was His *ashram of Tao*...

“The theory of growing the *golden flower* was also formulated for the first time by Huang. You read these thoughts many years ago. The title was *Mystery of the Golden Flower*. Unfortunately, these ideas came to you in a form perverted by the translators.

“The essence of this treatise is the following:

“The corolla of the *golden flower* is the developed anahata.

“Its stem is that part which goes into the Abode of Tao.

“The *golden flower* grows with its *roots* into Tao.

“The *bulb*, like that of tulip, is formed in Tao. Into this *bulb* one has to move with *anahata with arms*.

“And then — as you already know — an individual *bulb* merges with the *bulbs* of all Those Who are *There*... Actually, there is one united *Bulb There*... It is infinite in space and time... It is Tao.”

“Thank You. It is clear to us.

“Tell us please, why have You settled in Russia?”

“Here I raised you!... You cognized Perfection thanks to Me, thanks to Us!...”

“Thank You, dear Han! But please do not consider this work ended!

“Tell us please something of Your past that can be valuable for incarnate people, for example, how You learned from Huang.”

“I sought an *Immortal*³⁵ Master of Tao who would show Me the way.

“I saw many. They all told Me that they knew the truth, that their methods could help one to achieve *Immortality*... Yet I did not trust their competence and went further...

“Once I stayed to rest near a brook. Nearby there was a monastery whereto I was going.

“A man approached Me and asked permission to sit nearby. His body was filled with soft *calm*...

“He asked Me where I was going.

“I answered that I was seeking a wise man who could teach Me how to cognize Tao.

“Huang (it was He) said:

‘In this way you will never find what you seek! You have to seek not a person but Tao! Then Tao will be your guide and will bring you to the Goal!’

‘Thank you for your wise advice,’ I replied. ‘Tell me: in what direction should I go?’

‘You have to go not farther but deeper! Tao is the Subtlest; It is in the *Depth* beneath everything. It is everywhere. When you master the *silence of*

³⁵ Possessing an Immortal Body, which is the Consciousness *crystallized* in the Abode of Tao.

the mind, then you will see the path which can be cognized only by the heart.'

"... I understood... that I did not know where to go... So I became a disciple of Huang.

"... Then for a long time I lived in the delusion that He did not know answers to the questions which He asked us, His disciples. In reality, He... just brought us to the threshold of new discoveries, but every one of us had to move further only by making personal efforts...

"For a long time I lived so, being ignorant of His Greatness... His wisdom was... quiet.

"Only later, recognizing in meditations His gentle smile and tenderness, I realized eventually His all-embracing Unity with Tao...

"He helped many people, Me in particular, to cognize this Great Unity."

"What would You advise those who want to control the mind?"

"Silence of the mind can be mastered through the lessons that I give to people.

"Accustom your minds to respect every life.

"Teach your minds to be grateful. The grateful mind is lowly and obedient. In the grateful mind, the seeds of pride can never grow; a grateful person never becomes haughty.

"Enormous is the work and infinite is the patience of the *Ocean of Tao* in raising souls! Immeasurable is the Power of Tao's Love which feeds every life!

"In essence, people have nothing to be proud of. Everything they achieve in worldly affairs or during the spiritual search is a result of the efforts of many and not only of this particular person. One receives knowledge from books, from other incarnate and non-incarnate souls, from the infinite variety of life on the Earth. And behind all this, there stands the Heavenly Father, Who created the sky and the Earth and all the living. People just use these gifts of the Heavenly Father; efforts that they make on development of themselves as souls is a very small reward for all His Love and Care!

"The greatest event in the universe is when a human soul opens itself for

Tao! Such a soul-flower is an invaluable treasure for Me! There is nothing more important than this!"

Yoga of Buddhism

In all widespread religious movements, it happens with time that some followers inclined to leadership develop new "special opinions". They create their own small or large sects. (We discussed this phenomenon in the book *Spiritual Heart. The Religion of Unity*).

In such sects the original Teachings of God can be perverted to the opposite. And such sects, claiming that they are "the only bearers of the Truth", begin to subjugate all others.

What is the power of these sects that allows them to attract large masses of people?

The first reason for it is that their leaders do not require ethical purity from the followers. On the contrary, some human vices — such as gluttony, aggressiveness, and others — become legitimized "on behalf" of Holy Divine Masters... Second, they offer to the followers an absolutely wrong yet very simple way to "salvation": for example, to repeat certain words, to perform certain bodily movements... It is clear that this deception does not save anyone; on the contrary, it does harm to the congregation. It is needed only to the selfish leaders of these sects...

Tendencies to pervert the Teachings are also present in Buddhism, where the principle of *ahimsa*, regarded by the Founder of Buddhism as the basic ethical principle, was abandoned. In some sects disguising themselves as Buddhists, they practice blatant black magic; some even deny the existence of the Primordial Consciousness...

We are not going to discuss now all such perversions. Let us talk about what true Buddhism is — on the example of two Schools that existed in Cambodia and Korea.

From conversations with Lao:

“Lao, how did You fall in love with God? How did You fall in love with God so much that You and so many disciples of Yours attained Mergence with the Creator?”

“I do not know... Even when I was a child, He was always near Me... I knew that His fathomless Eyes were always looking at Me and giving Me Love, and I dissolved in this Love... When I listened to the rustling of leaves or to the whispering of rain, to the murmur of a brook or to the singing of birds — I always heard His voice... In the quietness of evening and in the clearness of morning — He was near Me. He told Me about Love... He smiled with the corolla of every flower, caressed Me with sunlight, stroked Me with the wind touching My face... When I walked the earth, I felt His Hands, which supported and guided Me...

“... When does a baby begin to love its mother? When it grows in her flesh? Or when it drinks her warm milk for the first time? Or when it sees her first smile?... The baby does not know it. The baby just grows in this love.

“I do not know how I fell in love with God. I was born in His Love, breathed it, grew in it. And My love for Him grew together with Me...

“Then I understood that people do not know this Love... And I began to seek how to help them.

“Thus I found My lake, and on its bank an ashram was built... There God began to teach Me how to help people — He taught Me love, care, and patience of a mother who supports her children with her palms... My children were flowers, birds, trees, grass, people — My people who learned to love...

“It is in this place that I became that Lao Whom you know now... And My heart became a *Lake of the Divine Love* — a small drop of the *Great Ocean*. Everyone coming to Me submerged into Its Waters and took with themselves as much love as they could contain...

“Those who stayed with Me in the ashram grew in My Heart, which never separated itself from the Ocean of the Creator anymore.

“... I also would like to tell you the following. On the spiritual Path, the spiritual warrior is never left alone; God always takes part in the warrior’s advancement. In other words, the spiritual advancement is not a result of the efforts of the warrior alone, but a result of the common work of the warrior and God.

“It is God Who creates conditions for further advancement of the spiritual warrior. By doing this, God gives the warrior a chance to become what the warrior chooses to be.

“God gives the warrior opportunities for self-development by involving His Power in this process. The more fully and self-sacrificially the spiritual warrior is devoted to the work of self-development and helping others in their development, the more marvelous possibilities and prospects God provides to such a warrior.

“I want everyone walking the Path of Good to remember always about the constant presence of God in their lives and to never doubt His Power! The one who goes through life together with God, always feeling His presence, can never become dejected. After all, dejection is a denial of the presence of the infinite Divine Power in one’s life, a separation of oneself from God, a refusal to accept His help...

“... With subtle morning mist I cover green shoots, which have just appeared from the ground.

“They are very fragile and tender; they are My children. I support them with My Hands, warm them with gentle sunlight.

“They grow under the Rays of My Love.

“I lavish My Care and Tenderness upon them. I help them to become stronger, to grow up, and to bloom.

“And then subtle aroma fills the entire universe...

“Be gardeners in My Garden and help Me to grow My flowers!

“The heart that has contained the Infinity of the Creator’s Love becomes a *Temple of God*. Then it can create hearths of spirituality in any place on the Earth.

“If one has become a *Temple of God* and represents now the Abode of the

Creator, then through such a person a Divine Stream begins to flow — a Source of the Water of Life, a Source of the True Life. Everyone drinking from such a Source receives a chance to begin their own ascent!

“God needs your earthy bodies! They connect the *World of God* — and the material plane! Through these bodies people can see the Light of the Creator, the Light of Truth! Therefore, dematerialization of your bodies is not planned for you. Instead, your service is needed! If you perform dematerialization, then you cannot help people from the incarnate state, and this is undesirable at present!

“Every one of you has to burn with the desire to give God to others, the desire to shine from the life-giving Source of Truth, so that thirsting souls may come to It...

“When serving, you have to shine with the Divine Fire! Give Us — to everyone!

“My dream and the dream of Every one of Us is to turn the Earth into a blooming Ashram! Though We understand how much evil there is on the Earth now...”

... We ask Lao:

“Lao! What can one do to prevent situations when children who received our knowledge ‘fall back’ to the opposite inclinations?”

“First, you have to develop love in children! Then such ‘falls’ will be impossible. A soul which has grown as love cannot degrade!

“Second, you have to strive to create groups of children (or children and adults) similar to *forest ashrams* — with a pure and harmonious environment for living and growing. It is in such an environment that one can form in souls strong, positive principles of life, ethics, and principles of interaction with the world of living nature. *Forest schools* are a possibility to help these sprouts of good, which need to be cared for constantly in the beginning.

“To be different from others — normally is not possible for a soul in a child’s body. To oppose alone the aggressive primitivism is possible only for an adult and strong person.

“Also, not all children can withstand by themselves the temptations of

the dull contentment of the *tamas guna*.

“But if there are companions on the Path, then the child — even if he or she was an outcast — accepts a new positive role and becomes one of the heroes-pioneers, defenders of the good!

“To a child, it is very important to have like-minded companions both among adults and among children!

“... One has to lay in children the foundation of development in the form of growth of love! Then future difficulties, including the temptations of the egoistic attitude towards the world, become less dangerous.

“It is love that has to be the foundation of the education of souls of any age! This makes their degradation impossible! If the *arms of the spiritual heart* — the arms that give and create love — became the basis of a soul’s life, then such a soul cannot fall! And it is against such a background that one’s intellect must be developed! A healthy and joyful way of life in harmony with nature, giving love to others — this is how souls have to be educated! The development of cordial love towards every one of God’s creations can help children on the spiritual Path! *Forest schools* make it possible to create a spiritual environment for children’s growth!”

“How can one help those who turn away from love?”

“They have many lives ahead...”

“God’s help comes to those who seek how to help others.”

From conversations with Maida:

“I invite you to the Inner Abode of the Spirit! It is there that the flowers of the Divine Love bloom!

“My Divine Teacher Lao taught love through working with the *anahata* and through growing as the spiritual heart. It was not just our meditations that were aimed at growing love, but both His and the lives of every one of us were **dedicated to this purpose**! We worked with the *arms of the spiritual heart*, the *arms* that give light, care, and caress, all the time! We did this while meditating or planting flowers in the ashram, while healing, dancing, or creating harmony in our houses and gardens.

“This is how Love grew in us, so that we could take on our palms all evolving souls of the Earth!

“This is how Lao opened the *Inner Temple* of every soul ready for it — the Temple where abides the Primordial Essence of everything.”

From conversations with Tchao Li:

She came when we were having a rest near a fire after intensive meditative work. Consisting of *Light-Tenderness*, She bathed us in Her soft, dissolving Love...

“What is Your name?”

“Tchao Li.”

“Could You tell us please about Yourself? We see that You attained Divinity...”

“Well...

“I came to My last incarnation in Korea as a mature soul with a rich experience of subtle states of the consciousness from past lives. I could stay in soft calm, was capable of thinking creatively, learned to live for others and sacrifice Myself for other’s sake. I could see and appreciate the beauty, merge with the harmony of nature and dissolve with the consciousness in its purity. I missed only the knowledge about God: about His Beingness. I also missed the methods of development of oneself as a consciousness, which allow one to achieve the complete Self-Realization and then to help other people more efficiently.

“And God took care of Me: I met My future husband and spiritual instructor Kim.

“This meeting happened later in My life, while in the beginning...

“... I began to dance since early childhood, after I had barely learned to walk. Our family had a small garden. Quietness and communion with birds, flowers, and trees attracted Me much more than contacts with other children. For hours I could look and listen to what flowers or birds say, watch fish swimming in the transparent water of our small pond. I understood and loved them, and tried to talk to them without words, expressing My love for

them with the help of gestures and other movements. And every time a new dance was born...

“For example, I felt Myself as a flower: My trunk was a lithe stem, My arms were leaves, and the corolla of the flower was always inside My chest. I began to move the trunk-stem, to caress with arms-leaves the sun, the sky, the space around Me... Bliss flowed through My body. I forgot about everything and danced, radiating love to all My friends!

“When I grew a little older, My parents sent Me to a school in a Buddhist monastery, where I learned the art of dance.

“Studying was easy and joyful for Me: dance had become My life already. I just polished My skills, bringing every movement, every gesture to perfection.

“We were taught that the most important thing is to convey the emotional state; this constitutes the essence of dance. My improvisations from childhood were very useful for this purpose.

“The dance of the oriole, the dance of the crane, the dance of the nightingale singing in spring... — I danced and forgot about all the rest; there were only the oriole, only the crane, only the nightingale — and there was My love, which I gave through the dance... When dancing, I as if sang soundlessly with the soul — My heart sounded with different shades of love!

“... From outside it looked very nice: people enjoyed and admired Me dancing...

“Yet, I had a strange feeling of inner dissatisfaction...

“Later I understood that in this age I could not convey to the spectators the entirety of love: I missed the shades of that tenderness which is known only to people who are in love with each other... My love was not mature then...

“... In that school we received an all-round education; we studied philosophy, religion, history, and other subjects. Let Me stress that this is extremely important!

“But the main thing for Me was an acquaintance with the Teachings of Buddha. Consciously I discovered for Myself a new Divine world. It was the

world of Light and Love! I learned the laws that Buddha followed in His life and commanded us to follow, the laws of *purity of life*: compassion, benevolence, truthfulness, kindness, love. I followed these laws in everything I did.

“Then I came to know the love of a man. It happened with a Person Who could also give Himself to others.

“Kim became My husband and My spiritual guide into the Abode of the Primordial Consciousness. He helped Me to master meditative methods, gave Me His power and love. And I gave Him tenderness, embraced Him with calm and caress. The harmony of Our relations helped Us both to advance along the spiritual Path. The ecstasy of mergence of souls, the bliss of giving tenderness to each other, the joy of giving oneself — without such valuable experience, love cannot gain all its power and fullness!

“And My dance now became a means of expressing My love for the *Primordial One!*...

“... Today I help to restore the ancient art of dance in Korea. I help those who want to give themselves to others, to give their love to other people. Only such an aspiration can bring man to Perfection, to Mergence in Love with the Divine Beloved!”

From conversations with Kim:

A broad smile, strong gentle *Arms of the Consciousness* embracing us, Divine Tenderness... It is our Friend — Kim!

“May I tell you My story?”

“Yes, Kim, of course!”

... Korea... Kim shows a Buddhist monastery in the mountains. Neatly paved trails, planted trees, bushes. A mountain brook flows through the monastery territory and beautifies its every corner. It fills lakes, rolls over stone steps, and makes small babbling waterfalls...

Transparent waters run over stones... A high and pure sound of bells floats around: the wind touches them gently — and clear sound fills the transparent air...

Kim continues:

“Buddhism in its original purity is, first and foremost, ethics. It also implies perceiving the world in harmony. It is also *calm*.

“Have you ever thought about the meaning of the word *Boddhisattva*? *Bodddhi* or *buddhi* means ‘developed (individual) consciousness’; *sattva* means ‘harmony’, ‘purity’... Everyone has to strive to achieve the state of *Boddhisattva* — in order to dedicate the life to saving all souls from the abyss of suffering.

“And everyone can eventually become a Buddha — a Completely Liberated One.

“The main principle of Buddhism — *ahimsa* — implies non-causing harm, as possible, to other creatures. It is the foundation of love-compassion. Everyone who observes this rule in their life is on the Path to the *Light*...

“... Even when I was a small boy, I liked to be a defender. I liked to protect the lives of bugs, birds, plants. My grandfather explained to Me why man cannot use the bodies of animals for food, why we have to strive to avoid causing pain to other living beings... I gladly considered Myself a defender and a savior of bugs and rabbits, butterflies and baby birds — of all creatures! I was only five years old when I took on Myself the ‘mission’ of defending all the living.

“But one day... My brothers and I played with a nestling, which fell out of its nest. Accidentally I broke its leg. I almost wept. My grandfather looked at Me with contempt. He told the older children how to treat the nestling. Then My grandfather told Me that My amusement became a pain for this small bird...

“Since that moment I fully understood the holy principle of not causing evil, not causing pain, not doing violence to living creatures... Since that moment I have never violated it.

“... When I grew up, I fell in love with a beautiful girl. She became My wife and the mother of our three sons.

“... Once an awful epidemic happened and took away many lives. My wife and children died too... I... could not protect from the disease and death those whom I loved...

“Then I made the decision to become the one who possesses the Higher

Knowledge about how to save and protect...

“... Monasteries in Korea at that time were centers where people studied reading and writing, medicine, and cognition of the Primordial Consciousness. Normally, only children from noble families were sent to monasteries for receiving education.

“And I was almost 40 years old... I walked from one monastery to another, but no one agreed to accept Me as a student. They offered Me shelter and simple work, but when I asked for more — they only laughed at Me...

“... Once when I received another refusal from a haughty monk, I went towards the gate... Suddenly... I saw a Great Sage walking slowly out of the temple... Our eyes met. He made a slight gesture with His hand and that monk, prostrating himself before Him, jumped and rushed to call Me back...

“... From that moment, I was as if in a dream, though I remember all the slightest details.

“He was a Great Teacher! Love and Wisdom shone from His eyes.

“He beckoned Me to come close. I went to Him as if through a volume of water, forgetting about everything around!... I even forgot to kneel before Him... He smiled and touched My head with His hand... Only then I recollected Myself and prostrated at His feet...

“He said quietly:

‘I will teach you...’

“These words touched Me very deeply... The sleep of the soul ended! Its awakening began!

“He commanded that I was to be given a possibility to wash Myself, to be fed and brought to a cell in the monastery... He also said that He would wait for Me the next day before dawn.

“The next morning before dawn, I was brought to Him. He made a gesture with His hand and the monks left us alone.

‘What do you want?’ He asked.

“I began telling My story... He interrupted Me in the middle:

‘I know everything about you I need to know. Tell Me another thing: are

you ready to serve the Great Cause from now on up to the moment when all souls on the Earth receive Liberation?’

‘Yes!...’ I whispered.

‘Then you have to make up for the forty years of your life... Are you ready to work so that every day brings the fruits of forty days? You have to make up for the lost time and never be satisfied with the achieved results. I will help you. But in the beginning other monks will teach you. I will call you later... And now... follow Me.’

“We walked to a terrace of the temple...

“... The sun was rising over the mountains. The blue haze of mist over a dale turned into a sea of living shining light. In silence, in quietness of the great mystery of Light and Life — the sun was rising over the horizon. We stood together: a Great Teacher and a forty-years-old man, who just began cognition of the soul’s path towards the *Light* so that later to guide other people on it...

“Then everything went as it should. I learned sciences and meditation keeping in mind that every day I had to accomplish as much as others accomplish in one month...

“... One day, in the evening after hard work, I began to meditate in My cell. Suddenly, the Teacher appeared before Me. I prostrated Myself before Him and wanted to touch His feet..., but My hands moved through His legs: He came to Me in a non-material body!... He laughed with His shining *Body of Consciousness* while I, astonished, sat on the floor...

“He said without moving the lips:

‘Well done! You see Me and understand Me well. Now — go to bed. You need to have a good rest. Starting from this moment, I Myself will teach you. Every morning you have to enter meditation — and wait for Me. I will come as I did today...’

“Thus the stage of My initiation into Buddhi Yoga began.

“Only occasionally My Teacher called Me to Him to give additional explanations through His material body. I learned to feel His presence not only during morning meditations: now in every difficult situation I could ask

Him — and receive His answer in words or as an understanding. When I relied too much on His support, He did not answer: He came, but I felt only His disapproving silence. In such cases I understood that I had to seek the solution Myself.

“... Once He came and told Me that He was abandoning the earthy body...

“... The Great One left... The monastery was in mourning...

“... I was overwhelmed with grief... The next morning it took a lot of effort to enter meditation... I ascended to a platform where one could watch the sunrise... I tried to expand with the consciousness over the expanse, but tears streamed from My eyes...

“... Someone touched My shoulder... I raised My eyes and... saw the Teacher...

‘I told you so many times that there is no death!’ He said smiling.

“I prostrated Myself before Him and, to My astonishment,... touched His feet. His body was real, material! I could touch Him!

“He said:

‘Some time ago you promised not to miss a single day in your work and to dedicate your entire life to cognition of the Path and helping others in their search for the *Light*. Do you remember?’

‘I will come in a body the next time to congratulate you when you receive supervision over the monastery. And now — you do not need My body for learning further from Me... I will continue teaching you without it...’

“... The Teacher kept His promise.

“Yet, this happened in My next incarnation...

“That time I had the name Kim. In meditations I constantly saw Him — My Teacher.

“My path to Mergence with the Primordial Consciousness was easy and straight. I cognized Nirvana in Mergence with Him and then accepted supervision of the monastery. That day the predicted miracle happened: My Divine Teacher came in a materialized body and blessed a new stage of My

path — the stage of Great Service.”

... We asked:

“Kim, could You tell us in more detail — what methods were used in that monastery for achievement of Nirvana?”

“The methods of Buddhi Yoga are almost the same everywhere.³⁶ Only nuances are different. All of you studied them in your School and have a good understanding of this.

“Now I want to put the emphasis on the following. For achievement of success, it is very important (otherwise it is simply impossible!) to always stay in a calm and joyful positive emotional state.

“One must not live without positive emotions, without enjoying — and dissolving oneself in the enjoyment! An example familiar to you is dissolution in the sattva of your beloved nature, which is very dear to Every one of Us too! Nirvana can be easily achieved after mastering deep sattva — the state of joyful calm, *blissful inner quietness!*

“To achieve this purpose, one needs satisfaction! Dissatisfaction with something, which becomes dominant, represents a significant obstacle on the Path.

“There must only be one dissatisfaction — dissatisfaction with one’s own spiritual advancement because of unachieved full cognition of the Primordial Consciousness and Mergence with the Higher Self! This dissatisfaction has to remain and... impel one forward!

“All other needs of the sattvic soul have to be satisfied! The food has to be sattvic and tasty; yet one must not eat too little or too much! The body has to be washed daily, so that it and the soul do not suffer from dirt! One has to be able to commune with living nature and enjoy this! One has to have meetings with beloved people! Satsanga is a society, a community of spiritual friends who love each other, who ‘travel in one boat’ from the bank of sansara to the place where there is only Nirvana!

³⁶ Of course, this is true only if one understands correctly the tasks of this part of the Path. We know a number of people who meant by this term cosmological fantasies rather than meditation practices of higher level.

“it is also very important that the sexuality peculiar to all young and healthy individuals be given an opportunity to manifest itself and to contribute to the spiritual development of the partners! Monasteries are places where spiritual warriors, who aspire to cognition of the Primordial Consciousness, come together and work hard! Monasteries are not for those who torture themselves, wait for death, and are afraid of speaking about sexuality... It is tamas!...

“Healthy, sattvic sexuality allows one to learn taking care of others, fills one with tenderness, refines one’s emotions, and removes the unwanted *sexual dominant*, which hinders one’s search for the Creator! Of course, the ethical component in sexual relationships has to be observed always.

“If everything is done correctly as it has to be, then the purity and freshness of the emotions of the erotic field — tenderness, caress, admiring the beauty — overfill one and give superficial subtle energy, which is needed for the proper growth of the consciousness.

“God always blesses such sexuality; He does not bless the sexuality of the tamas guna. You can ask anyone about this, ask Jesus Christ, for example.”

Jesus joins the conversation:

“Yes, this is My opinion as well. Every one of Us, representing the Father, can tell you the same. The Path to Me, to the Heavenly Father goes through sattva, not through tamas.

“Let Me also stress the importance of *inner quietness*... It can be achieved only if, among other things, there is a harmonious satisfaction of one’s sexuality. Or when one’s sexuality is left in the past³⁷..., but the soul’s tenderness remains!”

Kim continues:

³⁷ This takes place, in particular, when on the highest stages of Buddhi Yoga one’s chakras merge with the Primordial Consciousness. Then the energy is not accumulated in the body’s chakras (including svadhithana) anymore. This is the reason why incarnate Divine Teachers are not sexually ‘interested’, though They acknowledge the positive value of sexuality for students.

"I acquainted you with Tchao Li. How did you like Her?"

"She is a most subtle and tender Divine Being!"

"She is My second wife! She, too, cognized all this. She supported Me then. And I brought Her together with Me into the Abode of the Creator!"

"Kim, what was the name of Your Teacher?"

"Lin!"

From conversations with Lin:

We ask:

"Lin! Tell us please about Yourself! How did You attain Divinity?"

"My first teacher was LOVE..."

"... I was born in the north of Korea. I was the only son of wealthy and noble parents. My mother lived in the state of tender love. She always radiated soft love and tenderness towards everyone. I grew in this field of hers.

"She died when I was only seven years old. To comfort Me, My father explained that every soul is immortal and that without a body the soul feels itself even better. I understood this... as a possibility to make My mother come back.

"I began to seek her, tried to see her as a soul, to embrace her, to feel her love. And I succeeded! She embraced Me gently and said:

'If you feel sad and lonely, if you miss love, remember how much I love you and try to give your love to other people as I give love to you. Then love will always be with you, and you will never be alone! If you weep and ask for love, you can never be satisfied. All the love which you receive from others can end..., but love which lives in you never ends!'

"She embraced and stroked My body and filled the room with her love..."

"I remembered those words all My life... And I tried to live as she taught. I lived radiating the *light of love*. People felt this *light* and wanted to be with Me... And I, thanks to radiating love to all creatures, learned to see beauty and harmony..."

“My second teacher was BEAUTY.

“Even as a child, the state of attunement with sattva was natural for Me — the attunement with morning tenderness, with subtle light of the rising sun, with clear purity of morning freshness, with fragrance of flowers that fills the air, with singing of birds praising every new day. For Me it was the first step towards God in that incarnation, because it allowed Me to know subtle, tender states which cannot be found among the everyday concerns of people.

“Then in mergence with beauty, I began to enter a special state of the soul when My personal ‘I’ disappeared and I became beauty.

“I sought beauty and found it everywhere: in the sunset over the expanse of the sea when the evening fills everything with its warm calm, in the best works of art, in the patterns of natural landscapes...

“With time I developed a desire not just to merge with beauty, but to be in the state of constant mergence with it. And I wanted to find a teacher — a master of beauty who could reveal to Me its laws...

“... Soon My father sent Me to a Buddhist monastery for receiving education.

“There QUIETNESS became My third teacher.

“In that monastery there lived an old Chinese-Taoist. I liked to converse with him. He told Me about other lands. My world expanded beyond the monastery’s walls...

“Sometimes we sat together, and he suggested listening to how the water murmurs in a river in his far native land... I did not hear how the water murmurs, but I heard the quietness, which was below the ground.

“... The quietness was vast, transparent... It reached the place where the old Chinese lived years ago... Then the quietness appeared everywhere, inside and outside Me...

“Often we sat so, immersed into inner quietness and calm. The entire vanity of the world remained outside; it could not penetrate into the quietness... It had no right to cross the border of the *quietness of the heart* filled with calm and love...

“... I liked to study, especially to study the scriptures kept in the monastery. They were priceless... I thirsted for knowledge and could absorb it as a sponge absorbs water.

“Then KNOWLEDGE became My forth teacher.

“I got acquainted with a group of Buddhist monks, who taught Me a lot of new things. They were not spiritual Masters, but they told Me about their views and about some truths: about the principle of non-harming, serving others, etc. The acquaintance with them became an impulse for Me for further development; it awakened My interest in searching for spiritual Self-Realization. I sincerely wanted to find in life something higher, something that could give a higher meaning to life... I felt a need to seek a higher meaning of life, to realize it, and to tell others about it!

“I went to China and began to study art in a Buddhist monastery. Thanks to this, I met several monks who were not just followers of the religious tradition but spiritual seekers. Communication with them opened new horizons for Me.

“They had contacts with a spiritual center in China, which possessed serious spiritual knowledge and methods. Only few people were admitted to studying in this center — those capable of comprehending the higher knowledge and using it properly.

“When I learned about the existence of this center, I wanted very much to come to it.

“Only after being admitted to that center did I enter on the real path of developing Myself as a consciousness with the help of practical techniques.

“I mastered the initial stage of work, which included studying the principles of sattvic nutrition, cleansing the energy systems of the body, exercises for the body and for developing the ability of moving the concentration of the consciousness to various parts of the body.

“On the next stage, My instructor taught Me to flow out from the chest as love and to embrace the expanse around — the forest, the mountains... I embraced with Myself-heart the nature and for a long time stayed in this state. In this way I cognized *calm* much more fully.

“I grew as a consciousness in these states of *calm*, among the quietness of

the mountains.

“... But one day a new head was assigned to the monastery. The new order established by him was harsh. I was frightened by the thought that I had to spend all My life in this abode. I left and went traveling...

“Thus LIFE became My fifth teacher.

“I learned a lot then. I visited different Taoist and Buddhist monasteries; I looked at the life of people who lived there, at their joys and sorrows.

“I could easily make a living thanks to the knowledge gained in the process of studying. I could write a petition or suggest medicinal plants for curing different diseases, or perform any other work... I saw a lot of different people. I also cognized the love which can unite two souls — a man and a woman... I acquired invaluable experience of life, which allowed Me later to understand many things...

“One day I heard in the quietness a voice suggesting that I go home because My father was going to die soon.

“I came back but could not heal him... After his death I inherited great wealth.

“... I decided to build My own monastery, where I could unite all the best that I saw in My travels. I chose a place of amazing beauty and hired builders.

“Soon other people, inspired with My plans, joined Me. My friends and teachers also came to Me.

“I was burning with the idea of creating the most remarkable monastery! The work went on. I was proud of My creation!...

“Then HUMILIATION became My sixth teacher.

“... A traveler came to the monastery...

“All who came to Me liked everything in the monastery. Proudly I showed them what had been done and told about My plans...

“But this guest looked around... and only shrugged his shoulders...

“At the end he said:

‘The main thing is missing here: here there is no God!’

“... God talked to Me through the mouth of that man.

“... The traveler went away. And I remained... in the ruins of My pride...

“From that moment, I never allowed self-conceit to delude Me...

“I had wanted to create a beautiful abode — an abode of Love. But this could be done only with God, only for Him. And for whom had I been doing it?...

“Moreover, I forgot about meditations, which I considered unnecessary for the head of the monastery...

“And MEDITATION became My seventh teacher.

“I set My goal to cognize the *Primordial One*! And I began seeking Him fervently! I forgot about the rest! Now I walked only to Him!

“Meditation became the means of overcoming the distance between Me and Him...

“And then He — Primordial, Omnipresent — allowed Me to feel Him!

“I was astonished... I merged with Him! I cognized the *Primordial One*!

“I submerged into Him again and again. I spent days and nights in the meditations of Mergence. I was amazed with His Greatness and Love!... I wanted only one thing: to stay in Him forever!... I strove to achieve that fullness of the state of Nirvana which would never end...

“... Then one day, when I was walking through the monastery, He began to show Me... the desolation which came over the monastery since the time when I dedicated Myself only to meditation...

“He showed Me My people... They spent their free time in all kinds of ways!...

“Lacking My attention, the monastery became similar to a withering young tree...

“The *Primordial One* reproached Me:

‘Let your love for Me sprout with love and care about every being! Only then will you become a Great Teacher! And now — be ashamed that you deprived My children of your love and care!...’

“Thus, CARE became My eighth teacher.

“... Since then, I had students, and they were numerous...

“... My further path was simple. ‘Under the weight’ of all those whom I supported with My palms, I submerged deeper and deeper into the Abode of the *Primordial One* — the Main Teacher for Me and for all people.

“And He told Me:

‘You have to go always only to Me! And I — in you — will go to other children of Mine: to those whom I entrusted to your care!’”

“Tell us: how did You teach them?”

“Love develops in souls through their help to other beings in everything good — in great and in small. Meditation techniques allow knowing something new, yet this new transforms into one’s beingness only through love-giving, love-service.

“So God taught Me.

“It is through care about My children, that I learned to feel and to see people as He does. I learned to look with His eyes — and to see a step which a concrete person can take right now. I never said: ‘Come here! Do so!’ I gave tasks that made the students take certain steps on transforming themselves. The students made decisions themselves; they made efforts themselves and achieved new stages in their development. The students were led only by their love for the *Primordial One* and by their love for all beings.

“I helped everyone who asked for My help and accepted My guidance.

“Some of My students paved with stones a trail to a pond — so that everyone walking this trail could enjoy handmade harmony... Or they taught meditation methods to other students... The task was always hard but accomplishable. One needed to collect all the strength of the soul and to be burning with love — in order to make every such a step towards the *Light*.

“Not every student of Mine cognized the *Primordial One*, but everyone advanced on this Great Path.

“As one digs a well, I dug ‘dense layers’ of souls exposing their common Source, so that My students could satisfy their thirst for cognition.

“As one opens a window to let in the light, so I opened souls to the *Eternal Light*. And then this *Light* — through the opened hearts of My students — flowed outside to every being.

“And every Soul that achieved the Summit continued service from the Abode of the *Primordial One*. The end of the human Path became for such a Soul the Great Beginning of the new Divine Beingness.

“... Thus I grew souls collecting wisdom of ages and sowing knowledge, so that the *Primordial One* may collect the fruits of wisdom.

“I gave love and sowed its seeds, so that the flowers of love with their fragrance may please everyone, so that its fruits may produce seeds and produce new shoots! I gave power to all who grew properly.

“I merged with the *Primordial Consciousness* so deeply that My material form became similar to a ‘protrusion’ of Its Abode into the material world. My body merged with the *Primordial One* so deeply that He could easily reproduce this corporeal appearance on the material plane in any corner — wherever He needed.

“I became united with the Ocean of the *Primordial One*. His Will manifested through My body. His words came from My mouth. His eyes looked from My body. His Wisdom became My Wisdom. His Calm became My Calm. His Love became My Love. His Care became My Care.

“... Man’s flesh has to be free from the ‘I’, so that He may enter it. This is realized through the great mystery of Mergence.

“When an Individuality, which has achieved Perfection, dissolves in the *Primordial One* and remains in Him, then the body does not belong to samsara anymore.

“The eyes which look in the *Depths of the Whole* allow the *Primordial One* to look through the eyes of the body.

“The *Arms of the Consciousness* which gained the ability to act from the *Primordial One* allow the arms of the body to be filled with the power of the Most High.

“And then your boundless Heart becomes forever connected with the *United Heart* of all of Us.

"All this opens an *Entrance*, through which other consciousnesses can infuse into the *Primordial Ocean* and become It...

"Buddhists call this Nirvana, the state of Buddha, Liberation."

We asked:

"Lin, please tell us a few words for beginners..."

"Let the *quietness* of the morning calm and freshness touch every heart!

"I also want to tell about working with the *arms of the consciousness*. I, as you did, always paid special attention to working with the *arms of the consciousness* in teaching students.

"What can an armless person do on the Earth? Not much. It is the same with living in subtle worlds: to live there, to help, to work, to love, one necessarily needs developed *arms of the consciousness*!

"The arms of the material body grow from the chest, where the anahata chakra is located; anahata is the 'tiny room' of the soul. In this 'tiny room', in the beginning, the spiritual heart resides.

"With its aspiration to give, the heart breaks free from this 'chest'. And from this moment the proper growth of the consciousness begins. Gradually such a soul becomes a large and free spiritual heart. Its organs for performing actions, as it is with the material body, are the *arms of the consciousness*. These *arms* are coessential to it. They, too, consist of love.

"The ability to act with the *arms of the consciousness* determines one's ability to move through the eons of the multidimensional universe; later it determines also the firmness of Mergence with Me and staying in Me. 'Armless idlers' cannot stay in My Universal Depths: they cannot dissolve themselves in Me: they just pop up to the *surface* like corks..."

"God is the Greatest Worker in the universe, and millions of His Arms, growing from the United Universal Heart, constantly take care of all living creatures: embrace, caress, stroke, support, feed, heal, dissolve, defend, help, teach..."

"To learn to work with the *arms of the consciousness* now, while possessing a body, is much easier than after disembodiment. It is so because when working with the *arms of the consciousness* one may feel their connec-

tion with the arms of the material body. Moreover, if the arms of the body are skillful, strong, able, it significantly helps to develop the *arms of the consciousness*.

“... The size, form, and functions of the *Divine Arms of the Consciousness* can be quite different.

“They can be Rays of Atmic Light emanating from the Abode of the Creator, for example in the case of healing — to make a pointed, powerful effect.

“Or they can be big *Arms* of a Divine Mahadouble, which can be stretched to any distance, which can reach any corner, any place on the planet’s surface to help those who need help.

“With the *Arms of the Consciousness* stretched from the Abode of the *Primordial One*, one can heal by bringing the *Curtain*³⁸ close to the patient’s body and then accurately, with the tips of the Fingers, cleanse the diseased parts of the patient’s organism.

“The *Arms* can be similar to a shining Ray of Joy and Bliss — when one needs to support instantly someone in their good deeds.

“The *Divine Arms* can caress, can submerge souls into the *Heart of the Absolute*, can fill them with calm and power, can give rest to tired souls which aspire to Me.

“God works hard without ever stopping! This constitutes His Life. Through this, among other ways, His Evolution goes on!

“And meditation implies feeling His presence constantly.

“Meditation is a means of entering Him.

“Meditation is a means of merging with Him, when an individual soul can touch Him, know Him, dissolve itself in Him.

“The state of the *True Beingness* is a disappearance of everything but Him; it is the state of His Life, His Love, His Evolution...

³⁸ The *Curtain* is a boundary between the Abode of the Creator — and all other eons (see the *Gospel of Philip* in [12]).

“Life in Me is *Infinite Freedom!* Consciousnesses living in Me are not shackled by the manifested world.

“In order to become Me, one must learn to be *free* here, on the Earth. A soul accustomed to the life of a slave simply cannot merge into Me!

“I am Infinite! I experience My Beingness in all its fullness. To merge into Me means to *live My Life*; it is not about getting for oneself a nook in paradise.

“Live My Life in all fullness!

“And one more thing:

“One has to go to Perfection firmly and resolutely! I will guide everyone who is ready to work like this; I will help this person to fully cognize Tender Tao and become It!”

*** * ***

And in conclusion let me give some excerpts³⁹ from preachings of the Founder of Buddhism, Gautama Buddha:

Take the precept to abstain from killing.

Take the precept to abstain from stealing.

Take the precept to abstain from adultery⁴⁰.

Take the precept to abstain from lying.

Take the precept to abstain from liquor.

And did the thought never occur to you that you also are subject to decay, that you also cannot escape it?

And did the thought never occur to you that you also are subject to disease, that you also cannot escape it?

And did the thought never occur to you that you also are subject to death, that you also cannot escape it?

³⁹ Based on the book [18].

⁴⁰ The word *adultery* here has to be understood as being obsessed with sex.

Not for the sake of My own well-being I practice universal benevolence, but... it is My desire to contribute to the happiness of living beings!

Do not do to others what would make you suffer if done to you!

Goodwill towards all beings is the true religion!

Cherish in your hearts boundless goodwill towards all that lives!

You must not worry, your mouth must not say evil words; you must remain benevolent, with pure loving hearts, thinking no evil.

And even your enemies you have to embrace with loving thoughts, generous thoughts, deep and boundless thoughts purified from anger and hatred!

The distinctive signs of a true religion are goodwill, love, truthfulness, purity, nobility of feeling, and kindness.

Immortality can be reached only by continuous acts of kindness; Perfection is accomplished by compassion and charity.

That which is most needed is a loving heart!

“I am being hated, mistrusted, misunderstood and deceived by others!” — the one who harbors such thoughts in the mind can never become free from the causes which inflict their destructiveness upon the thinker.⁴¹

Whatever harm one man may do to another, the evil-thinking mind inflicts even greater harm (upon its owner).

Evil... is born of the selfhood⁴², and in the selfhood is its cause.

⁴¹ Such thoughts induce corresponding emotional states that lead the consciousness to self-destruction.

⁴² Synonyms of the word *selfhood* are *lower self*, *egocentrism*. Selfhood gives birth to egoism, selfishness, haughtiness, touchiness, envy, stubbornness, violence, ambitiousness, and other vices.

Selfhood is the cause of socio-psychological vulnerability of man.

It is also a serious obstacle for an individual consciousness on the way to Mergence with the Divine Consciousness. Stable Mergence with It is not possible if there remain even slight traces of selfhood.

Evil “polishes” the universe like a diamond...

I teach you to avoid the ten evils:

Do not kill, but have regard for life!

Do not steal, but help everyone to be masters of the fruits of his or her labor!

Abstain from impurity in everything, and keep a life of chastity!

Do not lie, but be truthful! Speak the truth with discretion, fearlessly, and with a loving heart!

Do not invent evil rumors, and do not you repeat them! Do not carp, but look for the good sides of your fellow-beings, so that you may with sincerity defend them against their enemies!

Do not swear, but speak decently and with dignity!

Do not waste the time in gossip, but keep to the purpose or keep silence!

Do not covet another’s property, do not envy, but rejoice at the happiness of others!

Cleanse yourself of malice, do not even hate your enemies, but embrace all living beings with kindness!

Free your mind of ignorance and be anxious to learn the truth, putting an emphasis on learning the things that are really essential. In this way, you will not fall prey to either skepticism or delusions.

Let no one deceive another, let no one despise another, let no one wish to harm another out of anger or resentment!

Let no one deceive another, let no one despise another, let no one wish to harm another out of anger or resentment!

Do not kill!

Selfhood is produced by the manas and “dwells” in the ajna chakra. Therefore, one can overcome it only by learning to live with the consciousness in the anahata chakra. One achieves the final victory over the selfhood by mastering the state of Nirodhi.

To accomplish this goal, one needs also to make intellectual efforts on ethical self-analysis.

Do not steal!
Do not commit adultery!
Do not tell lies!
Do not slander!
Do not speak harshly!
Do not engage in idle talks!
Do not covet others' property!
Do not show hatred!
Think righteously!

* * *

This is what Gautama Buddha told us:

“The true foundation of the entire universe is Love!

“The one who wants to know the primal essence of all things must be full of love, first and foremost.

“The opposite of love — disregard towards others and self-conceit — casts man into the abyss of ignorance and illusions.

“It is love that endows man with the eyes which can perceive the Truth.

“Love for all living beings helped Me, too, find the Way.

“Without such love, man can only wander about in the darkness of illusions.

“Let this love illuminate the way of every seeker of the Truth!

“... My purpose in the last incarnation was to bring to people the state of total freedom from the shackles of the material world, to reveal to them that there is Liberation, that it is really possible.”

We asked:

“What are the distinctive features of Your Path?”

“It is the Path of realizing that all of us — in our very essence — are potentially completely *free*.

"I cognized this Freedom in the *Depths of Myself*, when I sought the Primordial Essence of everything. I cognized that in My *Deepest Essence* I am not bound by anything happening in the world of matter.

"It is this truth that I wanted to convey to people: that in *their very Essence* they are *free* and that this Freedom is by far more valuable than any property in the material world. Thus, there is no reason to fight against each other, to envy others, to be jealous. Everyone possesses the most priceless Treasure from the moment they are born. One just needs to discover It."

... He continued the conversation in a tent, during the rain:

"It is raining, but this is not a problem. Rain is a good time for meditation!

"I liked to meditate in the rain. You just need to spread the consciousness with the rain in the space around your body — and feel every falling raindrop by coming from the *other side* beneath it.

"In this meditation, you can feel the difference between Me and an ordinary soul. An ordinary embodied soul experiences itself living only in its body, while I experience Myself living in everything that happens: in every sway of the grass, in every rustle of the leaves, in every falling drop of the rain...

"... Everyone who begins the spiritual search deserves to be helped. Everyone walking the Path receives Our help, even if his or her path is not straight yet.

"... Yes, incarnate people forget many things, when the knowledge is imparted through centuries.

"To keep the purity of the Teachings and, at the same time, to make them comprehensible to many is a very difficult task. Only a few have managed to realize it.

"Every Avatar coming to the Earth exerts every effort for realization of this goal, initiating into the higher knowledge everyone capable of comprehending it, giving the basics of the ethical laws to all people so that they may walk the Path of Light."

We asked:

“Why was God, as the Purpose of the search of every soul, not the main theme of Your preaching?”

“... When I started My own spiritual search, I sought the Higher Justice, sought the possibility to liberate people from suffering.

“I loved people and wanted to help them.

“I was born into a family of an earthy king and was destined to become a ruler. I was kind and just. Soon I would have all the power in the country. Yet, I saw that My justice and power could not defeat suffering, diseases, death, which are unavoidable for all incarnate people...

“I started My spiritual travel and sought the meaning, the reason — why man, born into this world, has to undergo pain, calamities, and death. I sought the answer from hermits and sages... I sought the answer Myself, exploring the *depths of the soul*, going deeper and deeper into meditation.

“And I found the answers! I saw many worlds — lokas of the multidimensional space. I saw the laws of karma, which determine the reasons for birth and death, suffering and happiness occurring in every earthy life. I found the ways of how to overcome the suffering through transformation of oneself, transformation of one’s own attitude towards the world and towards the souls living in it. I found the Great Freedom!

“I sought this not for Myself. I wanted to give the possibility of conscious living, the Path of Liberation — to all people!

“I walked the path where the ego disappears and becomes ‘emptiness’ (this is the state of Nirodhi⁴³). And when this happens on the deepest, sub-

⁴³ Nirodhi is one of the highest meditative Nirvanic states of a developed consciousness. One enters the state of Nirodhi by performing the meditation called *total reciprocity*. This meditation results in disappearance of the consciousness from the ‘center of principal coordination’; on its former place one perceives then the ‘emptiness’. In this meditation, the individual consciousness becomes merged with the Consciousness around it.

In the beginning, one masters *total reciprocity* not in the highest spatial dimension (this is why the followers of Buddhism say that there exist different ‘emptinesses’, which can be perceived in different spatial dimensions-*lokas*). The purpose of practicing this technique is to gain the ability of entering the state of Mergence with the Primordial Consciousness.

tlest plane of multidimensionality — then there remains the only existing Eternal Consciousness — the Universal Primordial Consciousness. And then — at the moment when the ‘I’ disappears — one becomes an Integral Part of the Only Existing Being. This is what I called the Liberation; this is what Nirvana is. In this state the Higher Self of the soul is aware that It is one with the Primordial Consciousness. The Diamond Sutra is about this.”

“It follows from Your words that You rediscovered anew everything that Krishna taught — the fundamentals of this knowledge had been expounded in the Bhagavad Gita far before Your last incarnation. How could it be that You, a member of a royal family, were not familiar with the Teachings of Krishna?”

“India at that time was not a united country: on that territory there were several kingdoms or principalities... There was not even a common language... Mass book printing, mass media appeared much later...

“Moreover, My parents and tutors ‘protected’ Me from the higher spiritual knowledge...

“Yes, I and many people around Me did not know the Teachings of Krishna. Therefore, I had to ‘rediscover’ everything Myself, guided by the non-incarnate Higher Consciousness.

“If I had attained the Mergence with the Primordial Consciousness through the Bhagavad Gita, then Krishna would have been My Teacher. Then His words, His precepts would have appeared in My Message to people!

In our practice, one easily masters *total reciprocity* at corresponding *places of power*. Yet it is feasible only for those who developed themselves as large spiritual hearts and achieved a high level of the subtlety of the consciousness.

Nirodhi is a quite effective means of Merging the individual consciousness with the Primordial Consciousness, though it is not the only one.

It is important to emphasize that such Merging can be performed only by a developed spiritual heart and provided that one has intense love for the Primordial Consciousness.

Therefore, one has to begin the Path to It with accepting and realizing in practice the basics of spiritual ethics, with developing the emotions of love, and with practicing the methods of transforming oneself into a spiritual heart.

“Yet, it often happens that the eternal truths have to be discovered again and again.

“... In India at that time, for many people the knowledge about the Truth brought by Krishna was superseded with the rituals of worshipping mythical ‘gods’... Ritual and ceremonies substituted for the Truth. You may see the same problem at present, by the way...

“Yes, I sought the Path Myself and tried to tell people once again that they have to live according to the laws of non-harming and giving love; that they have to make their way to the Freedom not through praying but through a righteous life and meditations.

“It is not enough just to master entering Nirvana. Many of your students cognized the Nirvanic states, but by their wrong decisions or actions, originating from the personal ‘I’, they brought themselves back to the circles of destinies and incarnations to begin seeking the *Unity* again in the future. Their future path will be easier because they touched the Truth, but... Many of your Divine Friends told you as well that They knew the Nirvanic states in the next to the last incarnation but did not manage to establish Themselves in Mergence with the Primordial Consciousness that time...

“The Unity with the Primordial Consciousness has to become one’s essence, one’s beingness! The individual self must be fully replaced with the Divine Self!

“It was not that I just achieved the state of Nirvana for a short moment. I replaced the personal self with the United Higher Self. And since then, I lived thus. I still lived in a material body, but I became absolutely free, because the individual mind was replaced with the Divine Consciousness.

“... There are several stages of conquering the mind:

“First — one has to master inner silence, to make the mind silent. One achieves this by moving the consciousness into the spiritual heart.

“Second — one has to learn to merge oneself as a consciousness with the Divine Consciousness.

“At the third stage one’s thinking is moved into the United Primordial Consciousness, into the *United We*.”

“Tell us please — was the meditation *Cross of Buddha* gifted by You?”

“No, but it presents a realization of My ideas concerning the spiritual Path. Everyone who invites Me into the spiritual heart, when performing this meditation, receives My help.

“Everyone has to choose LOVE as their main guiding principle in life. It must not be ‘love’ for oneself but love directed from oneself to all living beings — incarnate and non-incarnate.

“Everything is filled with life, everything develops thanks to love, regardless of whether one knows about it or not. And it would be unwise to turn away from this knowledge when it knocks at your door.”

(See demonstration of the meditation *Cross of Buddha* in the film).

Sufi Yoga

Islam accepted from God the mission of establishing on the Earth the true monotheism and one of the most important formulas for meditation: Allah akbar!⁴⁴ —

GOD IS GREAT!

These two factors lead reasonable people, who accepted the concept of Islam, to searching and personal studying of the GREATNESS OF GOD.

Peculiar landscapes — the expanse of the Arab deserts and of other areas in this region of the initial spreading of Islam — were highly favorable for this. It is the landscape *expanses* that provoke *expansion of the soul* transformed into the spiritual heart!

Yet in order to come from the state of an ordinary person to the state of a spiritual seeker who can cognize successfully the GREATNESS OF THE CREATOR, one has to possess the methods of spiritual development.

And among people who accepted Islam sincerely there were those evolutionary advanced seekers of God to whom God gifted such methods. In

⁴⁴ More exactly, the Arabic pronunciation sounds as “Allahu akbar”!

this way Sufi Schools were established and the religious movement called *Sufism* was born.

The word *Sufism* originates from the Arabic root *sufi* meaning “pure”.

But let me warn you that one has to regard very critically people who today call themselves Sufis. Not many of them possess the purity of thoughts and knowledge. It is known that some organizations of drug addicts can call themselves Sufis. And sometimes fools with aggressive qualities proclaim themselves Sufi sheiks (that is spiritual teachers, leaders), forming in this way criminal gangs.

But now let us talk about true Sufism; first of all, about how true Sufism is understood by its Founder — Divine Sufi Grand Master. We had many valuable contacts and conversations with Him and His Divine Disciples.

Let me now give some excerpts from conversations with Them. You can find more in our book *Classics of Spiritual Philosophy and the Present*.

From conversations with Sufi Grand Master:

“I cognized Allah and became His Integral Part. In that sense, I am Allah.

“My Path is the *Path of Heart*. Allah taught it to Me. I accepted this Path and under Allah’s guidance developed it and imparted it to others.

“The *Path of Heart* implies embracing the principles of *Love* and *Quietness*.

“... He taught Me to listen to the *quietness*...

“First, one has to learn listening to the sounds around: the sound of the wind, the lapping of waves, the calls of birds, the crackle of a fire... After that, one can start listening to the *quietness*.

“I came to know that all the various sounds are local and transient, while the *quietness* is omnipresent and eternal. Beneath all sounds existing in the universe, there spreads infinitely the *Great Quietness*.

“For hours I could listen to the sounds of the world — beautiful and diverse, and then I would ‘release’ Myself and ‘sink’ into it — into the *quietness*. There I could see the clear transparence of the *quietness*, hear its *silence*.

I could freely and easily swim in it, submerge to the very *Depths* of it... Gradually the *Great Quietness* became My home...

"From there, I saw that all the sounds of the world are as if created by the Great Quietness. I saw how its breathing fills from within all forms of life — and they sound like a well-trained choir of various musical instruments. Like flowers, sounds unfold for a moment in the eternity of the Great Quietness..."

We asked Grand Master:

"Why did You listen to the world? Were You born blind?"

"This, of course, would be a beautiful version, but no — I was sighted. Someone is born a painter; someone is born a musician. Someone sees and someone hears the world. I heard it.

"By the way, it is more beneficial for the beginners to listen to the space around themselves. By listening, you can embrace a much larger volume of space; you can even hear that which you cannot see.

*"The one who has learned to *listen* can become the *Master of Quietness*.*

"The quietness gives you calm.

"The peculiar feature of the quietness is that it gets filled with you.

"The quietness — as a result of studying and cognizing it — becomes filled with you and with God..."

"Allah suggests cognizing Him through this method."

... We told Him:

"But You have missed an essential point: one has to listen to the quietness not with the ears which are on the head, but with the hearing of the spiritual heart..."

"Yes, you understand it correctly. But I told about this in the beginning of My story..."

*"Indeed, I developed anahata earlier: before the incarnation among Arabs. And earlier yet, I was one of the first Christians-Hesychasts... It is then that I learned to *listen to the quietness*.*

“Moreover, by the time I incarnated Myself among Arabs, I was a sufficiently developed soul, and thus I could choose where to incarnate. I became not a nomad, who breeds cattle, but placed Myself in an oasis.

“Peach trees among date palms, wheat fields, and an abundance of other boons... — all this provided Me with adequate nourishment. And this is an essential condition for retaining and developing further the best qualities of the soul. Every one of you knows this very well: formerly your Master received this information from Me...

“... Thus I began My service on the Arabian Peninsula. Among the deserts of Arabia, I had to create one more spiritual hearth on the Earth.

“... In the West, the way of life is quite different from the one in Arabia. In Arabia, most of the population were free nomads whose life was not bound by a certain place of living. They bred cattle and moved with their herds from one place to another... This way of life made them freer compared with the people of the western world. They less willingly accepted any power over themselves; the very idea that some person can hold power in their lands was strange to them...

“To make them listen to Me, I had to capture their interest, to propose to them an idea that would captivate their free minds.

“I captivated them with ideas about the Higher Justice. I taught them about walking the path of good towards the *Supreme*, Which represents the Higher Justice.

“The *Supreme* is the source of all ideals, the origin of every virtue. The *Supreme* depends on no one and no thing; no power has a hold on It. Therefore, It is the Foundation of the true justice.

“The Higher Justice, taught I, will always prevail. Somewhere among people there is injustice, but it cannot last forever. The *Supreme* will set a limit to it and judge: what was just and what was unjust.

“I said that the *Supreme* shines like the sun. In Its Light, everything is seen in its true nature. Thus, no tricks can help untruth appear as truth, when it comes to the judgment of the *Supreme*.

“I taught not to seek revenge on offenders, not to search for the thieves in order to punish them and to return the stolen items. I taught not to judge

others, because such a judgment is but an illusion of justice: it is only the *Supreme* that can judge justly — and in due time It will judge everyone and everything. I said that no court on the Earth can judge on behalf of the *Supreme*, and no ruler has a right to declare that his judgment is the judgment from the *Supreme*. A virtuous heart aspiring to the *Supreme* can *directly perceive* the Higher Justice — and then such a person will live according to Its laws and under Its protection.

“... But the most confidential thing which I taught and which alone opens the gate to Allah’s Abode is what the anahata chakra is, how to develop oneself through it, how to learn to go outside of it in order to settle and live in the new Home — in the Abode of Allah. I have shown all this to you already during the years of work of our common School — the School of Allah, the School of the Creator. Now I spread your knowledge — using your bodies — throughout the planet.”

... We asked Grand Master:

“Could You tell us more details about Your childhood? This would be useful from the pedagogical standpoint: how to educate children in order to create the most favorable conditions for developing in them qualities which are important for their evolutionary growth?”

“Well, listen.

“... Once My father took Me, a little boy, with Him on a caravan journey to Mecca. It was the strongest impression of My childhood! The awareness of the soul awakened! And I looked at the world around not with the eyes of a child, but beheld the Earth as a *Creation of Allah!* Since that moment, He became real for Me!

“... Once we stood on the edge of a high plateau; it seemed to Me that I could see the whole world from there! I could look down from a bird’s eye view!

“The sun was rising. Caravans in a valley below looked as tiny figures of people and camels. Flocks of birds were passing below Me...

“At that moment I felt how *Great* is the One Who created all this! For the first time, I realized: ‘Allah is Great! There is no one superior to Him! His Power is unlimited!’

“Allah, Who created this world, filled then My being with wonderful joy of experiencing His Greatness!

“I praised Allah, the Lord of the worlds!

“... Seeing My rapturous devotion to Allah, which was growing from year to year, My father sent Me to one of the first madrasahs for studying.

“It was not only about religious education. I received an opportunity to become acquainted with the heritage of many centuries of Arabian wisdom...

“... When reading the Quran, I felt as if Allah Himself was present with Me, reading it with Me, and explaining the meaning of every word...

“Yet sometimes... I was just looking through the lines and could not feel His presence...

“I asked the preceptors:

‘Why does it happen like this?’

“They answered that Allah willed so...

“Then I began asking Allah and studying Myself. I understood that when My heart is full of love for Allah — He comes to Me, He stays with Me, He fills My heart with Himself. And then the words of the Quran sound like Celestial hymns!

“Then I started learning to enter the state of exalted love for Him, the Lord of the worlds! At that, My chest would fill with warmth, and tears would spring to My eyes — so great was the joy of feeling Him, so immense was the gratitude to Him for His Love, for His being with Me!

“This adolescent experience allowed Me later to create *zikr*: a meditative method that creates a field of love and attunes all the participants to openness to Allah. I studied its mechanisms later; but at that time, it was the first occasion when I felt the power of meditations performed from the spiritual heart — and the Joy of Allah filled My life!

“... I was already a big, *crystallized* consciousness by the time I came to this incarnation. Thus when I read or spoke to others, it had a profound effect: people would fall into the state of love and feel God. Seeing this power in Myself, after completing My education I went to preach the Teachings of

Allah, and I felt that He blessed Me to walk this Path! I preached and taught that which I knew at that time...

"... But once an unexpected delay happened to Me on this path... It taught Me a lot...

"I met a girl... She was filling a jug with water... I asked her for a drink. She gave Me some water... I felt flame enveloping Me. Tenderness filled My hands, and My tongue began to speak in verse... Her joyful laugh was like a purling brook; her figure was grace incarnate... In her eyes, behind the long thick eyelashes, was an ocean of tenderness... When a flick of these eyelashes opened for a moment her look, I saw shining of stars in its depth... I touched her hand. The flame of love flared up in Me and reddened her cheeks. Her lips opened towards the feeling, which captivated us both...

"I thanked Allah for this love! I cognized the greatness of love between two souls!

"... We got married and were happy together.

"... Time passed by... I got a home... My life became more and more filled with worldly cares, and... I had less and less time for God...

"I got two more wives, as is customary in the East...

"Had it lasted a little longer, My life would have become completely subject to worldly concerns...

"... And then Allah sent Me an illness. Death was looking Me in the eyes and telling Me that I had not fulfilled that which I made the purpose of My life when I decided to come — with Allah in My heart — to people after completing the madrasah...

"Then I began to realize the truths about monasticism. I realized that a servant of Allah has to always be turned with the soul, that is with all the attention and aspiration, towards Allah and strive to cognize Him! And I understood that... I realized this too late!...

"... They sent Me in a stretcher to a famous healer... On the way, our caravan was attacked by warlike Bedouins... They counted Me dead; other people were killed...

“An Indian, who was traveling with another caravan, picked Me up... He took Me, half-dead, to a village nearby and stayed there with Me for some time. He healed Me partially and then began to teach Me about the human organism, about the chakras and meridians... He taught Me the basics of meditation — about working with the consciousness. It is from him that I learned about the ethics of *killing-free* nutrition.

“... I did not use bodies of killed animals for food from childhood: I pitied them. Yet, I violated this principle once, and this caused My serious illness...

“I realized My mistakes, and repentance helped Me to cleanse the soul. Thanks to the methods learned from the Indian, I could continue healing My body...

“He left before I recovered. He told Me that I would recover Myself and that great service to God awaited Me...

“... And then Allah filled with Himself every day of My newly obtained life — a life with Him!

“I was allowed to once again touch the *Light* that I felt in Myself formerly as Allah’s presence — and to touch, beyond the limits of the body, the *Depth* of multidimensionality where He abides!

“Then it was easy. Allah could lead Me: now I was able to hear and comprehend His Will very clearly!

“I submerged into His *Depths* in His Great *Quietness*! I cognized Him!

“Now I was able to see Him — My Beloved!

“The hands of the soul touched His *Light*, and His Shining in Me became brighter and brighter!

‘Enter into Me, submerge *deeper* in the Ocean of My *Light*! What you feel now is but My surface, go *deeper* into Me!’ He was telling Me.

“And, full of reverence, I submerged into Him — and He embraced Me from all sides! We merged together! I was in Him, and He was in Me; We were *One*!

‘O Allah, O My Lord! How can it be that I am merging with You, yet I do not burn down of love, which overfills Me? How can it be that I submerge

My arms into Your *Depths* to embrace You? How can it be that I see Your *Light* with the eyes of the soul, and yet I remain alive?' I was asking Him in the ecstasy of love.

'You know now very well that I exist! And I love you! I let into My *Depths* those who love Me! I live in them, and they live in Me!' He was answering Me.

"... Since that moment, I did nothing without Him. He was in Me. He manifested Himself in everything around; He filled everything with Himself!

"I started to teach people and to create methods that would allow one to become closer to Him, to cognize Him. I did it by combining all the best that I had learned in the course of My life. They were the methods of the *Straight Path*, which were shown by Him. I had disciples striving for cognition of the *Supreme*. The Teachings became known to more and more people. Among My disciples, there were young as well as mature men... Their number was growing..."

We asked:

"Tell us please, how did You teach Your disciples to work with the chakras?"

"The methods of this work are well known to you. But it makes sense to tell about them once again, because there is a great confusion in the minds of people about this matter.

"In total, there are seven chakras. The chakras of a successfully evolving person — healthy and harmonious — are developed and full of pure energy. In weak or sick people, or in those indulging in vices, the chakras can be undeveloped or, if developed, full of coarse dark energy.

"It is designed by Allah that the chakras are a part of the human organism. Emotions are born in them. They are regulators of the activity of the consciousness inside the body. The chakras are also passages to the depths of the multidimensional universe. But in order to enter these subtle worlds, one has to develop the chakras, cleanse them and fill them with pure, subtle light. Yet, such work can be done provided one observes *killing-free* nutrition and actively works on the ethical transformation of oneself.

“The main one of all the chakras is anahata. It is from this chakra that one has to start developing oneself as a consciousness.

“The Light of Allah enters souls of people only through the cleansed and developed chakras.

“There are only seven notes — yet there is no measure to the number of beautiful musical compositions! There are only seven chakras — but what a wealth of various subtlest states of the consciousness the Light of Allah can give us when it enters the chakras!

“Allah, as a Great Musician, can play the Divine melody of Love on this ‘instrument’ created by Him — on the human organism. Yet this Divine melody can sound only if the ‘instrument’ functions properly.

“... But let Me continue My story...

“Once I sent one of My disciples to My former home to find out what had happened to My wives. He came back and told Me that when the wives came to know about My death, two of them got married again, but My first beloved went to search for Me and since then no one had seen her...

“... I traveled and taught a lot. In an oasis, a center of the School was established... My disciples went from it to various parts of the world describing to people the Path to Allah illuminated by His Love.

“Once a man eager to study came to Me... And when he lifted his eyelashes, in the depth of his eyes familiar stars flared up and looked at Me. I recognized her... — My first beloved...

‘I knew that Allah would bring me to You!’ she said. ‘He told Me that when I would go to seek Him, I would meet You too. I thought that it would happen after death, when Allah allows the loving souls to meet in paradise!... He is truly omnipotent, our Lord! I did not even dare to believe that I could meet You before death! Allow me to stay and to learn that which You teach!’

“Great was My joy! The design of Allah was marvelous! I asked her to change her men’s clothes: Allah had never forbidden women to cognize His Love!

“She became My first female disciple. And she cognized Him in all fullness!

“She wrote wonderful poetry devoted to the Great Beloved. She helped many people realize that God brings us closer to Him not on the basis of sex but on the basis of the aspiration of the heart. And women’s hearts, with their natural tenderness and subtlety, are capable of coming to the Heavenly Beloved and merging with Him even more quickly than the hearts of men. And after crossing the threshold of His dissolving Love — both men and women become equally *One* with Him!

“... I disclose neither My nor her name here so that those who worship only names do not begin to worship the names of Ours...”

We asked:

“What would You like to tell people through us?”

“God wants to speak in the soul of everyone! And then everyone can and has to listen to Him!

“Yet God begins to speak only when one listens with the ‘ears’ of the spiritual heart, rather than with the ears on the head.”

From conversations with Sulia:

We asked Her to tell about Herself.

She began Her story:

“... I was one of Grand Master’s disciples. Allah gave Me a male body in that incarnation, and I devoted Myself completely to the apprenticeship: to cognition of Beloved Allah!

“Grand Master is a true Master! Learning from Him was the greatest happiness!

“... At the age of 23, Allah called Me into Him — and the ‘vacation time’ came: the time of rest from earthy life.

“During the ‘vacation’, I was writing works on the fundamentals of Islam through several embodied disciples. These works exist to the present day in the libraries of Kazakhstan.

“My next incarnation, the last one, was in the eighteenth century in Kazakhstan. I was guided again by My Grand Master: He conveyed the Will of Allah through My body...

“... And now, after returning finally to the *Abode of the Beloved*, I continue working in Kazakhstan — in that part of it where there are museums, archives, and scientists who study Islam.

“... But... the meat-based nutrition results in the dullness and inertia of minds! The consciousness loses its agility. Meat eating is an affliction of the contemporary Islam!

“It is extremely important to spread our knowledge among the youth! As the youth grow, one may try to clean up in these people the *Eye of Allah!* One has to connect a human soul with Allah, and this makes an *Eye of Allah!* Then Allah manifests Himself through such a soul — and a spiritual oasis forms around it.

“Love, kindled in hearts, has to direct minds to searching for the Creator!”

We asked:

“Sulia, will You please tell us how do You experience Yourself?”

“Who am I, Sulia?...”

“I experience only the Greatness of Allah, His Infinite Transparent Calm!

“And when He looks at the Creation — Divine *Goldish Streams* run from the *Depths*, *Streams* of various hues and soundings. One of them sounds with the name *Sulia*.

“Learn to experience yourselves thus in Mahadoubles. Learn to be blissful!

“I feel unceasing Bliss: Allah is inside Me and around Me... At any moment, I can make a step backward and dissolve in the *Primordial Calm*... Or to make a step forward — and again Sulia as a *Goldish Wave* brings the Love and Will of Allah to the Creation!

“... In order to attain this, one has to leave the ‘islet’ of the body and move to the *Ocean of Allah* to live there! When the body does not carry the burden of the ‘I’, Allah can live in it.

“One has to impregnate the body with the Bliss of the Creator’s Abode and then — to dissolve, to disappear! Allah enters from within — and one dissolves in Him...

“To accomplish this, one has to rid the consciousness of everything that is not love: only love is capable of dissolution!...

“... But... many night moths fly to the flame of a candle. Yet, one should not allow them to come too close: the fire can burn them!

“It is the same with the *Fire of Allah!* It is not for little souls! Only they can approach this *Fire* who already have this *Fire* burning in them!

“... Listen! I will whisper to you flaming words... And you, listening to Me, attune yourself to the rhythm of the *Great Whole*, to the Breathing of His Beingness... — so that the nectar of the Divine Love will not be spilled and the phrases do not break up into separate words and momentary thoughts, so that the soul may become filled with sounding and meaning of the Truth, and your heart may unite with the Life of the *Primordial*, Whose name is Allah!

“The fire of passion cannot burn the soul kindled with love for Allah!

“The whirlpools of life cannot seize the soul moving to the *Primordial Ocean!*

“In the desert, the source of life will create an oasis which will emanate fragrance, will send forth life-giving currents of love, will bloom and give fruits!

“In the fire of the spiritual heart — a human soul becomes naked!

“In the purity of love — it appears before its Beloved!

“And for it there is nothing but the Beloved!

“It is always before Him!

“Its hands caress Him,

“And it does not take its eyes off Him.

“The only light for it is the Light of His Love!

“His Light makes the eyes of the soul shine!

“His words of Love flow through its mouth!

“The hearts unite — and there remains nothing but Him!

“He fills with unspeakable bliss those who have become One in Him!

“... The life of every one of you has to be full of Me!

“You have to fill your lives with Me — more and more fully!

“Where I appear — grief and destruction go away!

“As I gradually supersede all remnants of everything that is earthly and perishable in your lives, they will become *one whole* with My Life.

“Listen:

“O Great, O Eternal, O Infinite One! The waves of Your Love are so soft and tender!... Everything is permeated with Your Primordial Purity!

“There is no place where You are not! The Waves of Your Love are everywhere. They carry this world manifested by You as if they were on the fingertips of Your countless Hands!

“I merge with You! Now, My Beloved, there is nothing but You!

“Feel yourselves not as bodies but as Love which flows and expands around! Give to everyone the *Light of Allah!*

Rejoice at My Love! Conversing with Us constantly, become like Us — ethically pure and wise! Do not react to the disturbing factors of the surroundings!

“... I can suggest to you the following meditation:

My only One! I am in love with You!

I am in love with blossoming fields,

I am in love with the shining of the sun,

I am in love with spring gardens!

My Beloved! Your cover is so beautiful!
Tender murmur of brooks!
Gentle calm of the forest!
Infinite sky above!

I am in love with You! You are everywhere!
I am in love with fragrant flowers,
With sunrise over glassy waters,
With translucent rivers and lakes!

O my Beloved! I see only You
In the smile of morning and in the languor of day,
In the coolness of evening and in the quietness of night —
I see only You, my Beloved!

Let me in and dissolve me!
Allow me to become a part of Your Love!
Allow me to know Your blissful Calm!
Allow me to become *One* with You forever!

From conversations with Divine Imam:

“Allah is one! There is no God but Allah! We All — in Him — are *One!*”

“This is clear enough for you, but many other people delay themselves by not gaining this understanding.”

We asked:

“How should we address You?”

“The only name is the name of Allah!”

“Tell us please how You developed to the state of Allah.”

“I do not remember it, do not know it, and do not want to know it! I came to know the Oneness with Allah — and dropped the rest from My memory. It was not of value for Me any longer.”

“Tell us, at least, where did Your last incarnation take place?”

“In Persia, in the land of modern Iran, at the time of the last padishah. I served in a mosque as an imam. At that time, around that mosque an oasis bloomed: people came there to touch Me...

“But I did not develop Myself at that time: I had another status already — the status of Allah. And I represented the Creator for people.”

“What would You say to beginners?”

“I would like to tell them about Sufism.

“Many understand Sufism as one of numerous religious doctrines with its own set of rules, dogmas, and directions. Yet, Sufism is not a ‘dead’ set of rules. Sufism is life, a way of life based on love. Therefore, any person regardless of the confession — a Christian or a Buddhist — can be called Sufi if his or her heart, full of love, longs for Me and wants to embrace with love the entire world.

“To be a Sufi means to live by the Beauty — the Beauty of God! Wherever the heart of a Sufi turns — there it should see the Beauty of the Beloved invisible to the ordinary eye. The whole world is pervaded with His Beauty, which is perceivable only to the eyes of a loving heart!

“Now, who can become a Sufi? Is it possible only for people living in the East? And who is a Sufi, anyway? Is it the one who just proclaimed oneself so? Or the one who was attached to a certain tradition and wears special clothes?

“One can become a Sufi independent of which corner of the Earth he or she was born or lives now. A true Sufi is the one who does not take the eyes of the loving heart off the Beauty of the Beloved; the one who lives by this Beauty!”

We asked:

“Tell us please about Yourself.”

“My Path is the path of dissolution of ‘oneself’ in Allah! I am the *Great Silence of Allah* filled with the sounding of strings of the Souls Who merged into Allah.”

“Why are You on the place that is almost never visited by embodied people?”

“You visit it... Besides... it is so blissful to permeate the Earth with the Light of Allah!

“Blend with Me completely! And let the Flow of Allah stream through your body!

“... Samadhi is the state when Allah enters your spiritual heart inside your body. Nirvana is when you can submerge into the Heart of the Absolute and dissolve in It. And then only Allah remains. Discover the connectedness of these states. And rise from the *Depths* to the body filling it with the Light of Allah! Let there be only the Light of Allah everywhere, even inside your body!

“I have been teaching this always: when I was embodied and now when I have no body. I taught this to you and to many others...

“I filled the hearts with the *Light of Allah*, giving to people a possibility to experience His Love. I taught naught but Love. It was My Mission — to make it possible for seekers to touch Him!

“There is a border on which your meditation ceases. On this border you stop being an individual. Beyond this border, there is only Love, Which is Allah!

“I dissolve in Myself those who come to Me with love in the heart! And the *Light of Allah* fills them!

“The heart which has nothing but love for Allah allows Me to enter it.

“I bring Myself closer to them if they are little.

“I submerge them into Myself if they are large. I submerge them into Allah to that depth which they have grown up to.

“But always it is the same thing that happens — dissolution in the *Light of Allah!*”

From conversations with Karas:

“I want to talk about My Great Teacher — about Divine Imam.

“It was a miraculous gift of Allah: to see Him incarnated in a body!

“Love for Him Who became *One with Allah* has neither borders nor limits!

“I witnessed a Manifestation of Allah on the Earth! I saw a Son of the One; He wore flesh, but was not this flesh!

“I knew then that the Beloved Lord can be attained, that one can dissolve in the *Almighty!* I saw this manifested through the Teacher.

“It was enough for Him to touch a heart aspiring to Allah, — and it flamed up, like oil in a lamp, with fire radiating the *Light of Love!*

“He taught: a heart filled with Love is fathomless. And invited to submerge into His own *Fathomlessness...*”

From conversations with Kayr:

“Kayr! How did You merge with the Father?”

“I died... I died of plague... Everything ended — and there remained only He... He alone — One and Boundless — remained, and there was nothing but He...”

“Everything I did before, striving to the Mergence, — all meditations, all other efforts, pain of the body — everything was over; He alone remained...”

“And now, when He looks at the Earth — Kayr appears on it.”

“Could You tell us a bit more?”

“In the past I was incarnated in Middle Asia, grew in the traditions of Sufism. It was then that I touched for the first time the Primordial Consciousness. The name Kayr is from this incarnation...”

“... Do you remember, I described how I meditated when the sun was rising in the desert?...”

“Do you know who is a dervish? A true dervish is not a poor Sufi monk who goes begging... No: a dervish is a *wayfarer*, the one who *goes and seeks...* A dervish is the one who goes on the Great Path towards cognition of the Creator!

“My sheikh was not Divine; he was like a person who rests calmly after traversing a part of the path. He did not aspire to God with all his heart, but

lived in calm and harmony. I am grateful to him: it was he who taught Me correct meditation, correct methods of working with the consciousness.

“One of My first strong impressions in learning was from Sufi *whirling*. This method helped Me to experience for the first time that I was not a body but a consciousness: living self-aware light.”

Kayr slowly begins to *whirl* — and His light clothes fly up and turn in this movement into gentle waves like those on the surface of the sea...

He continues to *whirl*, and His clothes become similar to a transparent veil that extends to the horizon... Under this veil, a sea of *Light* sways softly...

Then the *whirling* ceased — yet the *Light*... remained...

Then He continues the narration:

“There was also the *desert*... It is an expanse where — up to the horizon — there is only sand and the boundless sky above it. There was no one there — only Eternal Almighty God and a small grain called Kayr in the midst of the desert... We were always *two together*... One-to-one... And — no one else, wherever you looked...

“There God taught Me to watch the sunrise...

“Have you ever watched a sunrise in the desert? It is quite different from the one in your land...

“... The dark sky, full of stars, *lies* on the surface of the planet... My body sits on the sandy bottom of this ocean of stars... The eternity and infinity of the universe embraces Me from all sides...

“Then gradually dawn begins... The sky becomes brighter, changes its color... The giant disc of the sun appears over the horizon... Rising of the sun! The ocean of the starry sky turns into an ocean of light above the earth...

“It is in this way that I watched the sunrise every day of My life...

“But once I suddenly ‘sank’ into more subtle *Light*, which lied *deeper*. With gentle strokes of My now giant arms, I could submerge deeper and deeper...

“It was a wonder! — this *Light* did not disappear after sunset!

“Since that time, sitting in the desert and waiting for sunrise, I could *already* be in that *Light*.

“And when the light of the risen sun filled the entire expanse — immeasurable joy of experiencing the presence of God *in everything* filled Me! My body could walk towards the sun — while I was below and *deeper*, dwelling in the *Light* of God, tenderly supporting with My palms the sea of light above the surface of the Earth!

“I learned to always stay in the *Depth*. There, as if in ‘the heart of the Earth’, was a passage leading into the Creator of everything, into the *Heart of the Absolute!*

“It is in this way that I acquainted Myself with the Consciousness of the Creator, but I had not become One with Him...

“... Before My apprenticeship with the sheikh, a young woman touched My heart...

“Now I see how foolish My understanding of asceticism was... I could have taken her with Me into the Path!... But at that time... At that time, I began to seek solitude in the desert in order to forget her...

“This longing for earthly love, an earthly love that *had not been experienced*, brought Me to a new incarnation.

“... It took place here, in this land where you live. Here I met My earthly love, got married, had a child...

“... However, in dreams, I often saw sunrise in the desert... And again I began to seek the *Path*, became a *wayfarer* walking this *Path*... I grew here, on these *places of power*, which are known to you too. I was helped to recall that which I knew in the past... — and I cognized Mergence with Him deeper and deeper, learned to be *One* with Him, completely *One*, learned to love all lives, learned to love people... Then I moved to Middle Asia... And what happened then — I told you already...”

... Kayr was smiling from His appearance familiar to us. The day was dawning in our northern land. Tender joy of Kayr was mingling with the singing of skylarks and the rising of the sun! The *Ocean of the Creator* was looking from Its Depths through Kayr’s eyes, and His *Hands* were supporting all the living on the Earth’s surface...

Kayr continued:

"I feel tremendous joy now, always being with you! On the experience of our common work, I master new methods of helping souls in our common School! I continue to learn thanks to you!

"It is in the interests of God that branches of the School be created throughout the planet!"

"Tell us, Kayr, why do Mahadoubles of the Divine Teachers very often stand in the midst of busy streets, squares, in parks, on lakes — on the places visited by a large number of people who do not aspire to God at all?"

"The answer is simple: We are 'Fishers of men', as Jesus once put it! We act like radars — detectors of good emotions in people — even the slightest ones. And We seek to support these tendencies in every person. We also are *Realizators of people's destinies...*

"An embodied person is a separate autonomous system. Usually there is no entrance from the outside; the doors can be opened only from the inside. What opens these doors? Emotions. Good emotions, especially those which accompany altruistic deeds and make the soul opened to the *Light*. It is this *openness* that allows the *Light* to flow inside the soul."

"Why is it so difficult? God is omnipotent. Why can He not enter in some other way?..."

"Of course, God is omnipotent, and every soul is on His Palm. Yet, the *freedom of will* which He granted to people does not allow Him to intervene uninvited in that autonomous system called a *human*.

"The task of the Holy Spirit (or the Holy Spirits, to be more precise) consists exactly in this — in detecting every new opportunity for contacting human souls for the sake of correcting their advancement, missing no chance.

"... I also would like to talk about *intent*.

"The *intent* to cognize the Creator, to merge into Him, and to help other people in this — this must be an absolute dominant in the life of the spiritual warrior, and this intent must not contain anything worldly. Only then will it be able to accomplish miracles, by passing freely through all the earthly dif-

faculties, and achieve the goal. Only such an *intent* has the true *power to create*.

“The true *intent* of the developed consciousness of the spiritual warrior is beyond the sphere of people’s notions about ‘possible’ and ‘impossible’. Therefore, it equally easily accomplishes both the ‘possible’ and the ‘impossible’.

“One has to completely subjugate the mind, body, and consciousness to the *intent of uniting with Me*. One has to aim for the complete Mergence, in which there is nothing left of that which the former separate self considered its own.⁴⁵

“In that case I, too, give Myself fully to such a warrior.

“In the entire universe, it is only love that can bring one to the true unlimited Divine *Freedom*.

“I love you and want to give you this *Freedom*.

“I am ready to give Myself to everyone who sincerely desires it. Such is My essence — I want nothing but to give Myself through love — to give Myself to you and to everyone worthy!

“Entrust yourselves to Me completely! The best solution to all earthly troubles is in Me!

“The first thing to recall in situations of earthly troubles is My *Universal Calm*! To be in calm means that you do not allow yourself to become involved recklessly, with the whole consciousness in some earthly situation where passions boil.

“From the state of My *Universal Calm* look at your troubles and see how petty and insignificant they are!

⁴⁵ This recommendation concerns only those people who have grown up in their personal evolution (both in psychogenesis and in ontogenesis) to the capability of becoming true monks.

As for the rest — they have to prepare themselves for this stage of personal development by “ripening” in living a righteous life and in learning in the material world.

“Never engage in a battle while being the lower self! Never cease the awareness of being united with Me! Whatever happens in the course of the battle — I lose nothing! The lower self can suffer defeat, but the Higher Self — can never!

“... How many lives can one live through, approaching the *Threshold*, cognizing the state of Mergence, yet failing to attain the Unity...?!

“How many times does one have to incarnate again, having not traversed the final step of the path, and begin this difficult travel as if from scratch (in every new incarnation one has no memory of the past achievements of the soul!)?!

“How many times does one have to begin it anew until the soul has no desires but the yearning for becoming *One* with Allah...?!

“We went through many lives — in order to come *Here*.

“We lived through many destinies — in order to come *Here*.

“We grew up many times in order to learn to be conscious of oneself as of the Higher Self.

“We did this many times in order to finally come to the understanding that He alone exists and His Beingness has no end. And Everyone Who gave Oneself to Him completely — remained in Him in order to merge into His Beingness and be Him.”

From conversations with Haji Bei Murat:

We saw His Mahadouble for the first time over a hill overgrown with low “fluffy” pines with long needles. His appearance was of a young man of about twenty years old, shining with bright, clear, pure youth.

We asked Him:

“It seems that Your last incarnation ended when You were that young. How did You end that incarnation?”

“I ‘soared’ into Heaven!”

“Did You dematerialize Your body?”

“Completely!”

Divine Lada joined the conversation:

“The ‘ascension’ was as follows: the body soared up and dissolved.

“His ashram was on this place. Sufi teachers would gather here from the neighborhood. And then they would initiate mureeds into the mysteries of the ‘golden flower’.”

Haji Bei Murat pointed at other non-incarnate Great Souls and continued:

“Look at Our Children! They are Sufi sheiks’ disciples who gathered here and listened to the preachings. Non-incarnate Lada was also always present among them. Some of those present here have not achieved the Mergence, but the majority merged with Allah.”

“Tell us please about Yourself, about Your Path to Allah!”

“The boy Murat was born very joyful and happy. He was born as the one who could feel the presence of Allah. He came to the Earth knowing that God is in everything; that He is Loving and Omnipresent, Caressing and Omnipotent!

“The true Islam helps one to understand this. And any true spiritual knowledge also brings one to the understanding that Truth is God!

“I began that earthy life of Mine with experiencing this Truth. And I ended it – with Mergence!

“I lived in the bliss of feeling the constant Presence of Allah! I was happy to see the smooth flow of His river, branches swaying from the breathing of His wind, the splash of waves of His sea... I drank His Blissful Nectar and partook of His Blissful Gifts!

“Everything that the river of destiny brings to a Sufi is a Sufi’s talk with God, Sufi’s learning from God! The Sufi gladly accepts everything sent by God!

“A Sufi’s life is communication with Allah through everything that the Sufi receives from the Beloved. The Sufi receives everything as a gift! It is a Sufi’s learning; it is a Sufi’s bliss! It is a Sufi’s song of gratitude, a Sufi’s reply with love to the love of the Creator!

“Everything that comes out from the Sufi’s mouth is a hymn to the Eternity and Beauty of Allah! It is the fragrant nectar of love, which either accepts the form of words or music, or becomes silent lines and forms and leaves guiding lights to those who walk the Path of Allah. And those walking can touch these lights and start burning with more intensive love, gaining the power and confidence needed to overcome the difficulties of the Path.”

“How did You learn, who was Your Teacher?”

“Only Allah! I came to the last earthy life being open to perceiving His Love and Power directly! I did not need intermediates, which instruct people on religious dogmas and rituals. The Lord of everything was with Me: I saw His Presence in the manifest and in the non-manifest, in people that I met on the Path, in everything that His generous Hand gave Me! I did not divide these gifts into good and bad ones, because Allah does not give gifts which one should not receive!

“I thanked Him for every such gift! Every meeting, every turn of My life, every day and every minute, every drink of water and every breath of air was His Gift! I thanked — and this conversation of Ours was beautiful! What can spoil your life with the Creator but your ingratitude for His gifts?

“Every minute of your life is a message of God to you and your response to God. You can read every moment in the same way that you read the Quran! Because everything is the Book of Beingness, and He teaches you how to read it. When you have learned to read it, you will experience only the Bliss of His Love! And when you talk then — it will be your song of thanksgiving to the Creator!

“Songs of birds, fruits you partake of, and every person you meet is a gift of Allah to you! This is an invaluable experience of the soul! This is your talk with the Creator!

“It is in this way that I lived: I looked and listened to Life! And I got filled with the Bliss of His Presence — independent of whether the fruit I partook of was sweet or bitter.

“As a result I learned to hear the rhythm and melody of Allah and to talk to other souls in Allah’s language. Allah gave Me this mastery, and it allowed Me to begin teaching people whom He brought to Me...”

We asked:

“How did You teach? It must have been difficult, because we know that it is not an easy task to teach a person to feel God!”

“Yes, for this purpose one has to first wash the vessel — a human body where the soul dwells — with the *Light of Love* — and then everything becomes easy!”

... He shows a human body whose middle meridian resembles a transparent pitcher without a bottom that has to be washed inside. He shows streams of Living Light that flow freely through this form and wash it. As a result, it begins to shine with light...

Murat continues:

“This is how I taught. Yet the main things are love and gratitude to the Creator — they compose the soul’s song! I taught how to accept God in one’s life. I helped My disciples to feel His Presence in every moment of their lives. And then — Allah began to play the instruments of souls, while I just tuned the sounding of these instruments.”

“How did You dematerialize Your body? Did You learn this ability?”

“I wanted to achieve the *Fullness of Unity* — and Allah responded to this desire...

“Allah knows your every thought and your every desire! And He fills them with Power only if His desire is one with yours. This results from Unity. If you are suffused with Allah’s Will, then everything you want or think becomes filled with His Power for realization. And your desires become fulfilled! And when there remains only the last desire for the *Great Reunification* — then let it be! In this way I left the body!

“Those who pray do not know the Love of Allah. But those knowing the Love of Allah praise Him!

“And nothing can spoil the Bliss of those who know Allah! Even a jail does not bind them; even those exerting violence do not constrain them!

“The earthy life of such a person is a dialog with Allah. And when the time of earthy life comes to an end, he or she makes the final step and comes to the Whole. When the earthy song of love for Allah is completed — he or

she plays the final cord — and the music of the soul merges forever into the melody of Allah's Beingness and then helps other seekers to tune the strings of their hearts and to create new songs of praise to Allah!"

Yoga of Ancient Russians

There is an erroneous opinion that ancient Slavs who lived before the forcible baptism of Russia were mainly pagans holding beliefs in fairy, fictitious gods — contrary to the knowledge about the existence of one true God.

... Of course, among Slavs there were pagan kinds of faith: religious views of people depend very much on their level of intellectual development. For sure in those times, even as nowadays, there were primitive people who made sacrifices to gods in the form of killed animals or even humans. Such people believe: "We send the soul as food to gods or God, and we may eat the meat"... It is obvious that God, even as any reasonable human, understands the absurdity and even culpability of such actions...

Another variation of similar absurdity is to "shift one's vices to an animal" and then kill it... for this. And of course, the body of the killed animal may be cut, fried, and eaten as a celebration of gluttony...

... Yet among Slavs there were evolutionary advanced people who possessed the fullness of knowledge about One Universal God-Creator and about the meaning of human lives, which consists in spiritual development, cognition of the Creator, and Mergence with Him.

God-Creator was called by different Slavs differently: most often they called Him Svarog, less often — Rod. (Even nowadays in Russian language there are words which originated from these names).

... We know Divine Teachers Who worked in the region that corresponds to the European part of modern Russia.

Among Them was Assyris, Who guided the spiritual development of incarnate people in the forest regions of this part of the planet.

The same mission in steeps was performed by Kurgan-Bashi.

Among other Teachers helping people in their spiritual quest were Surya, Lada, Yasin.

In later times, during the continuing baptism of Russia in the eastern part of the country, Rada, Alexey, and Their son Eremey attained Divinity, and now They serve the Evolution of Consciousness from the Abode of the Creator.

We also know a few Divine Teachers Who cognized the Creator and attained Divinity living at the time of Soviet power — Peter, Oleg Suhodolsky, Igor Vysotin.

In this land, other Teachers work as well: Jesus Christ and His Divine Apostles — Andrew, John, Matthew, Mark, Philip; also Babaji from Haidakhan, Krishna, Sathya Sai Baba, Odin, Ptahhotep, Elisabeth Haich, Sarkar, Sacral, Yamamoto, Yamamata; Divine Teachers from the Indian, Muslim, Taoistic, Buddhistic traditions. And, for sure, there are many more of Them Whom we do not know yet...

We published our conversations with all of these Representatives of the Creator in the book *Classics of Spiritual Philosophy and the Present*. And in this lecture we are only going to talk about some of Them.

So, let us start with Divine Assyris:

From conversations with Assyris:

“Long ago I raised two ‘waves’ of spirituality on the Earth; one — on the land of ancient Assyria and Persia, long before the establishment of Islam there, another one — on the land of Russia, before the coming of Christianity.

“I supported these ‘waves’ from My non-incarnate state.

“People worshipped Me as the God of Sun or God of Fire. Usually I would come to My disciples in forms similar to the Sun or Divine Fire. And only occasionally I would assume, for a short time, the form of a herdsman or a wanderer — an appearance visible to ordinary people.

“I was not born, nor did I die in this Kalpa... I acted through My Children, Who could easily perceive Me...

“I taught worshipping not the sun or fire — but the One Father existing in everything... And I continue teaching this now.

“The methods that I suggested are most precisely represented in your *Three Steps of Centering*⁴⁶. These were three fundamental stages of development that students had to master one after another.

“First, the spiritual heart of any person has to develop in everyday life. And only the one who becomes absolutely steadfast in the states of love-giving receives the possibility of further growth in a spiritual school which has serious esoteric methods.

“Only after this — on the first stage of studying in My School, the students mastered spreading with the spiritual heart over the surface of the Earth and then — dissolution of the consciousness.

“The second stage implied living in the state of a spiritual heart united with the *Heart of the planet*. Mastering this stage normally took more than one incarnation of the soul... The students also had first contacts with the Creator.

“On the third stage, the students cognized the Creator.

“And then, all these three centers of self-awareness had to be connected by a Ray of the Sun of God. This Ray goes through the material body of the student, and the center where this Ray originated is the Heart of the Absolute...

“When this Ray becomes a constant attribute of the Soul coessential to the Creator, then such a Soul becomes a Son of God or a Daughter of God. It is the fullness of a soul’s Self-Realization.

“I would not like to tell you now about the further steps. I want to tell about another thing.

“I want to tell you about the Love of God, about how unconditional the Divine Love is.

“This Love is like the light of the Sun, which shines equally on everyone, warming everyone... It is the nature of the Sun — to shine... The nature of

⁴⁶ The video film *Places of Power. Three Steps of Centering* created by us.

fire is to be bright and to warm; the nature of sugar is to be sweet; the nature of the Sun is to shine; the nature of love is to give!

“Let Me repeat: the nature of love is to give oneself to others!

“Love is the state in which God lives...

“And God shines: from Himself, with Himself!

“Some people aspire to Light; others hide in the shade... But they all receive their lives from Him!

“One has to learn to be the Light of God’s Love!

“One has to live not as a body, but as Light Giving Itself! One has to shine with Love — then the soul gradually transforms into the Purity of the Clear Light of the Creator!

“... And now I am going to outline for you the last two steps of the Path. The first one of them is the ‘program-minimum’; and the second is ‘program-maximum’.

“... The attributes of the Warrior of the Spirit are a Shield and a Sword.

“For the Warrior of Spirit, the life in the material world is a life on the battlefield.

“In order to become independent and invincible, to avoid becoming engaged into the tumult of worldly passions, and to develop detachment — the Warrior of the Spirit gains a Shield.

“One has to fight for this Shield. The Warrior of the Spirit receives it as a result of many years of everyday struggle for Perfection.

“Possessing the Shield implies the ability of living in the Heart of the Absolute, behind the *Curtain*, much deeper than this world with its whirling of passions. From the very Depth, the Warrior of the Spirit raises with the strong arms the *Curtain* as an infinite Shield; this Shield makes the Warrior invincible. This is the Shield of the Creator. It is impenetrable to worldly passions, to hatred of enemies, to mundane fuss.

“However, one can attain more. The one who masters living in constant Mergence with the Infinity of the Creator, who lives beneath the Shield as an Infinite Heart united with the Heart of the Absolute, with the Sun of God —

such a one receives a Sword.

“The Sword is a Divine Ray, unchanging in its original subtlety and co-essential to the Sun of God, which is directed from the very Essence of Everything — to the Creation.

“The Sword implies the ability of doing the Will of the Creator on the Earth in all its fullness. It is a Scepter gifted by the Father, a symbol of the Royal Power. It is the Intent of the Creator; it is the whole Power of God concentrated in One Ray and directed to the world of the Creation, bringing fully the Will of the Creator to any object. The Creator says, ‘Be!’ and it happens!”

“What would You advise us now?”

“Whatever happens around you on the material plane — contrast it with the Eternity of Life in Me.

“And another thing: you have to inspire people to serve Me! You have to kindle their hearts with the ideas of service to God!”

“How did You manage to collect so many disciples — so promising?”

“I collected them ‘from the entire Earth’, from the entire European part of Russia. I collected disciples by sending messengers of successful disciples.”

“I see about 50 people.”

“This is only a small part. Look deeper: there are hundreds of Disciples, whom I brought up during centuries.”

“... During several incarnations?”

“Yes.”

“... Incarnations of You or of the disciples?”

“I educated them through the bodies of My disciples. I Myself was here always.

“But later... everything good in Russia began to fade away...”

“Did You work here, in this region? Were Your *forest schools* here?”

“My School was throughout all Russian land! Over centuries I educated promising souls, raising one wave of disciples after another!”

“How did people prepare themselves for this?”

“I ‘shepherded’ them. At that time people were engaged in farming, cultivating the land. A wide network of *forest schools* was created, where I collected the best students and taught them.

“There was no ashram here — on the place where you are now. The best people were found mainly in the Volga region. Not in steppes. But in the regions with forests, there were schools. This is why I call them *forest schools*.”

“What methods of teaching did You use? Did students study the structure of the organism, including the chakras and meridians?”

“Certainly, yes. I explained the essence of the structure of the Absolute and the methods of self-development. ‘How’ and ‘what’ — I have described, in general.

“Bring people here, so that everyone may experience Me, My Essence, as at the place of Lao!”

“May one call You Svarog?”

“Svarog is a generalized name. It was not a name of some particular Divine Teacher. This is an equivalent of the words God-the-Father, the Creator.

“Bring people here! Here I manifest Myself more vividly than at the place of our first acquaintance. I manifest Myself here in all fullness!”

“How did You manage to achieve such a result: so many disciples of Yours became a Part of the Creator?”

“The main point is to know well what your group has cognized and continues cognizing. Then, after the end of life in the body, everything becomes all right! If one remembers this well, then there is nothing special to do: everything happens naturally, by itself.

“It would be great if you could write a book about Me. It can be called *Ancient Russia — a Country of God*. This book could make a small beginning for collecting around you souls with good potential. Over many years, a small sprout could begin to mature. Write that it is not praying in temples but a transformation of oneself that constitutes the main essence of transfiguration of a common person into God! Among flowers, singing birds, rustling leaves, or opening spring buds one has to find the Main Essence of

Beingness!

“Now let us talk about something else.

“Vishnu is spring!

“(Jokingly): I would take you into a journey to the places of My ashrams, but you have no money for traveling, so someone else will have to write the book *Ashrams of Vishnu*. You would also need a ‘cart’ for going around!”

“Was the word *Vishnu* known in ancient Russia?”

“Yes. Vishnu and Assyris are different words, but they mean the same: Rising Sun and Spring.”

“By what name were You called in Russia?”

“Assyris is the main Essence of Me as God. Vishnu... — too. Vishnu — Visna — Vesna... Vishnu-Vesna⁴⁷ is just a transformation of the word.

“I am like the Sun! I shine always!

“Shadow and light, day and night exist for you only while you live on the Earth and experience yourself as a body...

“The Sun gives its light always! Sunrises and sunsets are just a result of the Earth’s rotation. Where there is Earth’s shadow, there is night; where the Earth faces the Sun, there is day!

“I am like the Sun! I am always LIGHT, LOVE, CALM!

“All shadows and duality are in people. But I shine equally at everyone.

“Some people aspire to Me and grow in the rays of My Love.

“Others hide in the shadow, being unable to withstand the Fire of My Touches. But they, too, are nourished by My Light.

“Become the Sun of My Love!

“Love as I do!

“Only by giving My Love can you learn to be Me!

“As the Sun sends its rays, even so I send My Sons and Daughters to the

⁴⁷ Russian word *vesna* means spring.

Earth.

“Ancient Russia was a good soil for God thanks to the preservation of the ethical Divine laws, the laws of love. For a long time, I could preserve the knowledge about the Highest in My Schools. Thanks to this, souls could be embodied in the conditions where there was knowledge about the Path. These Schools were directed by Divine or nearly Divine Souls. Every such a Soul is like a tree that grows over the Earth and supports the existing hearth of spirituality.

“Only mature souls were selected to these Schools for teaching them the higher esoteric methods. The criterion of selection was the ability of the developed consciousness to think seriously. Possessing a developed spiritual heart was necessary, yet not a sufficient condition.

“At that time, in Russia there was a natural economy. And spiritual Schools always had enough food because local communities supported them materially. And the people of the communities received from the Schools help in the form of warnings about droughts and bad harvests, curing of diseases, teaching of children... Such a community and a School near it lived as one organism, as one family.

“... Those coming from Me helped, first of all, mature souls who did not need to develop the intellect through filling the mind with information... The mechanism of the development of the thinking skill of the consciousness was slightly different for these people. It was similar to ancient Greek philosophers who cognized through meditations the structure of the multi-dimensional universe, the spherical form of our planet, etc. It is clear for you that there are different variants of studying the same problem with the consciousness: starting from information that comes from one’s own thinking — up to Revelations and direct investigation of the layers of the multidimensionality with the developed consciousness. Your talk with Me is another example of such cognition. Yet another example can be a meditation given by Me.

“The ability to think creatively is developed best of all against the background of contemplative calm.

“Many people grew inside such Schools. Through contemplation about natural phenomena, about all kinds of living organisms, children learned to

think; the adults just corrected, guided this work of the consciousness. Any bug, any flying bird, any dry or living branch of a tree — could become a ‘school-book’ for understanding life and death, the connectedness of the consciousness with its material container, the similarities and diversities of the forms of life...

“It was the first stage of studying.

“And then it was very easy to explain to such a soul that God — Living! — is present always and everywhere, right here and now! And that everyone is responsible before Him for one’s own thoughts and deeds.

“Then quite easily and quickly students learned to perceive the multi-dimensional space. They had a small numbers of indriyas connected to the material plane. It was easy for Me to redirect the indriyas of the soul to cognition of the non-material plane, to conversations with Divine Souls!

“It is conversations of the soul with God — with the non-incarnate Divine Consciousness — that was the basis of learning. Thanks to this, I could easily give lessons to everyone. The incarnate teachers just had to correct this process, to explain the main methods, not more. And the main Teacher was God! Submerging into the Depths of Me was as smooth and natural as life itself. It was the growing up of children in a Divine Family. And there was no need to speed up this growth.

“Do you remember, I gave such an image: in order to cross a powerful river on a boat, one needs to make constant efforts, to row constantly: otherwise one cannot reach the other bank. So was your spiritual Path. But in those times, the worldview and the structure of the society allowed a wide ‘bridge’ to exist. When there is such a bridge, one can walk over a turbulent river without being afraid of the swift current and rapids. It is the correct structure of the society that allows making the Path to God a bridge by which one can safely cross the powerful river of sansara...”

From conversations with Bright New Moon — Divine Disciple of Assyris:

Transparent non-material clear *Light*, youth sparkling with the power of life, a joyful shining eyes and smile — this is Bright New Moon — one of the

many Disciples of Assyris.

“If you could convey this state of soul through your films!

“To make the hearts be filled with joy!

“To make the ice of skepticism and despondency melt away!

“To help everyone to see how close the true happiness is!

“To allow souls to touch the life-giving joy of Light, Love, and Spring!

“Give these states so that everyone who has watched your films may want to share this joy with others and to tell others about this! Thus people will learn to enjoy watching opening leaves and sparkling dewdrops, white birches and murmuring brooks, singing birds and your eyes shining with joy!

“Our Tenderness will be behind every frame, every word, every sound of your films! Our Hands will be stretched to viewers’ hearts to make them aspire to Light, to Divine Purity!

“Everything is so simple! To become happy, one needs to make a little step in the right direction... And then it becomes clear that behind everything that is beautiful there is its Creator — God! And one’s heart filled with joy begins to aspire to Him!

“And the methods of further advancement are known to you...”

We ask:

“Bright New Moon, tell us please how did You attain Divinity?”

“I just completed a *forest school* of Assyris!...

“There were two main directions in our education:

“The first one was development of souls as spiritual hearts and cognition of God: first in the Aspect of the Holy Spirit and then — in the Aspect of God-the-Father, as you call Him in your language.

“The second one was the ability of living independent of the body and helping incarnate and non-incarnate souls from this state.

“As a result of such education, even those students who had not mastered the fullness of Divinity — that is Mergence with the Creator — after

disembodiment continued their part of the service: everyone chose what they knew best...

“I would like to elaborate on this.

“Having mastered, for example, living in large subtle states, everyone would master the ability of giving them through oneself. Someone created fields of love on places where children play⁴⁸ — in order to accustom them to living in a field of love, so that even when playing games, children would not feel the emotions of offense, hatred, or irritation. And children got used to correct emotional reactions. And the parents explained to them the same thing in words.

“Or, for example, taking care of plants: of gardens or trees in the forest. Have you noticed that on your *places of powers* there are plants of wonderful beauty? Beautiful tall trunks and dense crowns of deciduous trees, beautiful soft needles and trunks full of life of the coniferous friends of ours... While on places with adverse energies, especially those created by evil people, plants look like poor, sick children...

“Understand the importance of love that an incarnate or non-incarnate person can give to nature... One has to teach people not only a non-harming attitude towards our lesser brothers and sisters, but to love them! After all, they are our lesser friends capable of creating and maintaining on the planet the energy states of paradise!

“There were many other possible aspects of our service — for example, helping souls after disembodiment to become acquainted with life without a body, to create musical rhythms and tunes, etc.

“Every next step of learning was accompanied by mastering such skills of service. And whenever the death of the body came, the soul was already schooled in some spiritual ‘profession’, which was useful in the life without a body.”

⁴⁸ We observed many times this very important phenomenon when Divine Teachers (Krishna, Babaji, Sathya Sai Baba, Eagle, and Others) create a permanent higher concentration of Their presence on those places where out-of-town child institutions are situated or where youth sport events often take place.

From conversations with Surya:

“There was a culture in Russia where the cordial love was a norm of life, rather than an exception. The Atmic component of the multidimensional human organism was included into one’s life from the very beginning, from one’s birth. And the states of harmony and subtlety, in which people lived, allowed one to accumulate this valuable potential of the soul very quickly.⁴⁹

“In this way everyone developed in a series of incarnations until it was time for full realization of this potential in Mergence with God-the-Father — Svarog. And the methods for realization of this Mergence were also known. *Schools for souls*, where students were taught cognition of the Creator, existed near settlements, and there were ‘soft’ interactions of the spiritual adepts with other people.

“All this was natural. Some people after completing school go to university, others naturally want to create families and cultivate the land — it was the same in that time: some chose the earthy love, while others sought cognition of the Creator in love for Him. And there was no disdain towards those who were not mature enough to choose the latter — as it is in a loving family where all children of different age are friendly with each other, love their parents and each other.

“The life of people was not a ‘biblical Eden’, where there are no difficulties and sorrows. But look: the people of hatred, when an affliction befalls them, take revenge on others to make others, too, feel bad. On the contrary, people of the opposite pole — the people of love — if affliction befalls them, continue living in order to help others to avoid this problem! This is the secret of earthy happiness!

“The Sun was a symbol of Svarog. And every student had to learn to kindle the *Light of the Sun* first within the body, then — within the Earth; after that the stage of Mergence with *Sun-Svarog* followed.

“What can compare to the Shining of Svarog in His Abode?!

“... Incarnation of an Avatar is always a sacrifice: joyful, volitional... It

⁴⁹ Surya talks here about Kundalini.

means giving Oneself to people. Avatars come to those who have forgotten what love is... They, like Doctors, come to heal sick souls...

“... My forest Sun always shines! Come to Me!”

... We ask:

“Please, do not leave! Tell us in more detail, what methods of development of the consciousness did You use in Your work with disciples?”

“We worked a lot at sunrise, using the rising of the sun. We learned to be the sunlight, to shine with sunrays from the spiritual hearts.

“What do the majority of people do in the morning? The answer is simple — they sleep! But if man — even once in a lifetime! — watched a sunrise consciously, leaving the warm bed and cozy home for this purpose, and, overwhelmed with delight, one-to-one with the rising sun, watched the sunrise, then this person would not have lived the earthy life in vain!

“We used the same methods of work with the consciousness as you do; we just expressed them in different words.”

“Tell us please about how You worked.”

“The best time to begin such work is spring and summer. Usually we chose the place for meditation beforehand: it could be a glade in the forest, or a bank of a forest lake or river, or a high hill.

“We came out before the sunrise and walked unhurriedly to the intended place, immersing ourselves into the morning *quietness*.

“Have you ever noticed how wonderful the *quietness* before the sunrise is? Almost all living beings sleep a peaceful sleep. Nothing disturbs the *quietness* of the early morning...

“One has to be able to listen to the *quietness*, to become filled with it, and to be it! It is an important component of the spiritual development of man!

“For example, if at sunrise in the forest, one begins to listen to the *quietness* of the space around with the ‘ears of the soul’ or, to be more precise, with the ‘ears of the spiritual heart’, then one can become *the absolute quietness*.

“When inside you there is only *quietness* — the lower self turns into ‘nothing’: nothing of it disturbs the *quietness* and harmony of the world around! In such *quietness* one may hear everything: from the soft murmuring of a forest brook, the whispering of leaves, or the warm breathing of sleeping animals... — to the most confidential mysteries of the Creation. In this *quietness* one may hear the Voice of God, one may ask questions and receive answers...”

“The essence of the Divine Beingness is very simple: Harmony and Love!

“But in order to become One with the Creator it is not enough just to achieve the Creator’s Abode and to learn to live in it. Only They become completely One with the Creator Who come out from His Abode to embodied beings, manifesting the Creator, being Him. This is the completion of the full cycle of development. Many of Those Who had attained the Abode incarnated Themselves again with the Mission of Service — in order to achieve this completeness, this fullness of the Divine State. You know many such examples. Thus I incarnated Myself too.”

From conversations with Eremey:

“... I incarnated in Russia several times...”

“All birches and pines, grass and flowers, woodcocks and black grouses were My friends. I admired the beauty of the Earth! I stroked its surface as a lover caresses the beloved. Joy and bliss overflowed Me and flowed out from My heart to everything that I saw around. Goldish-pink sunrises filled My heart with tender beauty — and I became the *Light of Love* over the earth!

“A Free Soul is like a bird which soars in the height and nothing constrains its flight!

“A Free Soul is like a river which has united with the sea and has no bounds anymore!

“... My Path from beginning to end — is the Path of heart: from a human heart to a Divine Heart!

“When I traversed this Path to the end, it was time for Me to become a Tutor for others.

“... In one of My last incarnations I guided a *forest school* of Assyris.

“They were called *forest schools* even after the baptism of Russia. But the meaning of these words had changed: *forest* began to mean ‘secret, concealed’. The great spiritual culture that existed in Russia before the coming of the ‘Christian’ inquisitors was now destroyed with fire and sword, in the very direct sense.

“Only a few survived, those who managed to hide themselves in the vast Russian forests...

“In earlier Russia, the spiritual culture was accessible for all people. Now the *forest schools* accepted only a few — the most worthy ones.

“How did I teach those who entrusted their lives to Me? In the same way as I teach you now among spring birches and songs of black grouses...

“I rose as a *Goldish Divine Sun* from the Abode of the Creator — and taught them to become Love! I taught them to expand with the spiritual heart over the expanse and to caress with the *arms of the consciousness* forests and fields!... From the *Depths*, where the *Divine Heart* shines, I touched the hearts of My disciples showing them the Path!...

“... I taught them not only meditation. We lived at the time of the inquisition! And every one of us had to master stalking no less than Native Americans at the time of the Conquest...”

“Eremey, what advice and directions can You give to those who walk the spiritual Path?”

“Become power without ceasing to be subtlety!

“Master alertness and watchfulness, ceasing not to be tenderness...

“Become leaders and spiritual chiefs, ceasing not to be humble!

“Learn to be the *Sun of God*, yet do not cease to feel those touched by your Rays!

“Cognize the state in which your desire to remain in the Abode of the Father substitutes all other desires of the soul!

“The absolutely naked, free from all veils, perfect soul appears then before the *Universal Source*! Free and absolutely pure, it submerges then into

this Source to remain in It — in the Creator of everything existing! Thus the cognizer and the Cognized One unite and merge into one.

“And then, moving apart the dense covers hiding the *Depths*, the new Divine Soul emerges, shining with Rays of the *Great Sun*, never ceasing to be the Source!”

“Eremey, how can we help people? How can we change what happens here and in the whole country? How can we redirect souls to love, to a life in harmony with nature, with the Earth, with God?”

“I almost envy you! Now you have so many possibilities: books, films, the Internet! In one second you can reach the other side of the planet not only with the consciousness but also materially! And you can proclaim the Truth about God in many languages!

“I also want to tell about ecology. This is a very promising direction now. But people relate the word *ecology* only with the struggle against the pollution of the environment.

“Your task is to make the ecological direction of knowledge more broad and profound for the entire humanity! Let the knowledge about the multi-dimensional space make people understand that it is not only material garbage that contaminates the environment, but one’s states of the soul also become imprinted in the space where one lives, making it either pure and harmonious or dirty and coarse!

“Let everyone living on the Earth accept this knowledge and the necessity of the corresponding transformation of oneself as a norm of ethics similar to the norm of not dumping garbage in the place where one lives! And let people regard as their home, as their place of living not only their flat or house but the entire planet!

“The western people are quite close today to this understanding: vegetarianism and the Green movement are accepted by a number of them.

“But it is necessary to supplement this with the understanding of one’s own responsibility for the state of the soul. One has to explain to people how the states of the soul influence the material plane.

“When waste oil is dumped into a river or sea — everyone understands the destructiveness of this process. But dark emotions of anger, aggression,

hatred radiated by human consciousness to the surrounding space is a similar phenomenon: they create negative *places of power* where such people live or just sit to have a rest. And other people, who happened to be nearby, get sick!

“And if such states of hatred towards people of other faiths or views are incited in masses by leaders-devils, then this results in various kinds of inquisition: human associations for destroying otherwise-minded people. And then wars occur — small or big.

“Everyone living on the Earth has to accept responsibility for the state of the soul in which they live and which they give to other souls!

“And then much could change. People would cease to waste their lives for producing things destructive for humanity. They would understand the mechanism of how wars and terrorism originate. They would not teach children anymore to hate and to kill: for example, they would not produce computer games in which children learn to shoot and to destroy; they would not fill TV, cinema, and books with images of violence and killing. These things poison the health and destinies of children, the destinies of future generations!

“Let the beauty of the Earth and creative work, harmony and purity — become ethical standards!

“Give to people your knowledge about God, about transformation of oneself, about the meaning of life — and then the life of nations will become much better!

“Do not be sad that no one wants to walk the *Path of Light!*

“Do not be sad that not everyone needs the *Divine Home!*...

“Do not be sad! It is simply the time of winter now!

“Everything will change soon; you will see it yourself.

“Awaken gently those who are ready to wake up.”

“And what about the rest?”

“There is God! And His children are not deprived of His care, even those who sleep and see frightening dreams...”

“Do not be sad! I know for certain: *Spring* and *Light* will be on the Earth!

“Meanwhile learn to be Me and to live in Me!

“I am very glad to see your transformation, which happened with My help, in particular!

“We all observe you, and Many of Us, known and unknown to you, are glad for your sake! And I am glad, because you are My children! I contributed a lot to this work. I am proud about this and feel joy together with you!

“Feel that all the living breathes in Me. It breathes, and this means that it lives!

“Spring is My Love! It is always a sunrise!

“Love is the merging of souls similar to the merging of waters!

“With pink morning tenderness I embrace you, with rays of the sun I caress your faces!

“I enter the hearts open to Me and fill them with calm and morning joy!”

**I keep on My palms the spring —
Rivers, mountains, forests, and lakes...
I create on the Earth the spring
For everyone and for you!**

**On the fields around the snow is melting...
Birds of passage are coming home...
Soft-pink light rising over the ground —
Let this beautiful dawn be yours!**

**Every seed — a small drop of life —
Waking from its sleep day by day...
With every seed growing from the ground
The spring is rising and coming up!**

**One Primordial transparent Stream
Comes from the *Depths of Existence* by Me!
I enter the hearts where I sowed Love,**

I enter — and thus God is born!

From conversations with Kurgan-Bashi:

South west Russian steppe... In front of us, there stands a giant, larger-than-our-planet Mahadouble of Kurgan-Bashi. Together with Him there are His Disciples Who attained a similar level of Divine development. He introduces Them to us as His Army.

To be in the state of *connectedness* with Kurgan-Bashi is more convenient than to be in one's own body.

We ask Him:

"How did Your Disciples develop? What methods did You use for attaining the Divine heights?"

"We lived on horses. Riders on horses with the open *arms* growing from the expanded spiritual hearts... They meditated embracing with these *arms of the consciousness* all the expanse around: 'All this is mine! This is My steppe! This is My love! Earth, I merge with You, my Mother!'

"Through this they 'drowned' in the *Consciousness of the Earth*, merging first with It and then with Father-Svarog.

"In this way our training happened — on horses, in the expanse of the steppe!"

"How did Your people come to understand the role of the spiritual heart — in life in general and in training?"

"Our Mother Earth gave it to us! The *arms of love* are the main motto and the main condition for this work!"

"What did you eat? The nutrition of steppe nations was usually based on milk and meat of animals. They also hunted. We know this from history."

"This concerns other nations. Yet it was not so with our dear Russia! I am Russian too! Our Army consisted of Russians! And, as you read and know, the '*killed*' food was not prevailing in Russia always and everywhere."

"What did you eat then?"

"Milk, kumiss, cheese, various herbs, and wood flour."

“How did you produce this flour?”

“It is easy! One just needs to grind the dry bark of a willow. Thus one will obtain not only a tasty and delicious flour, but this flour will also possess medicinal properties! You know what salicylic acid is. This flour saved us and our horses from various afflictions. We had neither plague, nor cholera, nor even simple sinusitis — we did not know such diseases!”

“Did you know bread, cereal?... Did you make some kind of a flat-bread?”

“I did not know anything like that. It was not My way — to make food of cereal. Milk food — yes.”

He shows white round cheeses.

“This was My food! We even fed our horses with these cheeses! We also used flour of ground herbs, wild nuts. We had honey as well, but it played a little role.”

“Well, your men lived on horses. And what about women — what did they do? Did they also ride horses?”

“No, it was different. The woman’s lot was the house. We were not nomads. Every family had its own house, and the husband imparted all his spiritual knowledge and achievements to the wife.”

“On horses?”

“No. No one forbade women to ride horses, but normally women were busy with the house and with everything about it.”

“In what time did You live here, in what period?”

Kurgan-Bashi is slightly confused:

“It is perceived as a single moment, as a single piece of time... It was the time of ‘pre-Christian’ Russia. This land was inhabited by Slavs.”

“I am still concerned about your women... Did they not have a chance to know in meditations this *expanse*, to achieve higher levels of spiritual perfection as men did?”

“No, it was not like this. Our people understood that there are many incarnations. And we had quite a different culture: there was no drunkenness,

there was no awful spiritual degradation which one sees at present throughout the Earth, in these lands as well. Tenderness, caress, caring about each other, about children — it helped remarkably the female inhabitants of this steppe! The manifestation of love which you know under the word *sattva* — it was a remarkable woman's lot, preparing her in the best way for the next incarnation — for flying over the earth and embracing the entire planet with the *arms* of the consciousness which became perfect!

“First, every wife learned to love the husband and children. And it was really so! The spiritual heart, the arms of love — all these guaranteed paradise during life in the body and in the time between incarnations. After that it was necessary just to go one time in a male incarnation through a collective flight of consciousnesses among the expanse of the steppe! Actually it is all that was needed...

“Of course, different souls came to us in incarnations... Souls came from different corners of the Earth and from extraterrestrial incarnations... Yet... it was enough to go through one such female incarnation in *sattva*, to master the state of *sattva* — then through a male incarnation among horses and the steppe... — and this guaranteed quick cognition of the Creator, Mergence with the Creator !

“It was all beautiful, strong, and *scientific* as you would call it now. That is the *science about the development of soul* — in this form — existed at that time already.”

“Tell us please about how You lived. What did You do after meditation-ride, meditation-flight?”

“I lived as the wind: it ceases to blow — and there remains only the infinite transparency of the air around. Even so the spiritual heart: when the flight-meditation stops, there remains only the *Light of Love — Divine Light* abiding in Calm.

“The name *Kurgan-Bashi* means ‘Mountain of the Father’. I had many names... Many times I came to the Earth... I became *Home* for all who sought Me; I became *Father* for all who loved Me, went to Me. I became Him Who submerges others into Himself.

“Feel My Hands and My lands on these Hands: steppes, forests, lakes...,

and riders on horses. All these lived in Me year after year, century after century, and I accepted all who achieved — into Myself.”

“How do You live now, what people do You help?”

“I live as you see Me: I rise as a *Great Mountain* from the *Infinite Depths*, I open *Boundless Light* to people of the Earth! You can help to make this *Light* evident for many people by telling about Me. I will speak and show — and let them hear the song of steppes, see the mirrors of lakes; and let My presence fill with the *Light* all who look and listen!

“I want to tell people about the mother-planet where we live. Love for it can heal souls and unite people in creating good for all beings of the Earth.”

“Tell us more about Yourself!”

“I came to My last earthy life as the *Divine Light* of the Creator. I had to help My people to restore the simple and clear Way to the Father.

“In the land where I lived there was no tradition to record the knowledge about the Highest. There was memory about it in tales and songs. But generations of people usually lose this knowledge after the Divine Messengers leave.

“When I had been embodied in these lands before, the relationships of people in families and communities were full of calm and mutual respect. But the next time I was embodied — I saw squabbles and quarrels, offended old men, humiliated women, men fighting for power...

“When I was little, My mother sang Me songs and told tales similar to those of Lada. I listened and easily recalled past knowledge that was present in Me.

“I grew and began to collect friends around Me. Young boys, we pastured horses. I taught My friends to be winged and fearless hearts, which do not want something *for themselves* but want to *give to others*, which protect others, care about them. I taught them to purify their intentions, taught them honesty, kindness, and unity...

“When we grew up, people in the community began to pay heed to us: they felt Great Power behind us.

“Soon I was elected as the head of the community, despite the fact that I

was young. And then — everything was easy.

“It was simple: flight of the soul, pranava, then — the *Heart of the Earth*, and deeper — the Abode of the Creator. In this way I led disciples into Myself.

“To learn to be a flying, winged heart capable of Mergence is a very important step on the Path.

“Mergence of the consciousness was helpful to our horses too. These beautiful animals learned to understand their riders without words. The consciousness understood the consciousness! Together with us they felt the flight of the souls! It was their ‘run’ to human incarnations!

“My Army became a shield of Slavs’ lands. For centuries, no one wanting to plunder could pass through the land where the God’s Riders lived. No war starts on a land where love and Divine Power reign.

“I grew the Army and accepted into Myself new generations of the Warriors of Spirit. I brought to life the traditions of these lands, where in the past I Myself had grown to Divinity. What I did was simple: I spoke and taught about love for the Earth, love for all the living and growing on it; I taught them to love people and God.”

From conversations with Yasin:

One day, many years ago, we were walking along a forest trail being guided by Jesus.

On this place, many times we learned to be the *Divine Fire* and cleansed our bodies with It...

Yasin reminds us how in the past He taught us to move in the *Clear Light* with the help of the *arms of the consciousness*. We can feel the *hands* of these *arms* in the place where we want to appear. Then we shorten the *arms* — and appear with the spiritual hearts in that place... It works so because a spiritual heart is located between the *arms* that grow from it...

Such training on moving in space can help remarkably in accustoming oneself to being a *pure consciousness* that is free from the material body and, in general, from the dependence on the world of matter.

Yasin taught then:

“Imagine that your body has died, but you continue to be! You can exist well without it!”

... It was also possible to flow through the body from any side as many times as one liked, seek energetical disorders in it, and fix them with the *arms of the consciousness...*

Yasin taught:

“Your body has to become as transparent as the Consciousness of the Primordial Plane is. Then it does not impede the growth of you as a consciousness inside the Primordial Plane...”

... Why is work inside Divine Mahadoubles so important for us? Not only because it gives the possibility of communicating easily with God, but also because here the Divine Consciousness manifests Itself much more intensively, and therefore it is quite easy in such places to attune with It, to merge with It, and to accustom oneself to being It, thus *crystallizing* oneself in It.

It is not by chance that Divine Teachers call such places, where Their Mahadoubles are present, — *working sites*.

Realization of Mergence with God begins with Mergence with concrete Divine Teachers. And one can learn this most easily inside Their Mahadoubles.

Let me repeat the same in other words: if I enter into Him completely and perceive neither my material body nor the material plane in general, nor other planes except for the Divine Consciousness — then this represents that very Mergence though in a small volume of space.

Then this volume can be increased up to the universal scales if one continues training...

... Yasin told us also the following:

“I was incarnated in ancient Russia long before the coming of Christianity. I was incarnated here several times.

“My Service was not limited only to helping people from My incarnate state: I helped them always.

“I began My Service on this land when people lived here as tribes-communities not united by some power into one country. I worked with them by conveying to them through folk tales and beliefs the ideas needed for correct development, by suggesting right thoughts, by supporting the good emotions in them — especially in their leaders, elders — in those who were respected by people, whom people followed. In this way, I influenced the worldview of the nation, formed the characters of people.

“In that ancient time, this land was inhabited by people of character quite different from that of the modern citizens of Russia. Their main qualities were calm, nonviolence, kindness. They could live among nature and interact with it very harmoniously. And nature provided them with everything they needed. It was the *harmony of interaction with nature* that was one of the fundamental components of their culture of life.

“Such an interaction with nature and a kind, nonviolent attitude towards others helped these people to grow with the experience of happiness and joy of life. And benevolence, mutual understanding, tenderness and caress in relationships with each other did not allow ‘dirtying’ the souls with negative emotions and hostility.

“After all, the happiness in life is ensured not at all by technical achievements of civilization. These tribes did not have even a tiny part of the modern technical achievements; in many aspects, their life was much more difficult. Nevertheless, they lived with the feeling of freedom and happiness — in contrast to the modern Russians.

“The life of people in the modern technocratic society became ‘fettered’ and is far from happiness and freedom. The reason for this is the desire of people to ensure, first of all, the material aspect of their lives, hoping that material wealth will bring them happiness.

“Yet, happiness — by its very nature — originates not from something outer, but from the inner. Happiness is a state of a soul. Therefore, only they can be happy who live not by the concerns of the body, but by the true aspirations of the soul.

“Let Me repeat that the ancient Russians had values different than those of the modern society: harmony of communication with nature, nonviolence in relationships with each other, respect for the freedom of everyone — this

made them happy, free people...

"... One of My last incarnations was on the territory of the modern Kostroma region.

"At that time, this land was inhabited by beautiful people — pure souls. Their outer appearance was very beautiful as well: harmoniously shaped bodies, light slightly curly hair, eyes in which one could see purity, clearness, deepness.

"They lived in communities comprising several families. They lived simply and purely, in harmony with nature. It was a norm of their life."

"Yasin, where does Your name come from? I read that Yasin is an Arabic name. Were You incarnate among Arabs?"

"No, but I like all Arabs, too, as My children. And I am always ready to help them to cognize God: Allah, Svarog, Heavenly Father — it is just the words that are different, but the essence is one.

"The name *Yasin* means 'Clear Light'. It is this *Light* that I cognized and that I became when I attained Mergence with the Creator."

"Yasin, You have not told us about how You cognized the Creator..."

"It was in one of My incarnations, when I was brought by Svarog to one of His *forest schools*.

"First, we were taught to dissolve in the energy fields of plants — spring birches, ashes, poplars; then — to let the *clear light* of the morning sun into the chest and to fill with it the chakras, to move it through the main meridians. *Sunny* purity had to fill the entire body, making it shining and almost transparent, — then the student could move further.

"And then our work was similar to yours: we learned to spread with the spiritual hearts over lakes and fields, disappearing in the quietness of the forest..."

"Then we cognized the Brahmanic eon and all other layers of the Absolute — with the help of Assyris and other Divine Teachers.

"And on the higher, final stages, we had to fill, with ourselves as consciousnesses, the image of a Tree, whose branches stretched into the material plane, and the trunk went through the *deep* subtle spatial dimensions; then

we with the consciousnesses grew, like roots, in the layer adjacent to the Abode of the Creator.

“And what happened then — you may understand very well.

“... This is My biography. Is everything clear for you?”

“Thank You, Yasin! Please tell us something more.”

“Well...

“You began to do what I want, what We all want; in other words, what the Universal Creator wants to manifest now for people of the planet Earth. Nevertheless, you have not fully understood the scale of the work intended by Us!

“What you are doing now is like a small seed. Looking at this seed, you cannot see the size of the tree that you are planting now. But I see both the tree, and its blossoms, and its fruits, and new future seeds!

“... And now I want to tell about the Yoga of ancient Russia. Without this, the picture would be incomplete.

“I incarnated Myself for the last time on the Earth — from the state of Divinity — long before the coming of Jesus Christ to the Earth.

“I was one of Those Who were called in later times *Magi*. They were the incarnations of Souls Who accepted on Themselves care about the growth and evolution of the consciousnesses of incarnate people. They created ethical norms that later were called *customs*. These norms became imprinted in the people’s way of life: in everyday work, in rest, in celebrations. And with time, they became *traditions*.

“The rites of these people were not a meaningless series of ordained bodily movements or memorized words. They were thought-out actions that helped the participants to create good emotional attunement, good thoughts; this created a *positive life program* for all the participants.

“The customs formed in this way helped to establish a joyful state in work, harmony in marriage, good relationships in the family and in the community. But the most important thing is that they contributed to the tendency of *uniting the consciousnesses*. Everyone learned to live feeling themselves as a part of the family, of the community, of the entire world of

living nature, a son or a daughter of the mother-Earth and Father-God. This was achieved not through words, not at the level of words — but through performance of rites which produced such states of the consciousness.

“We, Magi, created variations of these rites which would be more effective for correct development of souls.

“Take, for example, sowing of grain or gathering of harvest done by the entire community. People, merged together as consciousnesses, while doing this work, created an energy *field of power and joy* that helped make the work easier! It is similar to the effect of your *meditative running* — when it is very easy to run! The field sown in this way becomes a *place of power* in the full meaning of this word; the harvest and the energy of the grain grown on such a field are also extremely good!

“Another example is building a house: one chooses trees for this work, then asks forgiveness from every tree before cutting it... Every part of the tree is used: bark, branches, and the parts which are not used in building — they become spoons, splinters for the torch, fences made of branches...

“The ethics of relationships with plants was an integral part of the rules of how one should build a house so that to make it firm, to have good relationships in the family, to give birth to healthy children in it.

“By following other similar *rules of life*, people learned to create good, to create beauty.

“Celebrations also served the purpose of strengthening health and cultivating joy in the soul. They also helped to remember about God-Creator!

“People learned such *mergence of consciousnesses* also in harmonious dances and choral singing.

“These people had domestic animals, which provided milk and eggs. But they did not hunt animals living in the forest.

“The nature provided people with mushrooms, nuts, berries, and honey. It was enough for good and healthy nutrition. There was enough food!

“And relationships of man with the world of nature were not hostile. We taught to live in unity, in cooperation with all the living: with forces of nature, with inhabitants of the forest...

“There was no trade at that time, but there was exchange. Usually it was in the form of *gifts* that have to be responded with *gifts* — it was also a law of life. One tried to give to others something that he or she was a master at making or something that others needed more. In this way people lived, according to the law of GIVING and THANKING! Such was the ‘business’ of that time!

“Magi were creators of these rules of life and teachers of people, including children.

“Magi did not have a family or a home; all people were Their family; the Abode of the Creator was Their *Home!* They traveled from one land to another; stayed in the local communities for a long time, and then walked further. They were a connection link between many tribes of Slavs of that time. Also — a link between people and God.

“The higher knowledge was not written but conveyed in oral form or from Consciousness to consciousness. And We protected the purity of the spiritual knowledge.

“... But, to Our regret, the time came to Russia when there remained almost no one who could learn Our Mastery; there remained only a few worthy disciples...

“For a long time, I supported from the non-incarnate state these traditions, which had been created with My help: I strove to cultivate in people a kind character, love for work, and love for the Earth. Even after millennia, there remained echoes of what was called *customs*. For example, Nekrasov was amazed and delighted by the fact that enslaved Russian people nevertheless kept the inner purity and power.

“And if there had been no total drunkenness destroying souls like poison, one could continue this work even now...”

“Could You tell a bit more about work in *forest schools?*”

“You ask Every one of Us about exercises for the body and soul performed at the initial stages of psychoenergetical work!... Yes, such an exercise was, for example, *dance of the sun*. It resembles the so-called *spontaneous dance* existing in different spiritual schools. But its main feature was to feel *the center of oneself-soul* as a *shining sun* in anahata. The student invited Fa-

ther-Svarog into the spiritual heart — and began the dance of love-thanksgiving to God! The *Sun-Love* in the spiritual heart, burning brighter and brighter like a rising sun, created the state of *giving love, radiating it* to all sides, as in the meditation *Cross of Buddha*. Then this *Light* filled the arms, the legs, the head — and the *Light* began to flow through the arms, through the eyes... It was done as a dance. And one gave flows of this *Light-blessing* — through the *arms of the consciousness*, through the *look of the consciousness* — to all living beings around.

“As the soul grew, this morning meditation did not become obsolete, but the size of the *sun* became much larger than the size of the body. Then one moved the feeling of the *center of oneself* to the center of the Earth, and then to the Abode of the Creator.

“In this way the disciples of God meditated at dawn of every new day, learning to be *Svarozhichi* — sons and daughters of Svarog.

“There were also songs resembling a combination of mantras and inducing positive resonant states in different energy structures of the body. But let Lada tell about this: She developed this direction perfectly.”

“And what about the *Tree of Life* or *World Tree* — is it related to You or to Your Teachings? For example, in Scandinavian legends this Tree connects all the worlds.”

“Such myths existed in almost all nations. They are ‘fairy tales about the truth’. The *Tree of Life* is a higher meditation. Variations of this meditation were known throughout the entire history of spiritual initiations on the Earth. It is Mergence with God in the Aspect of the Absolute. The *Tree of Life* grows from the Primordial level of subtlety and pervades the Creation with Its Divine Power of Life: ‘I am Life creating life!’

“Its analogy is the *golden flower* of Taoists, and the *Vine* of Jesus Christ. It can be called differently. This image shows the structure of the multidimensional Absolute.

“Do you remember how Don Juan described to Castaneda the *emanations of the Power*? He said that these *emanations* resemble trees, and living beings in their *cocoons* resemble *fruits* on branches.

“The cosmic bodies of planets are also similar *fruits*.”

“And the Creative Power is the One Primordial Consciousness, God in the Aspect of the Creator, the *United We*.

“In the traditions where I grew up, with the help of the image of the *Tree of Life*, people mastered not only submergence into the Abode of the Creator but also *reverse motion*: growing from the Divine plane into the body. Thanks to this, the energy structures of the body could be treated up to the tiniest details.

“The body of man is just a branch of the *Divine Tree*. But the structure of the body’s inner channels resembles a branching tree. The Divine level of subtlety has to be realized in the meridians of the backbone, also in the energy channels branching from the backbone and transmitting in the body flows of energy which can be called by the word *Life*. This method allowed one to control all vital systems of the body: breathing, blood circulation, heart rhythm... However, this is only possible in full Mergence with the Divine Power, Which, **among other things, gives life inside the substances of a human body.”**

Bhakti Yoga

The principle of bhakti — devotion-love for God — was first proclaimed by Krishna through the Bhagavad Gita.

In particular, Krishna said:

11:54. ... Only love can contemplate Me in My innermost Essence and merge with Me!

9:27. Whatever you do, whatever you eat, whatever you sacrifice or offer, whichever feat you perform... — do it for the sake of Me!

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

12:20. ... All for whom I am the Supreme Goal... are dear to Me above all!

It is clear to everyone who has advanced already on the Path of spiritual development that without love for the Creator it is not possible to achieve the Highest Goal of human life: that is direct cognition of God in the Aspect of the Creator and mergence with Him.

It is the emotions of love that help consciousnesses to become closer to each other and to unite with each other — consciousnesses of ordinary people and Those Perfect Consciousnesses that dwell in the Abode of the Creator.

So the task of every spiritual seeker is to develop love-aspiration for the Creator that can attract him or her to the Embrace of the main Beloved and can help to abandon all worldly attachments, all vices — so that there remain only the Creator and devotional service to Him.

In this way one can achieve *disappearance of oneself* — in Him. And then such a Perfect Soul acts *from within Him*, helping others who have not achieved the Highest Goal yet.

All who achieved the fullness of the Perfection were bhaktas of the Creator! There is no other way to cognize Him and to merge with Him!

Yet, how can one learn such love?

... In order to answer this question, one has to find out how the emotions of love are formed in us.

If someone asserts that these emotions are produced by the brain, it means that this person does not understand anything of love!

The point is that our emotions are a product not of the brain but of special bioenergetical organs: the chakras, first of all.

For example, the emotions of admiration caused by beauty, by harmony of particular situations (for instance: my dream came true!) are born in the neck chakra vishuddha .

The despising emotions of anxiety, irritation, malice, anticipation of unpleasant situations (for example, as in case of students before exams) are a product of the malfunctioning chakra manipura, located in the region of the solar plexus.

Sexual emotions originate in the chakra svadhisthana — in the lower part of the belly.

The emotions of self-confidence are produced when the lowest chakra muladhara is full of energy.

The emotions of love are produced in the spiritual heart, which begins its growth in the chakra anahata. When this chakra is developed, it occupies the entire volume of the chest.

God in the aspects of the Creator (or the Primordial Consciousness), of the Holy Spirit (or Brahman), of Messiah (or Avatar) — are the SUBTLEST components of the Absolute. And in order to cognize Him, to perceive Him with the same clarity as we perceive bodies of incarnate people — we have to refine ourselves, to make the consciousness subtle.

This is why God suggests that we rid ourselves even of the ability to enter coarse emotional states and cultivate in ourselves the most subtle emotions!

Emotions are states of the consciousness. And in order to become closer to the Divine states, we have to accustom ourselves to these states.

In particular, one has to keep in mind that after the death of the material body, we continue to live in the state of the consciousness which was the most habitual for us during the life in the body.

For example, people who accustomed themselves to emotional coarseness continue to live in this state among other souls similar to them.

People who are used to living in subtle, tender, harmonious states will become inhabitants of paradise.

And those who accustomed themselves to the Divine subtlety and learned to merge with God in the aspects of the Holy Spirit or the Creator — remain in Mergence with Them.

There are several ways of mastering the subtlety of consciousness.

Among them there is a quite common, natural way — sexual love (however, it must not be sex with just anybody but only with the representatives of the corresponding guna, that is with people of the same level of spiritual advancement; the “mixture of gunas” is not approved by God).

Another way is to develop in oneself tender love-care for children.

Let us note that Jesus Christ paid much attention to this. For example, in the New Testament there are the following commandments:

“I give you a new commandment, that you love one another!” (John 13:34).

“And above all things have fervent love for each other...” (1 Peter 4:8).

“Beloved, let us love one another, for love is of God, and everyone who loves has been born of God, and knows God. The one who does not love has not known God, for God is Love” (1 John 4:7-8).

“We have to love one another... If we love one another, God dwells in us, and His perfect Love is in us” (1 John 4:11-12).

“God is Love, and those who abide in love abide in God, and God — in them.” (1 John 4:16).

“Owe no one anything, except... love” (Rom 13:8).

“Love your enemies, bless those who curse you, do good to those who hate you, and pray for those who mistreat you and persecute you...” (Matt 5:44).

“... If you love those who love you, what reward do you have?” (Matt 5:46).

“They who claim to be in the light but hate their brothers or sisters are in the darkness!” (1 John 2:9).

“Let your love be without hypocrisy! Shrink from evil, cleave to good!

“Be brotherly loving one another!...” (Rom 12:9-10).

Jesus also demonstrated to the disciples His tender attitude towards Mary Magdalene, showing by this that such emotions and ways of behaving are welcomed by God.

Let me emphasize that in the sexual aspect of human relationships, it is the emotions of tenderness, caress, care for the partner that are valuable.

One can receive much help in this work from communion with the tender beauty of living nature, especially in the early morning or in the evening, at sunset.

We have to learn to sincerely love all the best in the Creation, and then the entire Creation as a whole! Only then can we gain the ability to fall in love with the Creator!

Now it must be clear to everyone that there can be no developed love in the person who satisfies his or her gluttony with meals made of bodies of killed animals!

Very helpful can be also works of art — appropriate films, photographs, painting, music, choreography.

There are also methods developed in religious movements that contribute to the development of the emotions of love directed towards God.

For example, in Catholicism there are schemes of expressing gratitude to Jesus for the feat of His earthy life, compassionating Him with regard to His painful death on the cross.

There are also good Orthodox chorales.

There are meditations contributing to the development of exalted love for God practiced in some Protestant Churches.

There are also bhajans: short meditative formulas repeated many times in the form of chanting. Their purpose is to imprint in the consciousnesses of the participants the state of reverence, gratitude for God and to rid oneself of vices, to develop positive qualities in oneself.

Among bhajans one can mention *mahamantra* invented by Divine Chaitanya; it praises the Creator of the Teachings of Bhakti Yoga — Krishna. *Mahamantra* sounds as follows:

Hare Krishna, hare Krishna,
Krishna, Krishna — hare, hare!
Hare Rama, hare Rama,
Rama, Rama — hare, hare!

Its meaning is the following: praise to Krishna Omnipresent! (Rama means Omnipresent).

Chaitanya told us that He personally comes to provide spiritual help to those who practice *mahamantra*.

One can dance when singing *mahamantra* or listening to its record. Chaitanya Himself always dances gracefully and gently to the sounding of *mahamantra* when He comes to incarnate bhaktas.

There are beautiful bhajans performed by the Avatar of our days Sathya Sai Baba. Sathya Sai Baba personally blessed us to include them in our film *Sattva*; you may listen to His bhajans in this film.

... But it is very important that there is a way to significantly accelerate the growth of the considered positive qualities by directly stimulating the development of the organ of emotional love in oneself — the spiritual heart — with the help of special esoteric techniques.

One of such techniques is the *Jesus Prayer* — an attempt to invite Jesus into the spiritual heart by repeating frequently an appeal to Him: “Jesus! Jesus! Jesus!...” In this way, one can invite Jesus to enter one’s chakra anahata from behind. There are also other less effective formulas of appealing to Him. This method of spiritual work became the central one in the esoteric movement called *Hesychasm*.

The word *hesychasm* originated from the Greek word *hesychia* — that is *inner quietness, inner calm*. Hesychasm implies gaining steadfast calm of the mind, which is an essential foundation for meditative work.

Methodological developments of our School allowed us to create a full understanding of the mechanisms of opening the spiritual heart and achieving *hesychia*. This helps worthy spiritual seekers to master these stages of self-development in a quick and confident way, and then — to move further on this Path.

And what does one have to do then?

Then one has to grow oneself as a spiritual heart, which becomes more and more subtle, — in order to become capable of directly perceiving God in the Aspect of the Holy Spirit.

Having grown to sufficient sizes, much larger than the size of the material body, such a consciousness gains the ability to actively move in the multidimensional space with the help of the non-material *arms* consisting of the energy of the spiritual heart. With these *arms* we can embrace our Divine Teachers — like we can embrace our most beloved incarnate people.

Divine Teachers become as easily perceived for us as incarnate people...

And then They will bring their favorite disciples — into their Abode, into the Abode of the Creator. How it happens — we described in our other conversations and books.

(See demonstration of meditations in the film).

Agni Yoga

The term *Agni Yoga* was introduced to the western public by the Roerichs — Nicholas and Helena. They learned it in their expedition across Central Asia from mountain dwellers. This term means “Mergence with Divine Fire” or “Path to such Mergence”. *Fire* in this context is a flame-like state of the Highest Divine Consciousness. The Divine Consciousness can assume this form when It enters Its Creation.

The Roerichs developed the Teachings of Agni Yoga and brought them to Russia and other countries of Europe and America. And now the term *Agni Yoga* is firmly associated with their names.

The Roerichs were a remarkable couple: he was a zealous traveler and talented painter; she was his constant companion. Helena Roerichs possessed a prophetic skill — the ability to converse with God. Records of these holy conversations were collected in fourteen volumes titled *Living Ethics*.

What do these records represent? They are very non-uniform; some parts of the text are hard to comprehend; some parts are not edited literally; profound truths are mixed sometimes with jokes of God or with long series of meaningless phrases. Why do they look so?

The point is that according to the intent of God these records were not meant for publication in their original form: He suggested publishing only thematic selections of them.

The reason for the qualitative diversity of the text is the following. God, with the purpose of training the prophetic skill of Helena Roerich, insisted that she make systematic, everyday records. However, it did not happen always that there was actual material for the current moment. And then Helena Roerich, waiting for words from the Lord, was given an almost meaningless series of beautiful phrases. It is a typical case of prophetic contacts.

And such jokes as: the legs feel cold because the entire energy has been used for kindling of the heart — were meant only for encouraging the tired travelers in hard moments.

Another point that needs to be mentioned about these texts is the broader meaning of the terms *fire* and *fiery*, which was expanded to psychoenergetical processes and phenomena. It was done with the purpose of filling the readers with the feeling of struggle. However, to understand these Teachings correctly, one has to differentiate the concepts of the *Divine Fire* — and the “fiery” manifestations of the psychical activity of people.

The texts of *Living Ethics* and expressive paintings of Nicholas Roerichs are filled with “fiery” energy. It was one of the most distinctive features of the spiritual movement initiated through the Roerichs.

The movement of Agni Yoga contributed a lot to the spiritual awakening of many people, first of all in Russia where there was mainly atheism instilled by the Communist Party and religious ideology degraded to the level of fairy tales. In most valuable precepts found in the books of *Living Ethics*, God again presented people with explanations about what is God, what is man, what is the Evolution, what is the meaning of life. He showed to people the possibility of attaining Perfection and abandoning the cycle of suffering, the way to cognition of God and to the highest self-realization in Mergence with Him.

The Teachings of Agni Yoga were given “not as a soporific but for saturating the entire life”⁵⁰.

Let us consider now the main points of the Teachings of Agni Yoga.

⁵⁰ [1].

First of all, what do these Teachings say about God?

The main aspect of God is the Primordial Universal Consciousness; in Agni Yoga It is called *the Infinity*. It can also be viewed as the Father and Mother of everything existing. It is a *Unity of Many* — a Merged Whole of all the Perfect Ones, Who infused Themselves as Consciousnesses into God. This “United Consciousness rules the entire world”⁵¹.

The structure of the universe is multidimensional. It is represented by the layers (eons, lokas) of multidimensionality. The layers of multidimensionality differ by the level of subtlety. They are inhabited by consciousnesses of different levels of the evolutionary development. The subtler the consciousness is — the higher is the layer where it dwells.

The highest subtlety is represented by the Primordial Consciousness, which dwells in the highest, primordial layer.

The path of the evolutionary ascent is the path of the refinement of the consciousness and establishing it in higher and higher levels of subtlety.

And “the Infinity is the acme of human capabilities”.

“... Speaking of the Infinity, let us imagine it as something void and dimensionless, but as something integral...”⁵².

So, individual consciousnesses dwell as if on the steps of a multidimensional stairway. It is to the summit of this stairway that everyone has to aspire. This stairway does not lead us upward but into the *depth* of the multidimensional Creation — into the Creator. The Guide on this Path is “the Consciousness of the Highest Spirit (Which) is intense Fire”⁵³.

... The term *Hierarchy* in Agni Yoga means an aggregate of Hierarchs Who constitute the Primordial Consciousness and manifest Themselves in the form of Brahman (Holy Spirit).

“The Forces of the Hierarchy are represented by two worlds: the Guiding

⁵¹ [1].

⁵² [1].

⁵³ [1].

Principle (Ishvara) and the Principle fulfilling the Great Will (Brahman, the Holy Spirit); They are One Source”⁵⁴.

“The entire power of creativeness is based on the Hierarchy. Only with full awareness of Great Service, can one understand the beauty of Spirit and the might of the Hierarchy.”⁵⁵.

“... Only full understanding of Great Service can imbue disciples with the aspiration to the Hierarchy. When the creativity of the (human) soul encompasses Great Service, all paths to Us become open.”⁵⁶

“(Say): ‘I love You, O Lord, and I am devoted to You, O Master, and I revere You, Teacher!’ ... — Thus, with devotion one can open new locks.

“... Verily, if you are constantly aware of the presence of God in your lives, you already know the shortest path to Us.

“... Be aflame in your hearts and create with love!”⁵⁷

Now let us discuss how one can realize the Path of Agni Yoga

The meaning of human life consists in the growth of individual consciousnesses, that have to develop and merge ultimately into the Creator.

First everyone develops in the usual worldly activity. One’s quick advancement becomes possible with the development of an intense aspiration to practical cognition of God.

This aspiration has to become passionate, “fiery” — then such a person receives full support of the Hierarchy of the Forces of *Light*.

“... On the Fiery Path there is neither loneliness nor emptiness; there is only a breaking away from the earthly world and an irresistible attraction to the Fiery world!”⁵⁸

⁵⁴ [2].

⁵⁵ [1].

⁵⁶ [1].

⁵⁷ [1].

⁵⁸ [2].

“The daring ones know that the joy of a soul is found only in achievement. Thus they do not seek recognition from others, for their achievement is a crown woven by labor and striving!

“Only the heroes know the true attainment!

“On the path to the Fiery world, let us remember daring!”⁵⁹

“Aspiration with the heart to the Lord is the first condition on the path to the Fiery world.”⁶⁰

The path of advancement through the stages of self-development implies, first of all, an ethical transformation of oneself. It also includes formation of correct, strong aspiration and ridding oneself of such vices as:

- laziness,
- violence,
- capability of deceiving and betraying,
- coarseness,
- selfishness,
- self-service,
- vindictiveness,
- arrogance,
- egocentrism,
- seeking recognition from others,
- capability of entering such coarse emotional states as:
 - anger,
 - irritation,
 - jealousy,
 - sorrow,
 - feeling offended,

⁵⁹ [2].

⁶⁰ [2].

- using bodies of killed animals for food,
- using alcohol, tobacco, and other drugs.

Of the positive qualities that have to be developed, the following can be mentioned:

- benevolence,
- compassion,
- faithfulness to God,
- yielding oneself to Him,
- aspiration to cognition of Him and to Mergence with Him,
- striving to help other beings,
- aspiration to creativity,
- selflessness,
- admiring the beautiful,
- energy in the work of service and in self-development,
- control of one’s own emotions, refusal of coarseness, cultivation of subtlety,
- aspiration to knowledge, understanding the meaning of life,
- development of subtle and wise power,
- possessing gratefulness as a quality of the soul,
- careful attitude towards one’s own health, since it is needed for successful spiritual work and service.

It is through such self-development that we make the *Divine Fire* “non-burning” for ourselves⁶¹.

The most important method of realization of the majority of these ethical principles is the development of the spiritual heart (the energy of the anahata chakra). Opening of this emotional center becomes one’s most important moment, the base of the entire spiritual Path and gives one, among other

⁶¹ [2].

things, the ability to meditate correctly. And meditation is the main means of the development of the consciousness, practical cognition of God, and Mergence with Him.

It is better to go to God as a community — a group of like-minded people united by a common higher aspiration.

Only faithful and honest people should be accepted in such a community. On the contrary, those who display laziness, falsity, and capability for betrayal must be dismissed from the work.

The work of the community is studying and discussing the Teachings, providing practical help to each other, in particular through psychoenergetical methods, filling one another with love and kindling hearts with this love, practical classes on aesthetics, on cleansing and development of the energy structures of the organism, meditative practices, etc.

Group psychoenergetical work is much more effective for every member of the community than the individual work, because in the former case the group creates a powerful common energy field.

By uniting the consciousnesses in common love, the community members prepare themselves to the full Mergence with the Divine Consciousness.

“Our Fiery law ordains mergence of consciousnesses”⁶².

The work of the community members has to be their service to God; it should not be based on selfishness or done for self-profit [3].

The members of the community have to prepare themselves for the meeting with a spiritual Master. Only with the help of such a master, can one cognize the passages to the subtlest layers of the multidimensional Absolute and the Hierarchy. Without a Master, such a “transmutation” is impossible⁶³.

“Verily, if you are constantly aware of the presence of God in your lives, you already know the shortest path to Us.

“People dislike everyday work; for them it means fatigue...”

⁶² [1]. Consciousnesses can be united thanks to the emotions of love.

⁶³ [4].

“Whereas, for Us (your) everyday work means development and ascent. It opens the gate to the Infinity.”⁶⁴

... Every person on this Path necessarily encounters opposition of evil forces represented by incarnate and non-incarnate beings. They are representatives of chaos, dark ones. Their “darkness” is not only a symbol but also a quality of the coarse, degraded consciousnesses, a quality that can be seen by clairvoyants.

Who are they? How can one recognize them? They are people living in the emotions of hatred (anger, irritation, condemnation, etc.). They are disposed to violence, falsity, betrayal. This concerns both incarnate people and non-incarnate people-spirits: after disembodiment souls retain their qualities.

However, the forces of evil are absolutely necessary for those walking towards the Light, because they create the necessary tension, the opposition that alone can temper the character of the warrior. Without passions and exertion of all strengths up to the highest degree, one cannot approach the Goal. Encounters with the forces of evil make the warrior seek unity with the Lord — this is why they are important.

“... Those walking with the Forces of *Light* must know that without a tense battle there is no victory.

“... Nothing increases the energy so much as does the resistance. Why invent artificial obstacles, if the dark ones attempt with all their strength to increase our energy?!

“... One should remember that positive forces create under the pressure of negative ones...

“... No motion can happen without tension; therefore, every progressive Teaching requires enemies and a Teacher. ... No tension happens without being useful. ... For each growth of a soul there must be difficult circumstances.

“... One must remember well two conditions. First — hostile people should be avoided, for they are not entitled (to the Highest). Second — per-

⁶⁴ [1].

haps it is hostility that will serve as a good springboard (for you).

“... But delay is not caused by enemies — look closer!

“... The creative vanquishing of chaos... is a constant feat. Yet, the battle with the dark ones is only a spasm that impedes progress.”⁶⁵

... Yes, one should not always engage into battle with evil people. It is more important to achieve the Goal and help those walking together with you.

“... Forces serving the *Light* do not interfere with one’s karma, as some who are not aware of the power of karma believe. The Forces of *Light* observe human actions, suggesting the direction yet not interfering with life.”⁶⁶

Only those spiritually ignorant become embittered by earthly suffering, thus dooming themselves to deeper and deeper layers of hell.

God says: “I am the best Help to you”⁶⁷.

The best remedy for all afflictions is Mergence with Him. If we stay in this Mergence, we have His *Shield*. “All dangers are trifling. Even an encounter with strong dark entities is not dangerous if one maintains a firm connection with the Hierarchy.”⁶⁸

In order to come to the Mergence, one has to wage war, the war against one’s own imperfections.

“Let people realize (now) the surrounding danger. ... Life in the subtle world (between incarnations) is incomparably longer. One has to be prepared for it.”

“... It is terrible to be afraid of the Light, because the Fire then turns into a devouring flame!

“... It is so difficult for people to say the simplest law: ‘Blessed are the obstacles — thanks to them we grow.’ People admit tests easily until en-

⁶⁵ [1].

⁶⁶ [1].

⁶⁷ [16].

⁶⁸ [16].

countering them. No one is willing to quicken his advancement through obstacles!

“It is still more intolerable for humanity to hear about the usefulness of suffering. The reason is not that people fear pain or discomfort, but that they cannot think of a life beyond an earthly existence! They are ready to suffer the discomfort of an overnight stay for the sake of tomorrow's celebration, but they do not want to contrast the earthly life with the Infinity!

“Fear of the Infinity is the most shameful manifestation of a thinking being!”⁶⁹

It is also important to remember that God always controls everything that happens to us, and He expects correct decisions from us. These decisions can take place only if we have learned to view the situation not in the ego-centric way but from the standpoint of God, i.e. not feeling ourselves but feeling Him as the Regulator, the Goal, the Meaning, and the Center of everything happening in the universe.

“Verily, karma is frightening only to those who indulge in idleness.

“... Observe how each deed influences the fluctuations of karma.

“One can see how betrayal in all its forms causes a quick formation of (negative) karma. One can learn much from such observations. It is a pity to see people harming themselves! One can see how a viper strikes the inner being during these self-defeats. Nothing can avert the consequences, for the cause and effect are too close.

“... (On the contrary): The growth of the consciousness (of spiritual warriors) is verily a celebration for Us!

“... (The one who encompasses active, creative love — conquers the negative karma and cognizes the *Divine Fire*. And) ... the cosmic daring suffuses (such) a carrier of *Fire*.

“... Among the kinds of courage, the most invincible is the courage of the flaming heart when, with full resoluteness, with full awareness of the feat, the warrior knows only the path of advance.

⁶⁹ [16].

“Only the extreme degree of the courage of desperation is comparable to the courage of the flaming heart. With the same speed as the desperation flees from the past — the courage of the flaming heart advances to the future.

“Thus, if one lacks the courage of the flaming heart, let there be the courage of desperation! Only thus can warriors achieve victory when the offensive is great.

“... Which way is the most certain on the Path to Us? The most certain way is the selflessness of the feat! The most wondrous fire is the flame of the heart filled with love for the Hierarchy!

“... Help each other, harken! Help in small and in great! ... Help wherever the hand can reach, wherever a thought can fly! ... The heart aflame with help is Our heart!”⁷⁰

What is Shambhala? Where can one find it?

“Shambhala is an essential place where the spiritual world unites with the material one”⁷¹

Shambhala is the place where abide the Hierarchs Who guide the life on the Earth. It can be found, among other places, in the center of the Earth’s structure⁷², in the multidimensional *depth*. Shambhala is the *Focus* of the *Main Magnet* for all human souls that have to enter this highest, subtlest layer of the multidimensional space by undergoing “transmutation”. In Shambhala, they cognize the Baptism in the Divine Fire⁷³ and, having settled there, merge forever with the Primordial Consciousness.

One cognizes Shambhala by *expanding the spiritual heart* to such an extent that it encompasses all the subtlest worlds including the *Fiery World* of Shambhala. Further *expansion of the heart* allows one to fill with it the In-

⁷⁰ [1].

⁷¹ [16].

⁷² [1].

⁷³ [2].

finity.⁷⁴

How can one begin walking the path to God, to the Highest Hierarchs, to Shambhala?

First, one needs to perform ethical self-correction. It has to include a fiery aspiration to the Perfection and active service to the Evolution through service to people.

Second, one has to put in order the body and its energy structures, to gain health.

Both these points necessarily imply switching to killing-free nutrition: i.e. refusal of using bodies of killed animals for food.⁷⁵ This is important from the ethical standpoint, first of all. Without correct nutrition, one cannot gain stable health, cannot advance to God. (See more details on the correct nutrition in the book *Ecopsychology*).

Those capable then come to the next stages of the psychoenergetical work, which include meditations and development of the chakras. If this work is performed correctly, it results in gradual *transmutation* of the consciousness: in its refinement up to the state of the *Divine Fire*.

“... Humanity must become aware of its *Fiery center of the Hierarchy*, which guides people and imbues them with a powerful leading principle”.⁷⁶

One perceives the first contacts with God as a blessing coming from above.⁷⁷ This is also a manifestation of the Holy Spirit’s caring about us — His encouraging signs.

Then one has to learn not only to feel His Flows but also to merge with Him outside the body. This is realized first through the meditation *pranava*. By practicing such a Mergence, one undergoes gradual *crystallization* of the consciousness, i.e. direct growth of its amount and power.

⁷⁴ [2].

⁷⁵ [4].

⁷⁶ [1].

⁷⁷ [1].

What more can one say about the Divine Fire?

In the book *Agni Yoga. Supermundane*⁷⁸ it is said: “We exclaim: Fire, Fire! However, only few understand what Fire it is...”

Yes, the Highest Hierarchs manifest Themselves in the Creation in the form of the *Divine Flame*, non-burning to the righteous.

They also can appear above the surface of the Earth in a giant anthropomorphic *Fiery Form* towering to the sky. They can enter the hearts of their devoted disciples igniting the *Divine Fire* in them.

Full submersion of the spiritual seeker as the consciousness into the *Divine Fire* and Mergence with It results in the “burning away” of all unfavorable remnants of karma. And “burning throughout” the body with this Fire results in its healing.

... Everything in the universe is regulated by the *Law of attraction*. It works not only in the material world but in the spiritual world as well. All souls in the process of their positive evolution move along the path of refinement to the *Highest Magnet* — to the Consciousness of the Creator in His Abode — in the Infinity. This is the law of Evolution established by God. Therefore, it is better to follow it, to live in agreement with God. This law says that we are embodied on the Earth with the purpose of developing ourselves qualitatively and quantitatively, in particular, by refining (*transmuting*) the consciousness for the sake of moving to more and more subtle layers of the Creation, for the sake of enriching the Primordial Consciousness, the Creator with ourselves.

Those who willingly walk on this Path receive His help.

Those who oppose, who attach themselves to the material, who defend their separateness by growing their arrogant and petty “I”, who cultivate coarseness for the sake of achieving success in worldly affairs — such people establish their separateness from God, renounce His Love, form bad karma for themselves, and go to hell.

⁷⁸ [3].

Therefore, God suggests: "Let the consciousness expand towards the *Focus*"... "... *The center is occupied by the Hierarchy. From there all rays emanate ...*"⁷⁹ Let us aspire to it!

Therefore, one should seek Shambhala not in the mountains, where some people believe it is, but... in the highest spatial dimension.

"How little does humanity relate the idea of responsibility to the concept of Shambhala, regarding it rather as a land ordained for rest! If people would realize that the Brothers of humanity bear all the burden of human consciousness! If people would realize that We carry the responsibility for all their intentions! If people would realize that the essence of Shambhala is the Source which creates a better step for humanity!...

"The comprehension of Our Image by humanity completely contradicts the reality!

"We serve the progress of humanity!

"... It has never been said to rely upon the Lord. On the contrary, it was repeated: 'Be imbued with the Lord!' There is a great difference between timid and inactive reliance and imbuing the entire being with the Consciousness of the Lord.

"Like a powerful sword, the consciousness merged with the Lord destroys all obstacles! Doubt cannot arise if the flaming consciousness is kindled! There will be no fatigue if the Inexhaustible Source of Strength is accepted! Fear cannot enter the temple of impenetrable armor!

"Thus, I advise accepting My *Shields* not through resorting to a 'saving' protection but to achieve victory through *Mergence of consciousnesses*."⁸⁰

Warriors Who achieved Mergence with the *Divine Fire* in the Infinity become "Earthy Representatives of the Hierarchy"⁸¹. Through Them God explains His Will at the highest level of competence.

⁷⁹ [1].

⁸⁰ [1].

⁸¹ [1].

What does Agni Yoga say about the role of the spiritual heart?

The entire path of the psychoenergetical development of man is based on the development of the spiritual heart, because the highest spiritual achievements are realized by the energy of the consciousness expanded from the chakra anahata.

“... The heart should be understood as the only link between the visible and invisible worlds. ... Only the thread of the heart leads one to the Infinity.

“... Mergence with the Highest can be realized only through the kindled *fire of the heart*.

“... In order to link the chain of the worlds (of the multidimensional space), one has to pay special attention to the heart. Only thus can we stay within the boundaries of... the growth of a soul (i.e. the correct quantitative growth of an individual consciousness).”⁸²

The spiritual heart is an organ of an individual consciousness producing the emotions of love.

Emotions are states of the consciousness. They are not born in the brain but in special structures of the organism — in the chakras.

By entering the anahata chakra, the consciousness enters the state of cordial love.

God is Love, therefore Mergence with Him is possible only if man transforms into Love and develops steadfastness and power in this state.

“The heart is the link connecting the worlds, and only the heart can respond to the Heart of the Lord and the entire Hierarchy.

“... A consciousness that does not comprehend this can only mumble great words, but cannot apply them to life, because only a heart saturated with the Greatness of the Hierarchy can understand the entire greatness of the Cosmic Law.

“It is correct to say that love is a guiding, creative principle. This means

⁸² [1].

that love must be conscious, (rightly) aspiring, and self-denying. ... The heart filled with love is able and valiant and will expand until it encompasses (God).

“... The love of the feat is not austere for those aflame in heart, but it frightens those who love their weaknesses and those who waver, embracing the illusionary ‘I’.

“The creative *fire of the heart* does not wander; it resolutely ascends by the steps of the Hierarchy to the *Highest Light*.

“Love is a guiding, creative principle.”⁸³

Agni Yoga is the Path of fiery cordial love for God. It is a realization of the ideas of Bhakti Yoga.

Yet, we have to understand that one cannot develop the capability for the cordial love only by appealing to it or by means of psychoenergetical methods alone. Love is the result of the complex development of strong souls. And in order to gain such love, we have to form ourselves through usual earthy activity, through special esoteric practices, and what is most important — through intellectual work on ethical correction of ourselves.

What does Agni Yoga say about the refinement of the consciousness?

The refinement of the consciousness with its gradual penetration into deeper and deeper layers of the multidimensional space is a way to Merger with the Divine Consciousness.

However, the spiritual Path begins not with psychoenergetical work but with ethics.

The ethical principles considered above are not a moral dogma. They contribute very directly to the correct development of the consciousnesses. They help one to gain the main qualities that are characteristic of God in the Aspects of the Creator, Holy Spirit, and Messiah. These qualities are Love, Wisdom, Power, and Subtlety.

⁸³ [1].

We grow love in ourselves by caring about other incarnate beings, including plants, animals, different groups of people, and quite concrete people, by increasing our love for God up to the highest level, and through our self-sacrificial service to Him.

We develop wisdom by studying ourselves and other incarnate and non-incarnate beings, God. Gaining wisdom is not possible without service to God manifested as spiritual service to people.

And cognition of God is realized by means of redirecting the inquiring mind and cordial love – to Him.

One of the main features of wisdom is the creative ability developed in the process of service.

And the true power, which is initially born in one's earthy activity, is manifested on the highest stages of growth as the powerful and subtle consciousness.

... Thus one can see that the main principle of developing the Divine qualities in oneself is the refinement of the consciousness.

It begins with a refusal of coarse emotional states and cultivating subtle states in oneself. Only then can one use the psychoenergetical techniques of refinement.

So, it is for the purpose of preparing oneself to really serious esoteric work of self-development that one needs ethical self-correction, development of the ability to admire the beautiful and to attune to it, and the ability to be gentle, tender.

Let us now read several quotations:

"BEAUTY: the Cosmos establishes the Evolution on this formula!".⁸⁴

"It is one thing to reason abstractly about the distant worlds, and it is another thing to realize oneself as a participant there.

"Only they who have not closed for themselves the path to BEAUTY can

⁸⁴ [16].

understand how near the distant worlds (eons) are to them".⁸⁵

"At first, it is necessary to habituate oneself to the refinement of emotions, in order to saturate a soul with the necessary attraction to the world of BEAUTY. Thus the conventional conception of standards (of beautiful) will be replaced by the true understanding of BEAUTY. ... The refinement of emotions must be introduced into life."⁸⁶

"... We gave the basis for actions and works that are based on BEAUTY.

"... Wonderful pearls of art can truly elevate and transform the spirit.

"... One should develop all thoughts leading to the refinement of the consciousness. Thus one can build a higher step (for oneself).

"... Only with the force of devotion to the Teacher can one achieve the refinement of the consciousness.

"... The evolution of a soul requires (its) refinement, which is essential for constructiveness".⁸⁷

"... Only subtle energies can be joined to the subtle; therefore, the most straightest path is through the heart.

"... The psychic energy can be different in its quality. Its refinement can impregnate the higher manifestations of the vital functions... In the process of refinement, the psychic energy passes through its stages."⁸⁸

* * *

So, we have discussed one more direction of highest Yoga gifted to us by God. And we can again become convinced that in all cases which we have considered (and not yet considered) God says about the same. Only the emphasis is different — depending on concrete situations.

⁸⁵ [4].

⁸⁶ [2].

⁸⁷ [1].

⁸⁸ [2].

Let us accept these Holy Gifts of God — and walk this Straight Path to Him, to Mergence with Him in His Abode!

Yoga of Sathya Sai Baba

Probably someone, during our past conversations, began wondering when we would start talking about Hatha Yoga.

After all, in the minds of many people the concept of Yoga is related to Hatha Yoga only! There exist organizations of such “yoga”; people arrange festivals and competitions of “yogis” who do not even know the meaning of the word *Yoga*! Sometimes they even proclaim the slogan “yoga without religion!”, being unaware that the word *Yoga* has the same meaning as the word *religion*, i.e. *Mergence* of individual souls with their Creator, or at least a Path to such *Mergence*! (In the former case the word *Yoga* starts with a capital letter, in the latter case — with a small letter).

As for the word *hatha* (or *ha-tha*, to be more precise), it is translated as *sun-moon*. What does it mean? It concerns the ambiguity of the results of the use of the methods of Yoga: they can have not only positive but also negative effect.

The point is that those who completely dedicate themselves to Hatha Yoga enter a very dangerous part on their path of life. Hatha Yoga is a system of training which uses, first of all, special gymnastic poses (asanas) performed with special concentration. It is good for the body. It also teaches to concentrate the attention. But when one performs asanas, energy transformations take place in the organism, and their effect can be correct or incorrect. It depends on whether one observes the ethical principles suggested for us by God. This concerns the way of nutrition (it has to be *killing-free*) and the control of one’s own emotions (which means that one should avoid coarse emotional states and accustom oneself to subtle states). However, almost no one pays attention to these principles when teaching or learning Hatha Yoga — and this results in a coarsening of the consciousness and thus leads one in the direction opposite to the true goal of Yoga!

Another dangerous trap in Hatha Yoga is that practitioners sometimes develop the feeling of personal superiority over other people (I can do such things with my body!), also the feeling of the already-achieved personal “perfection”. These things do not allow one to grow further; on the contrary, they contribute to the development of egocentrism, which opposes realization of the true purpose of Yoga: cognition of the Creator by means of perfecting oneself (as a soul, consciousness) and Mergence with Him.

All such errors result from philosophical incompetence of both the instructors and the students. Therefore, it would be correct for those seeking to walk the spiritual Path to concentrate their efforts, first of all, on studying what is recommended for us by God. Only having accepted and realized this in life, can one safely choose for oneself certain methods of development.

One should also understand that Hatha Yoga cannot lead to significant spiritual achievements: it can only help to become prepared for the progress on the spiritual Path. Therefore, Hatha Yoga should be regarded as a preliminary stage of proper Yoga, a preliminary stage which is not necessary for all spiritual seekers. And therefore it is not serious to dedicate a significant part of your life to it!

... On the other hand, it would be unwise to completely deny the usefulness of certain elements of Hatha Yoga, for example relaxation asanas (we described them in our book *Ecopsychology*). Some asanas can also be quite useful for prevention or for treating certain defects of the backbone.

* * *

So, today we are going to continue to talk about the Teachings of Yoga which were developed and continue to be developed in India. We have discussed this subject in our conversations about Yoga of Vedanta, about the Teachings of Krishna, about Kriya Yoga founded by Babaji, about Kundalini Yoga, and Laya Yoga.

Let me note that all these variations of Yoga considered by us in our conversations are related to the stage of Buddhi Yoga — by the criterion of their psychoenergetical component. They differ from one another only by accents put on certain nuances of development. And they all lead their

adepts to one common Goal. Therefore, it is clear that the common use of the spiritual treasures accumulated in every one of these directions contributes very well to the advancement of the practitioners.

... By the way, does everyone understand the difference between stages and directions (traditions) of Yoga?

There are three principle stages of the psychoenergetical direction of the spiritual Path: they are Hatha Yoga (a preliminary stage, which is not necessary for everyone), then Raja Yoga (i.e. a stage of putting the energy structures of the body and the *cocoon* surrounding the body in order), and then Buddhi Yoga (a large stage consisting of a variety of particular stages of development of oneself as a consciousness with the help of meditative methods).

There are also historically formed variations (traditions) for mastering the spiritual Path, which are discussed by us in detail in our conversations.

* * *

Looking back at ancient history, let me note that before the Incarnation of Krishna among people inhabiting the territory of modern India, there was no true spiritual culture in masses. The information presented in the four Vedas did not contain the most important thing: a clear description of the Primordial Consciousness (i.e. the Creator, God-the-father, Ishvara), also the methods of cognition of Him. That literature contained fictitious mythology typical of paganism, also a description of rituals used for worshipping these "gods", and information from "folk medicine" of that time which did not have any positive value.

The only important philosophical thought of that epoch in India was the knowledge that one should view the universe as One Living Organism and that we, evolving individual souls, have to seek Mergence with It. On this basis the philosophical tradition of *Vedanta* was formed. But Vedanta missed well-formulated knowledge about Ishvara-Creator and about where and how one can find Him.

This deficit of knowledge was resolved by Avatar Krishna. It is Krishna Who told people about the Highest Divine Essence of everything existing —

about Ishvara. Krishna also said that the methodology of cognition of Ishvara must be based on devotion-love for Him; it is called Bhakti Yoga.

... Unfortunately, people are inclined to forget what was suggested to them by God. It always happened on the Earth...

Later on, Chaitanya tried to remind people about the Teachings of Krishna. He proclaimed praise to Krishna and development of the emotions of love for Him (also for all beings) as the main method of spiritual self-realization.

However, this only left a little trace in the history of Hinduism... Worship of fictitious Ganesha and other folklore characters, useless panhandling from them — this religious form turned out to be more convenient for human masses: after all, hoping for the mystical power of rituals (which allegedly exists) makes one believe that efforts on changing oneself are unnecessary! But it is such efforts that God expects from us...

... The next important stages in the history of Hinduism were Incarnations of Buddha and Babaji.

Yet, the Teachings of Buddha “lost the competition” to folklore variations of belief and to ritual religious forms — because the latter were more “convenient” due to their primitivism. Thus Buddha’s Teachings were forced out of India.

... Concerning the Avatar Babaji — a Great Divine Master of Yoga — we know two of His Incarnations. The first one of them was described, in particular, in the works of Yogananda published in the beginning of the twentieth century. The second Incarnation took place not long time ago: in the second half of that century.

During the first one of these Incarnations, Babaji demonstrated, among other things, some of the greatest Divine abilities, including the ability to control dense matter.

And in the second of those Incarnations He gave to people laconic Divine Teachings, which were compiled into the literary form by some of His disciples including us.⁸⁹

⁸⁹ These Teachings are presented in [12].

... However, one should not think that Divine Teachers representing the Creator provide help to incarnate people only during the time of Their Incarnations! No, They always try to help us. Krishna, Chaitanya, Gautama Buddha, Babaji, and many Others — They are always with incarnate people! But the problem here is the following: in order to become able to perceive Divine Teachers, one has to master a very significant part of the Path of self-development. And this is not so common among people... This is why Divine Teachers have to incarnate again and again — so that They become more easily perceivable by us. And in such Incarnations They accept, among other things, earthly suffering...

... At present, Avatar of our days Sathya Sai Baba undertook this task. He reminds people again about the common Teachings of God, expressing them in slightly different words which are more suitable for our time.

What does He teach?

* * *

He does not say that His Teachings are new. His Teachings are just one more manifestation, for the contemporary conditions on the Earth, of the Divine Teachings which have been many times imparted to people by God through His Messengers. These Teachings are called in Sanskrit *Sanathana Dharma* — the Eternal Law.

He — Sathya Sai Baba — is the Avatar of our days. He says that though all conceivable powers of the universe are contained in His Palm, He is not going to make everyone happy without distinction, because everyone has their own personal destiny (karma) created in the past by their own good or bad thoughts and deeds. By our present deeds we create our future destinies.

In order to escape from the abyss of earthly suffering, it is necessary to live in love for God and for all living beings, including creative love-service to other people. The service to people, which consists in helping them in their positive evolution, is service to God.

The main enemies of man, leading to accumulation of negative karma, are the wrongly directed mind and uncontrollable emotional sphere with dominating egotistic or coarse emotions.

Man can overcome these obstacles by strengthening faith, by directing the mind towards Divinity, and by using spiritual practices, which, first of all, normalize the emotional sphere and help the practitioner learn how to control the mind and consciousness.

But the mind, as such, is not an enemy of man at all. On the contrary, it is an embryo of wisdom (jnana) and should be developed in every possible way as an analyzing and creative function of the consciousness.

In order to clean one's path from the karmic impediments, it is important to repent all small or big crimes committed against any living being. "By sincere repentance all sins can be washed. God's Mercy is responsive. If He has a wish to forgive, nothing can prevent this... In spite of past sins, if there is deep remorse and love for God, then all sins get washed and the nature of man becomes clean. To be afraid that this will not happen is a weakness. God has unlimited compassion; look for His love and you will find forgiveness!"⁹⁰

"The most important spiritual practice is the search for one's own imperfections and weaknesses, and making attempts on ridding oneself of them, becoming closer to Perfection!"

Gaining faith is the first step. The next step in this direction is love for God. But how can people fall in love with the One Whom they do not know yet? This is why Divine Teachers come to the Earth to help people; the Unmanifest reveals Itself in a form manifested for people. Love for the manifest, personified aspect of God is more convenient for incarnate people.

But people should also understand that Sathya Sai Baba is not only in His body: He is everywhere, wherever He is needed. Therefore, it is not necessary to go to His ashram in order to talk with Him; it is possible to talk with Him right from your home.

Sathya Sai Baba teaches that all people have only one God. And they must not divide themselves because of the variations of their beliefs. Let everyone worship One Universal God using their traditional variations of worship.

⁹⁰ See [12] for bibliography on Sathya Sai Baba.

What really divides people is not the variations of faith, but the levels of the spiritual culture.

It is not possible to come to God without possessing perfect love, because He Himself is Love and lets in only those similar to Him. And the main principle of Love is compassion for all living beings — from plants and animals — to Divine Messengers.

Killing-free nutrition is favorable for purifying the mind and consciousness. If one gets up early and goes to bed early, this also contributes to purification of the mind and consciousness.

The second thing that a neophyte in religion should do is to refuse to concentrate the mind on negative traits of other people. Each person is potentially God. See God in everyone. Love everyone as the manifestation of God for you! I teach you by using the negative and positive traits of other people.

... People differ by the qualities of their “egos” or “selves”.

Thus there are deeply fallen, degraded souls, who like to do evil. They can do evil even without any reward. This is their nature: they are like a moth that gnaws and tears things no matter what they are; it equally gnaws a rag and an expensive sari.

But even such people are used by God in the general process of the Evolution of consciousness. From their example, other people can learn not to be like them and thus can know both good and evil. And they will be able, by pushing themselves away from evil, to walk the Path of good towards Perfection, towards Mergence with God. One should know both: what kind of person one must not be and what kind of person one must be. It would be difficult to know good if one does not know evil.

Evil people are also used by God for correction of the development of true sadhakas (spiritual warriors). In particular, in this way God reminds sadhakas about the approaching death, and this allows them not to relax excessively on the Path.

Death and God are the most important landmarks for all incarnate people, says Sathya Sai Baba.

Evil people doom themselves to hell and suffering in the next incarnations. However, they too are given a chance for salvation: to reform and repent. Repentance is conscious remorse that leads to liberation from the vices.

Concerning the ethical self-correction, Sathya Sai Baba says the following:

Those who seek bliss in the Atman should not run after the joys of sense objects.

Just as a body that has no breath is useless and begins to rot and stink, similarly life without the Truth is useless and becomes the stinking abode of strife and grief.

Believe that there is nothing greater than the Truth, nothing more precious, nothing sweeter, and nothing more lasting!

The Lord who is Sathya grants His darshan (an opportunity to contemplate Him) to those of truthful speech and a loving heart.

Keep undiminished kindness towards all beings and readiness for self-sacrifice.

You must also possess control over the indriyas, an unruffled character and non-attachment.

First, give up the evil tendency to feel envious at the prosperity of others and the desire to harm them. Be happy that others are happy! Sympathize with those who are in adversity and wish for their prosperity. That is the means of cultivating love for God.

Those anxious to live in joy must always be doing good!

Those who conquer states and earn worldly fame are hailed as heroes; but only those who have conquered the indriyas are heroes who must be acclaimed as the conquerors of the universe.

The tendency to harm others should be plucked out by the roots! If allowed to exist, it will undermine life itself!

Whatever you feel should not be done to you, avoid doing such things to others.

For faults and sins committed in ignorance, repent sincerely; try not to repeat the faults and sins again!

Yield not to cowardice!

Do not give up bliss!

Do not swell with pride when people praise you! Do not feel dejected when people blame you!

Instead of searching for others' faults, search for your own faults! Uproot them, throw them off! It is better to find one fault of yours than to find tens of hundreds of faults in others!

Do not harbor anger or bitterness against persons who point out your faults; do not retort, pointing out the faults of those persons themselves, but show your gratitude to them!

Trying to point out to people their faults is a great mistake!

It is good if you know your faults; it is bad if you search for faults in others.

Whenever you get a little leisure, do not spend it in talking about all and sundry, but utilize it in meditating on God or in doing service to others.

Only the bhakta (the one who loves God) understands the Lord; only the Lord understands the bhakta. Others cannot understand them. So, do not discuss matters relating to the Lord with those who are not bhaktas.

If your worldly desires do not get fulfilled, do not blame it on the love of God: there is no relationship between such desires and the love of God!

If your meditation does not progress properly, do not get dispirited! When such feelings come, seek for your flaws!

However, Sathya Sai Baba notes that all ethical teachings can be expressed in one short formula of Vyasa: "Help ever, hurt never!"

The ultimate task of each man consists in cognition of the Higher Self, which is the Atman, Paramatman, the Creator. But for this purpose the lower self, which manifests itself as egocentrism and which is created by the mind, must be eliminated.

Desires are not thoughts. Thoughts become *desires* when they “submerge” deeply into objects.

Desires directed towards earthly objects cause pleasure and suffering. But if a desire is directed towards God, then it gives bliss!

The ability to think correctly has to be developed through the earthly affairs. Then it can be transformed into a function of the buddhi. For this purpose, the “tentacles” of the consciousness (indriyas) should be redirected from the objects of the material world, even the best ones, towards the Divine Consciousness. The thinking of such progressively developing people in all their affairs rises to a fundamentally different level, because at this stage they, step by step, begin to learn to see earthy problems as God sees them. The egocentrism of such a person gets gradually substituted with Godcentrism.

How can one get rid of the vicious work of the mind, which impedes further advancement? — Very simply: do not try to “muffle” it, but just think about God! The nature of the mind is such that it is necessary for it to be preoccupied with something, so let it be preoccupied with God!

The uncontrolled mind is like a snake. It has two tendencies: it does not move straight and it captures all things which it sees. But it should be forced to move straight to God, turned directly towards Him.

When the thinking of a progressing person is performed not by the mind but by the buddhi, then the buddhi submerges into God in order to become Him.

This is why it is so important to accustom oneself to being turned by the face (of the consciousness) towards God.

There are two main themes that one should always remember about: the approaching death and God. And there are two main themes that one should forget: the evil caused by others to you and the good done by you to others.

“Time is the most precious gift in this world. Do not waste it saying ill words or doing bad deeds! ... One must not waste time! It will not wait for anyone. ... It is impossible to return the moment that has been wasted; it is lost forever... No one knows when death comes. The hand of time can crush you at any moment...”

“In your deeds you should rise to the level of heroes and not be weak-willed people!

“The body should be supported and kept as an instrument for this purpose.

“But remember, you are not these bodies, and these bodies are not you.

“This body is but an instrument, a tool given by the Lord. And let it serve its purpose!”

One should take care of the body: it is an instrument for development of oneself, for one’s God-realization. It should be washed, fed, healed if it falls sick; at that, there are not any contraindications for using medicaments and other medical means.

But food is not a means for getting pleasure! Food is like fuel for a car. It is an essential element in service to God.

Remembering about the approaching death should hurry one instead of inducing one to feel dejection and despair.

On the contrary, help provided to others, constructive discussions with spiritual friends, progress on the Path of self-development should fill one with happiness, joy.

“Happiness is essential for God-realization. It is one of the big gateways to Divinity. If man is unhappy, this is not just a flaw. This is one of the most serious flaws! This is an obstacle on the way to self-realization!

“In most cases people are unhappy because of worldly aspirations, attachments, and enjoyments: they pay too much attention to that which is worldly.”

In many cases, the reason for people’s suffering is that only through suffering God can convince them of the necessity of turning inside, into the *depth* of the multidimensional structure of their organisms, of the necessity of self-examination. Without this, such people will never get rid of suffering! God is inside, in the *depth*! He heals from there!

(Let me note that Going into the *depth*, however, has nothing to do with just philosophizing or even with “psychoanalytical” “picking” at one’s past. *Subconsciousness* is the originally wrong term; it is not related in any way to

the concept of *consciousness*. What is called *subconsciousness* is just that which was forgotten by the mind; it is also the manas. The manas is meant for maintenance of life in the material world, the buddhi — in the non-material world, first of all.)

The manas must enter the buddhi through submersion into the spiritual heart and there — into the depth of the multidimensional organism — towards merging with the Higher Self. In that way, the personal mind of man merges with the Wisdom of God.

“It is only when you are far from the Truth that you suffer and feel pain.

“Until the reality of the Supreme is known, you are overpowered and stunned by the uproar of the world, but once you enter deep into the realm of spiritual endeavor, everything becomes clear and the knowledge of the reality awakens within you. Until then you will be caught up in the meaningless noise of argumentation, disputation and exhibitionist flamboyance.

“Those who seek the Eternal through the path of bhakti (devotional love for God) should strive to acquire the following characteristics: they must keep away from the turmoils, the cruelties, and the falsehoods of this world and practice truth, righteousness, love, and peace. This is truly the Path of bhakti!

“Those who seek Union with God, those who seek the welfare of the world should discard as worthless both praise and blame, appreciation and derision, prosperity and adversity. No one, not even God or an Avatar can ever escape criticism and blame. But They do not yield to threats.”

“You must pray for newer and newer opportunities for service and exult in the chance that your hands receive. This attitude gives immeasurable joy. To live a life that is suffused with this joy is indeed bliss! ... If life is lived accordingly, then it becomes one long unbroken service to the Lord. The feeling of ‘I’ and ‘You’ will soon disappear; all traces of self will be destroyed.

“Whatever the wealth of words, whatever the standard of scholarship, it is all useless. In order to bring the Teachings... into the actual life, it is necessary to extirpate the feeling, ‘I know,’ see the very Essence and introspect on It. Only in that case will one certainly achieve bliss!...”

Service to others performed in accordance with the principles of Karma Yoga not only develops people in all the criteria and makes their karma better but also leads one to the gradual merging of one's self with the Divine Self, provided one has the right attitude to this service, i.e. regards oneself as an assistant of God.

“At home all members of the family do work intended for them. In the evening, when all the work is done, no one says: ‘Father, I have done this work, you have to pay me’. This is one family, therefore you do not ask for the payment for your work; you just do it.

“But if someone from the outside comes to work in your house, then you arrange about the payment and pay accordingly. What you pay to someone shows that this person is not from your house.

“But when someone becomes ‘yours’, it is not necessary to pay this person. He or she works with interest, not expecting any reward for the work.

“It is the same with God. When you know that God is the closest and dearest Being for you, and that He and you are one family, you do not ask for the payment. The one who devotes oneself to God completely is Mine and should not expect any reward.

“But if someone says: ‘I have dedicated to sadhana so much time!’ and establishes trade relations with God, saying at the same time: ‘In my sadhana, I have done this, and I must get a reward!’ then it is completely different.

“Perform your sadhana, and you will approach God! When it happens, it will not be necessary for you to tell Him that you want this or that — because you will become for Him as His small child. He will come and give you even more than you ask!

“To entrust yourself to God means to devote each thought to Him and to act without wishing for (yourself) the fruits of this act. Perform acts not because of their fruits, but because it is your duty. The act is devoted to God, and the result is reaped by Him as well.

“The acts performed in that way without a selfish desire for their fruits are free from negative karmic consequences. Because the ego during such acts is not fed and stimulated, it disappears soon.”

Marriage and Karma Yoga teach one to care for others. In that way, the ability to take care grows; this ability is an attribute of love. In that way, the sphere of one's love extends to more and more people. One's personal "I" dissolves in the universal "we".

The further progress in that field is ensured by meditative techniques which wash out all remaining coverings from the Higher Self.

But Sathya Sai Baba warns that one should not trust various "gurus" only on the grounds that they proclaimed themselves a "guru". He says that a real guru is the one who knows God and can lead people to Him. But such people are very few. Anyway, it is much better when your guru is God.

Sathya Sai Baba also very precisely points out that meditative training is not meant for everyone. People differ between themselves by the age of souls, first of all. For young and immature souls meditative training may be destructive. Not all people can even comprehend what meditation is. For example, dreamlike mental images, such as flying to other planets, are a wrong and harmful practice.

The true essence of every human being is the Ocean of the Consciousness of the Creator. Our task is to develop ourselves to the stage of practical realization (not only mental understanding) of this truth through sadhana (the way of spiritual endeavor).

On this Path one should transform from a jiva (an individual soul attached to the body and material objects) to a chit (the pure, i.e. a consciousness which is purified and refined to the level of the Creator, and is identical to the Atman, to the Higher Self of man).

A developing soul, which walks this Path, from a certain moment gains the ability to see in the subtle eons, as it explores them more and more. A human consciousness, which has entered the higher eons, learns to see God — as Living Light-Fire — and to interact with Him.

From a certain stage of Buddhi Yoga, adepts can experience the material world as if "superimposed" on the Light of the Divine Consciousness; then it is easy to "fall" into It, dissolve in It, become It.

Bhakti Yoga, i.e. self-realization through love for God, is the highest Yoga, the Highest Straight Path.

The true (potentially) essence of every human being is God. God indeed resides within the multidimensional organism of man, in its very *depth*, in the subtlest eons. It is necessary just to learn to move there with the concentration of the consciousness, and then to establish oneself there. This will be full Self-realization, God-realization of oneself, full and final Liberation from the bondage of the world of illusions.

One achieves God-realization through love, through falling in love with God. This love allows one to sink in His Flame, in the Embrace of His Love, to merge together with the Beloved.

This is the only way of attaining the highest spiritual achievements; there are no other ways. This is what God has been teaching during the entire history of mankind and teaches now. This is the fundamental of all serious religious systems. But people forget about this, and God has to remind them again.

Love for God is the Straight Path!

* * *

In His preachings, Sathya Sai Baba puts the emphasis on the ethical aspect of man's development. He also teaches about God, about the necessity to switch our attention from striving for material things — to studying and cognition of God. This is the first stage in the spiritual development of every person.

As for the psychoenergetical aspect of development in Raja Yoga, Sathya Sai Baba tells only about the necessity to maintain the energy purity inside our bodies. In particular, He recommends to *kindle light* inside the chakra anahata using the image of a candle, for example. Let this *light* fill then the entire body. Then one can give this *light* to people and other beings.

Although these recommendations are hard to fulfill without supplementary (auxiliary) methods, they can stop those who do not yet deserve to be allowed to come to the next stages of psychoenergetical growth.

To successful spiritual seekers capable of advancing further, Sathya Sai Baba gives knowledge of Buddhi Yoga by suggesting to them meditative

methods of Divinization of the consciousness and methods of Mergence with the Primordial Consciousness.

In the practice of our personal apprenticeship with Sathya Sai Baba, during many years He gave to us recommendations concerning our service and concerning particular events happening around us on the material plane; He also taught to us certain meditative methods at His *working sites*. (You can get an impression about some of these sites from our CD titled *Places of Power*.)

And now let me give some excerpts from our conversations with Him.

* * *

“Baba, how can one learn to think as You do?”

“One cannot just throw away everything from the head and replace it with Me, with My Consciousness... — then one would become a biorobot, a puppet. No, one has to grow one’s own intellect, one’s own ability to think so. And only then this ability to think with the consciousness unites with My Divine Wisdom!

“In this way the development of such a soul goes on. First, one has to learn to be love and to grow as love. Then one learns to give one’s love to Me. In this way, gradually, such a person masters Mergence with Me.

“If you have no love yet... — you have nothing by which you can merge with Me!

“Then love should be supplemented with the aspect of power.

“When you dedicate all the strength of the soul to serving Me, then you begin mastering Mergence with My Omnipotence. This is a very gradual process...

“In the same way, gradually, one can learn from Me Divine thinking.

“After all, being in Me means to be Me! Therefore, the flow and the essence of your thoughts must correspond to this. I suggest that you master broad-thinking — thoughts flow easily, smoothly, calmly and become manifested from the Depth on the material plane. And then one can encompass with the consciousness not only forests, meadows, rivers, lakes with their

inhabitants, but also countries, continents, nations and communities of people, feeling them all together and everyone in particular.

“Yes, one has to learn from Me — to love, to think, to act! The lower self must be substituted with the Higher Self — with your True, Divine Self, Which is coessential to the Self of God.

“But this is not the end of the Path. Every Soul that became *One* with Me continues to develop in Me, growing and perfecting Its service — the service to the evolution of consciousnesses in the universe.

“Those of Us Who come to the Earth through an incarnation differ from each other. It does not mean that Some are superior or inferior to Others... The difference is that Some are like sprouts which just have appeared on the surface from the boundless *Foundation* — from the Ocean of the Creator, while Others are like strong great trees that have been growing for a long time.

“Nevertheless, no matter how great Everyone coming out from Me may be, He or She is but a small particle of the Great Primordial *Ocean*!

“... Love is multifaceted! You can know its various aspects: love-friendship, love-care, love-tenderness, love-respect and reverence... And now — unite all these together!

“Also, watch Me, watch My every move and My every thought. I guide every one of you! One of the ways I do this is through the acts of vile people...

“Ponder: what is your goal? The answer is simple and obvious: to become Me completely!

“To become Me, to be Me — what can be higher than this? It is in My Beingness that you will find all the Highest that man can dream of!

“Explain this to people! Unfold to them this Goal in all its majestic greatness! Let everyone understand that God is not a ruler-usurper, but in Him is the highest Freedom of everyone, the Freedom which most people cannot even conceive now!

“First, they who have dedicated their lives to Me have to come to know what it is like — to be Me.

“Then they have to make a decision to sacrifice the life which they lived before — for the sake of coming to My Life in its fullness. And such a sincere seeker receives My help.

“Gradually, they must abandon their old way of life and transform their lives to the Life which I open for them.

“When in their lives there remains nothing of the cravings of the lower self and there is only Me — then they truly become a Part of Me.

“God cannot give Himself to those who do not yearn for Him with all the heart!

“All who seek to cognize Me have to kindle in themselves a great yearning for Me — for the Ocean of My Love! I want from people not a languid remembering about God!...

“Meditation brings true fruits only when love flares up so that between you and Me no obstacles remain! And then — your separateness does not exist any longer!

“The true cognition of God begins when the flame of your heart becomes a part of the *Divine Fire*. Only when you become the *Fire of Love* — you may know the main Essence of yourself, Which is God in the Aspect of the Creator!”

“How can one kindle such love in people more successfully?”

“Fire is kindled by fire...”

“My burning Love touches the hearts of incarnate people and ignites the souls!

“One has to bring people to the threshold where they come in touch with Me. And then let everyone remain there one-to-one with Me.

“If such a soul, after touching Me, continues to shine for others — then this is the true burning!

“My Abode is for few! It is for those who are valued by Me, for those who lay down their lives for the sake of Me, not for their own sake! This is the main criterion!

“I am always among you! Every one of you can feel My Love everywhere!

“Let everyone feel here and now the dynamics of the flow of the evolution of consciousnesses: it can be likened to a situation when some particles of water become foul in the swamp, while other particles, in a rapid current, rush forward outrunning each other!

“Fill souls with My Light so that they may arise to life in Love!

“I radiate Brahmanic Light through your Atmic Mahadoubles; They are like Light pipes!

“The layers of the Absolute are your ‘clothes’, and you live beneath them.

“Always perceive your new Atmic Bodies — to the Full Height! You have to learn to live with them; in this process, the material body becomes divine and the soul’s control center moves into Paramatman — into the ‘I’ of God!

“The total freedom from the body is possible when it is separated from the consciousness through death. But another freedom is also possible. This freedom is achieved without the death of the body, and it is as total as the other one. To gain it, the body needs to be treated with the Primordial Consciousness...

“People Who have learned to be the *Ocean* live being connected with the Infinity of Me...

“In order to completely transfer the self-awareness into the Creator, one needs not only to have ethical purity and devotion but also to bring the energies of one’s body to the Creator’s state. Apart from this, one needs to learn to live in the state of “non-I”, because the Creator is contrary to the individual ‘I’.

“So, let all your dreams and intentions become Mine!

“Let all your aspirations become Mine!

“Let all your decisions become Mine!

“Let all your love become My Love!

“Let all your deeds become My Deeds!

“Let all your desires become My Desires!

“Let all your life become My Life!”

Yoga of Jesus Christ

Recently I received an angry letter. Its author wrote that love for God is regarded in Orthodoxy as a temptation, which may cause psychical problems... And this temptation comes from the devil...

So, it follows that the devil prompts people to love God?...

... But today we are not going to discuss such paradoxes of primitive sectarians; let us look instead at what Jesus Christ Himself taught.

Also let us note — the true Christianity (in the main meaning of this word) is what and how Jesus taught, in contrast to how His Teachings are often interpreted by certain groups of people calling themselves Christians...

* * *

We have discussed many times that spiritual development consists of three components: intellectual, ethical, and psychoenergetical. In the book *Classics of Spiritual Philosophy and the Present* we analyzed, with the use of the Apocryphal (i.e. non-included into the New Testament) Gospels, what Jesus said about these components of development.

Concerning the first of them, Jesus explained how one should understand the essence of the Creator (God-the-Father) and the Holy Spirit, the meaning of human life which consists in *self-development* with the purpose of achieving Godlikeness and then Mergence with the Creator.

Concerning the ethical development — Jesus insisted that impeccable LOVE is the Path to realization of the tasks set for every one of us by God. And in order to realize the ethical transformation of oneself, one has to learn to live in a tender and subtle emotional state, which is achievable only against the background of inner calm and provided one has gotten rid of the ability to enter *egocentric* and *coarse* states of the consciousness.

How can one master this? — we discussed this subject many times. Let me just repeat that, first, we have to *sincerely want to become better* in the eyes of God, and, second, it is hardly achievable without the use of special

methods of psychical self-regulation based on work with the chakras. (It is described in detail in our book Ecopsychology).

Now we are going to focus on the psychoenergetical aspect of self-development — on how Jesus Christ taught it to His closest disciples. Namely, we will talk about a direct transformation of oneself-consciousness on the path of further refinement and becoming free from the attachment to the world of matter. It is called meditative work.

I want to emphasize that not only is the methodology of this work used by Jesus the same as the common methodology given by all Divine Teachers, but even concrete meditative methods are also the same, though they may be called by different terms.

Now let us turn to some excerpts:

“... I and My disciples... bathed in the living water that comes down”⁹¹. This is a description of the meditation known today as *latihan*. One can prepare oneself for it with the help of the psycho-physical exercise *awakening*.

“... He (God) would grant you... to be strengthened with might by His Spirit in the inner man (this concerns an individual consciousness living in the material body), and Christ may dwell in your hearts..., (so) that you, being rooted (in the Father) and grounded in love, may be able to comprehend... what is the (true) breadth and length and depth and height, and to know the Love of Christ so that you may be filled with all the fullness of God.” (Eph 3:16-19). This passage tells about many things: about the role of the anahata chakra in one’s spiritual development, and that we can invite Jesus into this chakra, about the necessity to expand it by pushing its walls from within it, and that it is by the expanded spiritual heart that we can cognize the Love of God and become this Love, become Him.

“The Kingdom of God is in your midst”⁹². This concerns the same idea, namely, that the Creator in His Abode can be cognized *inside* the developed

⁹¹ Rar OH 840'. Citation from [17].

⁹² Luke 17:21.

consciousness, and we know where exactly: in the depth of the developed, giant spiritual heart.

“Truly I say to you, whoever shall not receive the Kingdom of God as a little child (that is openly, with sincere joy) shall in no way enter into it”⁹³.

“... The Heavenly Kingdom is taken by effort”⁹⁴. That is, the refined consciousness of the spiritual seeker has to become strong — to gain the ability to move from one eon to another, up to the Abode of the Creator. And the power of an individual consciousness, as we discussed in our previous conversations, is directly related to the size of such a consciousness grown as a spiritual heart and to its developed capability to act, in particular, with the help of the *arms of the consciousness*.

“... When... we shall be *like Him*... — ... we shall see Him as He is”⁹⁵.

“The Heavens and the Earth will roll up in your presence, and whoever is Living from the Living One will not see death”⁹⁶. That is, if one achieves Coessentiality with the Creator, the islets of the material Creation begin to look infinitesimally small — in comparison with His *universal greatness*. This means that one gains the eternal life as His Integral Part. And then one gains also the ability to *absorb into oneself* the material body, dematerializing it.

Jesus said about Himself and His Mission the following: “... The Eternal Spirit, dwelling in the state of complete Calm and of Supreme Beatitude, awoke and manifested Itself for some period from the Eternal Beingness, so as to show (people) in the guise of humanity the means of uniting with Divinity and of attaining the Eternal Felicity, and to demonstrate by example how man may attain ethical purity, separate the soul from its mortal coil, and achieve the Perfection necessary to enter into the infinite Kingdom of Heaven, where Eternal Happiness reigns”⁹⁷.

⁹³ Luke 18:17.

⁹⁴ Matt 11:12.

⁹⁵ 1 John 3:2.

⁹⁶ *The Gospel of Thomas*, 111. [14]

⁹⁷ *The Life of Saint Issa*, 4:2-4. [15]

“... If the root is holy, also the branches (are holy)”⁹⁸. This passage tells about the Image of Divine Teachers when They come out from the Abode of the Creator and appear before incarnate people.

“... We look not at the things which are seen (i.e. material), but the things which are not seen (i.e. non-material); for the things which are seen are not lasting, but the things which are not seen are everlasting”⁹⁹.

“The world does not know us, because it did not cognize Him”¹⁰⁰.

“... The one who is united with the Lord is One Spirit with Him”¹⁰¹.

From these excerpts one can conclude that Jesus taught to His chosen disciples, including Paul, the psychoenergetical methods of the levels both of Raja Yoga and of higher stages of Buddhi Yoga.

Jesus’ personal Disciple Apostle Philip describes some of these meditative trainings in His Gospel. These include meditations called today *latihan* and *pranava* (Flows of the Holy Spirit), also a sequence of true (not symbolic) baptisms received in the Holy Spirit and in God-the-Father, and then one’s “birth” and maturing in Them.

Philip describes also the meditation *Cross*, which completes the minimal program necessary for achieving Divinity:

“I say this to those who are not just interested in the words ‘the Father, the Son, and the Holy Spirit’, but who gain Them truly for themselves...

“One can gain Them by the blessing of God in the realization of all the fullness of the power of the *Cross*, which was called by the apostles the *Right-and-Left*. The One, Who has cognized this, is no longer a Christian but a Christ.”¹⁰²

⁹⁸ Rom 11:16.

⁹⁹ 2 Cor 4:18.

¹⁰⁰ 1 John 3:1.

¹⁰¹ 1 Cor 6:17.

¹⁰² *The Gospel of Philip*, 67. [12]

This meditation doubles one's spiritual achievements and allows one to come to the matter of the body from *the other side*, from the side of the Creator, Who looks from His *Depths* at His Creation...

* * *

And now let us listen to what Jesus and His Divine Apostles tell nowadays:

From conversations with the Apostle Philip:

We asked:

"... Philip, tell us please about how Jesus taught..."

"It is difficult to convey it with words... He taught by all His life; He taught by His each word and deed!..."

"He exposed in us that which was imperfect. He taught to root out vices in oneself, because one cannot approach the Father having not become the *Pure Light!*

"He taught meditation: taught by submerging us into His states, by explaining how to enter them, how to retain them in whatever hard conditions our bodies could be in.

"Whether He commissioned one of us to do something, whether He worked Divine miracles in our presence... — His every word and deed changed something in those who listened and followed Him.

"Since the time we met Jesus, we had no life other than the life with Him. Everyone renounced everything they had in the earthy world — in order to follow the Lord!

"But it was not enough to become *One* with the Father, as Jesus taught. One also had to renounce the lower self..."

"He did not have much time..."

"... We had to complete the transfiguration of Ourselves and to cognize the fullness of Mergence with the Heavenly Father — when We were walk-

ing to different countries carrying His Teachings to people. And Jesus was always with Every one of Us..."

"... Do You want to say something more, Philip?"

"I would like to, but there are no words in the world to express this... I would like to tell about the Love for Jesus... I will tell about this without words to anyone who asks Me..."

"I also want to tell about Christ's Heart. Many people use these words when edifying others... Yet do they understand what these words mean?"

"It is one of the greatest discoveries that a seeking Christian can make!"

"Christ's Heart is larger than anything that ordinary people may see in the earthly life!"

"Therefore, just by reasoning about It in words one cannot gain even the slightest understanding of It!"

"This Heart embraces with Its Love everything! In this Heart there is an infinite Source of Love and life-giving Power! Like an infinitely large Sun, this Heart shines *beneath* the entire world! (This concerns *Depths* of the multidimensional space from where the *Sun of God* shines).

"By feeling this Heart, you can also feel the Love of Christ that He carried in Himself for people!"

"Only having felt this Heart as yours, can you understand the fullness of this Knowledge..."

"Therefore, I say: the duty of every true Christian is to strive to become Christ's Heart, so as to become truly similar to Him!"

"... I am ready to help all who seek Jesus, who seek the Father!"

"... Jesus and many other Sons and Daughters of the One Father breathed life into your undertakings which will create a new spiritual spring on the planet Earth! We All are glad to give Our help to you!"

From conversations with the Apostle Andrew:

"It is easy to live with absolute faith! Jesus taught Us this: If you have to accept death, you accept it! If God prolongs your life, you serve Him!"

“It is so easy to trust Him absolutely, to trust the One Who is with you and in you! Your strengths, your hands, your mouth, your thoughts serve Him, and He will provide to you all the rest: all that He considers necessary for you...

“The more time passed the less of the former Andrew remained in Me, and the more was of Andrew the First-Called — Jesus’ Andrew, Andrew-Son of the Heavenly Father...

“And, crucified on a cross, True Andrew preached. When the guards wanted to release Me, they could not even come near...

“I was coming to Jesus!

“The Father willed so: I was going away — to Him!...

“... It was easy for Us! It was much easier for Us than for Others Who reached the Father! Since the moment We saw Jesus for the first time, He was with Us.

“We were not like rivers which have to make their way. No: We merged with a great River which had already made Its way to the Ocean. Jesus showed Us the Way! We walked nearby; We walked with Him just a bit behind! It was easy for Us!

“He showed the Way and gave the power to walk! He taught Us to unite with the Power of the Father! And each of Us wished to complete His Path and enter the Abode of the Father as Jesus did. The cross death was desired by Us!

“We walked the Path of Jesus!

“We carried His words to people!

“We did what He entrusted to Us!

“Jesus was always with Us!

“And now We are — with Him — in the Heavenly Father!”

“... The first feat of the soul on the Path to the Father is the feat of being aware of His constant presence. Then one begins to live feeling oneself before Him. Then ‘on His scales’ one weighs all thoughts and deeds...

“The second feat of the soul is the feat of serving Him. Every thought and deed must be done for Him. Through mergence of the first two feats one realizes full devotion to Him.

“The summit of the soul’s life is the third feat — Mergence — when *you give yourself to Him entirely and do not think about yourself anymore, forgetting the personal — in Great Love for Him!* Then the great sacrament of Joining, Reunification is possible. When everything that was you becomes love and is given as a gift to Him — then the giver disappears because you have given away everything, including yourself.

“The one who comes into Him says: ‘There is only You — Father!’

“The One Who comes out from Him says: ‘I and the Father are *One!*’

“And then the Highest becomes possible — that which Jesus demonstrated to people by His life. This means that one realizes the Mission, being not an individuality anymore!”

From conversations with the Apostle John:

“Jesus was with Us; Jesus was in Us; He united Our hearts in Himself! Through the Love of Jesus — We became *One* with the Father! The Heart of Jesus became the Heart of Every one of Us!

“The Love of Jesus smelts, transfigures, heals!

“God is Love! Jesus demonstrated this to people!

“Receive His Love into your hearts! This is the Love of the Father! This is the Love of Every one of Us!

“Here — in His Abode — All Who have cognized Him are *One!*”

“... I will help everyone who wants to master the Love that Jesus talked about. It is enough just to address Me recalling My name!

“I am *One* with the Father, and there is nothing impossible for Me! By the Power of the Father, I will create everything that is needed for teaching, all favorable conditions for development of My disciple! There is no power in the universe that can thwart this!

“But let those who ask Me for help, whom I will guide, make on their part all due efforts; without this the successful advancement is not possible!

“They must be sensitive in order not to overlook My hints and guiding signs.

“They must be brave to believe in the possibility of a direct guidance of God and follow it in life among atheists and pseudo-believers.

“They must be freedom-loving to be capable of breaking away from habitual worldly things and climbing to the heights that others consider unreachable.

“After all, is it possible to become like Jesus was in a lesser way?”

From conversations with the Apostle Matthew:

“... I want to say also a few words about how to distinguish between true and false religious views of people.

“I mean that teaching people to pray by panhandling something from God is very harmful, because it encourages growth of one’s egocentrism.

“The true religiosity has to be manifested as a constant work on changing oneself in accordance with what God expects from incarnate people. It also implies service to God, rather than service to oneself. And one has to serve God, first of all, by spreading true knowledge about Him and about the Path to Him.”

From conversations with Jesus Christ:

The majority of people believe that one can communicate with Jesus only in temples... But Jesus is omnipresent!

There are special places in nature — *places of power, holy places* — where it can be done very easily. Here one can easily perceive the words of Jesus, merge with Him by the consciousness, dissolve oneself in Him...

... Meditation: “There is no me; there is only Jesus” ...

And now Jesus begins speaking:

"I am equal among All Who constitute the Essence of the Father. There are no 'less equal' and 'more equal' among Us, because We All are *One!*"

"And, as anyone of Us, I represent the Father, independent of by what Name He is called.

"Unfortunately, so few people understand this! This is why there are so many evolutionary 'recoils', tragedies of individual souls and whole nations! This is why the evolutionary perspective of the planet Earth is so low now!"

"It is about this that I want to speak! I would like to say this to people who love Me, seek Me, but for some reason dare not appeal to Me directly! I want to change the situation where 'Jesus' is an icon for 'praying', where only the Bible can speak about Me, despite the fact that it was changed and interpreted by people..."

"I am Living! I am here, in your room! And at the same time, I can be with many of My people, because I am omnipresent! Because I and the Father are *One!*"

"I would like to give this possibility to communicate with Me — to all who love Me, to all who seek Me!

"I want to speak now, with your help, about the reality of Jesus for everyone!

"Let every person, who is reading these words, experience Me standing now behind him or her, and with love ask Me to enter his or her heart — the spiritual heart..."

"I will be with *everyone* now — with *everyone* who wants this!

"The Light and Love of the Father come with Me into *you!*"

"This is *yours* by the right of the children of our Heavenly Father!

"If *you* want, I will come always, always when *you* call Me into your heart!

"*You* will learn to *recognize* Me!

"*You* will learn to *see* Me!

"*You* will learn to *hear* Me!

"I will be helping *you!*"

"I will teach *you* the laws of God, the laws of Love!

"I am always ready to be with *you*!

"I am near! I am ready to be in *your* spiritual heart! I am as real now as I was real when I spoke to Paul!

"If the *Light of Love* is burning in *your* heart, then I am already in *you*!

"Give this *Light* to people!

"I have repeated this many times through prophets! I came to the Earth for this purpose, so that My and My Father's Love may dwell in *your* heart!

"It is for this purpose that I was on the Earth 2000 years ago! It is for this purpose that now I am here! I would like to show once again the Path to the Abode of Our Heavenly Father — *your* and My Father! Love is the Path to the Father!

"Try to experience how many souls I hold on My hands on all the continents of the Earth, how many people call Me: 'Lord Jesus, come to us!' This is My 'field' on which I work. This is the 'field' which I sowed, and now there is a multitude of souls devoted to Me.

"... The climate on the Earth is inhospitable now. I am glad that in the silence of your northern forests there grows one of the Branches of My Love — your School, which is My School as well! Hesychia and love filling the spiritual hearts are the base of the Straight Path to the Father! This is what you can give to the world from Me! Do this for Me, do this for the Heavenly Father!

"One has to unite people in their love for the Father! One has to explain to them that not *new Pharisees* but Living God — our Loving Heavenly Father — helps everyone who directs the eyes of the soul to Him!

"Love transfigures souls! Transfiguration and purification of souls in love allow the *Light of God* to warm and consecrate the life of such people!

"Create love on the Earth!

"All the Earth is open for you! Tell everywhere about Me and the Father!

“Spiritual hearts living *in freedom* — this defines one’s success on the spiritual Path! Let people’s hearts not be constrained by anything! Where are there such conditions? — in the forest in nature!

“Accept on yourselves the mission of spreading the true knowledge about God, about Me! You are My apostles!

“All the countries have to begin to speak the language of the new knowledge about God and about the meaning of life! I invite everyone to participate in this work! This requires, first of all, that one overcomes one’s own inertia.

“... You know that the main meaning of the word religion is Mergence! To walk the religious Path means to direct all the strength of the soul to achieving this Mergence.

“It is the Yoga that Krishna taught about! It is the Yoga taught by Me: ‘Love your Lord with all the heart, with all the soul!...’

“The fullness of love for Me is Mergence with Me!

“If you love Me, you forget about yourself and do everything only *for* Me, and then only *from within* Me.

“‘To dissolve in Love...’, ‘to abandon oneself’ — and then there remain no personal, egoistic interests!

“What prevents one from doing this? The vices of the soul! They are like dark spots, dark contaminations that do not allow man to dissolve completely. They are like ‘hooks’ that attach man to that which is worldly...

“... I want to also tell about love...

“Some believe that love is only meditations...

“In reality, love has multiple aspects!

“I, too, am Love!

“And one of the most important manifestations of love is to care about others. Only they who truly care about Me, that is about My souls¹⁰³ — only they are worthy of Me! Living by others’ interests, they forget about them-

¹⁰³ About souls sent by Jesus to incarnations for the sake of their further development.

selves. And only such a *self-forgetting soul* is needed by Me: I let in only such souls!

“By forgetting about yourself, you gain Me!

“To care means to realize the interests of others: what do *they* need, what is most favorable for *them* from the standpoint of the Evolution of God.

“Serve Me! — as I served in the past, as I do it now!

“The one who refuses to serve Me is not worthy of Me!

“The one who is not worthy of Me cannot live in Me!

“Learn to be — for all — only *Pure Light*, only Love!

“Love means care, forgiveness, respect, devotion...

“Hold My souls in your hands and *under their weight* submerge into Me!

“... Yes, it is not easy to learn to be *Divine Love*! One has to have power to realize the Will of the Father. And it is in service to the Father that one’s heart grows and the *arms* of the heart become stronger!

“As a fire becomes brighter, even so the Love of God — with your efforts — can be ignited in many hearts!

“Your fire has been built already, and the Divine Flame burns in your hearts. Yet if you do not support it with your service, it will fade.

“Kindle new hearts with the flame of Divine Love! Use every chance for this purpose, because there may be no more chances!

“Let all other life purposes disappear for you; let only I remain for you!

“The Totality of My Beingness — everyone who strives to become Me has to master it! With the feeling of My Grandiosity one has to perform actions! You must not act as an ordinary person but as a consciousness coessential to Me! If you embrace the entire Earth with yourself, if you feel yourself coessential to the Consciousness of the Creator, if you feel that you bring to people of the Earth the truth from the Father — you cannot become faint-hearted before any task on the Earth!

“Look at your service from within Me! Approach this task from My Greatness! And then all the indecisiveness and hesitations will disappear!

One has to strive to act in earthly situations not from the body but from within Me!"

"What do we need to do to more successfully change the worldview of people? Only a few of them want the true knowledge!"

"One has to try to grow in people the ability to *love*, try to help them understand that it is *love* that brings one to God! You can also help them to feel the touches of God. And then some of them, not all, will aspire to Me!

"Some seeds fall on rocky soil, yet this does not mean that one does not have to sow! And I will show you where to sow.

"Explain to people that the desire to give rather than to receive is the most important thing!

"The service to Me is a prerequisite for the personal cognition of Me!

"One has to cognize Me not for one's own sake, not for one's own blissful states, but in order to give My Love to others more successfully, in order to serve Me! Only then can one come to Mergence with Me!

"Everyone has the freedom of choice on this Path. Everyone has to decide how to develop and to serve Me. And let Me repeat that an egoistic motive is wrong here: it does not work on the Path to Me.

"And remember: it is a basic right of the soul — to become one with the Father!

"... Through you God wants to help many people!"

"What do we need to do now for this?"

"Be open for the Power of God to come through you to the Creation!

"You have to be always 'an open window', a passage from the Creator to the world of the Creation!

"I am the *Door* — one comes to the Creator through Me!

"I am the *Logos* — I say His Words to people!

"I am the *Vine* — through Our bodies the Great Power grows, which brings fruits to ripening souls!"

"How can one learn to always stay in Mergence?"

“All the chakras have to be filled with the state of the *Sun of God*. Learn to live in this state! The *Sun of God* has to shine through your bodies — the *Sun* in which you and I are one.”

“Tell us, please, more about Yourself if possible...”

“To the incarnation known to people I came from the Father! I came to fulfill what was predicted in the Scriptures and to demonstrate the Love of the Heavenly Father to people. I came to show the Way to people by all My life.

“... The body of boy-Jesus, educated in the traditions of Judaic faith, could not comprehend *at once* all the knowledge about My future course of life, all the fullness of the Father's Wisdom and Power. I felt inside Me Great Love and Power, coming from the *depths* of Me, but it was not yet the knowledge that I was the Messiah to come that prophecies talked about...

“In that earthly life, I had to unite with the Father in such a way that the Power and Love of the Father could be manifested freely to the world through My body and that great miracles could be possible!

“Yes, miraculous phenomena occurred in My life since birth. But I had to master manifesting consciously the Will and Power of the Father. It was necessary for making possible My broad preaching to people — preaching of the laws of Father's Love!

“The laws of Jews of that time required to avenge, to hate, to kill... But I knew and carried the Father's Love to people!

“... From a certain age, having cognized *quietness* inside My spiritual heart, I began speaking with Him.

“And gradually, having expanded in the Infinity of the Creator, I began to perceive Myself as the one chosen by Him for the Great Work.

“When I reached the age of thirteen, He led Me to travel to many countries, where I received the spiritual knowledge accumulated by humanity, including meditation techniques which were necessary for leading worthy ones to the Father...

“... I cognized the Teachings of Gautama Buddha — the laws of love and compassion, the laws of non-attachment to worldly things.

“... I cognized the Teachings of Krishna about the Path of bhakti — cordial love for the beloved Creator. And I saw that there is no other way to cognition of God but the Way of the spiritual heart.

“... In Egypt I received initiations and understood the truths about the necessity of keeping the secret which protects the highest stages of the Path from the unworthy.

“I easily cast away the ‘husk’ of rites and legends, submerging Myself into the essence of the Teachings...

“I preached and taught in different countries. There are stories about My earthly life which were not included in the New Testament. They can reveal to those who are interested the details of that part of My life... But this is not the main thing...

“Then I came back to Judaea in order to begin that part of My Service about which almost all people on the Earth know now. I brought to people Love of the Father and His Teachings. I accepted death, and then I rose, demonstrating through this the omnipotence of the Father!

“I showed the Way! And may it be cleared and extended further by your work — this Path to the Heavenly Father!”

Yours affectionately, Jesus

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