

**Vladimir Antonov,**  
Ph.D. (in biology)

# **Life for God.**

**A Book for Seekers of Freedom!**

Translated from Russian  
by Vladimir Antonov

Correctors of the English translation:  
Hiero Nani and Keenan Murphy

3-rd edition,  
with the correction of very gross mistakes  
made by the previous translator  
and with additions

2012

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

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

This book discusses and examines the meaning of our lives on the Earth, the ways of its realization, and the different manifestations of religiosity in different people depending on the level of their intellectual development.

It also presents information on how one can raise children from the standpoint of laying a basis for their spiritual development and helping them to avoid mistakes and calamities in their destinies.

The book is intended for those seeking full spiritual Self-Realization. Other readers are kindly requested not to read this book!

[www.swami-center.org](http://www.swami-center.org)

---

© Vladimir Antonov, 2012

## CONTENTS

WHAT IS GOD?.....	<a href="#">55</a>
WHO CAN OR CANNOT REALIZE HIS OR HER LIFE WITH GOD?.....	<a href="#">77</a>
GOOD AND EVIL. CAUSES OF HATRED AND LOVE.....	<a href="#">1717</a>
HOW CAN ONE HELP CHILDREN? .....	<a href="#">2121</a>
MODERN HESYCHASM.....	<a href="#">3433</a>
SECTS, HERESIES AND THE STRAIGHT PATH .....	<a href="#">4241</a>
WHY SHOULD WE KEEP THE COMMANDMENTS OF JESUS CHRIST? .....	<a href="#">5554</a>
CONCLUSION .....	<a href="#">6059</a>
BIBLIOGRAPHY.....	<a href="#">6665</a>

We must always try to remember that we form our destinies for the future by our every action, every phrase, every thought, and every emotion.

And about what God wants us to be, I already have spoken enough.

***Vladimir Antonov***

## What Is God?

In order to understand how we can *live for God*, one has to understand first – what is God.

We have discussed this subject in detail and from different aspects – in many books [5-9,12-13,15-23,27-36,38-40,42-43 and others]. Therefore, I will speak about it here in a concise form.

First of all, one needs to understand that the word *God* has different meanings for different people.

There are many examples of worship of fictitious “gods”. The Apostle Philip [17] laughed at such believers: “Earthly people also create ‘gods’ and worship their creations. So, let these ‘gods’ worship these people – it would be just!”

However, there are adequate uses of the word *God* with several meanings.

The first one of these meanings is the *Universal Primordial Consciousness*, Which is also called, in different human languages, by other words: *The Creator, God-the-Father, Ishvara, Allah, Tao, Jehovah, Svarog, etc.*

By the same word one may call Representatives of the Primordial Consciousness, Who come out from the Abode of the Creator and are coessential to Him. They may be non-incarnate at present – in this case They are called *Holy Spirits* (or in the aggregate sense – the *Holy Spirit* or *Brahman*). If They are incarnate, They are called by the words: *Messiah, Christ, or Avatar*.

The word *God* can mean also the *Absolute*, i.e. the Everything: the Creator coessential with His Creation.

God in the Aspects of the Primordial Consciousness and of the Absolute is one for the entire universe.

His Life is an unceasing development. It is for this purpose that He creates “islands” of matter in the universe where He incarnates souls – so that they may grow in the material organic bodies of plants, animals, and then humans. As a result of this development, souls have to achieve Perfection. Such Perfect Souls flow into the Creator then and thus enrich Him with Themselves.

It is for this purpose that we exist on the Earth, and only on the basis of this knowledge we can understand the meaning of our lives on this planet and how we should live.

Briefly speaking, the meaning of our lives consists in self-development: development of oneself for one’s own sake (so that one may become free from the suffering peculiar to life on the Earth) and for the sake of God (as it was discussed above). The result of this process of self-development is the ultimate Freedom – the Freedom peculiar to all the Representatives of the Creator, Who comprise in total the *United We* (Which is the same as the United Higher “I” of the Creator). [17-20 and others]

Every person, in a natural way, begins self-development first in the aspects which are related to the material body, then in the aspects related to the mind, and then – to the consciousness.

\* \* \*

Space is really multidimensional. The same is true with the Absolute.

The layers of multidimensionality are called *lokas* in Sanskrit and *eons* in Greek. They differ from each other by the level of their subtlety or coarseness. Therefore, they may be considered with the concept of the *scale of subtlety-coarseness*.

On this scale, the subtlest is the Creator; the coarsest are the inhabitants of hell.

The Creator dwells in His Abode — in the subtlest loka.

As for hell, it is the “rubbish heap” of the Evolutionary Process. It is the *outer darkness*, as Jesus Christ called it (Matt 8:12 and others): it is outer with respect to the Absolute.

Our emotions are the states of ours as consciousnesses (souls). If we habituate ourselves to emotional coarseness, we appear in hell. On the contrary, the way to the Creator implies refinement of the consciousness.

What is paradise? It is the abode of those ethically pure and refined souls who can come into the Abode of the Creator at the next evolutionary stage.

## Who Can or Cannot Realize His or Her Life with God?

The possibilities of people on the Path of spiritual development are very different. It depends, first of all, on the intellectual abilities of the person at the current stage of his or her evolutionary development.

All people can be subdivided into the following categories<sup>1</sup> according to their intellectual levels:

9. Avatars.
8. Prophets.
7. Geniuses.
- 
6. Reasonable people.
5. Those who retain the “human form”.
4. “Physiologically silly”.
- 
3. Morons.
2. Imbeciles.

---

<sup>1</sup> We discuss other schemes of psychotypes in [12,18]. The Apostle Philip also discusses this subject in His Gospel [17].

## 1. Idiots.<sup>2</sup>

The groups 1 - 3 belong to the category of the mentally retarded (oligophrenics).

The members of the three middle groups constitute the majority of the population in any developed country.

The members of the groups 7 - 9 are Those few who have advanced in Their development to the Divine Level.

\* \* \*

There is no reason to pity feebleminded people: they do not suffer from their limited abilities, and their state is not their bad destiny (karma) but the destiny of their parents.

For example, these parents should not have had children, because they had higher tasks for their current incarnations. However, their egoistic desire to have their own baby prevailed...

So a baby was born, and it turned out that the baby is mentally deficient. This situation imposes a new ethically significant decision: what to do? To make the baby die? To let other people adopt this baby? Or to try to help this incarnate soul to advance in its evolutionary development as much as possible?

Such souls were embodied in their past incarnations as less-developed animals. However, in the future they have to become well-developed humans (not necessarily in the next incarnations), and the present incarnation can be useful for them in gaining some initial experience of living in human bodies.

Another example is the case of children born from completely degraded alcoholics and other kinds of degenerated persons. What should God do in such situations:

---

<sup>2</sup> Here these three words are being used as medical terms. They are not being used offensively.



should He send spiritually promising souls to incarnate in such unfavorable conditions? Absolutely not!

\* \* \*

The term “physiologically silly” was used in the Russian psychiatry of the 18-19<sup>th</sup> centuries as a contraposition to “pathologically silly”, i.e. those whose silliness is out of the commonly accepted norm.

In adult life, the “physiologically silly” are usually involved in activity that does not require a developed intellect. They can be recognized by the following characteristic features: they believe in omens and forecasting, rely on superstitions, participate in primitive entertainments like making fireworks, rooting for teams playing sports in stadiums, and quite often they have an inclination to hate ‘aliens’ – those who are different from themselves by some feature: by the place of living, by ethnicity, etc.; they seek any cause for hatred...

Their religiousness, if they have been taught it, consists only in that they mechanically keep certain rules and rituals of everyday life, which are prescribed in the social environment where they were born. It can be, for example, rules about how one should be dressed, what haircut one should have, which religious bodily movements one should perform, and other such things. And they can become very aggressive if they come to know that someone violates these rules. They also constantly repeat prayers like: “Save me!”, “Bless me!”, “Forgive me!”, “Give me!” – instead of becoming better themselves!

They are not capable of understanding the essence of the Teachings of God and are not capable of making real spiritual efforts. They also cannot master control over their own emotions. Their passions of egoistic sexual desires can turn abruptly into hatred, enmity, violence, and killing.

Absolute egocentrism and egoism, inability to understand other people and take the interests of others into

consideration – all these features are well manifested in their behavior.

They easily commit various crimes – mainly the so-called domestic crimes, i.e. those committed under the influence of abruptly arising violent negative emotions.

Aggressive fans of sport clubs or of various religious sects, also members of cruel criminal gangs – all they, in their majority, are people united by the so-called “crowd effect”.

They easily become alcoholics and addicts to various kinds of narcotics.

By committing crimes they maim their destinies. Alcoholism and narcotic addictions result in intellectual degradation.

Is it possible to save people from this evil? Yes: By introducing the true knowledge about the meaning of our lives – starting from school educational programs!

... In contrast to this group, the representatives of the fifth stage possess a developed thinking ability – at the level of functioning of the ajna chakra [18]. And they can successfully perform positive socially-significant work within the field of professional knowledge which they have mastered. However, they do not yet have the ability to strategically comprehend with the mind really important or professional matters. Therefore, they cannot be good leaders, though they can conscientiously and diligently perform their social duties – under the guidance of worthy leaders.

Their other typical feature is firm adherence to traditions and stereotypes of thinking which they learned at an early age, also the inability ‘to look broader’, ‘to rise above’ the subject or problem, to revise critically and independently the stereotypes accepted in their social environment, to develop a more rational approach to solving a task.

With regards to religion, these people usually become atheists or followers of particular religious movements. And they cannot overcome by themselves the erroneous

sectarian narrow-mindedness. Just like the representatives of the previous stage, they, too, are enslaved by dogmas and rules and believe in the ‘salvational’ nature of the rituals they perform...

Their religiousness is like child’s play religion. They are not capable of performing serious and long-term efforts on self-development.

Juan Matus [8,17] called this kind of intellectual narrowness by the term “human form”<sup>3</sup> – as opposed to the freedom that man achieves in the process of direct cognition of the Absolute far beyond the limits of the material body. This freedom is about life in the Absolute not limited by dependencies on the world of matter, and this life can be gained only if one drops off the “human form” inherent in the majority of people. Juan Matus called us to destroy this narrowness in ourselves.

“Become free! Be so free that you can become Love like I am!” [9] – thus God addressed once one of His disciples who was coming to a higher stage of her development.

One should understand also that the task of destruction of the “human form” cannot be realized quickly. And not all representatives of the considered group are capable of doing this right now. Only those of them can do it who have become completely mature at the previous stage of their development. As for others, one must not hurry them: it can be destructive for them. Too premature abandonment of the “human form” may result in one’s inadequate behavior in society.

Also it should be taken into account that one has to become mature for this transition – not only in psychogenesis (i.e. in the evolutionary process of the development of the soul) but also in the current incarnation (in ontogenesis). After all, the “loss of the human form” hap-

---

<sup>3</sup> This term can be interpreted as “confinement in the material body as in a certain form”, which is peculiar to “ordinary” people – contrary to true spiritual warriors.

pens not due to flicking some kind of a switch in the brain; it requires achievement of the necessary level of intellectual development.

In every new ontogenesis, if everything goes well, one has to pass again through all the already-traversed stages of development – and then one can begin to master new ones.

Development of the thinking abilities depends on functioning of the head chakras. It is the ajna chakra that develops first – both in psychogenesis and in ontogenesis. It is the part of the consciousness related to this chakra that allows man to manifest the personal positive qualities at the fifth stage.

Nevertheless, one's success in development at the sixth stage is determined by the maturity of the sahasrara chakra as well. With the intellect developed in psychogenesis (and in ontogenesis) such people can easily comprehend all the subjects that they want to master. This allows them to plan and to foresee the course of events, to draw conclusions from mistakes, and to successfully guide the activity of their assistants.

In the sphere of religious knowledge, they can easily accept:

- that there is one God common for all people,
- that the essence of all Teachings, imparted by all the Representatives of the Creator to people on the Earth, is one,
- that the principles of the evolution of souls are also common for all,
- that in reality, there is no such thing as a mystical transfer of connectedness with God by means of the ritual laying on of hands; there is neither “remittance of sins”, nor “salvation” through prayers. The Kingdom of God (i.e. the Abode of the Creator) can be cognized only through one's own spiritual efforts (Matt 11:12; Luke 16:16).

It is starting with the sixth stage of intellectual development that people become capable of mastering Buddhi Yoga.

And it is thanks to Buddhi Yoga that they come to the three higher stages of the considered scheme.

\* \* \*

In order to more successfully master these higher stages, a person possessing a developed sahasrara chakra has to make efforts on transforming oneself into a spiritual heart growing outside the material body.<sup>4</sup> [18-20,39]

It is with the developed spiritual heart – which is subtle and giant, open and possessing strong arms of the consciousness – that one can gradually progress in the task of cognition of God in the Aspects of the Holy Spirit, of the Creator, and of the Absolute.

On this Path, spiritual warriors become similar to Holy Spirits. Now they can:

- move between the lokas of multidimensional space and master the subtlest of them,
- send from these eons love-tenderness, love-caress, love-power to other beings, thus helping them in their development,
- embrace Holy Spirits, merge with Them, thus becoming ready for entering the Abode of the Primordial Consciousness and for merging with It.

Of course, these abilities cannot be developed at once: nor in one day, nor in one week, nor in one month. The process of approaching the Creator goes on gradually – during months and years of ethically impeccable life.

God Himself points out that one of His rules of relationships with incarnate people is the following: He (God) does not give to a person more than this person gives to God.

---

<sup>4</sup> The development of the spiritual heart can start much earlier. This creates conditions for faster evolutionary growth and will allow one to more easily master the higher stages of spiritual development in the future.

For all reasonable people it must be clear that this rule does not imply that one should go to church, kiss icons, repeat prayers, feed statuettes of “gods” with material foods, and so forth. This rule implies that one should dedicate one’s own life completely to doing tasks that contribute to the Evolution of the Primordial Consciousness.

Among such tasks is distribution of the true knowledge about God and about how we should live if we know about His existence.

Any other activity involving helping people in their righteous existence on the Earth is also pleasant for God. This includes building houses, producing pure food, medical work, giving birth to children and raising them properly, and many other things.

Having made their own state similar to the state of the Holy Spirits and of the Creator, having become established in this state, and having proven that they deserve the next stage – spiritual warriors receive the right to enter the Abode of the Primordial Consciousness and to begin the process of merging with It. From now on They become Parts of the Creator and His Representatives on the Earth for incarnate people.

However, the abilities of such Divine Persons are not equal. Sathya Sai Baba says the following about this [8,17]:

“... (In the beginning) 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<sup>5</sup> unites with My Divine Wisdom!

“In this way the development of the soul goes on. First, you have to learn to be love and to grow as love. Then you learn to give your love to Me. In this way, gradually, you master Mergence with Me.

“If you have no love yet... – then you have nothing by which you can merge with Me!

---

<sup>5</sup> I.e., not with the manas but with the buddhi.

“Then love should be supplemented with the aspect of power.

“When you dedicate all the strength of the soul to serving Me<sup>6</sup>, then you begin mastering Mergence with My Omnipotence. This is a very gradual process...

“In the same way, gradually, you can learn Divine thinking from Me.

“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 every one in particular.

“Yes, you have to learn from Me – to love, to think, to act! The lower “i” must be substituted with the Higher “I” – with your True Divine I, Which is coessential with the “I” of God.

“... But this is not the end of the path. Every Soul that has become *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 embodied to the Earth 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 which have been growing for a long time.

“Nevertheless, however great may be every One coming out from Me, He or She is only a small particle of the Great Primordial *Ocean*!

---

<sup>6</sup> This constitutes the main essence of true monasticism.

“... Avatars always have something to say to people: They are Flows of the Divine Energy directly from the Ocean of the Creator.

“... I am going to tell you about how Those Who became *One* with the Father live. They live helping people cognize their Higher Nature. They live manifesting the Father.”

\* \* \*

All Those, who have achieved this, receive the right not to incarnate again. But not all of Them use it: Their Great Sacrificial Love attracts Them to new incarnations, because from the incarnate state it is much easier for Them to explain the Truth to people.

But having embodied, during the long years of earthly childhood some of Them may forget about God and about the purpose of Their coming to earthly bodies... It is a quality of the memory – to forget about past things... And if They do not appear in a sound religious environment, They live... as atheists. And sometimes They do deeds which are not of Divine nature. One of such examples is famous Russian poet Alexander Pushkin...

They forget about God, forget about the possibility to communicate with Him, to submerge with the Consciousness into Him... They do not expect directions and instructions from Him...

Yet God does not forget about Them and guides Them when necessary. They perceive His thoughts as Their own. They may call it “a flash of inspiration” or a “work of intuition”. It is such Individuals that bring to incarnate people important scientific discoveries, create great works of art. They are called *Geniuses*.

But other Divine Souls remember about God and can communicate with Him. They are *Prophets*. However, Their contacts with God are not constant. Sometimes a Prophet’s way of life is separate from God.



There is also the highest stage of Perfection. It is the stage of *Avatars*. They live in constant Mergence with the Creator. [17]

What does one need to be able to live at this higher level of existence? One needs to dissolve the *jiva* (i.e. the part of the consciousness which is connected with the body; see more details in [20]) and to substitute it with the *buddhi* merged with the Creator. In practice, it is achieved, first of all, by treating the body and *jiva* with the *Divine Fire* and learning to become this Fire [20].

But in order to realize this, it is not enough to have a desire and knowledge about this possibility. One needs to become a well-developed *buddhi*.

When this task is fulfilled, the material body with all its functions is controlled directly by the *Ocean* of the Primordial Consciousness. Nothing individual remains. There is only the Boundless Living Subtlest Transparency of the Creator... The body can be transferred from one place to another, dematerialized and materialized again at any place where it is needed... [17,38].

## **Good and Evil. Causes of Hatred and Love**

There are two different types of morals: the morals created and followed by primitive people and the objective ethics suggested to us by God.

The principles of the former are the following:

1. If I am being beaten or killed, it is bad! If I beat or kill, it is good!

2. If something was stolen from me, it is bad! If I have stolen something, it is good!

3. If someone does pleasant things for me, it is good! If they cease to do it for me, it is bad; I will hate them for this and will revenge myself!

4. Everyone (or almost everyone) around me (around us) is an enemy! I fear and hate them all!

And so on.

Let me note that these and other principles of such primitive people have one common cause – egocentrism, i.e. love for oneself, wanting something for oneself from others (sometimes to the detriment of these individuals).

Such morals are typical for many representatives of the lower stages of intellectual development. This leads them to evolutionary degradation, to formation of bad karma for the future, and to hell.

The ethics of God, on the contrary, are based on opposite principles. God points out that on the Path to Him we have to become similar to Him. And He is Love, Wisdom, Power, and Subtlety.

The first quality which He suggests that we master is multi-aspect love – as the qualities of tenderness, gratitude, respect for those deserving it, caring for others, forgiving others, regarding the interests of others as higher than one's own interests, life for the sake of others, and self-sacrificial deeds for the sake of others.

This is the difference between good and evil.

I should also note that correct or incorrect education plays a great role in introducing certain ethical principles into the mentality of masses. This is important not only with regards to children but also with regards to adults: to those who are mature by the age of their bodies, not by the age of themselves as souls. This means that people of lower levels of intellectual developments are like children: they are not capable of choosing a life credo for themselves. They form their ethical principles by imitating others or by being subjected to someone else's authority. Unfortunately, it happens quite often that the authority these people choose to mimic is that of a very egocentric and primitive devilish individual...

This is why it is so important to **PREACH THE TRUTH!**

\* \* \*

In every significantly large population of people there are always representatives of different levels of evolutionary advancement. Among them there are those embodied from hell, from paradise, and sometimes from the Divine eons.

Another criterion of differentiation between souls is the soul's size. That is, in every one of the above-mentioned groups, souls can differ by their size [12]. And the accumulated "mass" of the consciousness determines, among other things, one's capabilities of influencing people.

Now it must be clear to the readers that not all souls coming to incarnation were "little angels" before: souls are very different.<sup>7</sup> What does it depend on in every particular case? It depends on the destinies of the parents and the destiny of the soul to be embodied.

\* \* \*

I once carried out experiments [3] that were very important for the understanding of this subject.

In these experiments, male pups born from mixed-breed dogs were taken away from their mothers before their eyes opened. They were raised in pairs inside cages isolated from visual contacts with dogs in neighboring cages. The pairs were composed of pup-brothers.

In the beginning, all pups looked like little dog angels, which is well known to dog owners.

But when they had achieved the stage of pubescence, differentiation of their characters began. They subdivided into three qualitatively different groups: dogs with aggressive behavior (especially concerning food), dogs with passive-defensive behavior, and dogs with active-defensive behavior. The latter never showed aggression

---

<sup>7</sup> See also [14].

themselves, but they actively defended themselves from the attacks of others and won.

Given the fact that the conditions of birth and raising were the same for all of these dogs, the only cause of such bright differences of their characters is related to the qualities of embodied souls. That is, these qualities were formed in these souls in their past incarnations.

There was another important conclusion made from these experiments: aggressive animals living in pairs with a non-aggressive stronger partner, who repulsed successfully all acts of aggression, became with time non-aggressive too. Then their aggressive behavior was never manifested again, including in contacts with dogs from other pairs.

Thus the effectiveness of the principle of *coercion into peace*, coercion by means of power into living peacefully with others, was fully proven in these experiments.

One should understand that these regularities of social life are common not only for dogs but also for all animals and for people of lower levels of intellectual development.

\* \* \*

What does one need to do if he or she wants to become better before God but does not know how to do it?

First, one has to study carefully what God suggests to us in this regard. Among other things, our books can be helpful [6-22,28-36,39-40], which include a collection of texts on this subject. Then one can significantly accelerate the process of spiritual self-transformation with the help of the methods of psychical self-regulation [18].

Thus everyone can become a representative of Good.

Someone may object: how can one fulfill this if there is so much evil around?!

However, this evil also has its own place in the Evolutionary Process.<sup>8</sup> With its help people of Good cognize what they should not be. Also with the help of evil, God corrects the way of development of people of Good by arranging their contacts with representatives of evil – under His full control. The author of this book cognized this very well in his own life experiences, in particular (see [12-13,18]). Probably, there are not many people who lived their lives in as severe conditions as I did! Nevertheless, I managed to achieve victory thanks to, among other things, those representatives of human scum who were brought to me by God in order to help me.<sup>9</sup>

You, too, can win! The Path was paved for you!

## How Can One Help Children?

Certain regularities of a child's development and factors that affect this process, as well as the methodology and methods of helping children in their development are discussed in our books [1-2,4,14,17]. Therefore, here I am going to give only a short review on this subject.

Education can and must make a significant contribution to the correct psychical formation of every child.

Parents, other relatives, and teachers in schools, by behaving in a correct way themselves, have to show children the models of a truly spiritual way of life and behavior, including correct emotional reactions. For this purpose they themselves have to learn the basics of ethics and the art of psychical self-regulation.

Instructors, by their own correct behavior, have to show children the models of cordiality, warmth, and care. On the other hand, they should not allow children to man-

---

<sup>8</sup> Krishna spoke about this through the Bhagavad Gita [15,17].

<sup>9</sup> The same ideas are found in the Teachings of Agni Yoga [17].

ifest indiscipline, aggressiveness, greediness, theft, and attempts to humiliate others. In the struggle with such vices, the instructor has to be rigid and firm. On the contrary, all positive changes in the characters of children, including those resulting from punishment, have to be encouraged by clear manifestations of the instructor's heart love.

In teaching children, it is desirable to put emphasis on broadening their outlook in different positive areas of human activity and knowledge. This will help them to "find themselves" in social life in the future.

One can carefully acquaint children with the rules of ethically and physiologically adequate nutrition [14, 17-18], even if in their families there are other rules. Only by these measures can one help children to avoid many illnesses and the coarsening of themselves as souls.

Sport games that cultivate coarseness, violence, and aggressiveness are very detrimental to the correct development both of the participants of the game and of the audience. Let them better cultivate in sport activities the qualities of beauty, harmony, subtlety of the consciousness, might of the intellect, and power without aggression! Such recreation would contribute to spiritual development of both the players and the audience!

The competitive tendencies, too, cannot be regarded as useful in the spiritual field: they provoke the growth of selfhood, one begins to view *others* as rivals, enemies. And this does not conform at all to the suggestion of God that we grow love in ourselves.

It is very important to show to children methods of correct development of the emotional sphere with the emphasis placed on the development of the spiritual hearts. This would allow such children to avoid in their future many possible breakouts in the ethical aspect and will prepare them for successful mastery of the heights of spiritual self-perfection in adult life. These methods are described by us in the book [18].

Many may find the formula, which once was given to me by God, to be very helpful: “Every instance of leaving the state of love results in the accumulation of negative karma!” [12].

Acquainting children with living nature is very important for their correct development. Let them come to know about the existence of many incarnate lives: both plants and animals! Let them learn to regard them as our lesser brothers and sisters, and try to avoid causing any harm to them, even inadvertently!

Moreover, it is among living nature rather than in the “boxes” of city houses that one can successfully learn to expand as a spiritual heart!

Life in nature makes one healthy, broadens one’s outlook, and allows one to master *harmony* in mergence with the gentle beauty of nature!

Let me quote a remarkable verse that was created and given to us [9] in 2003 by one of the *Geniuses* – Russian poet Nikolay Nekrasov:

Light of dawn has reflected in fresh birch leaves,  
And they’ve started shining in the subtle sunlight of morning...

I love this Earth beyond all measure, with tears!  
Everything is on My palms, I am caressing all the living!

I am caressing trees and kissing flowers,  
Embracing them and nurturing them with My love!  
So, love dear nature with all your heart to its bottom,  
Being aware that all of this is God’s Creation!

... In the beginning, one develops through activity. But then a successful spiritual seeker should master inner quietness (*hesychia*). It is only in the state of deep and broad inner calm that one can traverse the final stages of the spiritual Path. Therefore, let children from an early age

learn both activity and calm – in their harmonious coexistence! And it is best to learn this in natural landscapes.

At natural *working sites* of Holy Spirits one can show to children the Beauty of God and explain to them at the same time that God is real, that He is Love, Caress, Tenderness rather than a fairy-tale monster who punishes people for every mistake. And let children begin to aspire to cognition of Him and know that one can advance to Him only by becoming similar to Him – similar to His Subtlety, to His Love-Caring, to His Love-Tenderness.

\* \* \*

Let me give some excerpts from the book [17] on the subject of how God views the ecopsychological education of children and its role in the Evolution:

“What do the majority of people do in the early morning? The answer is simple – they sleep! But if man – even once in the 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 have lived the earthly life not in vain!

“... There is a wonderful state of quietness in nature before sunrise! 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 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, and the warm breathing of sleeping little mammals up to the most confidential mysteries of the Creation.”

“Everything is so simple! To become happy, one needs to make a little step in the right direction... After this, it becomes clear that behind everything beautiful – there is its Creator: God! And one’s heart filled with joy begins to aspire to Him!”

“It is very easy to settle in the world of God if you have joy in the soul! Sorrow, depression, and hatred are for hell.”

“One has to teach... not only a non-harming attitude towards our lesser brothers and sisters – but to love them! Because they are our lesser friends, capable of creating and maintaining on the planet the energy states of paradise!”

“The most important point, that I want to tell about, is introducing the principle of giving! It has to come together with opening of the spiritual heart and you have to suggest many different ways of realization of this principle!”

“They need to be suggested the ways of positive development! Everyone wants to receive – but one has to teach them to give and to create!”

“Every person can begin to help God: to help to transform that which is bad. But everyone has to start with changing oneself – only oneself!

“Everyone can begin to create around themselves a small space of love. It is so simple that everyone can do it... One has to learn to shine with a *ray of love* from the spiritual heart!

“One can come to the forest; it is best to do it in spring, but any other season is also good. One has to stand near a birch, to touch its trunk with a finger, to stroke tenderly this living tree, and then to feel a ray of light coming from one’s own chest, from the place where love lives. Then one can stroke the trunk of the birch with this ray of light, as if with a finger.

“Then one can repeat this exercise several times – in order to really feel this touching.

“Anyone can do this – a little child, the mother or grandmother of the child; then the child can teach it to the father and to the grandfather.

“Everyone has this ray; one needs just to turn on the light of love.

“If there is no forest or birches nearby, then one can stroke any tree...

“Then one has to learn to shine with this ray from any distance – and to give thus tenderness to all whom one loves.

“One can try to shine even at flowers which grow in one’s own room and to see how they will grow better after that!

“One can try to direct this ray to our Earth and to stroke the planet with it, directing the ray into the *depth*: the Earth also has a *heart*... One has to stroke it very gently: Earth is living!

“One can also stroke God with this ray and feel the *Joy of God* in response...”

“Everything around you loves you! Thus the Creation was created by God-the-Father! And if inside you there is a response of love, then mergence happens: separateness and isolation disappear and become replaced with the Love of Everything Existing! All the energies of the universe inside you are then brought into harmony!

“This can be given not only to those who are close to Higher Initiations, but should be included into the basic course of opening the spiritual heart!

“*Harmony and Love of the Absolute* – this meditation has to become one’s background state, one’s natural way of life, the correct self-awareness of the soul!

“Everything can be solved through submergence of the consciousness into the spiritual heart!”

“One has to teach them to love – and only then the entire spectrum of perception and awareness of human souls can be realized!

“For example, one can learn to walk the Earth. One can remember that our Earth is a living soul, and – simply walk, carefully stepping on the body of the Earth, feeling every touch of the feet to its surface. It is very simple; everyone can do this! Just ten minutes of such walking can result in the first changes.

“... Or it is possible to lie on the Earth with the arms spread out, in a relaxed state – and become aware that we fly in space on the planet called Earth... If teachers or parents lie together with children in this way and tell them about the universe – then the children’s impressions from this conversation will be more important than those received in entertainment attractions!

“And a stay for a night in the forest can give unforgettable impressions if one lies so and looks at the stars...

“... One can wash or swim in interaction with this wonderful miracle created by God on our planet – with water, which is one of the main components of the matter of living organisms. One can even talk to the water, to ask it to purify and to heal the body. One can swim, feeling water with every cell of the body. Thus, one’s awareness and health can be improved, and this exercise can be remembered as something very significant!

“One can also wash oneself with sunlight. It does not mean simply exposing the body to sunlight: one has to also interact with it! The energy of the Sun is so wonderful! It exists both on the visible and non-visible to the human eyes levels; it penetrates the depths of us! One can stand under a flow of sunlight as if under a waterfall – and do the exercise *latihan*. And this can fill one with joy and health!...

“Of course, one should not suggest to people, who are not interested in spiritual truth, to dedicate much time to such exercises. For them it can be interesting and useful to arrange sport trainings in nature, to collect mushrooms, berries, and medicinal herbs. One can taste the gifts of nature: berries, leaves, herbs that are pleasant to eat. And let us thank nature for these gifts! This can also

bring healing to bodies and souls! Many people can be attracted by this healing aspect – and it is very good in the beginning.

“One can learn to receive joy even from removing garbage from places where other people defiled the beauty of nature with it. This is also a part of ecology that people have to learn!...

“It is in interaction with the harmonious states of living nature, with concrete plants and animals, in which people can come to understand with what great Love God created everything living!”

“Let us begin to look at the world together and cognize this beautiful Divine Creation! Let us tell children what we know – and thus we together will cognize something new! Let us try to see BEAUTY with the help of photo cameras, brushes, and paints... In any case we have to be open to each other and to the life around us! And God will help us! This is His joy: to see how His children grow towards light, kindness, and love!”

“It is best to do this through one’s own example! The main educator is the way of life of those who live near the child. They can be parents, teachers, and the society in general. It is principles of life, seen in real examples (not as slogans but real life principles of concrete people and of the entire society), that educate our children!

“If these examples are imprinted in children as something they can imitate as examples of behavior – then they become qualities of the souls, and if such examples demonstrate love, benevolence towards everyone, a caring attitude, and respect – then all these qualities will be developed when the children grow.

However, if children imprint the emotions and behavior of the opposite kind – then for a long time such souls have to be weaned – through their own pain – off the vices imprinted in their memory of the consciousness during childhood.”

“It is very important to learn to rejoice! People have forgotten how to rejoice at natural beauty – and this is very sad for God.

“There is so much beauty on the Earth; one just needs to see it! Not everyone can see masterpieces of arts, but everyone can admire the beauty of living nature! Even in the desert and in the eternal Arctic ice there is a special charm!

“Ask people around you: how often do they look at the sky? You will know that the “world” for most of them is limited to several meters around their bodies and even these meters are contained in their rooms and offices.

“One has to teach them to notice everything beautiful! To notice it – not only when admiring forests, meadows, lakes, steppes, seas, etc. – but also in dewdrops, in the first rays of the rising sun, in drops of rain, in blades of grass, in the singing of birds, in the thin new moon... – everywhere one can discover the wonderful beauty of the Creation!

“When people learn to notice the beauty and to enjoy it, they can understand and fall in love with the One Who created all this: with the Creator! Living nature was also created by the Creator – as an inexhaustible source of joy and love!”

“To work with children is a great joy for God! Children’s souls are more open towards everything beautiful! The purity of their perception of the beautiful is much higher than that of adults. Children are also capable of comprehending very serious knowledge about God if one treats them seriously and speaks to them as to equals. They are capable of coming to the level of their instructor if it is interesting to them. They absorb new knowledge with the whole consciousness, contrary to the case with adults, when the received knowledge unfortunately “gets stuck in the head”.

“One must also keep in mind that children have a dangerous “transitional age”, but this is natural. Those

who pass it safely have a remarkable foundation for correct further development.”

“Little children are a source of joy and happiness! Almost all of them come to this world as souls similar to blank pages: to begin creating anew their lives on the Path to Light! It is adults who begin to “write” children’s destinies by introducing into them the seeds of either good or bad qualities!

“When a soul comes to the Earth (incarnates), it is difficult for the soul to become used to the small child’s body, to its limited material and mental abilities. The soul has to master relationships with the outer world through intermediates: through adults and peers, who surround the baby. The soul equally absorbs everything – both good and bad: on this stage of development children are not capable of discerning them.

“It is the seeds of good that adults have to introduce into children souls! It is very easy to do – at an early age by addressing the soul, the consciousness of the child – without using the intermediate: the manas of the body. The effectiveness of such education is very high, but adults themselves have to be in the state of love, otherwise the result will be the opposite.

“It is very important to exclude from relationships with children the ways of educating them which use only the commands like: “it is not allowed!”, “do not go!”, “do not touch it!”, etc. One necessarily has to explain to the child why it is allowed and why not. Then the child develops the ability to think rather than to react primitively to the commands of adults.

“Adults think that they know better than children, but this is not necessarily always true. Adults have to observe more attentively the behavior and reactions of children in different situations before trying to educate them. And then adults can avoid making many mistakes which are harmful to children.”

“One has to view the child as a student — and in the presence of students the teacher cannot allow himself or herself to show even a little weakness.

“The more difficult the student is, the more impeccable the teacher has to be!

“If one analyzes one’s own behavior — then one can understand that the roots of many of the child’s vices have roots in the soul of the teacher.

“One can repeat good words many times... — but what worth do the words have that come from the one who cannot impeccably follow one’s own advice? By such a behavior the teacher can forever depreciate the beautiful and correct values that he or she tries to impart to the student.”

“First, you have to develop love in children! Then ‘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)... — with a pure and harmonious environment for living and growing. It is in such an environment that one can help the children souls form strong, positive principles of life, ethics, and principles of interaction with the world of living nature. ... It is a possibility to provide help to 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 the aggressive primitivism is possible only for a mature 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!”

“Cognition of God and His Creation is extremely interesting! However, now on the Earth (with some exceptions) the word God is related in children’s minds mainly with tedious edification from adults... In reality, God is their main Friend, their main Companion in games and in life!... God wants to make their lives very interesting! It is called ecology. It teaches one to learn, to love, and to guard!”

“It is with this purpose that the Avatars come to the Earth – to show people examples so pure and beautiful that many souls may aspire to Them with great love, may accept Their advice and ethical precepts, and may follow Their example in everything! Avatars show with Themselves examples of Love, Goodness, and Knowledge and They manifest this by every day of Their lives!”

“One has to lay in children the foundation of development in the form of growth of love! Then future difficulties, including the temptations of an 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 hands of the spiritual heart – the hands that give and create love – have become the basis of the soul’s life, then such a soul cannot fall! And it is against such a background that the intellect has to be developed! Souls have to be educated through a healthy and joyful way of life in harmony with nature and through giving love to others! The development of heart love toward every one of God’s creations can help children on the spiritual Path!”

“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.”

\* \* \*

In the education of children, it is very important to pay attention to sexual problems, of course, using a lan-



guage adequate for the child's age. So many calamities can be avoided then!

After all, the knowledge of nuances of the sexological subject is not inborn in man! It is received either from outer sources (books, films, talks with other people who are very ignorant quite often), or from personal experience based, among other things, on mistakes, on tragic mistakes sometimes.

This concerns, first of all, the ethical aspect of behavior. And it is the ethical aspect that is the basis of formation of our destinies!

I believe that for everyone it would be useful to learn – before gaining their first sexual experience – how one should and should not *do it*. One should also know what karmic consequences can result from ethically significant errors and how partners can use sexual interaction for their common progress on the Path of spiritual development. In the latter case, it concerns the correct development of the emotional sphere, refinement of the consciousness, accumulation of the energy potential called *Kundalini*, which is necessary for spiritual growth.

We have discussed all these subjects in several books [17,39], but in most detail in [10].

In the process of sexological education, one should, among other things, pay attention to destruction of such traditional prejudices as the requirement that a girl must be a virgin when she enters into marriage, that the birth of children outside a registered marriage is shameful (though these children were sent to their incarnations by God!), as well as the tradition of circumcision.

Circumcision of boys in areas with dry climate can be viewed as a positive tradition: in the conditions of a deficit of pure water, it is not always possible to maintain basic personal hygiene.

On the other hand, in some countries of Africa there is a cruel and absurd tradition of “circumcision” of all girls at the age of pubescence. It consists in cutting away the clitoris with a knife (without any anesthesia)!

... From the standpoint of the above-discussed knowledge about the stages of intellectual growth, every reader can judge: what level of development supporters of such traditions are at, and whether or not one should defend the continuation of their existence...

## Modern Hesychasm

The essence of this religious branch can be defined as the development of oneself as a spiritual heart, which leads, in particular, to the attainment of *inner silence* (in Greek – *hesychia*). Thus, a spiritual seeker obtains one of the necessary conditions for the direct cognition of God and subsequent Mergence with Him – in the aspect of the Creator (God-the-Father, Primordial Consciousness).

Let us also remember that the Latin word *religion* denotes, in its original meaning, the mergence of a developed individual human consciousness – with the Primordial Consciousness. We can also speak of religion – as a Path to the attainment of such Mergence.

However, the ritual religious forms that now predominate our planet certainly cannot lead to the cognition of God, let alone to the Mergence with Him. Participation in rituals may serve only as a starting point for neophytes who – with the help of these rituals – get their first mystical experience. This may give them evidence of existing “otherworldly” spaces – and such people start to study them and make their own real efforts towards spiritual Perfection.

It is also important to understand that different sectarian beliefs typically appear in environments that are keen on rituals. Such beliefs includes the belief that only we are right in matters of faith, that only our God is true and many other similar beliefs. Despite these views, we must remember that God is only One not only for all the people of our planet, but for the entire universe as well. And the methodologies of spiritual development of people

are also based on common principles, although the specific methods in the developmental stages of the spiritual Path may be somewhat different in different schools and spiritual traditions.

And it is only among those who relied solely on the “saving power” of rituals that allegations about the unknowability of God arise...

Yes, for those people, God really is unknowable, because they still have not begun the true Path of religion, even though they are trying to lecture others from their own level of development and understanding...

Let me, by the way, note that neither Jesus nor any other Divine Teacher taught people rituality. Rituality was invented by people themselves! It is not “from God”! And it can turn into a “trap” for those people who really could have started to make their own serious efforts on the Path to God.

What should such efforts be based on?

First, on the study of ethical principles offered to us by God Himself and on the transformation of oneself (as a soul) in accordance with them.

Everyone must also have a clear understanding of the meaning of such words as *God* and *a human being*, as well as an understanding of such issues as the *meaning of our lives* both on the Earth and outside it. Additionally, one should understand and know about *goals, principles, and specific methods of spiritual development*. All this is thoroughly explained and observed from different perspectives in our books, among other materials.

\* \* \*

In contrast to a sectarian outlook, let me emphasize that the ideas of *developed modern Hesychasm* are identical to the ideas of all true spiritual schools: all of them have been created by one God — through His Messengers (Messiahs, Avatars) and prophets.

These schools were manifested in different parts of the planet: in Atlantis (Thoth-the-Atlantean – Hermes Trismegistus), Greece (Pythagoras), China (Huang Di, Lao Tse, and Others), India (Krishna, Babaji from Haidakhan, Sathya Sai Baba and Others), Judea (Jesus Christ).<sup>10</sup> Spiritual Schools of the same level were set up also in other countries, including Russia, where they in ancient times were led by Assyris and Kurgan-Bashi (the first – in its taiga part, the second – in the steppe one) [17-19,31,35].

Yes, the methodological bases of all the main existing spiritual branches – are identical, whether it concerns Hesychasm, Taoism, Sufism, Raja Yoga and Buddhi Yoga<sup>11</sup>, etc. – unless they have been distorted and perverted by ignorant people; this, unfortunately, happens very often [11].

In Eastern European countries – after the establishment of Orthodoxy in them – some spiritual seekers tried to escape from the oppression of religious rituality.<sup>12</sup> Specifically, they looked for ways of obtaining the love that Jesus Christ urged people to have. While looking for these ways, they devised a method of inviting Jesus into their own spiritual hearts. It was called the “Jesus prayer”. Different versions of this prayer-meditation sometimes gave a positive effect of “opening” the spiritual heart. Such an adept then felt the emotions of real heart love for the

---

<sup>10</sup> By the way, one of the best textbooks on Hesychasm was written by Lao Tse under the guidance of Huang Di [16,17].

<sup>11</sup> Raja Yoga includes cleansing and initial development of a consciousness (soul) inside a human body and inside the “cocoon” that surrounds it.

The stages of Buddhi Yoga are intended for the development of a consciousness in the scopes of the multidimensional universe.

And there is no other possibility to realize this, except for doing this with the developed spiritual heart.

<sup>12</sup> **For more information about the religious situation of Russia at that time please see [24-26,37,41].**

first time, the love that God continually recommends us to master.<sup>13</sup>

By those successful adepts, the call was proclaimed for the acquisition of *hesychia* – inner quietness that can be obtained only in the depths of spiritual hearts.

Among those ancient Hesychasts, Symeon the New Theologian should be singled out, first of all. He was the One Who really achieved the Perfection in the cognition of the Creator and merging with Him [17-18]. However, there were also other Hesychasts who have attained great success on the spiritual Path.

Nevertheless, almost all of the first Christian-Hesychasts finished their lives on the Earth under terrible tortures in the monastery prisons, being considered as “heretics”. This is how they – the true followers of Jesus Christ – were treated by those who insisted that only their rituals have “saving power”. These executioners, defending their ritualism, became enemies of both people and God... [17,24-26,37,41].

\* \* \*

The author of this article, a scientist-biologist, and his colleagues have continued – under the direct guidance of God – to strengthen and further develop the ideas of Hesychasm.

One of our most important scientific developments is the system of psychic self-regulation based on work with the chakras and main meridians of the human body [18]. The technique consists in the fact that simply moving the concentration of the consciousness into either of these bioenergetic organs leads to well-defined changes of emotional and volitional proportions of the practitioner. As a result of this, one teaches oneself to easily regulate both mental and physical abilities – and emotions. In particular, such a practitioner gets rid of the negative emotional

---

<sup>13</sup> See in [18-19] in detail.

dominants easily by entering into restful, bright, and clear states of the consciousness.

When the author just began to study religion, he adhered to the following principle: it is necessary to collect and integrate all the best spiritual experience and knowledge throughout history, and following this principle has worked well. On this basis, a new branch of modern science – *the methodology of spiritual development* – was created. One of its topics is *practical ecopsychology*, where the development of man (as a consciousness, a soul) is realized, in particular, through meditative trainings on special natural areas, named as positive *places of power*. That is, for each following step of consciousness development, the appropriate – according to their energy – areas in the forest, steppe, desert, water reservoirs, where the development is much faster than in other conditions, may be found. Such places are usually the *working sites* that are created by the Holy Spirits – to help incarnate people. [12-13,17-19,39]

The personal apprenticeship under the guidance of Jesus Christ and of other Divine Teachers – the Holy Spirits – allowed us to study and describe (using simple and understandable language) the following:

- the essence of God,
- the Path to direct personal cognition of Him in all His Aspects,
- His purpose for the Creation,
- the nature of the universal Evolution,
- the meaning of human life and the methods of spiritual work, from the initial methods up to the highest ones.

Among other things, the essence of such common Christian terms as God-the-Father, the Holy Spirit, and the Trinity has been exhaustively explained.

\* \* \*

Sometimes we would hear the following question: “Who will work in society if everyone becomes Hesychasts and starts seeking solitude in a silent hermitage?”

However, we first need to understand that Hesychasts do not look for the external silence, but for the internal. So even in the midst of external bustle, Hesychasts maintain their inner peace (although it is also true that it is more convenient to start learning Hesychasm in a quiet retirement together with like-minded friends).

Secondly, we should realize that a significant percent of the members of any society will never choose to become Hesychasts. Why? Because of the following reasons:

a) young souls are not inclined to make long lasting internal spiritual efforts; for them, just like in the case with children, it is more appropriate to explore the surrounding world through external activities, thus gaining necessary life experience;

b) deeply perverse souls will not agree to follow the ethical norms, which are obligatory not only for all people but also, and especially, for the seekers of spiritual Perfection; we can see this fact even in the example of the ethics of nutrition [11-14,17-18,21,39];

c) many people will also be afraid to become “different than everyone else”, being intimidated by aggressive atheists and sectarians; in fact, one first needs to become strong in order to survive in such conditions, in which one defends one’s right to live in accordance with the Will of God, and not with the concepts of a crowd...

... On the contrary, an adult, an intelligent and strong person, who realizes the meaning of his or her life and the responsibility for his or her own actions before God, will fight for the right to accomplish the Will of the Creator. It is so because this person also loves Him, and only such a person can win!

\* \* \*

One should not think that the referred task of “opening up” the spiritual heart is enough to consider the task of life – in front of God – as already implemented.

No, the ability to live in the spiritual heart, observe the world around us from it, to think, to speak, and to act from it, without losing this ability when tired or sick, or in the case of conflicts and other extreme situations, is just the beginning, a possible start of a long and difficult, but happy, Path in which a soul gradually approaches the Creator.

This Path implies, first of all, an ethical self-transformation, which is followed by a gradual refinement of oneself as a consciousness and then by a quantitative growth of oneself as a refined consciousness.

It is indispensable because God, in the Aspects of the Creator and of the Holy Spirit, is the most refined of all the forms of consciousness that exist in the universe. That is why attuning with the most beautiful and refined states of the environment and cultivating tender emotions of care for others are the fundamental methods of development for all the followers of the spiritual Path.

As for the strength (or power), which is necessary for overcoming difficulties on the Path, this power depends, among other things, on the size of oneself as a consciousness, and we can actually grow ourselves – as spiritual hearts – up to the sizes that were difficult to even imagine in the beginning of the Path.

The stepwise consequence of the techniques for realization of the above – is worked out and presented to people – by us.

As the spiritual seekers (as an individual consciousnesses) grow along all the above mentioned directions of development<sup>14</sup>, they begin to perceive – with the vision

---

<sup>14</sup> Ethical, intellectual, as well as refinement and then the direct growth of a consciousness.



of the soul – concrete Divine Teachers, Holy Spirits. There appears the opportunity not only to see and hear Them, but also to embrace Them and to merge – as consciousnesses – with Them. And this really is the direct cognition of the standards of Divinity! In particular, this is the opportunity to learn to save and strengthen these states in ourselves!

Furthermore, a successful spiritual warrior, being led now directly by Divine Teachers, comes to the Abode of the Creator and learns to enter it and live in it – and then to come out from it for the purpose of helping other evolving beings.

The above cannot be mastered quickly: the growth of an individual consciousness is a very slow process and, additionally, God tests many times each of those who seek to approach His Abode – on the conformity to His ethical parameters. In order to overcome the distance from the “opening” of the spiritual heart – up to the Mergence by the adequately developed spiritual heart with the Creator in His Abode, requires, at best, years of unceasing spiritual efforts.

However, now, when the road is paved and all the steps and milestones on it are marked, and even “warning signs” are installed on especially difficult areas, – moving by it becomes much easier.

And let us always remember that a precondition for success on the spiritual Path is the constant improving of our own ethical purity.

This is the modern developed Hesychasm.

Let us also understand that Jesus Christ wishes to see exactly this in the lives of His followers! This is what He teaches us!<sup>15</sup>

I wish good luck to all those who are traversing this Path!

---

<sup>15</sup> See the detailed analysis of His Teachings in [17,21]; see also [19].

# Sects, Heresies, and the Straight Path

Let us begin to examine the subject of this article by answering the following questions: what is a human being and what does he or she live on the Earth for?

Most people believe that a human being is a body, but this is not true. A human being is a soul, a consciousness, or, in other words, a condensation of energy, an energy substance that is capable of perceiving itself, being aware of itself. A body, on the other hand, is only a temporary abode for the soul, an abode that is given to us by God so that we can pass through the next stages of our self-perfection.

Developed souls who are not incarnate right now also think, remember, generate new ideas, communicate with each other, and try (sometimes successfully) to interact with incarnate people in order to induce them to act in a certain way.

Those incarnate people who have developed relevant abilities can also freely communicate, to this or that degree, with non-incarnate people.

It is important to emphasize that souls – both incarnate and non-incarnate – feel emotions, since emotions are the states of consciousnesses, i.e. the states of ourselves as souls.

Our emotions can be weak and of short duration or, on the contrary, strong and of long duration.

According to a qualitative criterion, emotions can also be classified as positive and negative. The first ones bring us good, while the second ones do quite the contrary. That is why, among other reasons, it makes sense to learn to regulate our own emotional states, to control them. This can be easily achieved through mastering the functions of one's own chakras [18].

Emotions create energy fields that can influence other individual consciousnesses. Such influences can be de-

structive, pathogenic, enslaving or, on the contrary, harmonizing, healing, and transmitting bright and pure states.

For this reason as well, we need to learn to watch over and regulate our own emotions if we do not want to harm other souls but, conversely, to help them live and evolve.

Moreover, after disembodiment, we continue living in those states of consciousness which we accustomed ourselves to during the incarnation. Those who lived in subtle states of tender love-care and giving love earn “posthumous” existence in paradise among similar beings, while those who accustomed themselves to coarse emotional states find themselves in hell among similar beings as well.

\* \* \*

Many of us have wondered why God needed to create the material world and to incarnate souls in material bodies. Could it be that He only did it in order to distribute these souls then between paradise and hell? This looks ridiculous, absurd!

The truth is that God in the Aspect of the Absolute (more detail in [11,17-18,20]) resides in the state of constant development of Himself as the Universal Consciousness. Such is His Life, and for the sake of this, He has created conditions in which souls or units of consciousness can develop themselves in the material world, being incarnated in bodies.

We exist for Him rather than He exists for us!

Normally, a soul incarnates every next time in a body with an increasingly complex structure, thus obtaining the opportunity to incarnate finally in a human body, in which it continues (if the development of this soul goes well) its personal evolution. The purpose of these incarnations is to develop oneself up to the Divine Perfection according to the ethical, intellectual, and psychoenergetical criteria

and to flow then into the Creator, enriching Him with oneself in this way.

Such is the eternal Process of the Evolution of the Universal Consciousness, and the right decision for every one of us is to find our own adequate place in It.

Those who fulfill this ascend gradually and harmoniously to the Perfection through the stages of paradisiacal existence.

Those who resist find themselves in “the outer darkness where there will be weeping and gnashing of teeth” (Matthew 25:30)...

\* \* \*

Reasonable people understand that the religious forms that are based on rites and prayers have only a minor positive effect. This effect consists merely in that these forms accustom its adherents to remembering about the Existence of God. However, rites and prayers by themselves do not bring us closer to the Perfection at all.

So what should we do?

It is necessary to study the Will of God for us and then to understand what should be corrected in oneself, i.e. which qualities should be eliminated and which, on the contrary, should be developed.

The main emphasis should be put on the ethical component of development. We should refuse the ability to cause any unjustified harm to others, to lie, to be violent, to revenge, to be jealous. We should refuse narcissism, self-praising, and all other egocentric motives.

It is necessary to develop ourselves intellectually in every possible way: through receiving standard education, through the possibilities that the Internet, television, radio, etc. give us, or through the communication with many other people, who express their different points of view on a variety of topics.

As for the psychoenergetical aspect of development, it includes two directions: a) the refinement of the con-

sciousness (it is essential, because God in the Aspect of the Primordial Consciousness or the Creator – according to the scale of subtlety-coarseness – is the Subtlest One among everything that exists) and b) the direct growth of the consciousness (the growth of the size, of the volume of the soul) [11-13, 18-20, 39].

It should be understood that the psychoenergetical aspect plays a leading role in the development of the soul. Nevertheless, it would be wrong to hope to make considerable progress in this direction without the proper assimilation of the first two components of development that we mentioned above.

Yet there is something in the psychoenergetical aspect of the development that everyone can begin with: it is the work on the development of the spiritual heart.

“God is Love” – as Jesus Christ teaches us (1 John 4:7-8) – and “learn (this) from Me” (Matthew 11:29).

From these words, it follows that it is possible to come closer to the Creator, to the direct cognition of Him only through the development of emotions of love in ourselves. These are tenderness, care, respect for those who are worthy of this, forgiveness, refusal of any manifestations of egocentrism, life for the sake of God<sup>16</sup>, and not for the sake of one’s own comforts and pleasures.

For people who progress in all these things, God creates the most favorable conditions for their all-round personal development, and then He allows them to approach Him and submerge into more and more intense states of happiness from the contacts with Him and from the following immersion in Him.

We have already explained many times and using different words how to develop oneself and how to help others develop themselves on the spiritual Path [5-9,11-22,28-36,39-40]. Therefore, now I just want to mention that in order to achieve success, it makes sense to pay serious attention to the development of the spiritual heart.

---

<sup>16</sup> Which is manifested in helping others in everything good.

Initially, a spiritual practitioner works with this structure inside his or her own material body. Then he or she, as the spiritual heart, becomes much bigger than the body and gradually acquires the ability to communicate easily with the Holy Spirits (i.e. with Those Who traversed this Path before). Then this person can cognize the Abode of the Creator, merge with Him and afterwards proceed from Him in order to help incarnate people grow spiritually.

In other words, it is necessary to become a huge spiritual heart that is refined up to the Divinity and then flow into the *Heart* of the multidimensional Absolute, i.e. into Its main Part, Which is called the Primordial Consciousness, the Creator, God-the-Father, Allah, Tao, Ishvara, Svarog, Rod and by other similar words in different languages.

It is important to point out that in the Abode of the Primordial Consciousness, there are no differences among Those Who reached it by the criteria of Their sex or “faith”. It is so, because They all abide *there* in mutual Mergence regardless of what was the base of Their personal spiritual growth, be it Christianity, Taoism, Buddhism, Islam or something else. Enmity and discord are inherent only to those who are still very far away from the Goal, the Goal in Which there are no contradictions, since there are only the Perfect Ones *there!*

This is – very briefly – the Truth about the meaning of our existence in bodies on the Earth. This information is not a fantasy of the author of this article or an attempt to create a new religious doctrine. No! God has always taught this to people, but they – due to their intellectual insufficiency or selfish motives – have always distorted these Teachings. Thus, diverse sects have been formed whose false concepts are called heresies.

These words do not mean that all religious opinions in which the Truth is interpreted with slightly different words or not as fully as it was done above are heretical. There were, are and will be many people who – as their

spiritual growth advances – start trying to develop their own methodological nuances and lead those people who want to follow. However, such opinions should be evaluated by comparing them with the Teachings of God.

The most common cause of the formation of sects is the absence of integral religious philosophical knowledge among people. That is why they cannot clearly comprehend the Goal and, consequently, the Ways of achieving It. That is also why some people with leadership qualities begin to invent different false “methods”.

There are many examples of this:

- the “coloring” of the chakras;
- the deliberate development of a human lower “I”<sup>17</sup>; this lower “I” manifests itself in egoism, strongly pronounced egocentrism and other disgusting qualities;
- specially created methods of intentional destruction of the intellect (it is believed that intellect prevents spiritual “liberation”);
- the affirmation that the more sex one has with as many partners as possible, the faster one’s spiritual growth goes;
- urine therapy, astrology, conversations with the “extraterrestrials” (whereas it would be right to seek the communication with the Holy Spirits).

There are also sects in which hatred towards everyone who is “not with us” is inculcated, in which their followers try to defile the Messengers of the Creator, in which dangerous psychedelics and other “esoteric” methods that destroy the consciousnesses are used, in which violence is cultivated, in which serious spiritual work is substituted with child-like diversions in which invented “gods” are worshiped, in which there is no distinction between subtlety and coarseness, in which the power aspect of the development is taught to everyone who wants it, while other components of the development are ignored...

---

<sup>17</sup> Or lower self.

\* \* \*

There is an interesting historical fact:

In the fourth century, the Council of Nicaea took place in order to approve once again what, in their opinion, the Mission of Jesus Christ consisted in.

There was a consensus among the participants about some issues, but there were arguments as well.

For example, during the speech of Arius, one bishop (let us designate him as N.) approached Arius and struck him on his face. (In the Internet, it is possible to find historical information according to which N. also put an evil curse on Arius and his internal organs fell out after sever hours as a result of this).

This is how N. “defeated” Arius.

For that slap in the face – such a disgraceful anti-christian act – N. was expelled from the Council and imprisoned.

However, it turned out that he had supporters. They quickly concocted a story according to which all of them had the same dream the night after the Council, and this dream informed them that N. was a good person...

The next day they retold this fantasy to the gathered Christians. As a result, N. was released from a prison and recognized as a “Christian”...

... Afterwards, new tales arose, saying that N. was the one who saved navigators in storms...

(It is quite easy to concoct many of such stories just in one evening)...

Since then it became “legalized” that it is “admissible” not to be real Christians but to be called as such in spite of this. (Every reasonable person clearly understands that it is appropriate to only call a person a Christian if that person follows the Teachings of Christ, and not just because he or she has passed through the rite of baptism).

Later on, people who incarnated from hell and who called themselves Christians burned alive all those who had a “wrong” nationality or whose opinions were differ-



ent from established standards, impaled them, tore out their tongues and severed their arms (so that those people could not speak or write anymore)... The same pseudo-Christians went to conquer other nations... They sacked, tortured, killed, etc.

However, Jesus Christ offered people something diametrically opposite: it was tender love for each other and care, humility, forgiveness, aspiration for the cognition of the Heavenly Father, the dedication of one's own life to the spiritual perfection and similar things!

... In addition, already in the sixth century (on the Second Council of Constantinople), one of the constituent parts of the general conception of the world was eliminated. This part explained what is God and what is man, why God settled us in our earthly bodies, and what kind of relationship we should have with Him. In other words, the evolutionary component of the Teachings of God was lost, and thus it became impossible to understand the meaning of everything that happens around us and the meaning of our lives.

Without this knowledge, the adequate methodology of spiritual development could not be formed. That is why, instead of developing themselves in accordance with the Teachings of Jesus Christ [8,17-18,21], the followers of some sects began to do something quite opposite (they were taught so): they began to hate everyone and everything, to cry about their own hopeless sinfulness, to beg God to save them from future eternal torments of hell, to practice unreasonable asceticism and believe that suffering could save them. Besides, since God was "incognizable", it was necessary to obey the will of "pastors" in everything, no matter how stupid and criminal they were...

A reasonable person sees that negative emotional states imposed in this case doom the followers of such sects to hell, and only those of them who manage to escape from the fetters of these sects save themselves from

it. However, such “heretics” were hunted, seized, tortured and killed... (More information in [11]).

... Let me remind you that it is possible to enter the bliss of paradise only if a person accustomed himself or herself to the subtle states of tender and giving love during the incarnation...

... Thus, the greatest depth of knowledge left to us by Jesus Christ – at the price of His death on the cross – was substituted in those sects by a false knowledge that provoked massive degeneration of people...

\* \* \*

In most cases, one is involved in a particular religious tradition because one’s parents or friends involved one there or because “everyone else” around this person professes this conception.

Yet it also happens that someone tries to start the search alone and then, having encountered for the first time something unusual and extravagant, this person sometimes decides that this is the Truth! The examples of this are “urine therapy”, “group sex”, “cool” psychedelics, “Satanism”, “black magic”...

Ivan Pavlov, a famous Russian physiologist of the early twentieth century, by conducting experiments on animals, discovered the regularity that is important for the topic we are examining.

In these experiments, dogs formed a salivation reflex in response to a certain sound, for example, a bell. It happened this way: after a sound of a bell, a portion of food was given to a dog, and thus it became accustomed to reacting with salivation to a sound of a bell, and not only to the appearance or smell of food, as usual.

Then researchers began to produce other sounds for this dog, for example, whistles of different tonality and something else. The dog initially expected that it would receive some tasty food after each new sound and thus also responded to them with a salivation reflex.

Nevertheless, the food was given to it only after a sound of a bell.

Gradually, the dog began to understand the situation and responded with the indicated reflex only to a certain signal.

The first stage (of positive reaction to any sound) was called the stage of generalization (i.e. a generalized reaction), while the second one was called the stage of differentiation (i.e. of discernment).

This regularity turned out to be inherent to numerous phenomena in the human psyche. For example, we all learn to distinguish the edible from inedible, the useful from harmful and dangerous. The same thing happens when we try to distinguish people around us, for instance, when we try to decide whether we can rely on a certain person or not.

Moreover, every time we begin to study for the first time a new sphere of certain knowledge, we pass, if we have become intellectually developed for this, through the same stages of cognition.

Our religious philosophical outlook is also formed according to this regularity. So initially, it may seem to us that the conceptions of all sects that we encounter are highly spiritual! We try this and that...

In this way, a quite legitimate process of cognition is realized. We learn to *discern* and, after developing ourselves through this, may eventually come to the understanding of the true Path.

... Yet one needs to take into account that in a society, there are always those who are still not capable of thinking seriously at all, and they inevitably will operate only with the patterns of thinking received from their parents or from the first preachers they met.

\* \* \*

So, sects are those religious associations which have conceptions that are radically different from the true knowledge.

Among them, there are destructive sects whose activities cause direct harm to the health of their members. We have already mentioned several examples of this. There are also other signs of the activity of such sects: they instill in people chronic despondency, mystical fear, hatred towards humans and other creatures, aversion to beauty and love instead of directing their attention to the active spiritual development, to the aspiration for the cognition of God through love for Him.

It is interesting that if we look back, we will see that the members of the most powerful destructive sects were the ones who accused other people of... sectarianism and heresies, tortured them, burned them at the stake...

So how can we help people avoid sectarianism?

Of course, it is impossible to do this through violence.

Moreover, everyone has a right, given to him or her by God, to choose by himself or herself the way of life and thus go to hell or to the Creator. This is how God makes “natural selection” among people: He only allows those who sincerely and voluntarily have chosen Him as the Goal of their lives to come closer to Him.

Therefore, the only right solution in this situation will be to familiarize people, especially the youth, as fully as possible, with the experience of the spiritual search that has been accumulated by humankind and with the true Straight Path to the Creator. This is the Path of Love, the Way of the spiritual heart!

Let us also remember that ethical purity is the first thing that allows one to achieve success on the spiritual Path.

A due level of intellectual development is the second thing.

The aspiration for the Goal is the third.

To possess the methods that contribute to the advancement is the fourth.

To have travelling companions on this Path is also an important prerequisite for success.

\* \* \*

“The whole Creation is illusory!” [9]. What does this mean? How should one understand this really wise formula? (Yet let us not take into account the opinions of schizophrenics).

Atheists, and not only they, believe that a human being is “the top of the evolution”, the most important object in the visible space. This opinion is called *anthropocentric*.

From it, many people begin to perceive themselves as the center of the surrounding world. This is what *egocentrism* is. It can manifest itself in very different forms, up to “Dutch courage” and the perpetration of violent crimes in this state. Another example is the situation when a certain ruler starts a war and forces the masses of people to kill each other...

Yet we cannot say that all forms of egocentrism are false and pernicious. For example, in the case of a child, with its still small outlook, egocentrism is natural. It also could be beneficial during the years of youth if it is moderate and controlled by its owner. It is so, since such an egocentrism contributes to the development of power and of indispensable intellectual qualities of the soul. The examples of this form of egocentrism are competition in sports and the desire to ascend by the stages of social growth.

In the popular religious environment, egocentrism manifests itself vividly in the following formulas: “Give me, Lord!” and “Have mercy on me, Lord!”. This is the manifestation of the attitude towards God in which a person believes that God owes *him or her*, while, in reality, the situation is quite opposite: every one of us owes God.

For people who have such an attitude, God is not a clear Reality but just an abstraction, an object of faith, and not of knowledge.

One increasingly begins to include real and cognizable God in one's outlook only on the higher levels of spiritual growth, which are reached through the successful development of oneself as a spiritual heart. Then one really begins to perceive God as the Infinite Multidimensional Ocean of the Universal Consciousness, called the Absolute, and all the objects of the Creation, including one's own body, our planet, constellations and galaxies, as negligibly small integral parts of this Absolute.

The same thing is true about the souls: we are infinitely small particles that exist in the boundless Ocean of the Absolute.

By gradually expanding his or her own horizons in the subtle and subtlest layers of the multidimensional Absolute, a successful spiritual seeker cognizes Its Vastness in comparison with himself or herself.

When we develop ourselves up to that level on which we can really become aware of this, we should *surrender* ourselves to this situation and, having completely defeated our egocentrism, flow into Him. This is how the full *Godcentrism* is obtained.

One of the criteria of success in this is the ability to look from the Primordial Depths of the Absolute towards one's own body and the entire material world.

Moreover, on that level, a spiritual practitioner cognizes in practice that the Creator is the inalienable Basis, the Foundation for all the constituent parts of the Creation. Nothing can exist without this Foundation. Separateness, i.e. independent — in relation to the Creator — existence of the elements of the Creation is *illusion*, a false perception. A feeling of separateness of one's own body from Him is illusory too.

A human ego is also *illusory* and erroneous. Only a Godcentered perception of the world is true.

... This and many other things can really be cognized by those who advance towards the Perfection by following the Straight Path and avoiding sectarian deviations.

The Straight Path is the Path of the spiritual heart and of directing the attention of the seeker to the cognition of God, which is achieved against the background of love for Him.

... Not everyone will be able to realize right now all that was said. Nevertheless, you can remember this as the prospects for your further spiritual growth. Meanwhile, in order to approach the realization of Godcentrism, you can act on the Earth not for yourself or any small group of people, but for the sake of the Creator, for the sake of contributing, within your powers, to His life, in His Evolution. Let us live like this always!

## Why Should We Keep the Commandments of Jesus Christ?

Jesus travelled from one place to another, healed, and preached about God in a human environment that was hostile to Him. Then He was mocked and maltreated by aggressive and primitive people and underwent a death on the cross.

He did not do all that in order to be *worshipped* for it!

He did all that to teach people to live a life that is filled with great meaning, i.e. with harmonious integration in the Process of the Evolution of the Divine Consciousness.

... In recent years, I have heard many times that the Commandments of Jesus Christ have become obsolete and, therefore, one does not need to keep them...

Unfortunately, this opinion predominates now! People think that in order to save themselves from hell, one only needs to believe that Jesus was a Christ, to participate in “salvatory” rites and to repeat the same prayers, complementing them with the prescribed bodily movements!

They do not try to study and fulfill the Teachings of Christ!

Jesus, on the contrary, taught to forgive, not to reclaim what was taken from you, to be humble, to be peaceable instead of being bellicose and aggressive, not to become irritated, not to condemn others, not to lust after worldly values, not to become attached to worldly objects, including other human beings, to react with love to any hostile act of primitive people, to be caring and gentle in the relations with our neighbors, etc. [21 and others].

But *why* do we need to be *non-conflictive*, to forgive everyone, not to revenge, to be obedient to the offenders instead of fighting against them? *Why* do we need to learn not to exalt ourselves but, on the contrary, to be humble?

Isn't it better to punish villains to keep them from acting in the same way again? This might even be good for them!

However, Jesus taught this so that those people who will follow His Teachings can realize the Plan of God for us.

According to this Plan, we should avoid coarsening ourselves by feeling conflictive emotions and, on the contrary, gradually refine ourselves so that we can become perfect Souls and flow into the Creator. Become "... perfect, as your Heavenly Father is perfect!" (Matthew 5:48). This is how Jesus taught!

Negative emotions result in the coarsening of ourselves (as souls) and in the contamination of our bodies with coarse bioenergies. It is because of this, among other reasons, that our diseases appear. This also moves us away from the Ultimate Goal of our existence and creates troubles in our lives.

As we can see, many people, including those who consider themselves Christians, know nothing about the meaning of their lives on Earth, nor do they know why Jesus gave us His Commandments...



It is so, because the understanding of this can only be reached if one accepts the Teachings of God in its integrity.

\* \* \*

We have already discussed many times that the spiritual self-perfection includes three closely interrelated directions: the ethical one, the intellectual one, and the psychoenergetical one. They are all necessary, but we should always begin with the first one.

It is essential to understand this well, taking into account that the development of every one of us is continuously observed by the Holy Spirits and by disembodied souls of various levels, who are directed by the Holy Spirits. They take into account all our achievements and ethically significant errors. Depending on this, the Holy Spirits form our destinies.

God is directly interested in our successful self-perfection. That is why He incorporates in our destinies different educational situations – both pleasant and unpleasant for us.

So, the more carefully we observe His Teachings, the more joy and happiness we will receive and the less unpleasant tests we will have to undergo.

Thus we predetermine our destinies, and God realizes them.

It should be mentioned that our destinies are formed all the time, being changed by us. The factors that make them change are our right or wrong ethically important decisions. (Astrological predictions have nothing to do with this).

If we constantly remember this, we can significantly increase the amount of happiness in our lives and reduce the amount of pain.

... Probably, at this moment several pertinent questions have already arisen in many readers. They are: what

do the Teachings of God consist in and where can one find easily understandable information on this topic?

The answers to these questions can be found in all our books and our other materials dedicated to this subject.

\* \* \*

Now let us examine some aspects of the psychoenergetical component of our development.

This component consists of the refinement of the consciousness and its subsequent quantitative growth.

The refinement is achieved at first through the correction of our own emotional spheres, which implies getting rid of coarse emotions and cultivating the subtle ones. To master this, we have created the system of methods of psychical self-regulation. This system allows one to cope with this task quite rapidly [18 and others].

Thanks to the attainment of the due level of refinement of the consciousness, a spiritual practitioner begins to perceive the Holy Spirits directly with the organs of perception of the soul, and not of the body.

Yet this is just the beginning of the direct communication with God. Later, a practitioner can achieve the state in which God – in His different Manifestations – becomes a greater Reality than the objects of the material world. Such a person gradually “transmigrates” from the world of matter to the world where the Creator and the Holy Spirits abide (and it is worth mentioning that the behavior of this practitioner among other embodied people remains adequate, which distinguishes him or her from the pretenders and from those who are mentally ill).

Of course, such “transmigration” does not happen due to an “instant enlightenment”, described in some pseudo-spiritual tales, but thanks to the persistent work on oneself over many years. Namely, it is necessary to grow as the spiritual heart, become huge, and learn to live, think and act being outside one’s own material body and far away from it. Then it is also necessary to learn to merge

with the Holy Spirits and with the entire Primordial Consciousness.

\* \* \*

Let me draw your attention to an important fact: we, as developing consciousnesses, can really enter the layers of the multidimensional space only if the energy inside our bodies corresponds to the energy inside these layers. So from the bodies that contain coarse energies, we cannot enter the pure and subtle layers of the multidimensionality.

It is also important that after our Divine Teachers – Holy Spirits – have showed us a subsequent (by its level of subtlety) layer of the multidimensional Absolute, we should learn not only to enter this layer but also to come out from it into our bodies and realize in them a respective purification and other refining changes.

Only after this, we can expect to enter and establish ourselves in the next – even subtler – layers of the Absolute.

Let me give you some examples. Such simple meditative techniques as “Giving Away”, “Awakening” and “Pranava” [18] allow one to get to know the Holy Spirits but without being able to distinguish Them individually, i.e. without realizing Which One of Them is communicating with a practitioner at that moment.

However, thanks to the indicated techniques (of course, if we lead an ethically pure lifestyle), we can purify the energy of our bodies to that level on which we can gradually begin to communicate with quite recognizable Holy Spirits. We can do this, among other ways, inside Their Mahadoubles [19,39].

The years of subsequent successful apprenticeship with Them allows us to become gradually acquainted with the gradation of Their states, which varies from the Divine Light to the Divine Fire of different degrees of intensity, up to the “Dazzling White Fire” [9].

Let me explain that the Holy Spirits appear before Their incarnate novice-disciples as the Divine Light (and not as the Divine Fire). Thus it is easier for those students to perceive the Holy Spirits.

Then They lead – with the help of Their states and advice – successful spiritual practitioners to the cognition of more and more subtle states, including those in which They remain in the moment of coming out from the Abode of the Primordial Consciousness.

They also teach how one can turn into the already mentioned “Dazzling White Fire”, with Which it is possible to create and transform objects of the material plane.

In a similar way, a practitioner cognizes the Abode of the Creator in which the *United We* of all the Holy Spirits dwells in the Divine Calm [20].

So, every time we cognize something new on this Path, we need to transform our bodies respectively.

\* \* \*

I hope that I have succeeded in convincing my readers that it makes sense – for the sake of our love for God, i.e. for His sake, and for the sake of our own well-being – to study and keep the Commandments of Jesus Christ. They exhort us not to cause harm to others but, on the contrary, to help them. They teach us how to establish and develop our relations with God and how to perfect ourselves in a better way.

## Conclusion

Some people believe that there is no God.

Others say that there is God, but He is incognizable.

I know God very well; I communicate with Him as much as I want; I hear His directions and recommendations; I see Him in the Aspects of the Holy Spirit and of the Creator. It is not difficult for me to communicate with

such Great Teachers as Jesus Christ, Babaji from Haidakhan, Sathya Sai Baba, and Others Greatest Ones, especially at Their *working sites* [18,39].

With confidence I can say that God is more visible for me than bodies of incarnate people.

Someone may ask: “How can it be?”

It can be because God is very big, and the Holy Spirits are giant! The Creator fills with Himself all the universal Infinity!

So, why cannot everyone see Him?

It is because I, in contrast to almost all people, indeed strived sincerely to keep an ethically impeccable way of life, and I dedicated almost 40 years to spiritual transformation of myself – with the purpose of cognition of Him and telling others about Him.

And I have managed to fulfill this, because during all these years, my motive for this work was love for Him, for His entire Creation, and for all units of life, including incarnate people.

How do I feel myself now? What do I mean by saying “I” when I talk about myself? Is there self-conceit, self-praise, self-advertisement? No. I simply do not feel myself. I have dissolved myself in Him. When I need to say “I” – it is nothing more than a “way of speaking”; otherwise, it would be impossible to express my thoughts to interlocutors, the speech would become unintelligible.

However, as you can see, I can express my thoughts quite adequately, and no one can reproach me for inadequate behavior. (“No one” except for aggressive primitives, thieves, alcoholics, killers, and other degenerated individuals, who regard only their way of life as the “norm”).

A few companions of mine, who have managed to traverse this Path together with me, can say the same about themselves.

The age of my body is more than 65 years old now. I entered on the Path of spiritual search when it was 27. As God gave me new methods of spiritual development, I

shared them with my friends, and as these methods were accumulated, the stairway of spiritual ascent was formed from them. Then, I began to give courses of the art of psychical self-regulation [12-13] in different cities and countries.

However, out of thousands involved in this process only a few have managed to achieve the summit. Why? The answer to this question must be clear to you now.

In the latter years, neither I nor any of the people known to me give such practical classes. The methodology in general, concrete initial methods, and many “milestones” and “overtones” of the Path are well described by me and my colleagues in many books published in several languages, demonstrated in films, shown in photo galleries, etc.

In general I can review the following about the system developed as a result of this work:

Its creation began with my desire to become better, to cognize God, and to help others in this task. When I began this search, I strived to include in it all the best that I found in the history of spirituality on the Earth, and God helped me in this. He did this, among other ways, by becoming my direct spiritual Guide, my Guru.

The task of this system is to create the necessary pre-conditions for achievement of energetical purity of the organism and ethical purity, which is essential for successful advancement: God does not allow unworthy people to approach Him! It includes psycho-energetical methods, materials on classics of spiritual philosophy, published instructions of Divine Teachers, and necessary theoretical knowledge on the methodology of spiritual development.

One may ask: to which religious direction does this system belong?

It represents the integral knowledge and can be regarded as modern developed Hesychasm, as realization of the ideas of Yoga, of Sufism, of Taoism, of Buddhism, and of all other spiritual directions that have a healthy basis,

also realization of the precepts of Thoth-the-Atlantean, Pythagoras, and other Representatives of the Creator.

The central part of this system consists in working with the spiritual heart. First, one has to purify and develop the anahata chakra, then one must begin to grow from it as a spiritual heart in the direction of refinement of the consciousness and direct growth of the consciousness. It is thanks to progress on this Path that God may be cognized in all His Aspects. This is the same Path that has been travelled by all of Those Who have achieved the Creator and came to Mergence with Him.

\* \* \*

How could there be anything wrong with leading others to the Perfect, to the cognition of God? Nevertheless, during all the years of my spiritual service, I encountered many times violent hostility from the side of primitive envious persons and from servants of hell. Threats and attempts of punishment, promises to burn me alive, requirements to leave the country forever in two weeks, and even a real killing of me that resulted in two clinical deaths, etc. – such things constantly happened with me on this Path (see more details in [12,18]). There were also police investigations, slander spread through the Internet... For example, slanderers asserted that I was an alcoholic and was treated for alcoholism, that I was a patient of a mental hospital, that I founded a religious sect, that I arranged classes on group sex, and so.

Such attempts to defile the pure are the favorite pursuit of primitive people...

In the USSR there was an absurd sect created by a mentally ill person, Nikolay Antonov<sup>18</sup>. It was condemned by the Orthodox Church and included into a list of destructive sects. It was called “the school of Antonov”. And some people decided to attribute the “glory” of that sect,

---

<sup>18</sup> See [http://www.duel.ru/200102/?02\\_4\\_3](http://www.duel.ru/200102/?02_4_3) (in Russian).

created by my namesake, to me!... I was vilified by them on the Internet for many years!

However, my only relation to sectarianism consists in the fact that I studied the activity of many sects and opposed them by publishing scientific knowledge in my books.

To make it clearer, I should explain that the term *sect* denotes a significantly large association of people in the form of a religious organization which is distinguished by its own peculiar ritualism, by its false worldview and false understanding of the tasks of man in religious and social fields of life. Probably, no one would contest the assertion that in such religious organizations their members usually pay money to the leader and worship him or her.

As for me, there were no such things in my activity – even in plans or thoughts.

... Thus God tested the firmness and steadfastness of my love-aspiration for Him, my readiness to serve Him self-sacrificially.

Well, now I may say that I have managed to pass all these trials successfully.

\* \* \*

In Islam there is the following formula: “Allah Akbar!” – “God is Great!”. It can be very useful not only for Muslims but for all other people, and not necessarily in Arabic pronunciation.

The Creator is indeed great! He is Infinite in space and time. He is the Universal Ocean of the Subtlest Truly Living Eternal and Infinite Consciousness. And He possesses the qualities of perfect Love, Wisdom, and Power.

He waits for us in Himself, invites us to enter Him, to flow into Him – so that we may become Parts of Him and in this state participate in the Evolutionary Process by helping incarnate beings.



The Path to Him is described. It includes two main directions of work: development of oneself and work on helping others.

And let our memory about His Blissful Greatness attract us to His Infinity and accelerate our advancement towards Him!

So, let everyone remember: God is Great! And He calls us to the Mergence with Him!

## Bibliography

1. Antonov V.V. — Imprinting and Conditioned Reflex. “Journal of Higher Nervous Activity”, 21, 4:674-680, 1971 (*in Russian*).
2. Antonov V.V. — On the Role of Contact with the Mother in Psychic Development of a Child. “Journal of Neuropathology and Psychiatry”, 75, 10:1561-1564, 1975 (*in Russian*).
3. Antonov V.V. — On the Problem of Some Conditions of Formation of Dog’s Hierarchical Relationships. “Journal of General Biology”, 37, 2:310-312, 1976 (*in Russian*).
4. Antonov V.V. — S.Freud’s Theory of Psychic Development of Children. In: “Psychic Self-Regulation”, vol. 3, ed. by A.S.Romen: 242-251, Moscow, 1983 (*in Russian*).
5. Antonov V.V. — The Original Teachings of Jesus Christ. “New Atlanteans”, Bancroft, 2010.
6. Antonov V.V. — Divine Fire. Practice of Agni Yoga. St. Petersburg, “Golden Age”, 1997 (*in Russian*).
7. Antonov V.V. — The New Upanishad. Structure and Cognition of the Absolute. “New Atlanteans”, Bancroft, 2011.
8. Antonov V.V. — God Speaks. Textbook of Religion. “Polus”, St. Petersburg, 2002 (*in Russian*).
9. Antonov V.V. (ed.) — Spiritual Heart: Path to the Creator (Poems-Meditations from God and about the Path to God). “New Atlanteans”, Bancroft, 2007 (*in Russian*).
10. Antonov V.V. — Sexology. “New Atlanteans”, Bancroft, 2007.
11. Antonov V.V. — Spiritual Heart — Religion of Unity. “New Atlanteans”, 2008.

12. Antonov V.V. — How God Can Be Cognized. Autobiography of a Scientist Who Studied God. “New Atlanteans”, Bancroft, 2008.
13. Antonov V.V. (ed.) — How God Can Be Cognized. Book 2. Autobiographies of God’s Disciples. “New Atlanteans”, Bancroft, 2008 (*in Russian*).
14. Antonov V.V. (ed.) — Spiritual Work with Children. “New Atlanteans”, Bancroft, 2008.
15. Antonov V.V. — The Bhagavad Gita with Commentaries. “New Atlanteans”, Bancroft, 2008.
16. Antonov V.V. — Tao Te Ching. ”New Atlanteans”, Bancroft, 2008.
17. Antonov V.V. (ed.) — Classics of Spiritual Philosophy and the Present. “New Atlanteans”, Bancroft, 2008.
18. Antonov V.V. — Ecopsychology. “New Atlanteans”, Bancroft, 2008.
19. Antonov V.V. (ed.) — Forest Lectures on the Highest Yoga. “New Atlanteans”, Bancroft, 2008.
20. Antonov V.V. — Anatomy of God. “New Atlanteans”, Bancroft, 2012.
21. Antonov V.V. — The Teachings of Jesus Christ about Our Meaning of Life and about How to Realize It. “New Atlanteans”, 2013.
22. Antonov V.V., Zubkova A.B. — Taoism. “New Atlanteans”, 2013.
23. Babaji the Unfathomable. “Libris”, Moscow, 1997 (*in Russian*).
24. Bonch-Bruevich V. (ed.) — Materials on history and for study of sectarianism and the dissent, Issue 1, Saint Petersburg, 1908 (*in Russian*).
25. Bonch-Bruevich V. — Materials on History and for the Study of the Russian Sectarianism and the Old Belief, Issue 3. Saint Petersburg, 1910 (*in Russian*).
26. Grekulov E.F. — Church, Monarchy, People. “Nauka”, Moscow, 1969 (*in Russian*).
27. The Aquarian Gospel of Jesus Christ. “Society for Vedic Culture”, Saint Petersburg, 1995 (*in Russian*).

28. Zubkova A.B. — Story about Princess Nesmeyana and Ivan. “New Atlanteans”, Bancroft, 2013.
29. Zubkova A.B. — Dobrynya. Byliny. “New Atlanteans”, Bancroft, 2013.
30. Zubkova A.B. — Dialogues with Pythagoras. “New Atlanteans”, Bancroft, 2013.
31. Zubkova A.B. — Divine Parables. “New Atlanteans”, Bancroft, 2013.
32. Zubkova A.B. (comp.) — Book of the Born in the Light. Revelations of the Divine Atlanteans. “New Atlanteans”, Bancroft, 2008.
33. Zubkov A.B. — Parables Lao Tse. “New Atlanteans”, 2013.
34. Zubkov A.B. — Parables about the Elder Zosima. “New Atlanteans”, 2013
35. Zubkov A.B. — Divine Tales of the Slavonic Lands. “New Atlanteans”, 2013 (*in Russian*).
36. Zubkov A.B. — Tale about the Duke of Dmitri and the Sorcerer. “New Atlanteans”, 2013 (*in Russian*).
37. Melgunov S. — Church and State in Russia. ”T-vo of I.D.Syтин”, St. Petersburg, 1909 (*in Russian*).
38. Spalding B. — The Life and Teachings of the Masters of the Far East, “Sofia”, 2007 (*in Russian*).
39. Tatiana M. — On the Other Side of the Material World. “New Atlanteans”, Bancroft, 2012.
40. Teplyy A.B. — Book of the Warrior of Spirit. “New Atlanteans”, Bancroft, 2012
41. The Church in the History of Russia (IX century — 1917). Critical Essays. “Nauka”, Moscow, 1967 (*in Russian*).
42. Shyam R. — I Am Harmony. A Book about Babaji. “Peace through Culture” Association, Moscow, 1992 (*in Russian*).
43. Yogananda — Autobiography of a Yogi. «The Philosophical Library», N.Y., 1946.