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Life for God.

A Book for Seekers of Freedom!

Translated from Russian
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This book discusses the question of the meaning of our lives on the Earth, the ways of realization of this meaning, and different kinds of manifestation of religiosity in different people — depending on their level of intellectual development.

It also covers the subject of the upbringing of children — from the standpoint of laying a basis of 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!

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We must try to remember always that by our every action, every phrase, every thought, and every emotion — we ourselves are building our destinies for our future.

And about what — God wishes to see us, i spoke enough already.

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 [7-12,16,23, 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”. Apostle Philip [8] 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, 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 material world 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 infuse then into the Creator and thus enrich Him with Themselves.

It is for this purpose we exist on the Earth. And only on the basis of this knowledge we can understand what is 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). [7-9,12,16, 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 groups¹ according to their intellectual levels:

9. Avatars.

8. Prophets.

7. Geniuses.

¹ We discuss other schemes of psychotypes in [8,10,12]. Apostle Philip, too, discusses this subject in His Gospel [8].

6. Reasonable people.
5. Those who retain the “human form”.
4. “Physiologically silly”.

-
3. Morons.
 2. Imbeciles.
 1. Idiots.

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 feeble-minded 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. But 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. But in 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: 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 18-19th 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 which 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. Also they 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 chakra ajna [12]. And they can perform successfully positive socially-significant work within the field of professional knowledge which they have mastered. But they do not have yet 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.

What concerns religion, these people usually become atheists or followers of particular religious movements. And they cannot overcome by themselves the erroneous sectarian narrow-mindedness. Even as the representatives of the previous stage, they, too, are enslaved by dogmas and rules, 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] called this kind of intellectual narrowness by the term "human form"² — 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!" [6] — 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

² 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.

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” happens 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 chakra ajna that develops first — both in psychogenesis and in ontogenesis. And it is the part of the consciousness related to this chakra that allows man to manifest the personal positive qualities at the fifth stage.

But one’s success in development at the sixth stage is determined by the maturity of the chakra sahasrara as well. With the intellect developed in psychogenesis (and in ontogenesis) such people can easily comprehend all the subjects which they want to master. This allows them to plan and to foresee the course of events, to draw conclusions from mistakes, and to guide successfully 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 master more successfully these higher stages, a person possessing a developed chakra sahasrara has to make efforts on transforming oneself into a spiritual heart growing outside the material body.³ [7,9, 11-12,23]

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,

³ The development of the spiritual heart can start much earlier. This creates conditions for faster evolutionary growth and will allow one to master more easily the higher stages of spiritual development in the future.

— 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.

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 with material food statuettes of “gods”... This rule implies that one should dedicate one’s own life completely to doing tasks which contribute to the Evolution of the Primordial Consciousness.

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

Also any other activity involving helping people in their righteous existence on the Earth is 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 approached from this their state the state of Holy Spirits and 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:

“... (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 consciousness⁴ 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!

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

“When you dedicate all the strength of the soul to serving Me⁵, then you begin mastering Mergence with My Omnipotence. This is a very gradual process...

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

“After all, being in Me means to be Me! Therefore, the flow and the essence of your thoughts must correspond to this. I suggest that you master broad-thinking — thoughts flow easily, smoothly, calmly and become manifested from the *Depth* on the material plane. And then one can encompass with the consciousness not only forests, meadows, rivers, lakes with their inhabitants, but also countries, continents, nations and communities of people, feeling them all together and 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 High-

⁴ I.e., not with the manas but with the buddhi.

⁵ This constitutes the main essence of true monasticism.

er “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!*

“... 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 live Those Who became *One* with the Father. 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 God. [8,16,23]

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 [16]) and to substitute it with the *buddhi* merged with the Creators. In practice, it is achieved, first of all, by treating the body and *jiva* with the *Divine Fire* and learning to become this Fire [12,16].

But in order to realize this, it is not enough to have a desire and knowledge about this possibility. One needs to have 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... [8-9,12,16].

Good and Evil.

Causes of Hatred and Love

There exist the morals of primitive people — and the objective ethics suggested 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) are enemies! 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 from others (sometimes to their own detriment) for oneself.

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, to hell.

What concerns the ethics of God, they 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 us to 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 higher than one's own interests, life for the sake of others, 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 moral principles into the mentality of masses. It 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 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 moral principles by imitating others or by being subjected to someone else's authority. And unfortunately it happens quite often that it is the authority of very egocentric primitive devilish individuals...

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 [10,12,16,23]. And the accumulated "mass" of the consciousness determines, in particular, one's capabilities of influencing people.

Now it must be clear to the readers that not all souls coming to incarnation were before "little angels": souls are very different.⁶ What does it depend on in every particular case? It depends on the accordance of the destinies of the parents and the destiny of the soul to be embodied.

⁶ See also [13].

* * *

Once I carried out experiments [3] which 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 pups-brothers.

In the beginning, all pups looked like little dog angels, which is well known to dogs 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 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, which include a collection of texts on this subject. Then one can accelerate significantly the process of spiritual self-transformation with the help of the methods of psychical self-regulation [12].

Thus everyone can become a representative of Good.

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

But this evil also has its own place in the Evolutionary Process.⁷ 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 [10-12]). Probably there are not many people who lived their lives in as severe conditions as I did! But 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.⁸

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

⁷ Krishna spoke about this through the Bhagavad Gita [8,15].

⁸ The same ideas are found in the Teachings of Agni Yoga [8].

How Can One Help Children?

Certain regularities of a child's development and factors that affect this process, also the methodology and methods of helping children in their development are discussed in our books [8,13,16]. 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 formation of the psychics of every child.

The parents, other relatives, and teachers in schools have to show to children, by their own behavior, examples of a truly spiritual way of life, including emotional reactions. For this purpose they themselves have to learn the basics of ethics and the art of psychical self-regulation [8,10-13,16,24,26-30].

Instructors have to demonstrate to children examples of a good and careful attitude towards them. On the other hand, they should not allow children to manifest 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 instructor's heart love.

In teaching children it is desirable to put the emphasis on broadening their outlook in different positive areas of human activity and knowledge. It 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 [10-13], even if in their families there are other rules. Only by these measures one can help children to avoid many illnesses and coarsening of themselves as souls.

Sport games that cultivate coarseness, violence, and aggressiveness are very detrimental to the correct devel-

opment 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! [8]

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 [8,12-13,16,26-30].

Many may find helpful the formula that once was given to me by God: "Every instance of leaving the state of love results in the accumulation of negative karma!" [10].

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 "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 [6] in 2003 by one of the *Geniuses* — Russian poet Nikolay Nekrasov:

Light of dawn reflected in birch fresh leaves —
And they shone 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 cherishing trees, kissing leaves and blossoms,
Embracing them warmly to give loving sensation!
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 [8] 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 soft murmuring of a forest brook, whispering of leaves, 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... And then it becomes clear that behind all the 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. And then — to stroke with this ray of light the trunk of the birch: as 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!

“Also one can stroke God with this ray and feel *Joy of God* in response...”

“Everything around you loves you, man! 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 energies of the universe inside man come then to harmony!

“This can be given not only to those who are close to Higher Initiations. This 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 first changes.

“... Or it is possible to lie on the Earth with the arms spread, 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 can increase the awareness, improve health, and remember this exercise as something very significant!

“Also one can 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 — how beautiful the Divine Creation is! 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 a camera, painting... In any case we have to be open to each other and to the life around! 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 are love, benevolence towards everyone, caring attitude, and respect — then all these qualities will be developed when the children grow.

But 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 be joyful! People have ceased to enjoy in natural beauty — and this is very sad for God.

“There is 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 the beautiful! To notice it — not only when admiring forests, meadows, lakes, steppe, seas... — but also in dewdrops, in the first rays of the rising sun, in the drops of rain, in the blades of grass, in the singing of birds, in the thin new moon... — everywhere one can discover the wonderful beauty of the Creation!

“And when people learn to notice the beautiful and to enjoy it, then they can understand and fall in love with Him 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 the 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! And 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 anyway 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 child’s vices have roots in the soul of the teacher.

“One can repeat good words many times... — but what is the worth of the words of the one who cannot follow impeccably one’s own advice? By such a behavior the teacher can depreciate forever the beautiful and correct values which 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 form in children souls 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 so very interesting! However, now on the Earth (with some exceptions) the word God is related in children’s minds mainly with tedious edification from adults... But 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 the Avatars come to the Earth — to show to people examples so pure and beautiful that many souls may aspire to Them with great love, may accept Their advice, ethic precepts, may follow Their example in everything! Avatars show with Themselves examples of Love, Goodness, Knowledge and 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 which give, create love — have become the basis of soul's life, then such a soul cannot fall! And having such a background, the intellect has to be developed on it! A healthy and joyful way of life in harmony with nature, giving love to others — this is how souls have to be educated! The development of 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 language 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*. Also one should 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, in most detail — in [5].

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 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!), also 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 with a knife (without any anesthesia) the clitoris!...

... From the standpoint of the above-discussed knowledge about the stages of intellectual growth, every reader can judge: people of what levels of development

support such traditions and 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.

But the dominating everywhere on the planet at present ritual religious forms, of course, cannot lead both to any cognition of God in all His Manifestations, and, moreover, to Mergence with the Creator. Participation in rituals may serve only a starting point for neophytes who — with the help of these rituals — get their first mystical experience. This may give them evidence of existing “other-worldly” spaces — and such people start to study them and make their own real efforts towards spiritual Perfection.

It is also important to understand that it is in that human society, which is keened on rituals, different sectarian beliefs appear where they claim that only they are right in matters of faith, only their God is true... Though God — is only One, not only for all the people of our planet but for the entire universe.⁹ And the methodolo-

⁹ This subject was considered in detail in [7-12,16], so we will not dwell on it now.

gies 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, there were allegations about the unknowability of God...

Yes, for those people God really is unknowable, since they still did not come on the path of religion — but already teach others... from their level of development and understanding...

Let me, by the way, note that neither Jesus nor any other Divine Teachers taught people rituality. Rituality was thought of by people themselves! It is not “of God”! And it can become a “trap” for those who really could start their own serious efforts on the Path to God.

On what should such efforts be based?

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

Everyone must also have a fairly clear understanding of what mean such words as *God*, *man*, also such concepts as the *meaning of our lives* on the Earth and beyond, and *what are the objectives, principles, and specific methods of spiritual development*. All this is explained in detail, observing this topic from different foreshortenings, in particular, in the books [7-16,23-24, 27-28,30].

* * *

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 Tzu, and Others), India (Krishna, Babaji from Haidakhan, Sathya Sai Baba and Others), Judea (Jesus Christ).¹⁰ 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). [8,11]

Yes, the methodological bases of all the main existing spiritual branches — are identical, whether it concerns Hesychasm, Taoism, Sufism, Raja Yoga and Buddhi Yoga¹¹, etc. — unless they have been distorted and perverted by ignorant people; this, unfortunately, happens very often [7].

In Eastern European countries — after the establishment of Orthodoxy in them — a number of spiritual seekers attempted to escape from the oppression of religious rituality.¹² They, in particular, looking for ways for obtaining the love, which Jesus Christ urged people to, — developed the method of inviting Jesus into their own spiritual hearts. It was named as *Jesus prayer*. Different versions of this prayer-meditation sometimes gave the positive effect of “opening” of the spiritual heart. Such

¹⁰ By the way, one of the best textbooks on Hesychasm was written by Lao Tse under the guidance of Huang Di [8,14].

¹¹ Raja Yoga includes cleansing and initial development of a consciousness (soul) inside a human body and a “cocoon” surrounding 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 of doing this by the developed spiritual heart.

¹² About the religious situation in Russia of those years — see in detail in [7,17-19,21].

an adept then for the first time felt the emotions of the heart love, the mastering of which we are continually encouraged to do by God.¹³

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 allocated, first of all. He was that Who really has reached Perfection in the cognition of the Creator and merging with Him [8]. Although there were also others Hesychasts who have attained great success on the spiritual Path.

But almost all of the first Christian-Hesychasts finished their earthly lives under terrible tortures in the monastery prisons — as “heretics”. So, to them — the true followers of Jesus Christ — it was committed by those who insisted on the “saving power” of only... rituals. Those executioners, defending their false faith, became enemies of both the people and God... [7].

* * *

The author of this article, a scientist-biologist, with his colleagues, has continued — under the direct guidance of God — strengthening and further developing 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 [12]. The technique consists in the fact that simply moving concentration of consciousness into either of these bioenergetic organs leads to well-defined changes of emotional and volitional proportions of the practitioner. Because of this, one teaches oneself to easily regulate both mental and physical abilities — and emotions. In

¹³ In detail — see in [12].

particular, such a practitioner gets rid of the negative emotional dominants easily by entering into restful, bright, and clear states of the consciousness.

When the author was beginning to study religion, he held the following principle: to collect and integrate all the best of all the historical spiritual experience of mankind. And it has succeeded. On this basis, the 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. [9,12]

The personal apprenticeship under Jesus Christ and other Divine Teachers — the Holy Spirits — allowed exploration and description in books — for the first time, and with a simple and understandable language:

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

In particular, the essence of those typical in some Christian traditions terms, such as God-the-Father, the Holy Spirit, the Trinity, has been exhaustively explained.

* * *

Sometimes we are bound to hear such an opinion: “who will work in society, if everyone would seek solitude in the quietness of cells?”

But, first, understand that Hesychasts are looking for the silence which is not external but internal. And among the bustle of the outside world — Hesychasts will remain in the inner peace.

While yes, it is more convenient to start learning Hesychasm in a quiet privacy, along with like-minded friends.

Secondly, know that never will any significant percentage of the members of any society chose to become Hesychasts. Why? — because:

a) young souls will not like long internal spiritual work; for them, as for children, it is appropriate to learn in the world through, on the contrary, external activities, thus gaining necessary life experience;

b) deeply perverse souls will not agree with the executing ethical standards, required not only for all people but, especially, for the seekers of spiritual perfection; one need only look at the ethics of nourishment [3-7];

c) also many people are afraid to be “not the same as all”, being intimidated by aggressive atheists and sectarians; in fact, one needs firstly to become strong — to survive in such conditions, where one defends the right to live in accordance with God’s Will, not the “concepts” of a crowd...

... But an adult, intelligent and strong person, who realizes the meaning of his or her life and knows the responsibility of his or her actions before God — such a person will fight for the right to execute the Will of the Creator — because of love for Him. And 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 from it the world around, to think, speak, and act from it, also not losing this capacity having become tired, during sicknesses, conflicts, and other extreme situations, — is only the beginning, the possible start of a long and difficult, but happy Path of gradual drawing together — with the soul — to the Creator.

Of what does this Path consist? First of all, the gradual mastering of subtlety, and then — quantitative growth of the consciousness.

God in the Aspects of the Creator and the Holy Spirit — is the most refined forms of consciousness of all that exists in the universe. That is why for the followers of the spiritual Path, attuning with the finest and most refined states of the environment, and growing tender emotions of care for others — are very important methods of development.

And the strength, necessary for overcoming difficulties on the Path, depends, in particular, on the size of one’s consciousness. And we can actually bring ourselves — as spiritual hearts — up to sizes that were difficult even to 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 [7,10-11,22].

As the individual consciousnesses of the spiritual seekers grow along all the above mentioned directions of development¹⁴, they begin to perceive — with the vi-

¹⁴ Ethical, intellectual, also refinement and then the direct growth of a consciousness.

sion of souls — concrete Divine Teachers, Holy Spirits. There appears the opportunity not only to see and hear Them, but to embrace Them, to merge — with consciousnesses — with Them. And this is really 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 also God tests many times each one claiming to approach His Abode — on the conformity to His ethical parameters. In order to overcome the distance from the “opening” of 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, even “warning signs” are installed on especially difficult areas, — moving by it is 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.

And also let us understand that Jesus Christ wishes to see exactly this in the lives of His followers! This is what He is teaching us!¹⁵

Good luck I wish to all those who are going!

¹⁵ The detail analizys of His Teachinigs — see in [8]; see also [7,9,12].

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, recommendations; I see Him in the Aspects of the Holy Spirit and of the Creator. Jesus Christ, Babaji from Haidakhan, Sathya Sai Baba, and other Greatest Ones — communication with Them is not difficult, especially at Their *working sites* [9,12,23].

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

Someone may ask: “How can it be?”

But God is very large! And the Holy Spirits are giant! The Creator fills with Himself all the universal Infinity!

Then why cannot everyone see Him?

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 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 tell my thoughts to interlocutors, the speech would become unintelligible.

And, as you can see, I quite adequately express my thoughts. 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 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 of them. Then I began to give courses of teaching the art of psychical self-regulation [10-11] — in different cities and countries, in particular.

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 anyone 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. In particular, He became my direct spiritual Guide, my Guru.

The task of this system is to create the necessary preconditions for achievement of energetical purity of the organism and ethical purity, which is essential for successful advancement: God does not allow unworthy

people 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 chakra anahata, then to 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, God may be cognized in all His Aspects. It is by this Path went all Those Who have achieved the Creator and came to Mergence with Him.

* * *

To lead people to Perfection, to cognition of God — what wrong can one find in this? 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 [10-12]). 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...

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 Antonov¹⁶. 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, created by my namesake, to me!... I was vilified by them on the Internet for many years!

But 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 more clear I should note 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 also the statement 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

¹⁶ See http://www.duel.ru/200102/?02_4_3 (in Russian).

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 infuse 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 merge in Him!

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