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Life for God.

A Book for Seekers of Freedom!

**Translated from Russian
by Vladimir Antonov.**

**Corrector of the English translation —
Hiero Nani.**

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

Vladimir Antonov

What Is God?

Vladimir Antonov

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”. 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, 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 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.

God is Near! (Revelation from Andrew-the-Apostle)

**Written by
Anna Zubkova**

**Relieve the melancholy and crying fetters!
Worry and anger — reject!
All that hinders and everything oppressing —
Shake it out like dust and throw it off!**

**Understand, at last: your life and destiny
Are in your and in God's Hands!
God is always with you,
So forget the fear of loneliness!**

**God is beside — here and now!
He is always with you and in you!
And you — in your heart — kindle love:
So that Divine Light will not fade on the Earth!**

Talking with God (Revelation from Ódin)

**Written by
Alexey Grechanikov**

**“My beloved,
Lead to Yourself!
Teach: how can I feel You?
Explain: how to start my own path?”**

**“And — my Beloved, Dear,
How can I merge with You?
How to love and embrace all created by You,
How to show Your Light to the world?”**

**“People forgot the Knowledge,
Which is the basis of the universe!
They have lost all the keys!
How now to try to recall?”**

**“To be able to walk to the Light,
You will have to work hard:
The meaning of life you should understand
And decide to change yourself:**

**“To transform Yourself into the Purity,
To root out the vices completely,
To settle yourself firmly in the spiritual heart,
To learn to trust the Leadership of Mine!**

**“The keys to Knowledge are in everything you see:
In beauty and harmony of the nature in calm,
In the cycles of life of all beings,
In series of seasons of years which run.**

**“Behold Me in all creatures on the Earth!
In everything and everyone — love Me!
In the service to all the good — learn to love!
Love is the Path to Me!”**

Learn to Mergence with Me! (Revelation from Adler)

**Written by
Anna Zubkova**

**I am here, with you! Embrace Me —
So that the heart flash in the chest!
Touch by the lips of soul,
Cling to the Limitless Love of Me!**

**Let demarcation disappear between us,
Which divides into “you” — and “I”!
And dissolve your love
In the Greatest Love of Mine!**

**Again and again so merging with Me,
You will learn the life which waits you ahead!
Disappear in the Depths, immerging in Calm —
In the Source of Eternal Love!**

**In this Unity — being the Radiant Light —
You’ll be born, rising like the Wave from the Depths!
You will stand next to Me and Others
In the Ocean of Love, Which is One!**

Why are we needed for God?

Vladimir Antonov

For most people the subject of the title will be unexpected. They — on the basis of their original egocentrism — think quite the contrary: Do I need God?, Why should I have to take Him in my worldview?

And someone may decide that no, He is not necessary for me: since He rules everything, then why on the Earth are there so many troubles, sufferings, and injustices? So, God either is not at all, or, if He ever is, but so cruel, — I do not need such Him!

But these are the conclusions of those who have no understanding both of God and of themselves and their own destination here on the Earth.

Other people agree with the belief of the existence of God, but not on the basis of sound reasoning and knowledge, but only as a result of the “herd instinct”. That is, if all people around me believe, so I need to believe also, and in the manner as do all around me.

A wise large-minded explorer of many different variations of faith among representatives of different religious branches has good reason to wonder and wonder... People, even at present, worship false “gods” of folklore, see their “duty” in making “religious” movements, are involved in meaningless rituals... But, that is most importantly, they all beg God for various benefits for themselves... They perceive God — as a powerful servant, who is to please them in every way... And in order for that “servant” to hear my prayers — I must pray more and more...

But God is not a servant for us! This is us — have to feel ourselves as His servants! (But, firstly, it would be good for us to understand His Will both in respect to all humanity in general, and to everyone specifically).

And an amazing paradox is found by the intellectually insightful followers of religious sects! This paradox consists in the fact that God completely does not require any ritual actions and prayers of people! God wants from us something quite different: we have to become better — in accordance with His Teachings! Our religious efforts should be directed to the perfecting of ourselves in intellectual, ethical, and psychoenergetical aspects of development! Also — to the real service to Him through primarily helping others in their evolution: in their harmonious complicity in the Flow of the Evolution of the Universal Consciousness.

... At this time, God is not only cognized by the representatives of science, but is also sufficiently explored. This information is published in printed books and on the Internet. His Teachings are summarized and presented in a systematic way maximally convenient for study. [17-21] And now it is desirable to make this knowledge accessible to the entire population of our planet. Let atheists receive full and clearly set out information about God and the place of each one of us in the implementation of His Plan. Absurdly distorted ideas of Him could not satisfy the intellectually developed people, that is why they are atheists... And the adherents of various religious branches would be able to correct their understanding of God and of their own lives...

Studying these materials, one can imagine how they would change the lives of all people, if they knew the true meaning of their lives and the possibilities of its implementation!

*** * ***

We discussed this topic in detail from many different angles in previous editions. So now I only briefly reiterate the main essence thereof.

God in the Aspect of the Absolute can be described as the Universal Macroorganism, Which is continuously evolving, multiplying Its Perfection. This Macroorganism is really multidimensional, i.e. consists of layers with differing levels of subtlety-coarseness. The Subtlest Layer is the Main Essence, Which is called by people in their different languages as the Primordial Consciousness, the Creator, God-the-Father, Allah, Tao, Ishvara, Jehovah, Svarog, and by other words.

Paradise is the layer (eon, loka), adjacent to the Primordial Consciousness. This is the abode of those who have reached a high level of refinement of consciousnesses, but did not yet develop all the qualities required for entry into the eon of the Creator.

At the opposite end of the scale of subtlety-coarseness is hell — “abode” of those who cultivated vices, such as malice, aggressiveness, irritability, and similar soul qualities. Hell is the “rubbish heap” of the Evolutionary Process. Life there is a nightmare of permanent existence among similar primitives.

Evolution of the Absolute is realized by the Creator — by creation of “islands” of matter in cosmic space, where (when favorable conditions appear there) “planting” the rudiments of souls, which will grow step by step in plant, animal, and then human bodies. Those souls, which reach success in their development, at first are settled in paradise, and then — in the Abode of the Primordial Consciousness, entering into Its *United “We”*.

But those who cultivated the opposite qualities are “rejected”, going into the “outer darkness” of hell.

Another important detail to answer the possible question of those who have not yet thought deeply on this subject: Why does God need such “complexity”, why not create right away perfect souls? But it is impossible. Creation of matter and the creation of the energy of souls — are different. The first is — for the Creator — easy, the second — the same, but applied only

to the rudiments of souls. And then — souls will — long and hard — develop themselves in series of many incarnations.

Individual consciousnesses (souls) have the ability to grow quantitatively — through eating material food and transmutation of its energy to the energy of consciousness. Only in this way — and not any other — the energy of consciousness can grow. Moreover, having free will, souls may cultivate both positive and negative qualities. But only those who have succeeded in accumulating positive characteristics, including ethical perfection, wisdom, and strength — supplement the Creator.

The main positive attribute of developing souls is their subtlety. Then it has to become saturated with wisdom and strength.

Refinement of consciousness grows by means of cultivation of the emotions of love: tenderness, caress, admiration for the beautiful and attunement with it. “God is Love” — God teaches people through Jesus Christ, Sathya Sai Baba, and other Representatives of the Primordial Consciousness [17-21]. And the “organ” of spiritual love, without which the development of the true love cannot be, is the spiritual heart. The development of this structure of a soul — in the best variant — may be achieved by the art of psychical self-regulation, as we spoke the most detailed in the book [18] and in the video films created by us.

* * *

Do we now understand why we are needed by God? We are the evolving particles of God in the Aspect of the Absolute — with the aim of filling up the most Perfect Part of the Absolute, Which is called by Him the *Heart of the Absolute*.

Each of us should learn to operate in joint affairs with any associate — not from personal primitive ego-

centrism, but with a responsiveness to the interests of the partners and for the success of the common arrangement.

Let God be the Main Partner in the life of each of us!

And if you are living on the basis of His interests — only in this case you can reach the real success also in your own life!

How to Cognize God?

Vladimir Antonov

In order to really cognize God, not only understand this topic by the mind, which, of course, is also necessary, — one must develop oneself along two main lines of psychoenergetical improvement. This is a) refinement and b) the quantitative growth of the soul.

About Qualitative Development of a Soul

The qualitative development of a soul includes intellectual and ethical components, as well as refinement.

A detailed study and scrupulous application to oneself of God's Commandments is a necessary prerequisite for serious work in terms of psychoenergetics. Studying and putting into practice ethical recommendations, given to us by God, one should earn the right, "get access" — to a direct transformation of oneself as a soul with the help of serious meditative techniques.

But it is also necessary to understand that God in the Aspect of Primordial Consciousness (the Creator) is by no means a terrible monster to be feared, but, on the contrary, the Tender and the Subtlest of all energy states in a multidimensional universe (more in detail in

[5-22]). This is the first thing that must be learned, starting to study the methodology of spiritual perfecting.

Moreover, the lack of understanding of the last fundamental truth is usual for almost all mass religious trends that currently exist on the Earth. It went so far that some translators of such great literary works as, for example, the Bhagavad-Gita, translated the words that describe God as *the Subtlest of all the subtle* — as *the least of the low*. It turned out that the Greatest of all existing, the infinite in terms of space and time, God was called... “the least”! And this same mistake is characteristic for the translation not only of the Bhagavad-Gita!

Let’s consider, of what hindering us, we could exclude from our lives with the purpose of refinement of consciousness. It is:

1. Even the very ability to enter into gross emotional states. To achieve what has been said is possible through mastering the art of psychical self-regulation [18].

2. Ethically improper food: coarse energies from killed animals remain in the bodies of people eating them. Such energies can cause not only general coarsening of the soul, but also diseases in the digestive and other body systems.

The same, of course, relate to the use of clothes and other items made from the bodies of killed animals.

3. Close communication with rude people.

4. Location on energetically rough places — negative *places of power* [18].

5. Attunement with coarse non-embodied beings (the creatures of hell).

6. Attunement with coarse works of pseudo-art.

Cultivating the opposite to the enumerated will really bring us closer to the Creator — on our state as souls.

It is very important to understand that the energy purity inside our bodies, perceived by clairvoyance as *light transparency*, is necessary in order to enter precisely into the subtle and subtlest layers of the multi-dimensional space. From energetically dirty bodies, we do not have the opportunity not only to attune ourselves to and merge with the Representatives of the Primordial Consciousness — the Holy Spirits, but even to see Them by the sight of souls.

Direct free fellowship with non-incarnate Divine Teachers, Who in the past had become the Integral Parts of the Creator, is not fantasies or hypotheses, but a fully cognized reality for those who are rightly moving along the spiritual Path.

In particular, when the practitioner reaches a certain level of subtlety of consciousness, sufficient for easy perception of the Holy Spirits, the concrete Holy Spirits, manifesting Themselves for incarnate people in the form of Mahadoubles [17-19,39], first, become the Standards for us to train ourselves to life on Their Divine level of subtlety. Secondly, They can be personal Divine Teachers — quite really visible and audible. We can embrace, caress, merge with Them... And They will lead the worthy disciples further along the Path of perfecting — into the Abode of the Primordial Consciousness.

To realize the easiness of communicating with the Holy Spirits, you may see samples of writing from Their Words, Their biographies and the most important methodological recommendations, as well as poems and whole books of the highest spiritual value [9,12-13,17,21,29-36,39].

... You can hear from ignorant people: but what if you are aligned not with the Representatives of the Creator, but with the spirits of hell? How to distinguish?

The answer here is very simple: both Jesus Christ and all other Divine Teachers of both antiquity and the

last centuries taught and teach now that the characteristic of God is *Light*, similar to the gentle sunlight [9,17-22,30-36,39]. This *Light* carries Divine Tenderness, Caress, Caring, and Wisdom; *God is Love!* (1 John 4:8, 4:16).

But the spirits of hell are visible as black mobile energy clots that carry in themselves and give to the embodied beings hellish emotional states.

God is Love — and therefore, in order to approach Him as souls, we must exclude even the very possibility of egocentric emotions, thoughts, and actions! On the contrary, God invites us to learn to love others who are worthy of it — like ourselves and even more than ourselves! An example of this was shown by Jesus Christ, Who gave Himself to death on the cross — for the sake of people to imprint what the Creator taught us through Him, Jesus.

What is egocentrism? It is the desire to appropriate someone else's, the ability to flaunt before others, to despise others, to look “down” at them, to mock, hate, envy, be jealous, desire to take revenge on offenders, the habit to blame emotionally those with whom we disagree.

Desire and willingness to give and help in everything good those worthy of this, also to forgive, rejoice in the joy of others, to sacrifice oneself for their sake — these are the qualities that we need to develop in ourselves.

... I will give an example. I met with people who are always late for all meetings. And they justified themselves with the following formula: “But I’m always late!”. One of such women even exclaimed with obvious self-admiration: “I only once in my life managed to come on time, but... not where I needed to be!”.

What is behind this way of thinking and behavior? We will see in those people ugly lower “I”, which is able to take into account only its own convenience: “Should I expect, if I come earlier than...?”

I know from my past how it is unpleasant to wait for a late person. Therefore, not wanting to cause inconvenience to another or others, I myself always come in advance.

And while waiting, I never get irritated, but I stay in even calm.

And then, I make a conclusion about the expediency of continuing contacts with those who are accustomed to being late.

... To find a stable inner peace in any unfavorable situation — this can be learned through mastering *the art of psychic self-regulation*, where the emphasis is on the development of the spiritual heart. This can be read in detail in almost all our books and even seen in the films.

Mastering the functions of the spiritual heart — this is the core of the whole Path of spiritual perfecting! Without this, there is not the slightest opportunity to get close to the Creator in a serious way! The spiritual heart is the organ that produces the emotions of love! And, in order to become closer with God, Who is Love, everyone should strive to develop oneself as a spiritual heart!

... Considering this topic in the historical perspective, I note that this was understood, in particular, by the Christian Hesychasts¹ [18]. The development of this trend by us allowed to determine our methodological achievements as *the modern developed hesychasm*.

Of course, this knowledge is not at all the “property” of those who consider themselves Christians. On the contrary, this knowledge is universal and is fundamental for all true spiritual branches.

¹ Hesychasts — from the Greek word *hesychia*, which means *inner calm*, which may be found within the developed spiritual heart. Without fully mastering this stage of development, further progress towards the cognition of God is not possible.

On Quantitative Development of a Soul

Now let us consider the topic of quantitative growth of a soul.

As already mentioned at the beginning of this article, a soul has the ability to such growth. And the achieved size of a soul largely determines its ability to perform effective activity — both among incarnate beings, and in intangible worlds.

From what has been said above, it should become clear that on the Path of perfecting it makes sense to strive from the very beginning to grow oneself in the most subtle layers of the multidimensionality. If we do this in the crude layers of the universe, then we are predestining ourselves to further life in hell — the “rubbish heap” of the Evolutionary Process.

It is possible to refine oneself by exoteric techniques, for example, through attunement with subtle and subtling phenomena of nature.

But there is the main way of correct quantitative growth of a soul through the work with the spiritual heart. It needs, firstly, to “open” the chakra anahata (middle dantyan) and then gradually increase oneself as a spiritual heart (for details, see [18]).

It must also be understood that the upper and lower dantyan are exactly auxiliary to the main dantyan — the middle one.

The main function of the upper dantyan is the intellectual ability. And the lower one is the base of power aspect of development.

At the corresponding stages of spiritual growth of a concrete person, everything valuable, accumulated in the upper and lower dantyan, is brought into fusion with the developed middle dantyan. In this way, an integral, huge, and powerful individual consciousness is formed, capable of functioning far beyond the limits of the living body, which continues to live in health on the Earth.

The next task of such a person is to master the Mergence with the Primordial Consciousness and then help the incarnated beings — from the Unity with the Creator.

We have talked in our books and films a lot about concrete methods of quantitative development of self-consciousness.

On Teaching Spiritual Practices

The masses of people of different faiths spend so valuable time, given to us by God for self-improvement, on various nonsenses — sometimes very malicious, sometimes just meaningless. In this way, they try to satisfy their “spiritual hunger”. Some of them drink urine, considering it as “a method of spiritual perfecting”, others torture their bodies, others jump through camp-fires and participate in other similar rites... This and much more can be combined into a group of esoteric absurdities.

But there are also esoteric absurdities. For example, the “smearing” throughout the whole body of energy mud — from the untreated chakras of the lower dantyan by means of “orbit” motions. Or training oneself to concentrate one’s own consciousness at the point between eyebrows. Or the search for God “at the point above the head”. Or attempts to master “astral flights” with the help of psychedelics, called drugs...

We met pathogenic “healers” and “yogis”, only staying next to which caused diseases, and ignorant people in these situations fell into fainting... Those “healers” learned black magic under the guise of “Buddhist practices”... The essence of those methods was to surround and fill their bodies with “angry deities”², i.e., in fact, with devilish non-embodied be-

² This is the pseudo-Buddhistic term.

ings... So they not only harmed other people, but turned themselves into devils...

Many such distortions could still be listed. As an example, some of the techniques of “modern psychology”, where it is necessary, for the sake of supposedly spiritual help to other people, to humiliate, insult them, scoff at them in every way... Sense? — this supposedly should lead to the destruction of their “lower I”... And this is done for the money, collected from the victims themselves...

What motivates such actions of those who introduce all this dirt? Usually — a combination of ignorance with an aggressive desire for leadership, plus a thirst for fame and money...

... Although there are also sincere and unselfish spiritual leaders who devote their lives to trying to help others. Turning to them, I ask them to consider the following:

Esoteric techniques should not be taught to everyone! They must be dosed in accordance with the ability of each adept to assimilate the intellectual and ethical components of spiritual work!

All people differ, including by age not only ontogenetic, but also psychogenetic. And the longest time — among all functions of the soul — the intellectual function requires for its development.

And without a properly developed intellect — the ethical principles, offered to us by God, cannot be understood and mastered.

Moreover, to put on a young as yet soul a burden of complex knowledge and responsibilities before God — may become an unbearable burden for such a soul. And then such a person can, for example, start “fooling”, yielding to vanity. Or, when such one ceases to understand the essence of the program, this one begins to hate the teacher, accusing him or her in lack of love and that everything he or she says is a lie.

Let us understand that such situations are detrimental to the fate of those who were “overfed” with information: for example, their hatred is programming them to hell.

It turns out that such a teacher — in inexperience — does not benefit others, but harms them, introducing them into temptation.

In any healthy spiritual school, an incomparably larger number of people start to learn than get to the top. The majority should receive only those portions of skills and knowledge, to which they have grown in their personal evolution. And let them grow up, accustoming themselves to life at that stage of the “ladder” of spiritual ascent, on which they have already climbed.

Mastering the initial methods of working with the spiritual heart is not contra-indicated to almost anyone, including children of any age. These methods are detailed in our book [14]. As for the higher levels, it is with them one must display high caution.

Spiritual knowledge and methods can be transmitted in the form of practical trainings — or, for example, through books.

I already spoke that it is erroneous to impose information on someone, who has not yet matured enough for this.

If people just read books about the same — they will not read what they do not understand, they will just postpone such a book for later. In this case, harm will not be done to them.

My personal experience in teaching *psychic self-regulation* and *practical ecopsychology* has allowed me to understand all this and draw these conclusions. That is why I do not conduct any practical classes for many years, but I only talk about this knowledge, as well as in this book.

Attempts by followers to find independent solutions, based on the existing at their disposal descriptions of the entire Path, — develops them more than if

they received practical experience without applying serious personal efforts.

* * *

God constantly spoke and tells people about the need to develop love in oneself — as a function of the spiritual heart! This is what all the Divine Teachers of the past and of the present taught!

Why do people not wish to fulfill these Guidelines of our Creator? Instead, a lot of people are ready to strive to become pupils of any monsters offering their services!

Working on the books and articles of recent years, I saw my task in trying to build the totality of accessible spiritual knowledge, received by mankind from God, in the form most convenient for learning and mastering.

Was it successful? I think, yes. But, if someone does not agree with this, I will not be offended. I do not know how to be offended.

How Is It — to Merge with God?

Vladimir Antonov

Those who have not improved themselves with methods of Buddhi Yoga (or, in other words, with the methods of developed Hesychasm or Sufism), can hardly understand the mechanism of mergence of a developed human soul — with the Divine Consciousness. So let us explore this subject a little deeper.

When ordinary people think about mergence with someone — they are usually referring to sex. Yes, due to harmonious sexual relations between regular partners, among them are very close emotional connections of love. Who is lucky enough to find such a part-

ner — can trace it in oneself. So there has been a real uniting of souls — between incarnate people.

Emotions — they are the states of consciousness. Accustoming ourselves to the states of love, deepening and strengthening of these states — this is a great opportunity, given to people by God, — to learn great and pure love, which can then be turned to Him.

But for our love to become pure, everyone should — on the background of matrimonial relations — closely search for one's own ethical imperfections, such as obsession, violence, jealousy, ability to cause any harm to the partner, and other manifestations of egocentrism. One striving to the spiritual perfection should avoid even a potential possibility of the manifestation of such vices.

The break of well-established relations of love may be very painful: it is the disconnecting of once united souls. The described situation can be remembered by many of us from our own lives. And this knowledge can help someone to overcome easier the pain of parting — either now or in future.

States of love, similar to those considered above, can form also for children, friends, animals, and even plants. But let us always remember that God should be the Main Object of our love.

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How do ordinary people feel the state of being in love? They may either simply “go with the flow” of their emotions, or at a slightly higher level — realize and observe them, thinking: “I am in love” or “it hurts me”. Moreover, these pronouns (“I”, “me”) are attached to one's own body or to the mind; the soul is still not recognized as a subject of these situations. Every such person is still living, being tightly bound with the individual body, thinking and acting from it, feeling oneself as it.

But the methods of development of oneself as the spiritual heart allow receiving gradually greater and greater freedom from the material body, while it remains fully alive and increasingly healthy. The consciousness (soul) of such an adept becomes much larger than the material human body. This difference in size can be in thousands, then millions of times! Such a student now — even if he or she really wants — cannot locate themselves completely in the material bodies! Such a human becomes really ubiquitous across the planet and around it.

Those who have mastered this — also after death of the bodies, of course, continue to feel themselves as huge consciousnesses. They are free to move in space, being powerful, wise, and loving. Their love is the most important quality, since they could not become such, if they had not developed themselves solely as love.

* * *

Emotions of love (as well as any other emotions) may spread out of the material bodies of any person.

If it were otherwise — it would be impossible to unite in love with other embodied souls.

And if the bodies already are not? If now there is only the vast consciousness, not tied to anything related to material objects? Then — it is even easier to merge! This mergence is a mutual penetration and mutual dissolving of consciousnesses. So live Those Who have attained the status of the Holy Spirit. And so Their *United "We"* is formed.

I also mention that the emotions of love — are uniting. Emotions of hate, censure, hostility, also strongly expressed egocentrism — are disuniting. God wishes to see us in uniting, integrating emotions of love. He invites us all to learn to feel ourselves as members of the united Family with other beings and where the Pa-

ter (i.e. the Father) is He. So, by the way, we can become the true patriots — patriots of God.

One last note: when reasonable people and God talk about love — it is necessary to understand that it is not related to lust. Lust (selfish sexual passion) is the opposite of love.

* * *

People generally do not understand who are spirits — and the Holy Spirits.

Spirits are just non-embodied at present ordinary people and other beings. They differ not only in species' belonging in their last incarnations, but also in their habitual state of consciousnesses during lives in the bodies. Those, who accustomed themselves to coarse emotions, take a place in hell. Those, who attained successes in developing themselves as real love, are paradise souls.

All they are not separated by any of the “walls” of our material bodies. They can appear for us, for example, in the form of ghosts, becoming more or less visible for incarnate people. They are all absolutely subjugated to God. Therefore it is necessary to understand that even the entering of infernal spirits (demons) into human bodies — it is also a necessary measure for making open to reason for some of those embodiments who behave wrongly, from the viewpoint of God.

And what do people know about the Holy Spirit? Bird-pigeon? Similarity to the part of plant shamrock? And even saying that the Holy Spirit is Part of the Trinity — Father, Son, and Holy Spirit — even though it is the true, but this does not explain anything and does not approach the understanding of the essence.

In reality, the Holy Spirit (or, in Sanskrit, Brahman) — it is the concept of an aggregate, collecting all Those now non-embodied Humans of both sexes Who have reached the Divine Perfection and now live in the

Abode of the Primordial Consciousness, however easily come out from it for the sake of helping embodied beings.

And we should also strive to achieve the state of the Holy Spirit, to become Ones of Them.

They were primarily the same, as we, incarnate people. But They — before us had time to develop Themselves up to the Divinity.

And now They — with great joy — are willing to help embodied seekers of God, who genuinely seek to learn from Them.

But They are ready to teach only spiritual perfecting. If someone tries to use contact with Them for profit, then They will either remain silent, or joke misleadingly: in order for such persons to realize their error and correct it.

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The spiritual seeker necessarily has to learn to communicate easily with the Holy Spirits: to see, to hear Them, hug and merge with Them. How else is it possible to take the place among Them?

But to do this, we must, first, pass a series of consecutive steps of our own development.

***First* — to receive, explore, and pursue the knowledge of God and of one's own personal role in His Evolution.**

***Second* — to immediately begin one's own ethical cleansing, orienting on the principles that God offers us.**

Purity is to be absolute in everything: in deeds, in words, in thoughts, and in emotions. In all this, it is necessary to try to exclude anything that might hurt someone.

Our thoughts generate emotions. Therefore, one should keep track of one's own thoughts, avoiding negative mental dominants. Noticing incorrect trends

in one's own mental processes, one must make the re-orientation of thinking — to the positive theme. Mastering the art of psychical self-regulation [18] will allow learning this very simply and easily.

It is very important to pay close attention to searching and abolishing in oneself such streaks (in other words — properties of the soul), as violence in its various manifestations, including boredom, also — envy, irritability, and the desire to get for oneself instead of care primarily about the welfare of others.

A special kind of malicious thoughts and emotions is the compassion to oneself. Such states deprive a person of power and stop the spiritual growth.

Jesus Christ and Sathya Sai Baba spoke much and in detail about typical human vices. It would be very helpful to re-read many times Their remarks on this subject [8,17,21-22], noting for oneself, with what else one needs to work on.

One of the common mistakes in the ethical work of beginners is that the reader agrees with everything written, but does not apply this specifically to oneself. And then one commits precisely those mistakes, about which one has read about, has seen in others, but has not thought about the possibility of repeating them oneself.

Third — one needs to cleanse one's organism from bioenergetical contaminations. The first thing — to clean the chakras and main meridians [18]. It is also desirable to pull away from contacts with coarse people. These actions will, in particular, quickly get rid of many chronic diseases. Also, that is even more importantly, we cannot perceive from energy-contaminated bodies the Purity of the Holy Spirits and approach Their Abode.

This stage of spiritual work, dedicated to putting in proper order the energy structures of our bodies, is called Raja Yoga. When it is completed — it becomes possible to begin development in Buddhi Yoga.

Buddhi Yoga involves the active development of the consciousness (soul) outside of our material bodies. And this is what allows reaching, as the result, the direct active communication with God.

There are many methods of development of the consciousness in ***Buddhi Yoga***. Some of them are described in the books [17-19,39], and some are even shown in our video films.

But in this publication, I will describe only a general scheme.

The correct course of development of the consciousness in ***Buddhi Yoga*** is the preferential growth of oneself (as the consciousness) as the spiritual heart. Attempts to the preferred development of structures of the lower and the upper dantyan have to be recognized as erroneous and harmful; they are taken by those who do not understand, do not see the Aim of spiritual development and therefore can only create fantasies at a pseudo-spiritual level.

The true efforts should be directed, first, to the “opening” the spiritual heart in the chest chakra anahata (middle dantyan). Such a person acquires the ability to look at the world “through the eyes of the heart”, bad thinking dominants and negative emotions disappear, the emotional state becomes steady, loving.

For further development of oneself — now as solely the spiritual heart as the most important part of the consciousness — the most comfortable methods are the meditative trainings performed in open spaces: over large water reservoirs, from mountain peaks, above deserts or steppes.

What could be a great help here, is the methodological principle, which can be roughly named as “Head — Anahata”. What is in question here? We settle the structure of the upper dantyan — to communicating with the world of matter. And we are feeling anahata chakra, which is located below the head, — growing in increasing volumes of space; it needs also

to take into consideration the space multidimensionality.

It is convenient to start such trainings, standing — up to the neck — in a warm and calm water of large water reservoirs. Hands of consciousness, coming from the spiritual heart and consubstantial to it, fondle all beings, existing in water, keeping them on the palms of our love.

Or it is possible to keep on the palms of love those creatures that live in a forest, in a meadow, and in other landscapes. Or — those living on the whole accessible surface of our planet. Use in such meditations not two but any number of hands of love — and act with them in all directions at once.

Then let the growing in such a way spiritual heart gradually fill the light inside the planet — with an accent on subtlety in the state within the Earth's core. And then we, having gone through the core, expand our presence in the *Ocean of Divine Fire* — so the active state of the *United "We"* of the Holy Spirits is perceived. (In Sanskrit, this *Ocean of Divine Fire* is called by the term *Paramatman*).

Having mastered in due measure one's own identity with this *Ocean* — the spiritual seeker develops the ability to rise out of It over the surface of our planet, being the "Sun of God" — to be for other seekers of God the obvious Standard of Divine Purity. He or She becomes the Open Gate from the Primordial Consciousness — to the world of Creation, to incarnate people.

* * *

To walk this way is possible only under the guidance of Divine Teachers. For this it is necessary to properly prepare ourselves for the discipleship at the highest levels of consciousness development that we

have already discussed. I only emphasize once again that the most important thing here is the ethical purity.

Divine Teachers (Holy Spirits) are everywhere. They keep track of all our actions and even thoughts. They are willing to help us to get better. And for this, They create for everyone the most favorable conditions, placing us in certain learning situations — according to the destiny (karma) created by each of us for ourselves.

The easiest way to begin communicating with the Divine Teachers exists at Their *working sites* (one of kinds of “places of power”). Here They can be perceptible as Mahadoubles (giant anthropomorphic Forms) or as the “Suns of God”.

Incidentally, the term “places of power” was introduced to spiritual science by Juan Matus, that has been described by Carlos Castaneda [8,17,etc.]. “Places of power” are either positive or negative [18]. In spiritual work, we should be able to avoid the negative “places of power”. And to work well, improving ourselves through the art of meditation, — it is relevant at the positive places.

Such places vary significantly. And a sequence of such places can be formed for training — in accordance with the stages of meditative perfecting. For example, there are places for the work with Kundalini, for entering into each of the eons (lokas) of the multidimensional Absolute, for transporting all the best that has been accumulated in the upper and lower dantyanas — into the developed spiritual heart.

... The author of this publication and his colleagues, who for decades devoted the whole to the study of God and of the methods of cognition Him, have been shown by the Divine Teachers a lot more than one needs to “take” these spiritual heights. This has provided us a great breadth of vision in understanding the structure of the Absolute and the variety of methods of spiritual self-realization. This allows, in

particular, us to adequately see the different existing techniques — right and wrong — in proper perspective.

But the program described in this article can shorten the Way, focusing only on what is most important: what is really easy and understandable enough to help others to become Members of the *United “We”* of the Holy Spirits. The other nuances can be cognized later.

Good luck to you all!

Cling to Me! **(Revelation from Adler)**

Written by
Anna Zubkova

**By lips of the soul — kiss My Light,
Gently embrace Me,
With all your heart and with all your love
Cling to Great Love of Me!**

**And then — I enter into you,
And you — become Me:
After all, I fill you
With infinite, boundless Me!**

**I fill your body, too,
With the Fire from My Depths!
... There is only the vast Living Flame,
Which is included in *United We!***

**It is *One* for all and everything —
The Basis of the whole universe!
Fire, creating life,
It's the Power of My Love!**

I Want to Teach You to Be Me! **(Revelation from Adler)**

Anna Zubkova

**I want to teach you how to love,
As I love you and all!
I want to teach you how to talk,
How I talk on this topic to you!**

**I want to teach you to watch
From My Depth the Creation!
I want to teach you to be Divine Fire,
Which is One for the universe!**

**Let Me merge with you!
Shine with Radiant Light like I do!
Light for all existing around
The Living *Wisdom and Love* of Mine!**

**I open My Embrace,
I am taking you into My Love!
And then let My Love on the Earth
Rise like *Sun of God!***

Divine Flame **(Revelation from Sarkar)**

**Written by
Anna Zubkova**

**Find the Fire of My Love — in your heart!
Let My Living Flame not leave it!
Let My Fire shine for people through your heart!
Let the Flame of Heart be one — of you and Me!**

**Go by land and be like a torch!
Let your Fire illuminate people's way —
This way is eternal for every soul —
The *Path of love* to Me!**

**Become Love, streaming Light
Over our common planet!
Become a Soul, carrying Fire,
And live in Oneness with *United We!***

**One Who holds My Immensity,
All the Sea of Living Flame, —
This one enters the Temple of Primordial Light
And stands above the Earth, like Me!**

Beauty: Its Role in the Spiritual Development

Vladimir Antonov

The ability to attune oneself to the tender Beauty is one of the important conditions for successful spiritual growth.

This is necessary not only for esthetical but also for ethical self-transformation in accordance with those precepts (ethical principles) that God suggests us through His Messiahs-Avatars. (You can read about this in detail in such books as [8,17-19,21-22]). Yet it is essential not only to read about this and agree with the correctness of these principles of conduct, thinking, and emotional reaction, but also to apply them to oneself, transforming oneself as a soul in accordance with them.

The best way to achieve this is to work persistently with the relevant texts: to read them many times, to copy for oneself the most important — on the current stage of development — principles, to discuss these

topics with like-minded friends with the analysis of concrete life situations.

Later it is greatly advisable to read again and again the entire list of precepts: in this case, we have a possibility to notice what we did not notice before. One of our properties is that we perceive each subsequent, deeper layer of information only when we have assimilated the previous ones.

Let us understand that a person who possesses strong egocentrism and lives in the emotions of anger, irritation, condemnation, as well as envy, jealousy, fear, and depression, does not have any chances to advance significantly on the spiritual Path.

... It is said about some people: "Beautiful soul!" What does this mean?

This means that such people have developed themselves as spiritual hearts and live now without the above mentioned negative emotions. They are humble, not violent, never rude, calm and energetic at the same time. They give others the emotions of their heart love, they are kind, ready to help those who need help, keep what they said, reliable.

These qualities of the soul are greatly appreciated not only by the people around them but also by God. And such incarnate people are those who are accepted by Holy Spirits and Messiahs as their closest disciples. God takes care of them before all others, and that is why they can advance successfully and quickly towards the Perfection.

But how to achieve this state?

Apart from what was said about the work with the sacred texts, it is necessary, first and foremost, to develop oneself as a spiritual heart.

The given topic was the foundation of the ancient Christian tradition known as *Hesychasm* [18]. It also constituted the essence of all other true religious traditions.

After all, what is, for example, true Christianity? This is the Teachings of Jesus Christ, which do not consist in the participation in some rites of supposed “salvation” or in praying to someone so that this person can get the forgiveness of one’s sins from God! Jesus Christ never taught this! On the contrary, the Teachings of Jesus explain how one can perfect oneself so as to become truly Perfect, Divine, so as to become a Christ, that is, an incarnate Representative of the Creator on the Earth, coessential to Him!

Let me repeat this thought more concisely: Christianity is the Teachings of Jesus Christ about how to become a Christ!

Jesus put it plainly: be perfect as your Heavenly Father is perfect (Matthew 5:48), and learn this from Me (Matthew 11:29)!

He also spoke about the methodology of such self-perfection: God is Love (John 4:16), and therefore to approach the Divine Perfection, we should develop mainly the aspect of Love in ourselves! (See more details in [17,18]).

The same, but with slightly different words, was taught by all Divine Teachers: strive — through love, first of all — to develop yourselves in order to cognize the Creator of all that exists in the material world and, after achieving the Perfection, flow into Him [17]!

Could it happen that, having read about the possibility of reaching the state of Christ, many weak-minded and other mentally deficient people would start to insist that they have already become Christs?

This is why, among other purposes, it is necessary to explain how and by what efforts these heights of the Perfection are reached! It should be done in order to reduce the number of such “Christs”!

... There is a wise saying of Socrates: Cognize yourself — and then you will cognize the whole world!

Yes, it is crucial to understand one’s own place in the universe and the meaning of one’s life within the

Evolution of the Universal Consciousness [6,7,10,11 and others]...

Yet this knowledge comes, among other ways, through the work with certain structures of one's own organism. And this is not only the brain, which should be bioenergetically clean and function properly, but also the chakras, first of all, the chakra anahata and the spiritual heart that grows inside it and then from it [18-22,30-36,40].

Only if we understand all this, we can develop ourselves as souls (or consciousnesses) effectively!

Sometimes a spiritual heart develops even if a person does not know about this energy structure. Such conditions are created, above all, during a harmonious matrimony and upbringing children. Yet this is true, mainly for those who are incarnated in female bodies. If, on the contrary, we see *heartiness* in a man, this is the result of his successful past incarnation in a female body or of the use of special spiritual practices.

There are special techniques for the development of a spiritual heart [11-14,17-19,36,39]. They are really effective, but only for those who truly strive for spiritual growth and want to be pleasant and useful for God and people of Good.

I already have told in some of my books about my ancient acquaintance, a psychologist by his education and profession. The principal and probably the only method of his "psychological" influence on other people was to shout at them and flood them with the emotions of his hatred.

I taught him the techniques for "opening" of the spiritual heart, and then one night he telephoned me, waking me up, and insisted that he should come to me immediately... Having come, he told me that he, as always, had been waiting at the bus stop for a bus to take him home. Suddenly he had seen some people approaching the bus stop. "In such cases," — he said, — "I always hated them! But this time I, all of a sudden,

felt that... I loved them! What is it? ¿Is this how your methods work?"

I explained to him that this is what every one should strive for: for the "opening" and further development of heart love!

However, I could not help him: he played this "psychological" game and preferred to return to his former way of life. This is how he chose a path to hell for himself, since hell is the place filled with those who hate...

On the contrary, those for whom God is dear, God Who is Love, choose for themselves the path to paradise and then — to the Creator, to His Abode!

... Love and Beauty are closely intertwined!

The Creator made His Creation in such a way that we can choose what to strive for: for the coarse, dull, or ugly — or for the objects of the subtle Beauty.

Those who strive for hell have chosen the former.

Those who esteem Beauty, Love, and God — perfect themselves on the Path towards the Creator, on the Path of the cognition of Him and Mergence with Him. And He is the Supreme Beauty!

... At the same time, we need to take into account that the beings of hell sometimes affirm that the path chosen by them leads to paradise... And that the Beauty is the "intrigues of the devil" attracting us to hell...

The notions about God are also completely perverted among such people. For them God is a terrifying Judge Who punishes with the suffering of hell.

In reality, God is the Supreme and Perfect Love!

However, only those who have cognized Him can know this for sure. And they affirm: yes, this is really so!

Those Who have flowed into Him manifest Themselves for the worthy ones as Holy Spirits, and They recount how They walked to the Perfection by the Path of Love and Beauty! [18,21-22,30-36]

* * *

So, how can those who already have “opened” their spiritual hearts continue to master the Beauty?

At the first stage, the principal method can be the attunement to isolated objects of Beauty. These can be beautiful souls incarnated in beautiful bodies, relevant works of art, including erotic ones, as well as some animals and plants. They necessarily should lead to the refinement of the consciousness, since God — in the Aspects of the Creator and Holy Spirits — is the Subtlest of all that exists!

During emotional attunement to the beautiful and subtlest objects and phenomena, we assimilate the qualities that they have.

On the contrary, when we attune to the coarse, we — voluntarily or not — become coarser as souls.

So, let those who want to advance on the spiritual Path, the Path to God, look, to help themselves, for the objects of Beauty in spite of the yells and threats of the servants of hell!

And let us become gradually a part of this Beauty during such meditative trainings!

The further growth on this Path is achieved through the same attunement to the objects of Beauty each time bigger in size. For example, instead of one flower, which grows in a meadow, let a whole meadow of beautiful flowers, with their fragrance, with butterflies and the singing of birds, meadow illuminated with the rays of the rising, tender, morning sun, be the object for such an attunement!

One, as a soul, can not only merge with this tenderness, but also learn to hold it on one’s own *arms of love*, which come out from the spiritual heart and which are coessential to it!

A soul (or consciousness) has the ability to grow quantitatively, but such growth is correct only if it is

performed by the spiritual heart. This the only way of traversing the Straight Path to the Creator!

Let me stress once again that the development of the arms of the consciousness — arms of the spiritual heart — is crucial! This allows one to learn to *experience oneself* in the subtle and subtlest eons of the multidimensional space and move from one eon to another — up to the Abode of the Creator. This movement is realized with the help of the immaterial arms that have been grown to a great size.

After mastering the functions of the arms of the consciousness, we can, among other things, correct the bioenergetic defects in our own bodies (and in the bodies of other people), healing them.

* * *

Let us not kill flowers, tearing them off or cutting them in order to contemplate their slow dying in a vase or in a jar filled with water!

Or, maybe, we think that by giving someone a bouquet of flowers we do good to that person?

No! The dying flowers create quite unfavorable energy fields of death. These fields cause real harm to the health and spiritual advancement of those who find themselves inside them! And the bigger a bouquet, the more intensive such an influence is.

Our love-compassion should embrace all forms of life, including plants: we should not cause them unjustified harm!

* * *

Beauty is not just a property of the external, relative to us, objects. We ourselves — as souls — should become the objects of Beauty!

For this it is not enough only to have an “opened” chakra anahata.

The Purity and Beauty should be in emotions, thoughts, and acts!

If we have learned to live in the chakra anahata and look from it at the surrounding world, then it is easy to master the complete control over our emotions! We just need not to forget to control our state: when the slightest manifestations of undesirable emotions appear in us, we just make little effort so as to move, with the concentration of the consciousness, into the anahata — and inner calm and love are restored!

How to learn this? For this, we have created and published many times the system of psychic self-regulation, the base of which is the purification and development of the chakras and main meridians! [7 and others]

... We are surrounded by a multitude of people who live constantly in dirty emotions of condemnation, hatred, and disdain for others. These are people of guna tamas, i.e. those who chose for themselves a path to hell — the “rubbish heap” of the process of the Evolution of the Universal Consciousness.

Such people can also be called as dirty souls.

This is clear enough. However, let us look at ourselves and ask ourselves: do I still have an ability to be in such emotions? Am I capable of being in these states even for a short time, for example, by allowing myself to be influenced by someone’s dirty opinion?

If yes, could it mean that some part of me as a soul remained dirty? After all, only a dirty (to this or that degree) soul can maintain and generate dirty emotions!

It is also necessary to watch over one’s own thoughts, since the respective emotions appear as a result of light and bad thoughts. A surplus concentration of thoughts on someone’s incorrect acts or qualities results in leaving the state of love and losing the quality of beauty of the soul.

Nevertheless, we should learn to distinguish the emotions of condemnation — and the critical valuation of these or those phenomena, including the qualities and acts of concrete people. It is essential to develop in oneself the ability to distinguish the true and the false! Without this, one cannot choose a right path for oneself!

Thoughts and emotions determine, to a considerable extent, our acts.

It is not right to live and act according to the principle “I want!” or “I don’t want!”, yielding to one’s own primitive reflexes! We must dedicate our lives to the realization of our higher predestination [6,11] and serve as an example of this for other people.

By the way, the illustration of the mass subjugation of people to the vice of gluttony is an alimentation by the bodies of animals.

Humans, by their biological nature, are not predators. However, many people — by their own will or in imitation of others — make themselves predators, and this becomes the cause of their evolutionary degradation. After all, there is no possibility to obtain the Beauty of the Great Soul (Mahatma), causing unjustified suffering and death to other beings! Killings out of selfish motives are incompatible with Love and Beauty of the soul!

* * *

Sometimes people object, saying that we need protein food! Yes, they are right, but we can obtain all necessary to us amino acids (components of proteins) from dairy products and bird’s eggs. Mushrooms, nuts, and products made from soybeans are also rich in proteins. A variety of these products, as well as of many others, including cereals, tomatoes, and vegetables, introduced into the nutrition, provides us with a delicious and healthy diet both for the soul and body. The

author of this article has been eating in this way for forty years already and has excellent health! (Now I am almost 70).

I can also mention that not all adults digest milk well. This is because the human organism with age stops generating the ferments necessary to process some components of milk. In this case, yes, it makes sense to stop drinking milk.

Moreover, it is necessary to take into account that in the food industry powdered milk is added to many kinds of confectionery (some sorts of cookies, of chocolate), as well as in the majority of mayonnaises, and this can cause problems with digestion. Therefore, it would be correct to examine the composition of such products before buying them.

Bird's eggs should be excluded from the nutrition, but only at the higher stages of the meditative trainings.

* * *

As we perfect ourselves, the vast landscapes — of many kilometers — mountain, forest, steppe, and water ones — can become the objects for our emotional attunement...

Thus, gradually, provided that we adhere to pure (sattvic) nutrition and follow the principle of not causing any kind of unjustified harm to other beings, including plants, we (as souls) grow as the Beauty!

... Later we will be able to merge with the Beauty of Holy Spirits. After all, this is the Beauty of God Himself!

Only those who are ethically pure and refined as the developed souls up to the level of the subtlety of Holy Spirits develop the ability to perceive Them. To do this, it is also necessary to grow as a consciousness up to a great size, since the capacity of the consciousness depends on this.

... They all are beautiful! Among Them there are the representatives of both sexes. This, as a general rule, is determined by the sex of the body during the last incarnation. Each One of Them is Perfect Love, although Each One also has His or Her own tinges of Love. You can try to familiarize yourselves with this phenomenon with the help of a series of photographs, taken by us, of the Mahadoubles of Holy Spirits on their “working sites” (<http://highest-yoga.info/gallery/ru/index.html>).

All of Them, as Consciousnesses, can merge into One, forming the *United We*. Yet They also can manifest Their Perfect Individuality when realizing concrete deeds on the Earth.

That incarnate person who has become worthy of it can also merge with Them — first with One of Them individually and then with the *United We*.

Their Perfect Divine Beauty is superior to any terrene and paradisiacal one!

It is real to submerge forever into Their Beauty and Bliss! And now we know how to achieve this!

... Holy Spirits, as well as the Consciousnesses of the Messiahs (or Avatars), are seen as white and transparent light, which can include goldish or (rarely) pink tinges, and sometimes scarlet ones.

The intensity of Their luminosity is determined by the power of Their Intention manifested in a given moment. It can be deep Transparent Calm (called Turiya state) or, on the contrary, Divine Fire (manifested sometimes as the *Sun of God*). [17-20,39]

On a scale of the universe, Turiya state can be compared with Infinite and Eternal Ocean of Calm with Fire Inclusions inside It. These Inclusions appear where there are inhabited planets and where the intensive Process of the Evolution of the Universal Consciousness goes.

In order to become totally Perfect, it is necessary to master all these states, know how to act from them, and many other things.

The “seas” of Divine Fire can be created not only by concrete Holy Spirits, but also by Their *United We*. These are the Supreme Manifestations of Beauty! This is the Tenderest Flame That takes into Its Bliss the worthy ones!

However, this Fire is unbearable for the people of vice.

Let those who love God strive to approach It — step by step, stage after stage — in order to become It and, from the *United We* of all the Perfect Ones, help to the development of those who evolve in the material bodies on the Earth and on other planets.

* * *

A person develops himself or herself according to the three main directions: intellectual, ethical, and psychoenergetical. While doing this, he or she masters the main qualities of God: Love, Wisdom, and Power.

Beauty, tenderness, and subtlety of an individual consciousness are some of the facets of Love and should be mastered by every one.

You can acquaint yourselves with the illustrations to the theme of Beauty on our web-sites: www.new-ecopsychology.org and www.spiritual-art.info.

It's Wonderful to See the Beauty! (Revelation from Rada)

**Written by
Anna Zubkova**

How it is wonderful to see the beauty
On our living planet,
With a sinking heart, to listen
Singing birds at dawn,

**To wash in the forest brooks,
Dissolve in the calm of fog,
Press your back against the trunk
Of tender tree-the-giant,**

**Or just quietly stand,
Feeling by bare feet
The huge body of our Earth!
... And God is felt near and in!...**

God Has Created Beauty — for you! (Revelation from Wrestler)

**Written by
Anna Zubkova**

**Lakes are like the eyes of the blue Earth...
They look tenderly into expanses of sky!
With a soft calm,
The loving forests hug them!**

**Yes, by the marvelous natural beauty,
God brings people closer to Him!
He teaches us to cherish and love gently —
And to create good on the land!**

**Fog floats above the water,
Each droplet multiplies
Shining glowing sunlight!
... Feel: God has created all this — for you!**

Teach Children to Love Beauty! (Revelation from Lada and Pythagoras)

**Written by
Anna Zubkova**

It would be good to introduce the theme of Beauty in the upbringing of the younger generations!

Souls, which grow in the immediate vicinity of the beauty and harmony of the Divine Creation, have much more chances for a correct and healthy course of their growing up and development.

If children will see and notice beauty — the love in them for this beauty will grow in the most natural way.

How much efforts must be applied then — to teach souls to see and perceive the beautiful, if this ability did not increase with the child's development! How often, even in the outdoors, people do not notice the beauty: they just have not learned to see it, love it! It is a kind of blindness of the soul, which does not know the subtle, tender emotional states!

And this blindness is much more difficult to be treated. Because it will require a person's desire to change oneself!

It is necessary that there is a desire for purity and beauty, for tenderness and love! And, if all this starts from the earliest years of a child's life, how many problems with health of both bodies and souls can be avoided!

It is very important that young children grow up surrounded by the beauty of Divine Creation and learn to see and love this beauty!

Let the *schools of a healthy lifestyle*, including families with young children, be created for this purpose!

The Clothed in the Four Quarters of the Sky

Vladimir Antonov

We have discussed already in our other conversations the subject of the meaning of human life and the ways of its realization. We said, in particular, that the ultimate goal of the life of every one of us consists in achieving spiritual Perfection and Mergence with the Primordial Consciousness (the Creator). The Path to this Mergence consists of stages of ethical and bioenergetical purification of oneself, and then of refinement and quantitative growth of the refined consciousness (soul) — through the growth of the spiritual heart, first of all.

It is important to emphasize that:

a) one's progress on this Path is determined by one's success in mastering the art of psychical self-regulation (it is described by us in detail in the book *Ecopsychology* and demonstrated in the film *Psychical Self-Regulation*).

b) Mergence with God, Who is Love (1 John 4:8, 4:16), is feasible only for those who themselves have mastered the functions of the spiritual heart (the organ of emotional love) and got rid of negative emotional states to such an extent that one may say about them that they, too, have become Love.

Such self-transformation — for every person who is well developed intellectually — is an obvious reality. One just needs to know HOW to achieve this.

Spiritual development was the subject of Teachings of Thoth-the-Atlantean, Pythagoras, Krishna, Lao Tse, Gautama Buddha, Jesus Christ, Babaji from Haidakhan, Sathya Sai Baba, and other Divine Teachers. But it is only by us that, for the first time, this Path was described in detail in a modern language under-

standable to all reasonable people. It was described, in particular, how one can traverse this Path quickly, avoiding unnecessary problems and tragic mistakes. This Path can be denoted by the terms *'modern developed Hesychasm'*, *'Raja and Buddhi Yoga'*, *'true Sufism, Taoism, or Buddhism'*. It can be viewed also — in the scheme of modern scientific knowledge — as a well-developed and well-described, with the use of historical and modern information received from Divine Teachers, new direction of modern science — **METHODOLOGY OF SPIRITUAL DEVELOPMENT.**

This knowledge includes information:

— about the multidimensional structure of the Absolute and about the Evolution of the Universal Consciousness,

— about what God wants us, people, to be,

— about possible variations of one's advancement along the spiritual Path, which every one of us can use when advancing to Perfection,

— about the universal principles of development of individual consciousnesses (souls) and about possible errors,

— about concrete methods of self-development.

The Will of God is to make this knowledge available to all people living on our planet. And all people, including the leaders of countries, have to realize that they are interested in this: after all, if all people understand the meaning of their lives on the Earth, then it will result in a sharp decrease of the levels of crime, suicide, alcoholism and drug addiction, enmity in all its manifestations including international and inter-confessional ones. The health of the masses would improve as well: after all, many diseases result from our ethical mistakes. And people would be able to unite their efforts — for the sake of **BECOMING BETTER before God!**

Why do all these calamities happen to humankind? Because people do not know the meaning of their lives

of the Earth! They do not know what to do — and thus many of them begin to do foolish things!...

*** * ***

We have discussed already that the main suggestion of God for us is that we develop love in ourselves — love for other people, for all the living, love for God.

Realization of this task requires both personal intellectual efforts and use of the methods of psychical self-regulation. Among the latter, the most important ones are the methods of development of the spiritual heart and then the methods of transformation of oneself (as a soul, consciousness) — into a giant spiritual heart, which should be enriched then with all the valuable things accumulated by the person during the entire time of the personal evolution. It concerns, first of all, one's intellectual outfit and the ability to think creatively and wisely without using the material structures of the body.

If one knows HOW to do it — and it is described in our books and in films — then such a transformation (for an evolutionary matured soul) can be realized in a short period of time: for example, in several months or years of work on oneself.

One, who has mastered this, becomes a giant consciousness able to live and to act far outside the material body, to heal both one's own body and the bodies of other incarnated beings, to explore all the spatial dimensions (eons, lokas), to communicate easily with Divine Teachers — the Holy Spirits and to learn from Them, and together with Them to provide help to incarnated beings. And then the Divine Teachers guide Their worthy disciples to the Abode of the Primordial Consciousness. This signifies the beginning of the stage of Mergence with the Primordial Consciousness and mastering the ability of living and acting in this state.

* * *

I should make an important remark: it is only the emotions of love that enable souls to merge with each other!

... What does cause the pain of parting with the beloved one? It is caused by separation of ONE into parts, i.e. separation of souls formerly merged into ONE.

This sad situation, which is known probably to all adult individuals, illustrates very well what MERGENCE of souls is.

It is such a state of Mergence with the Creator that we have to achieve — and never become separated again!

... I want to make sure that everyone understands me correctly: the Creator, God-the-Father is not an old man sitting on a cloud, as He is depicted in primitive sects! He is the Universal Boundless and Eternal Ocean of the Subtlest Primordial Consciousness dwelling in the highest loka of the multidimensional Absolute! We have described this in detail in some of our books, for example in *Anatomy of God, Ecopsychology, Spiritual Heart — Religion of Unity*, also in our lectures and films.

... Can we trace: how do we merge by souls with each other?...

This happens in a natural way, involuntary...

But what does contribute to it? Usually it is long relations in the conditions of conformity of each other's worldviews and interests, also emotional harmony in relations. An important favorable factor can be the harmony of sexual relations if they take place.

This concerns mergence of human souls.

And when the spiritual warrior achieves in personal development (judging by the criteria of intellectual and ethical maturity, subtlety of the consciousness, size of the soul, and the ability to live and to act outside the

material body) the capability of perceiving non-incarnated Divine Teachers and interacting with Them, in this case Mergence with Them — on the background of intensive emotions of mutual love — happens very simply and naturally.

... But how can one merge with non-personified Aspect of God — with the Ocean of the Primordial Consciousness?

In this case, one can benefit from the knowledge that this Ocean is an Aggregate of the countless number of Perfect Souls, Who attained Mergence with It in the past and Who abide now in the state of Unity, in the state of *United We* (which is the same as *United Higher Self*, or *Paramatman*, in Sanskrit). They are united by Their Perfect Love.

It makes sense for every one of us to prepare ourselves for this by learning love and the methods of “dissolution” of oneself through mastery of special techniques of laya yoga.

Laya yoga (we have discussed it in our corresponding conversation) is an important and essential section of buddhi yoga. Its task is to bring spiritual warriors, if they have achieved stability at the necessary level of the refinement of the consciousness, to the state of Nirvana. This allows one to stay in the state of Mergence with the Ocean of the Creator, feeling at the same time that “there is no me; there is only He”. Those, who have achieved this, receive then the right to act on behalf of the *United We*, and then — to use the power of the *United We* for realization of particular tasks.

The main mechanism of Nirodhi is the *total reciprocity*, i.e. transfer of the consciousness into the state of “non-I”.

The state of “non-I” implies dissolution of oneself in the object of one’s love: “I do not feel former myself; I feel only him, her, it”.

On this basis — when one has come to the Merger with the Creator — there appears the perception of oneself not as the former individual “I” but as the *United We*.

In trainings intended for achievement of success in this task, two conditions must be fulfilled:

— full hesychia inside the expanded spiritual heart, and

— the ability to “switch off” temporarily (for the time of the training) the complex of the three upper chakras (i.e. the upper dantian).

* * *

Let us consider now some methods which prepare one for achievement of Nirodhi. (I am going to discuss only some methods, because there are certain meditative techniques which can be harmful for the practitioners if they are used untimely; they should not be publicly available).

... So, in the forest at the time of sunset, in clear and serene weather (it is especially good to do it in spring in the forest with many birches and singing of many birds) one can stay for a long time in the following blissful meditation: “There is only the forest: there is no me!”.

... Another similar variation of this — is the words from the song *Taiga* composed by I.Zhdanov and performed by A.Duglov: “Taiga is everywhere around us! Only taiga! And we are in the midst of it!” In this state we merge with the sea of taiga over many kilometers around our bodies, while the vectors of attention are directed from all sides — toward the center.

... Or we can feel ourselves as an embryo in the body of the *Universal Mother*. First, we feel ourselves the embryo. Then we feel ourselves the Mother in whose body this embryo is contained. In this state, the attention is directed toward the embryo.

... One can also use meditations on mastering the state of *total reciprocity* at special *places of power* created by the Holy Spirits on Their *working sites*. (We discussed these possibilities in our corresponding conversations).

As the individual consciousness grows, one can embrace — from the state of “non-I” — larger and larger volumes of space.

... And now we have come to the meditation mentioned in the title of this conversation: “to be clothed in the four quarters of the sky”. This is the summit of the sequence of training stages in mastering *total reciprocity* on the path to Nirodhi. This is a very large-scale meditation!

This meditation was suggested by the Founder of the Indian religious movement of Jains — by Mahavir.

This meditation is great! And He Himself was Great!

Yet He did not give for His followers a description (recorded on paper or on other mediums) of the methodical stages that could bring one to the possibility to perform this meditation...

Degradation of the movement of Jains, which happened with time, was depicted by Rajneesh (Osho) in one of His lectures. In the last incarnation, He was born into a family of Jains and knew very well their “religious life”. (This lecture was published in the book titled *Bible of Rajneesh*). All the “methodology” of Jains was reduced only to... the keeping of certain rules. Among these rules are the following:

— representatives of different sexes (with exception of spouses) must not stay for a night in the same house, even if it is a multi-storied house in a city,

— one must not use tomatoes for food, because they resemble blood by their color,

— one must not urinate to water, even to water in a toilet...

And many other similar things...

Thus it requires the keeping of so silly “rules” — instead of transformation of oneself as a consciousness and aspiration for cognition of God and Mergence with Him in Love!...

(By the way, similar phenomena are found in some other religious movements, which also have lost God as the purpose for our cognition).

... At present time in India, nude Indian men dance in city squares during Jain celebrations... The call *to be clothed in the four quarters of the sky* was understood as the precept that one should not use ordinary material clothes... Merely this...

... By the way, you may see that my usual forest clothes do not prevent me from staying in this meditation! It is not necessary to undress the body for performing this meditation!

* * *

I saw on TV these non-sattvic dances of Indian Jain nudists. It was a non-pleasing view, to put it mildly...

I know that the true spiritual nudism has to be completely different. It can be really helpful for the correct development of one’s emotional sphere — though cultivation of the emotions of tenderness! It can help also to establishing oneself in the state of harmony and hesychia. Also it teaches one to be detached from earthly passions. And all these are feasible only for those who are capable of living in the spiritual hearts.

However, our today’s conversation is not about the nudism. Those, interested in this subject, can read the corresponding chapter from the book *Classics of Spiritual Philosophy and the Present*, namely from the section dedicated to the Teachings of Jesus Christ.

In conclusion, let me note that Jesus attached much importance to the development of love by people — love in the aspect of tenderness! After all, the emotions of tenderness are among the most subtle states

of the consciousness! Habituating ourselves to these emotions makes us closer to the Divine state in which the Divine Teachers live, the state which is found in the Abode of the Primordial Consciousness!...

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 categories³ 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.
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.

³ We discuss other schemes of psychotypes in [12,18]. Apostle Philip, too, discusses this subject in His Gospel [17].

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 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 con-

trapolation 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 [18]. 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 [8,17] called this kind of intellectual narrowness by the term “human form”⁴ — 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

⁴ 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.

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.⁵ [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.

⁵ **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.**

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 statues 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 [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 consciousness⁶ 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.

⁶ I.e., not with the manas but with the buddhi.

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 Me⁷, 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 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

⁷ This constitutes the main essence of true monasticism.

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 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

Vladimir Antonov

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 imi-

tating 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 [12]. 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.⁸ 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.

* * *

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

⁸ See also [14].

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 [6-22,28-36,39-40], 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 [18].

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.⁹ 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! 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.¹⁰

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

⁹ Krishna spoke about this through the Bhagavad Gita [15,17].

¹⁰ The same ideas are found in the Teachings of Agni Yoga [17].

Modern Hesychasm

Vladimir Antonov

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 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 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. 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, 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 our books.

* * *

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).¹¹ 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 Yoga¹², 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 — a number of spiritual seekers attempted to escape from the oppression of religious rituality.¹³ 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 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.¹⁴

¹¹ By the way, one of the best textbooks on Hesychasm was written by Lao Tse under the guidance of Huang Di [16,17].

¹² Raja Yoga includes cleansing and initial development of a consciousness (soul) inside a human body and inside a “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.

¹³ About the religious situation in Russia of those years — see in detail in [24-26,37,41].

¹⁴ See in detail in [18-19].

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 mentioned, first of all. He was One Who really has reached Perfection in the cognition of the Creator and merging with Him [17-18], 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 lives on the Earth under terrible tortures in the monastery prisons — as “heretics”. Thus they — the true followers of Jesus Christ — were treated by those who insisted on the “saving power” of only their rituals. Those executioners, defending their false faith, became enemies of both people and God... [17,24-26,37,41].

* * *

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 [18]. The technique consists in the fact that simply moving the 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 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. [12-13,17-19,39]

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 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 to follow the ethical standards, which are obligatory not only for all people but also and especially for the seekers of spiritual perfection; one need only look at the ethics of nourishment [11-14,17-18,21,39];

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, among other things, on the size of oneself as consciousness. And we can actually grow ourselves — as spiritual hearts — up to the 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.

As the spiritual seekers (as the individual consciousnesses) grow along all the above mentioned directions of development¹⁵, they begin to perceive —

¹⁵ Ethical, intellectual, also refinement and then the direct growth of a consciousness.

with the vision of the soul — concrete Divine Teachers, Holy Spirits. There appears the opportunity not only to see and hear Them, but to embrace Them, to merge — as 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 teaches us!¹⁶

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

¹⁶ The detailed analysis of His Teachings — see in [17,21]; see also [19].

The Message of Jesus Christ

Vladimir Antonov

Once, when we were preparing our materials for printing, Jesus told us:

“Each of you must live so that through you and your body, through your way of life, deeds, words, thoughts, books and films — people, who touch it, learn to love God!

It is very important — to teach people to love and to direct their love to God, even, to start with, at least part of their love! Because, who will want to dedicate their lives for God, His Evolution — if they do not love Him?!

To awaken and raise the love for God — both in those who are just beginning their spiritual Path, and in already big and strong souls — this is one of the most important tasks!

The fullness of understanding that both the meaning of life exists, and the Divine Father is real, and Merging with Him is attainable, is accessible to only those people who have fallen in love with God and His Creation. For those who do not yet know love, it's just... fleeting information...

The cognition of God can be obtained only through love for Him!

Love is an emotion. But it is also sacrifice: readiness for the rest of one's own life, body, thoughts, and actions — to give, dedicate to the object of one's love. Let this also be applied to the love for God!

Live for Him, only for Him! Only in this giving-sacrifice occurs the fusion of the fire of the human soul with the Divine Fire, the Fire of Heavenly Father, the Fire of the Creator!

The Divine Fire is the Creative Aspect of God! This is Love, Which is the Power of the Creator!”

How Can One Help Children?

Vladimir Antonov

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 [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 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.

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 [14, 17-18], 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 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 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!” [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 “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 merger 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 reflected in birch fresh leaves —
And they shone in the subtle sunlight of morning...
I love this Earth beyond all measure, with tears!
Everything — 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 [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 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, capa-

ble 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 chil-

dren'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 learn to rejoice! People have forgotten how to rejoice at 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 [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 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?...

A Sad Song about Russia (Revelation from Lada)

**Written by
Anna Zubkova**

**In Russia My beloved, a sadness has come to Me:
People have forgotten now about care and goodness,
Everything around lies in dust and mud,
There is nowhere to find the love...**

**And there is no light in the souls,
Only bitterness, pain and fear...
Evil maims and ruins everything,
And resentment suffocates all joy...**

**People have forgotten the Holy Road,
Have forgotten about One God,
In vanity and in sorrows they are harassed,
About only their misfortunes, they talk!**

**... I will not bitterly cry and be sad!
I'll teach children to love the good!
I will find the golden words —
And another life will grow!**

**I'll adjust their hearts — in harmony with God,
I will sing songs for small children:
For those songs — awaken souls,
For people to love the Main!**

**And the one, who will listen,
Will grow in soul!
And the one, who will understand, —
Could remove dirt from the soul!**

Christianity, Buddhism, Islam...

Vladimir Antonov

Christianity is the Teachings on how to become a Christ.

Buddhism — Teachings about how to become a Buddha.

Islam — Teachings about how to become Allah.

This is the meaning of God. But do people really understand this?

... Once I was puzzled by a question. A woman asked me what I would advise her to choose as a religious path: Christianity or Buddhism, with which she was superficially familiar.

I told her that what she had in mind as Christianity and Buddhism was in fact pseudo-Christianity and pseudo-Buddhism. There is no difference between true Christianity and Buddhism. After all, the Founders of both these religious currents, formed on the Earth, taught the same: They advised Their followers to perfect themselves — as souls — through: a) acquiring ethical purity, b) developing themselves as spiritual hearts filled with love, and c) aspiration for Merging with our common Creator — the Primordial Consciousness. But it were people who “divorced” apart Christianity and Buddhism, having formed really different forms of rituals and adding to them mythological fantasies...

But the Founders did not teach rituality at all! They taught the spiritual Perfecting!

Therefore, reasonable people should seek precisely the methodological essence of both these religious branches — in the form, taught by the Founders! And then, we see that there is no difference! In reality, there is one and eternal Teachings of God!

And rituals often conceal these Teachings from the masses, forcing to a senseless waste of time, which is

so dear to each person. This time was given to us by God. It allows one to improve oneself during the embodied state.

“Babaji’s Formula” and “Allahu Akbar!”

Vladimir Antonov

One of the most significant in the history of mankind Divine Teachers — Avatar Babaji — has formulated five methodological steps of perfecting for the spiritual seekers [17]:

Truth — Simplicity — Love — Serving God by serving humanity (Karma Yoga) — Abandonment of the lower “I” for the sake of merging with the Supreme Divine “I”.

Here, by the word *Truth* is meant mastering a right understanding of what are God, human being, and from what practices and in what their sequence is to be formed the spiritual Path. In other words, it can be stated as: “What is the meaning of our lives, and how it can be realized?”.

The step *Simplicity* consists in:

a) the destruction in oneself such properties as arrogance, contempt for anyone, pride and vanity (the latter is a vain, unfounded glorification of oneself — in one’s own mind and emotions, and in the social relations),

b) the refusal of those unnecessary and disturbing to one’s own development and harmony of relationships with other people — patterns of thinking and behavior that are collectively named as “human form” [8,17] (but it should not violate the principles of esthet-

ics and should not harm to other people — with a “provocative” behavior).

Love — this option contains the main part of the ethic work on oneself.

We must not only put in good order our behavior in relationships with other beings — so as not to cause, if possible, no any harm to them. But the main thing — it is restructuring the emotional sphere. We must firmly rid ourselves of all rough and self-centered emotional states — until the impossibility of their occurrence, even in the most adverse situations. On the contrary, we should develop a range of subtle and delicate unselfish emotions of gifting, called by the word *love*.

Jesus Christ and Sathya Sai Baba talked much about this. God teaches the same and now [17,19,21].

To fulfill it the most successfully — it is possible due to mastering the *art of psychical self-regulation* [18].

“God is Love” — Jesus taught (1 John 4:7-8). This also was repeated many times by the Avatar of our time Sathya Sai Baba [8,17,19]. This means that we must strive to come closer to God and to cognise Him, first of all, by means of transmute ourselves into the delicate and refined selfless Love.

This may be achieved through the “opening” the spiritual heart and the subsequent development of ourselves primarily as this structure of the individual consciousness [17-20,39]. Other opportunities for real closing in with God by the quality of consciousness (soul) — do not exist. We must understand, that God — in the Aspects of the Primordial Consciousness (the Creator) and the Holy Spirit — is the subtlest Consciousness throughout the Absolute [9,11,15-22,36,39]!

Those beings, who accustomed themselves to coarse states of consciousness, are the inhabitants of hell — “rubbish heap of the Evolution”.

As a result of the work with the spiritual heart, in particular, any manifestations of egocentrism — such as jealousy, desire to have something else's, lack of a sincere desire to help others — should disappear.

The meaning of these efforts consists in replacing the inherent originally from childhood for everyone the egocentricity — to the Godcentrism [14,17, etc.].

Having executed the above (including all details contained in mentioned books) — is enough for God to become cognized (still only partially) Reality.

In some organizations, which call themselves religious, the view dominates that God is uncognizable. Though even the Latin word *religion* implies the cognition of God and Mergence with Him!

God is really cognizable, but only for those who actually carry out His Teachings!

Serving God — this is a help incarnate people in their evolutionary progress — with those higher abilities that anyone has. The most significant form of such Service is the messaging to the people the knowledge about God and the Path of spiritual self-realization.

An important criterion for valuation of the true service is the acting not for personal advantage, but for the sake of God, for the Evolution of the Universal Consciousness. And such true serving often becomes sacrifice — as that was demonstrated by the earthy lives of Jesus, Sathya Sai Baba, and many other Divine Teachers — the Representatives of the Primordial Consciousness [12,17].

It should also be borne in mind that, as God has repeatedly stated [7,20,27], He does not give man more wealth than that man gives Him — by means of his or her service to Him, participating in the Evolution of the Universal Consciousness.

Successfully developing people consistently develop indicated stages of development. And then it be-

comes possible to proceed to the final stage — the *Mergence with the Supreme “I” (Supreme “Self”)*.

What is It? It is the *United “We”* of all the Perfects, included in the Abode of the Primordial Consciousness during the infinite time of Its existence. Those Perfects are talking about this [17,22 and others]. The same is evidenced by the Quran, where the story from One God (Allah) is using pronouns *I* and *We*. This truth may be cognized and now empirically — by those Worthy Who have dedicated their lives to the cognition of the Supreme, and have reached the Abode of the *United “We”*.

That Abode is the original subtlest layer of the multidimensional space.

The Divine *United “We”* exists in three major Manifestations. Let us consider Them in the sequence, corresponding to the order of cognition Them by the spiritual seekers:

1. Usual state of the *Holy Spirits working in the Creation*.

Spiritual seeker who has developed oneself to a state of great spiritual heart and conquered the ego-centrism in oneself [18], acquires the ability to flow into the *United “We”* of the Holy Spirits.

2. *Divine Fire* — the state of increased activity of the Holy Spirits. (This is that “the Fire from within” about which Juan Matus told Carlos Castaneda). This is the next fundamental level of cognition of God. We must learn to flow into this Fire, to become It.

The Divine Fire can be cognized, including [11,17-19]:

- in the form of “Suns of God”,
- in the core of our planet,
- and in the *Ocean of the Divine Fire*, That is cognizable more deeply (in the sense of multi-dimensional space) than the Earth’s core.

To all states of the *United “We”* the term *Paramatman* may be applied. Paramatman is the Highest Com-

bined Atman (as opposed to individual Light Atmic Appearances, such as Kundalini, personal Mahadouble, and others [17-19,39]).

3. *Turiya* — not having a bright luminosity state of *Transparent Calm* of the Primordial Consciousness in Its Abode.

* * *

Man, properly developing on the spiritual Path, comes to realize the Exceeding Greatness of God — in comparison with the human individual “I”, no matter how it is already developed and large.

There is a Jewish tradition, taken over by Muslims, and partly by those who consider themselves Christians — to wear head-dresses as a sign of humility in front of God.

Of course, obedience to God — it would be better to be expressed otherwise!

But the idea of submission and humility before God, a sense of my own insignificance in comparison with Him Universal — this is a very correct line of thought.

In Islam, there is a formula: “Allahu Akbar!” What does this mean?

Allah — is the phonation in Arabic of the word *God*. *Akbar* — means *Great*. “Allahu Akbar” — “God is Great!”. This is — one of the greatest in significance of the formulas! Because it encourages rational people — to the researching God's Greatness! It is a formula for productive meditative work!

If my body is in a head-dress, or without it, or even it is no clothes completely — in all these cases I can learn to feel the infinite Greatness of God around me (as the soul, the individual “I”)!

One can feel God around in all four sides plus in the top and bottom — separately and then simultane-

ously! God — on each side — is infinitely more than my body, than my “I”!

Every time I try to feel God further and further away from the starting point.

On all sides “I” is surrounded with the Enormity of God! I am drowning and disappearing in Him — and then — there is only God!

He — is so Great that “I” do not worthy to be taken into account! There is only God! Allahu Akbar!

My former sense of self is now replaced by the realization of the Greatness of God!

* * *

The wilderness will favor for mastering this meditation: no interference from the energy fields of idle people and plants. Sandy deserts and shoals or large natural water reservoirs are very comfortable for this!

But do all at once can be successful in this?

No: first, the developed spiritual heart, not the head, must become the center of self-feeling! There is no reason in trying to learn to meditate from a head: nothing good will be! Head chakras are not capable for such meditations.

But if one has already raised oneself as the spiritual heart, the meditation allows him or her to replace gradually the feeling of former “I” — with the sense of God. Thus the process of direct cognition of Him and Mergence with Him begins.

I will make only two more notes:

1. Development of oneself as the spiritual heart must just be passed ahead before the process of cognition of God. The idea can be helpful that it is necessary to seek to envelop God — more and more far and wide — with me as the spiritual heart.

2. It needs to understand that it is not enough for the cognition of God — only mastering the mentioned meditation, which is accomplished only in one spatial

dimension: one must seek to cognize God in all His Manifestations [18,20,39].

* * *

The theme of development of oneself as the spiritual heart always was attending in Islam, as well as in other religious branches. For example, the true school of Sufism worked just so. The same can be said about the main line of Christianity — Hesychasm. [11,18]

But, sadly, there are distorted forms of religion, where the tendency exists to turn a religious life into only rituality and violence of some people over others... instead of everyone — individually and collectively — to improve oneself.

There are “Muslims” and “Christians” for whom the religion is, first of all, hatred for people of other faiths or of other nationalities... With shouts “Allahu Akbar!” such “Muslims” commit acts of terror... “Christians” who are similar to them are not better... All they may believe that *for this* paradise will be their abode... But they all are tragically wrong: paradise is the abode for those who developed themselves as love. Those who were living in hatred — they will be in hell...

And there are even whole countries where criminal politicians create the “consolidating the society national idea”, consisting in hatred to other religious or ethnic groups!

But God teaches us the opposite:

Forget about the nationalities! Reject all such strifes! Feel everything — as one Family of children of One God! Love each other, help each other! [17,21]

... Railway station. We are waiting for our train. On the next platform — huffed drunk man: the tall potbelly aggressive primitive. He yells with bad voice:

“I’m here — Russian! Of Orthodox faith! But those here!...”

... A worker of the railway station walks near with a cart for garbage; he is a visitor from the Central Asian Muslim republic.

Drunk man — to him. Punches by fist in the face. One! Two!

Worker avades both punches.

The guards on duty run up, take the drunk man arms, persuade to calm down...

... Worker-the-Muslim continues to roll his cart, shifts a litter from bins into it. He comes to the one next bin where we are standing.

He is in quite calm. Neither in his behavior, nor in the expression of the face, nor in the state of consciousness — there is no the slightest sign of emotional disturbance, excitement...

He is the true spiritual seeker, the veritable Muslim, who gave himself up to Allah and implemented that Allah is really Akbar! And that primitive... — Allah will determine his fate... The participation of embodied person in this situation — would be needless...

“Never take your own revenge!” (Romans 12:19) — the New Testament recommends to us. And “...each one of us will give an account of himself to God!” (Romans 14:12).

* * *

God also teaches us by such words:

Eliminate your “I”! Feel Me!

In the Ocean vast — you will achieve your Peace!

You will merge with Me — and disappear in Me!

So — you will be born again in the Silence and Transparency!

Nikifor
(Written by
Alexey Grechanikov

in July 2012)

Be Born in Me! (Revelations from Nicephorus)

**Written by
Alexey Grechanikov**

**Eliminate your self!
Feel yourself — Me!
In the vast My Ocean
You will find Calm in Me!**

**You will merge with Me — and
You will disappear in Me!
So — you will be born
In Transparency and Peace of Me!**

Lord-the-Father!

Alexey Grechanikov

**Lord-the-Father!
Whatever I look at —
I see only You
As the Total Base!**

**You are Love!
You are the Ocean Endless,
Hugging me
By Eternal Calm!**

Notes of a Sufi (Memories of Al-B'ul about His Studies)

**Written by
Anton Teplyy**

*“Your body is a grain of sand
on the crest of a wave.
When you are dissolved in the Depth,
the Depth is you!”*

**From the poem by Olga Stepanets
“Cognizing My Depth” [9]**

Even before the beginning of My apprenticeship with the Master, I already had some unusual and inexplicable for Me experiences. Now I understand that these were echoes of meditative experience from My previous earthly lives.

But then... I only sincerely searched, tried to understand... And — it was all in vain! Around — among the people — there were only darkness and ignorance! People did not know anything about God and did not want to know! They only thoughtlessly repeated their rituals and prayers day after day! And their leaders did not differ much from them...

But I was looking for Him!

* * *

One day, after another unsuccessful attempt to find the Truth among the local “wise men”, I went to the desert. I walked for a long time without knowing where and then, tired, desperate, lay down on the sand and closed my eyes...

“Allah, where are You? If You are, answer me! The soul thirsts for Truth, as a weary traveler wants water in the desert!...”

... But the answer to me was only silence...

So I lay for a very long time, hoping to hear at least some answer and understand: why, for what I live?...

It began to get dark. It was necessary to go on the return home.

And then I realized that I was lost...

... I walked and walked, trying to find a village, but everything was in vain. And I did not have any water or food. The cold of the night desert was beginning to penetrate my light clothes...

After an almost sleepless night in the cold on the sand, I again went on.

And this lasted for several days...

“Well, maybe it’s even better to die in the desert than to live this meaningless life...” — I thought.

Finally, I have passed into coma...

*** * ***

I woke up because the drops of life-giving moisture fell on my face. I slowly opened my eyes and saw people around me wearing white clothes. Their faces were bright and kind.

So I got into the Sufi community. And — my Straight Path to Beloved Allah has begun...

*** * ***

The community was located in a beautiful oasis, around a large reservoir. Here were gardens, where we grew various vegetables and fruits, and also rested from the midday heat.

Every morning, I started with a few simple spiritual exercises that I was shown. I was told that it’s especial-

ly important to start the day this way. Because it is in the morning we are full of energy and can direct it to the spiritual growth.

I got up early, at dawn, or even sometimes a little earlier, and practiced everything I could learn. If you do this, the rest of the day, started with joy, calm, bliss and attention to beloved Lord Allah, is much happier and more intense.

Then we talked with the Master. He, in particular, explained that the Beauty of Allah can be understood and accommodated by only those who have a developed spiritual heart.

I asked him: "How can one develop it?"

He replied: "By loving from the spiritual heart all around! In particular — forgiving all! And — embracing with love not only all beings, but all the beauty of the Creation of Allah!"

"So few?"

"Yes," — he answered. — "Do it. And then I'll tell you more."

* * *

Today, I tried to love all beings, as the Master advised. I stretched the hands of love from the spiritual heart, took all beings in the palm of my hand, caressed them!

How many pure souls the beloved Creator-God has created! Flowers, grass, trees, birds...

All of them could be stroked by the hands of the soul: hands of the spiritual heart! And this love inside me did not stop, but increased!

"Love is developed through love," — so was taught by the Master.

* * *

The Master has shown us a new technique for developing oneself.

On this day, we got up very early in the morning, before sunrise. And when the sun rose above the expanse of the desert — we got saturated with the Beauty and Light of Allah Who was around, and thanked Him with the *lips of the spiritual heart* for all this Beauty!

We poured out love for His Beauty — from our hearts. The hearts due to this expanded and overwhelmed with even more pure and intense love!

So we continued to learn to love Allah and the beauty of His Creation!

I'm still only at the very first stage, but I really want to move on!

* * *

I'm good at everything. The Master rejoices at my success! I will continue to work, loving and cognizing Allah!

* * *

Master is going to transfer me to a new level of training! I am happy and proud of my results! Everything is so good! And I greatly have outrun my companions along the Path! Perhaps the Master will even instruct me to train new students!

* * *

Today, I fulfill the exercises with difficulty, for some reason... I guess I slept badly...

*** * ***

For several days now, my meditations have turned out badly... I cannot understand what happened... I'll have to ask the Master...

*** * ***

Today the Master strongly scolded me. He said that pride is against Allah! The proud persons do not belong to his school!

I was very frightened, but I hope that he will forgive me. I realized that there could be no question of switching to the next stage...

That was just a lesson for me...

... Where is pride born? It's not in the spiritual heart! It is in the head!

We must learn to live in our hearts all the time!

*** * ***

I realized my mistakes and again took up with even greater zeal spiritual exercises. Errors sometimes stop the development of the soul, but if they are noticed and corrected in time, then everything can be adjusted.

*** * ***

One day, when it suddenly became "hard on the soul", Allah said to me:

"Open the door of your heart! Admit there the light and refreshing breeze of My Love!

"Lighten everything within yourself with the gentle sunlight of the morning dawn! Fill your heart with the smell of flowers and trills of birds!

“Grow up your *garden of heart* — and then I will be able to settle in it forever!”

*** * ***

Today we again worked in the garden. I thought that the life of an ordinary person is also like an uncultivated garden. And it depends on himself or herself: whether will grow in the garden a plentiful harvest, pleasing and nourishing this one and others, — or it remains covered with weeds and potholes...

A true Sufi constantly cultivates his or her garden of the soul, constantly works in it, taking care of what brings benefit and getting rid of that which hurts¹⁷.

*** * ***

Just as threads in carpets are intertwined, it is just as complex and beautifully intertwined by Allah the lives of people.

Allah is like the Great Weaver of carpets! He connects the threads so that the result of such work is great!

*** * ***

Our whole existence is the great School of Allah!

*** * ***

Life in our community flows as a deep river. We are happy, cognizing Allah and sharing with each other

¹⁷ It is about the positive and negative qualities of the soul.

new knowledge about the Path to Him, which He reveals to us.

*** * ***

Evening... Transparent and gentle peace fills the space around.

Gradually, the sounds of the world fade away. Birds start to sing — gently and calmly.

I got tired of daily deeds and meditations. I want to just sit, dissolved in a transparent calm, becoming it...

Silence means a lot for the Sufi! Only in the silence of the spiritual heart, the Sufi can hear the Voice of Beloved Allah!

... Night has come. I'm sitting by the camp-fire. It quietly crackles, not breaking the silence.

Silence is both inside the body and outside... I'm merging with it...

*** * ***

Everything in this world is full of Love of Allah — such gentle, dissolving!

It becomes perceptible, if to turn into love and tenderness. And — the more one masters this, the more this one will feel the Love of Allah around and within oneself.

And one day — one's love will merge completely with His Love. And then only He remains — Beloved Allah-Love!

*** * ***

In the desert is spring. A delicate aroma from blossoming flowers fills the whole space.

I absorb the fragrance with the soul, I become it!

I embrace by the hands of heart — flowers and everything around!

Blissful aroma has become my essence! I'm everywhere!

*** * ***

Yesterday, I secretly watched the Master during collective meditation.

How amazingly his eyes shine! It seems that the Beloved Allah Himself looks from them, speaks with his lips, creates with his hands, and the Master himself is no, he is not!

I wish I could achieve such a Mergence with the Beloved in order to completely disappear in Him! And then — to manifest His Light, His Love, His Joy, His Peace and Purity, not clouded with my self.

*** * ***

This morning I again went out into the desert! Here — rapture overflows the soul and I can feel unlimited freedom!

I want to embrace the whole space, reach by me-soul to the very “edge of the Earth”, go over it and there — dissolve in the Light!

Sometimes it seems that it is possible! And then — the enthusiasm and joy become even more intense! And there is only a blissful space filled with sparkling Divine Light! I am not here, I am not!

*** * ***

I feel myself a free bird, smoothly and effortlessly soaring in the clouds...

Somewhere below, on the land, there is my small body, and I, a huge soul-the-bird, am soaring... There is only the limitlessness of the blue sky, there is only a song of the soul escaping from a close cage of the body...

* * *

By amazing tenderness and warmth, Allah embraces and envelops those who go to Him on the Straight Path!

In these Embraces, there is something so native, so tender!

Can there be someone closer and dearer than Beloved Allah?!

* * *

After morning spiritual exercises and conversation with the Master, we once again worked in the garden.

I held a small seed in my hands and thought: "It may seem that this seed is dead and lifeless. But if only to nourish it with water and warm by the rays of the Sun — and it wakes up for a new life, for a new growth up to the Sun!

"So is the human soul. It rests, sleeps until finally *the Divine Waters of Love* washes and soaks it, until finally the Divine Light of Love warms it.

"And then — the growth begins to Light, to Love, to the Sun and heat! Then the soul-seed begins "to break through the thickness of the earth".

So every day, the "sprout" is getting stronger and stronger! And then it, perhaps, can become the Universal Tree!"

* * *

I lie on the sand and look at the slowly floating clouds... I close my eyes — and I feel like a small light cloud, slowly drifting in the ocean of the blue sky. And around — an endless calm... Somewhere down below there was the Earth with its bustle and troubles. But here — only a gentle calm...

The light of the Sun softly permeates the cloud — and it luxuriates, melts in its rays!

How blissful it is!

Gradually, I-little cloud dissolve, disappear — and there remains only boundless tenderness...

* * *

Today, I understood how my perception of the world of the Spirit differs from the perception of the world of material things. In the world of the Spirit, there is no such clarity, the same absolute certainty. Everything is blurry, “foggy”... Anyway, for me it’s still so. I have to be very careful and attentive to not accept what I want — as the reality. It needs not to mix my own fantasies with the reality of the Higher Realms!

* * *

Yesterday, I asked the Master for advice on how I can distinguish the real phenomena of the world of Spirit — from the fantasies of the mind. He replied that this is achieved by practice and by an ever greater immersion in the world of Spirit. Also it is necessary to reach such achievements that the restless and sometimes distorting reality mind will be completely calmed down.

* * *

In the evening, when we all gathered, the Master spoke to us about the Higher Reality:

“There is only one Supreme Reality! In the world of Creation, it takes on many forms. And It is expressed by different people in different words. Sometimes It is lost and distorted by people so much that it is difficult to recognize It. Nevertheless, It is one and indivisible. It is similar to the Sun, which continues to shine ‘behind the clouds’ of human ignorance.

“And Its Light can be seen in some souls.

“Moreover, the purer the soul, the more Light it can transmit to others.

“At first, the Sufi is like a moon that does not have its own light and only reflects the light of the Sun. But then this Sufi can become the Sun!

“That’s how the World of the Creator gradually evolves from an indistinct abstract concept — into the cognized Reality.”

* * *

In silence and peace, the flower of the spiritual heart opens — and then the aroma of love fills the whole space inside and around! It is so subtle, so gentle and elusive! But it is a reality for the one who has turned oneself into love.

The Sufi aspires to turn oneself into love — day by day. Every moment of his or her life is devoted to this!

* * *

Gradually, I cease to perceive myself as a body. This — in the beginning — was so unusual! Since childhood, we were taught just the opposite: to feel oneself as a body!

Now I — through personal experience — am convinced that I am not a body, but a soul free from a body! I am the soul which can feel, know, develop — regardless of the body!

And my goal is to fully cognize the Great Soul: Beloved Allah!

It's so cool! Fear of the death of the body — disappears! I am the soul! So — I will not die when the body suddenly, for one reason or another, dies!

That's it — through spiritual practices and understanding — one can defeat in oneself the most powerful fear that people are obsessed with.

* * *

The Master shows more and more new techniques that help to come closer to Beloved Allah and more fully and deeper to cognize Him.

One of these techniques was working with the Divine Fire.

It was possible to kindle this Fire in the spiritual heart, then expand It and embrace by It — with each time more and more space.

At first, this Fire of Love simply overflowed the chest. But then — it began to flow through the hands, head, through the whole body in all directions... It flared stronger and stronger, filling the entire space inside and out.

At some point, with practice, the Sufi can feel that the whole world disappears — in this all-consuming tender Fire of Allah, and the own separate essence of the Sufi — “burns up”, dissolving in Him.

The Master said that mastering this usually takes years, and not everyone can learn...

It depends on how much love for Allah is burning in man — the love which he or she must kindle more and more! The flame of this love is sustained and strengthened by constant spiritual practices and ser-

vice for the good of all kind and worthy beings, and hence — for the good of Allah.

Unfortunately, in some seekers, this fire of love fades very quickly, as an ordinary camp-fire fades out if there is no firewood fueling it. This happens especially often when students stop “supporting the fire”, distracted too much by various earthly affairs and problems.

* * *

How attractive the starry sky in the night! Thousands and thousands of stars!... A shimmering gentle light...

I want to tear myself away from the Earth and fly to those stars, reach out to them and embrace them all...

And so, without noticing it, I’m already filling the silence of the gentle night starry sky! I embrace the stars with myself! I expand and expand, losing myself in them!

* * *

And in the Depth — My Beloved lives. Only the “shell” of my self separates me from Him...

* * *

Rain gently and soothing knocks on the roof...

I lie and listen to the “music of the rain”. It seems that the rain filled the whole infinity...

I’m trying to reach the “edge of the infinity of rain” — where it does not exist, but is only silence...

Suddenly the “endless rain” becomes... inside me—the huge spiritual heart. Every drop of me-rain is filling with Light — and I feed all lives with Divine moisture...

* * *

Morning. Dew drops on the grass. The light of the sun is reflected in them — and they shine with their tenderness!

It is wonderful to feel Allah at this time!

I raise my hands to glorify Him — and Divine Grace is poured through the whole body and fills it!

Oh, how blissful is Allah!

And how blissful is one who can feel, perceive Him — and be filled with His Love!

Praise be to Allah, the Lord of the worlds — Loving, Compassionate!

* * *

The Sufi can express his or her infinite love for Allah through dance — so that the Light of His Love is poured out through the body, filling the whole space around — wider and wider!

The Sufi dances, stretching his or her hands of love in the Infinity of Allah...

* * *

When the Sufi listens to the true Master, he or she turns to attention and perceives every word as if his or her life depends on it.

A true Sufi does not allow anything of earthly to distract oneself from the Source of Eternal Truth!

* * *

The joy is growing with every day, because I can perceive Allah wider and deeper!

From a former abstract concept — He became for me the Beloved Friend, the closest and most beloved Being!

How nice to be with Him, to feel Him and to receive His Love!

*** * ***

Allah lives in every living being: in every blade of grass, in every tree... Everything, absolutely everything, is pervaded by His invisible Presence!

That is why the Sufi respects and protects everyone and will not harm anyone in vain!

*** * ***

The Sufi looks at the Beauty of Allah, permeating with it. And at some point, Sufi disappears, merging with it and with Him.

*** * ***

Morning. I contemplate the vast, shining Light! In it, there are no boundaries, no outlines, no forms. There is only the Infinity of the Blissful Light dissolving everything in Itself...

This Light is always with me, wherever my body goes. It has become an integral part of me, and I am It.

I have no desires, except that this Mergence with the Light of Allah never breaks!

*** * ***

Many years have passed, but the Sun still ascends in the desert, illuminating the land with its light...

There was still much that I could recall and tell about...

But the main is the love for the Creation of Allah and for the Creator Himself — the Greatest Beloved and Teacher!

Praise be to Allah, the Lord of the worlds,
Loving, Compassionate!

Lead us along the Straight Path, on the Path to Your Home!

It is the Path of tender love for beings created by You, love-devotion to You, admiration for You, aspiration to Mergence with You! It lies in the Depth, which unfold in the calm of the developed spiritual hearts!

Babaji's Mahakranti — The Great Spiritual Revolution

Vladimir Antonov

This term was first heard by people from the Avatar Babaji from Indian Haidakhan.

Babaji — in His penultimate Divine Incarnation — was described by His Disciple Yogananda [43].

The last time, Babaji lived in the body on the Earth from 1970 to 1984, not having been born by a woman, but He had appeared among incarnate people right away in an adult body [9,17,42].

Embodied the latter time, Babaji left His laconic and capacious Teachings to people [17].

In particular, Babaji declared that He begins the Mahakranti on the Earth — a sequence of radical spiritual transformations, the goal of which is to dedicate all the people of the planet to true spiritual Knowledge, not distorted by sectarianism and other forms of human ignorance. He called this Knowledge, sent directly from God, as Sanathana Dharma — the Eternal Divine Law.

The Divine Teachings in this form were borne to people in antiquity by Thoth-the-Atlantean (Hermes Trismegistus), Huang Di, Lao Tse, Pythagoras, Krishna, Jesus Christ, Gautama Buddha, and other Divine Teachers — the true Representatives of the Creator. And in contemporary history — besides Babaji — Sathya Sai Baba did the same. (For more details, see [17]).

Sanathana Dharma is not at all what most people mean by religiosity; it is not the worship to statues, icons, and other objects, not the commission of various “religious” gestures and participation in rituals, not the recitation of prayers or the proclamation of mantras.

But — a real spiritual transformation of each person starts with ethical cleansing and cultivation of the missing positive qualities, then — the active development of oneself (as the soul, consciousness) according to the criteria of subtling and direct quantitative growth.

This is what God wants from us! But many people cannot realize this because they have lost the Knowledge of what exactly is God, about the Evolution of the Universal Consciousness and the place of each of us in this Process. But only on the basis of this Knowledge it is possible to seriously understand the meaning of our lives and how to implement it!

A full understanding of the purpose and methods of spiritual efforts allows each one, who achieves success on the spiritual Path, to directly cognize God in His different Manifestations, to find God for oneself — as one’s own very real and clearly perceived Supreme Teacher.

Further, spiritual practices within the framework of Raja Yoga and Buddhi Yoga — under the guidance of God — help to achieve the spiritual Perfection and then merge with the Primordial Consciousness (i.e., the Creator, God-the-Father, Allah, Tao; with these and

other names people of different regions of the Earth call One for the whole universe God).

This is how — in the long run — we realize the meaning of our lives, that is, why we were created by our Creator and settled by Him for development into material bodies on the planet Earth. And all this was conceived and created, in order that we, having developed to the Perfection and merging into Him, enrich Him with ourselves [17-20].

Babaji proposed a formula for spiritual perfecting from five points: Truth — Simplicity — Love — Karma Yoga (the Service to God, manifesting, first of all, in spiritual help to people) — Destruction of “lower i” for the sake of merging with the “I” of God.

How can this not be like the naive and false claims that we “will be saved” (from hell) thanks only to prayers and rituals!...

... As in other cases of the Incarnations of the Avatars (Messiahs), not all people surrounding Babaji, brought up in an atheistic or sectarian environment, were able to understand the words of this Divine Teacher. Even the very setting of the Mahakranti theme — turned out to be exorbitant for their minds! Those people wanted only “blessings” from the Teacher — and for them they were ready to walk behind Him, sit around Him, touch His feet and clothes... Others at all remained adherents of narcotics... Babaji repeatedly tried to get rid of such “followers”, expelled them from His ashram, jokingly threatened them: I will let Mahakranti upon you!...

Only for very few — of those who came to Him in His Indian ashram — He really managed to help to become better.

But He worked not only with those who were by their bodies next to His body. In those years, He began to form His Center in Russia, in St. Petersburg.

I talked about this in detail in [12-13]:

— about how — under the guidance of Babaji, Jesus, Sathya Sai Baba, Huang Di, and many other Divine Teachers — successive stages of the methods of spiritual growth were built,

— about how new disciples came,

— about how those, whose intellectual capabilities at a given stage of their development were limited, departed,

— about how, at the end, it was possible to form a new branch of precisely modern science — *the methodology of spiritual development...*

... As always in such situations, our hearth of spiritual knowledge was subjected to vicious attacks of primitive people [12-13]... Who are they? They can be divided into two groups:

1. Atheists, whom even thoughts about the existence of God and their responsibility before Him for their actions, interfere to calmly disgrace.

2. Fans of pseudo-religious sects, where a “saving” lie is preached and the Truth is declared as the “machinations of devil”... Leaders of such sects usually are zealous in “defense” from the Truth: because they “feed” from their deceived followers...

... But an intellectually well person must understand that God does not need us to bow, prostrations, and other bodily movements! God needs us to become better by cultivating the souls in accordance with His Teachings!

... Ritualism can only give a small benefit to beginners in religion: it accustoms to believe in the existence of God. But it does not possess even any slightest “salvation”. At the stage of ritual religiosity, reasonable people, if they stay here, — it will not last long. They quickly orient themselves, redirect their attention: from their former priests — to God and are looking for ways to cognize Him, drawing nearer to Him, first of all, by the quality of souls. And then God leads them to His Abode.

... The whole spiritual Path can be presented, in addition to what Babaji said, in the form of three great steps:

1. Studies and acceptance of knowledge about God and the Path to Him, practical mastering of His “ethical code” — i.e., a set of commandments about the improvement of ourselves.

2. Mastering the techniques of psychic self-regulation and further developing oneself as a spiritual heart.

3. Mastering direct personal relationships with God that culminates with Mergence with Him.

... We have managed — under the guidance of God — to learn and describe in our books, films, and other materials the entire Path. We were led by Babaji, Sathya Sai Baba, Jesus, Huang Di, Lao Tse, Gautama Buddha, and other Divine Teachers.

And every person has the opportunity to join this process by participating in this activity with God! Join! Study together with your friends relevant literature and films, master the techniques of the improvement!

Also, there is an opportunity to make an important contribution to this matter — through the wide dissemination of this information in all countries of our planet.

Let us realize that many people from different countries commit crimes:

- because of self-interest,
- because of their uncontrollable aggressiveness,
- because of false ethnic traditions,
- because of false ethical guidelines imposed by religious pseudo-shepherds...

Violence of some people over others, hatred and the desire to kill take possession of large parts of the population of entire countries... People are killed — because of another colour of skin, another nationality, other religious views, or because they live on another street or were born in another country...

And how many people are finishing given to them by God lives — through suicide!...

There is a huge number of those who voluntarily give themselves to the power of narcotics, and the number of such people increases year by year...

And how many people get sick, die and degrade spiritually because of refusing to follow God's recommended dietary pattern...

All this could not have happened, if people knew why they live on the Earth!...

Let's try to help them!

And once again, I will remind: God is personally interested in the right development of each human being! And if we love Him (or at least intend to fall in love), let us take part in His work! Our efforts for spiritual help to people of our planet — this could become the highest form of Service to Him!

Good luck to all you!

Karma

Vladimir Antonov

The Sanskrit word *karma* has two closely interrelated meanings, reflecting two phases of a single process: a) activities that affect the formation of destiny (hence, in particular, the term Karma-Yoga), and b) the consequences of such activity, that is, fate itself.

In this article, we will focus on the consideration of the second value.

Formation of Karma

Each one builds one's own destiny with one's ethically significant decisions and corresponding actions. Depending on this, the practical Manager of Destinies — the Holy Spirit (Brahman), will choose for each the

place of birth, parents, body for incarnation, illnesses, will initiate contacts with these or other people — good and evil, smart and stupid.

Including, if a person commits any unjustified evil to any creature, then he or she thereby programs similar situations in his or her own life, that is, in one's own destiny — but now appearing as a victim.

Conversely, good thoughts, words, emotions, and actions form good karma.

This phenomenon is called as the action of the “law of karma” — the law of the formation of destinies.

This is how God teaches people not to commit bad acts, but, on the contrary, to compassionate with the pain of others, to help all in all the good.

I repeat once again: inflicting pain on others — we program it into our own destinies, or stealing now — we build our fates in such a way that we will be robbed, and so on. The only way to avoid such consequences is, having come to one's own senses, to sincerely repent — to the extent that I forever exclude the ability to commit such acts.

Moreover, the “law of karma” extends its effect to a time-frame that exceeds only one earthly life. That is why, in particular, sick children are born.

Congenital and Purchased Karma

The destiny of each person consists of two interwoven lines: a) congenital and b) acquired in a given earthly life.

For example, if a child is born with some or other defects of the body or gets them at an early age, then it is his or her innate fate, that is, burdening life due to very serious ethical errors in the previous incarnation.

As the child grows up, it has the ability to make ethically meaningful decisions. On their basis, a new line of destiny begins to be formed. And it can gradually begin to prevail, and then dominate the inborn line.

In this way, an unfavorable fate can be reversed if we are on the right path of our development.

Conversely, a good fate can be “trampled down in the dirt” by one’s own ethical mistakes.

Fate is not some kind of mechanical law, defined, for example, by “stars” and “planets”. Fate is the direct leading people in life by God — the Supreme Consciousness, possessing Omnipresence, Omniscience, absolute Love, Wisdom, and Power. He leads each of us to Himself. If we go right — He encourages us to be blissful. If we turn from the Straight Path to Him — He points us to this by doing pain in one way or another.

Karma for Life Incarnate and Non-Incarnate

It should also be noted that there is a difference between a) the formation of good or bad karma for life in present material bodies, and b) the predetermination of the quality of our future “afterlife”.

To hell, to paradise or to Divine eons, we prepare ourselves — it does not depend on our concrete actions, but depends on what levels on the *scale of subtlety* — *rudeness*, we have accustomed ourselves during the earthly life.

In other words, the quality of the abode, in which the soul situates after the death of the body, is determined by the emotional status to which the person has accustomed himself or herself during life in the material body.

The abode of those, who live in bright, clean, subtle emotional states, will become at least paradise.

But rough emotions predetermine to life in hell after disembodiment.

Withdraw from Ignorance! (Revelation from Pythagoras)

**Written by
Svetlana Eremina**

In order to grow the love in yourself — you must rather relinquish darkness and ignorance!

To eradicate all the chaos and darkness in yourself — a lot of efforts will have to be applied!

But the spiritual darkness around without a ray of hope — does not help to strengthen in the Light.

To merge with the Light — you have to be reborn:

It's necessary to reject old ways and surroundings,

To transform yourself and learn to live differently!

For this — learn to appear every day before the Face of God,

Expose ruthlessly yourself in your vices,

Move away from lie, conceit, irritation, laziness, rudeness, and the desire “for yourself”!

And avoid even a shadow of evil thoughts!

Help people — in good! And wish well for all!

Accept God's Leadership!

Remember: We always follow near you!

With Cannabis, We Learn the Astral, without Cannabis We Can Cognize God!

Anton Teplyy

**Many are trying to start their spiritual Path with...
smoking cannabis!**

Why?

The main reason must be seen in religious-philosophical ignorance prevailing on the Earth.

This is also fed by some literary works, in which “astral flights” are described under the influence of hemp and other similar narcotics.

But what is this — the “astral plane”, where those, who do not know the true Path to Perfection, seek? The “astral plane” is one of the rough spatial dimensions, close to the material plane and to hell.

Yes, this knowledge can be interesting, enticing. But this in no way brings nearer to God! The Path to God lies through ethical self-correction, refinement, and then direct quantitative growth of consciousness. Only in this way we can approach the Standards of the Perfection, that is, to God in the Aspects of the Messiah, the Holy Spirit, and the Creator!

How to do it, what methodological steps and specific methods are used for this, where to start and much more, related to this topic, is described in detail in our books and shown in our films. Study them! They will help to really improve yourselves and move towards the cognition of our main Goal, thus realizing the meaning of our lives on the Earth most fully!

“Is the Earth living?”

Vladimir Antonov

Recently I have heard in a television program that more and more scientists consider the Earth as a living organism.

Probably, the authors of this program identified me as one of these scientists. Anyway, those words prompted me to express my opinion on this theme.

* * *

So, is the Earth living?

With confidence, I can answer this question affirmatively. Another matter is what sense should be put in this answer.

When I was in a school, a teacher explained to us during natural science classes that long time ago it had been the norm to classify all objects as animate and inanimate.

People, all animals, and plants were considered as animate. This meant that souls live in their bodies, and this is true.¹⁸

All other objects, including rocks, sand, soil, wood, etc., were classified as inanimate. Of course, it was considered that our planet also belongs to the second category.

Yet the theme after which this article is named implies an examination of this problem from a different perspective, much more capacious and deep.

* * *

An atheistic worldview does not admit that our planet can be recognized as a living being. The ideas of most modern atheists are based on the fantasies about the supposed “Big Bang” that once took place in the universal void. As a result, gases and a solid substance in form of cosmic dust appeared. Then, in short, these gases and dust gradually formed lumps. These lumps became more and more condensed and formed stars and planets. In their depths, thanks to ultra-high pressure and temperatures, thermonuclear reactions started and consequently new chemical elements were

¹⁸ A word animate derives from a Latin word anima, which means soul (translator’s note).

created... Then some organic molecules appeared in hot water sources on the Earth or came with the meteorites from outer space... Thus organic life began to evolve on the planet...

However, these are the ideas of those who have not been able yet to include the truth about the existence of God into their worldview.

... God really exists! Many people will be convinced of this fact very quickly and at first hand if they start developing themselves in accordance with His Teachings, which He repeats to people for millennia [17]. The methodological system that we elaborated and that consists of three main directions (ethical, intellectual, and psychoenergetical one) can also help you in this [18 and others].

... Only those who have the abilities and aspiration of real scientists, ready for self-sacrifice for the good of others, can cognize and relate the truth about God, using simple and accessible for most people language. It is so, since the attempts to relate new things in the field of religious philosophy always resulted in violent animosity of envious and aggressive primitive people, including the representatives of different sects.

Moreover, in order to study God, the researchers previously should have transformed themselves as souls and should have become the personal disciples of God, worthy of approaching Him. In this case, I am talking primarily about the ethical worthiness, which is reached through the work on the ethical component of our development.

As a result of years of work on self-perfection, which was realized under the direct guidance of God as well, we obtained the possibility to look at the processes of the creation of the material world, at the essence of the Evolution of the Universal Consciousness, at the meaning of our lives on the Earth, and at the best ways of its realization — from the side of the Creator, and not from the side of incarnate units of His Creation.

... Most people on our planet live having a tendency to look for wellbeing only for themselves, their family, and the closest friends or, in the better case, for the sake of wider associations, such as work collective, political party, and so on.

To think on a scale of wellbeing for all humankind, for our entire planet, for the sake of contributing to the realization of the plan and interest of God, is a quality of the souls very developed in their personal evolution.

Yet only such an ability, the ability to think on a scale of One Universal God and live in accordance with His interest, is what, first of all, allows one to come close to Him, to cognize Him directly and, subsequently, merge with Him.

As such seekers approach God, it becomes usual practice for them to communicate with Him easily and directly, including to discuss important topics with Him.

* * *

God explained to us regarding the theme of this article the following:

The creation and subsequent evolution of our planet was entrusted to the Holy Spirit Who calls Himself Adler (this is His name from His last incarnation in Europe) [17].

Adler showed us Himself “in full-length”. He looks like infinite Divine Light-Fire That can also manifest itself anthropomorphically, assuming a giant Appearance that exceeds the size of the Earth many times.

Adler described the process of the creation of the Earth as follows:

He, from Himself as a colossal Firelike Spiritual Heart, moved out some sort of *bud*. This Fire “bud” started becoming “covered” with matter attracted from the eon of protomatter [17]. Then, truly, the above-mentioned thermonuclear processes took place... Lat-

er, the life evolved in organic bodies of different species of plants, animals, and people... This is how the Earth became as we know it at present.

Additionally, Adler said that it requires Him only to *remove Himself* (His Fire State) from the core of the planet — and the planet will crumble into elementary particles. Such could be the end of the Earth: matter will disintegrate. It cannot exist without an active role of God in its existence!

Adler showed us how electrons fell to the nuclei — and matter disappeared. “Why,” —he said — “do electrons revolve around nuclei? What is the cause of this rotation?”

“What is the cause of the centrifugal and centripetal forces within the atoms that allow everything in the material world to exist? I am the One Who starts their rotation!”

An atom — in comparative terms — occupies very big amount of space because the majority of its volume is *between* a nucleus and electrons. A nucleus and electrons themselves are tiny relative to the volume of an atom. Yet an atom exists due to the fact that electrons revolve, i.e., due to their motion around the nuclei of atoms. If we stop this movement, the material objects will disappear.

Anyway, our task is not to try to figure out when “the end of the world” begins, but to hurry to become better before God right now. We should try to do as much as possible in this direction, since an old age and the approaching death of the material body will limit our possibilities for that.

“The end of the world” means, among other things, that only those who managed to gain the completeness of the spiritual Perfection become forever the Inhabitants of the Abode of the Primordial Consciousness (i.e., the Creator).

* * *

Those who have cognized not only the Holy Spirits and the Primordial Consciousness but also the Absolute, perceive It as the Conglomerate of the layers of multidimensionality, inhabited by qualitatively different forms of consciousness. The Absolute is One Macro-organism of the universal scale. In other words, the assertion that God (in the Aspect of the Absolute) is One is true.

On the other hand, it is equally true that God is the *Unity of Multitude*, the *United We*. This applies equally to God in the Aspect of the Absolute, of the Primordial Consciousness, and of the Holy Spirit (or Brahman in Sanskrit).

The deepest layer of the Absolute is of double nature. Here one can perceive, as Transparent Calm, the state of the *United We of all the Perfect Ones Who* are at rest and the Divine Light-Fire, giving Bliss, of the Holy Spirits Who are active at that moment towards the processes taking place in the Creation.

If we move away from this Primordial Layer on the multidimensional scale, we will find paradise and then denser and coarser layers. Their luminosity will reduce in this sequence.

The outermost black layer is hell — the abode of the souls that have become the garbage of the Evolution.

About how we can avoid finding ourselves among the last ones, about how, on the contrary, we can come closer to the state of the Perfect Ones and help others to do the same, you can read in detail in other books and articles published by us.

* * *

Pythagoras, Who now is one of the Holy Spirits [17,30], and then other Divine Teachers repeated to us several times and at different occasions the following idea, which seemed to be paradoxical at first: *there is no dead matter in the whole universe!* Yet now this statement should become clear for you as well, my readers.

... Let us sum up:

Yes, the Earth is living. It is the Part of God in the Aspect of the Absolute.

However, it does not exist as something separate, as an autonomous object flying on its orbit in outer space around the Sun. It is an integral Part of its very specific Creator — the Holy Spirit called Adler. He created it practically from Himself or, perhaps, it will be better to say, on the basis of Himself as a Part of the Divine Consciousness. Just in the right place of the cosmos, electrons started spinning around the nuclei of atoms of protomatter...

Now it becomes even clearer how the concept of the *Absolute* should be understood. It is the Universal Macroorganism, the Creator coessential with His Creation.

In the deepest base of the matter of a human body, there is also the Divine Living Fire of the Creator...

* * *

Using this knowledge, a spiritual seeker — after reaching a proper level of ethical purity — can begin to apply the methods for the refinement of the consciousness and for its quantitative growth. By doing so, this person gradually embraces the Earth in its entire multidimensionality.

For this, it is necessary to learn first to merge with the beauty and harmony on the surface of the planet, then flow into the subtle, white, Living Light of the Holy Spirit inside the planet and learn to live in the consubstantiality with It. After that, it becomes possible to enter even subtler Divine Light-Fire in the core of the Earth.

When we learn to stay firmly in the space inside the core, it is not too difficult to come out of it to the vast expanse of the Ocean of the Divine Fire of Adler and of other Holy Spirits and merge with this Living Blissful Fire. This, I repeat, is an active and creating Aspect of God.

After that, one masters the state of Transparent Divine Calm.

*** * ***

I understand how unusual the information in this article may seem for those who never worked on themselves from a serious esoteric perspective. Someone even may start choosing a psychiatric diagnosis for the author of this article...

Truly, the aforesaid is so different from what is practiced and preached by atheists and by the representatives of those creeds in which only rituals are performed...

I am not going to argue with those who are unable yet to understand the commandments of Jesus Christ which say that the Kingdom of God (i.e., the Abode of the Primordial Consciousness, of the Creator) is taken only and exclusively by one's own spiritual efforts (Matthew 11:12, Luke 16:16) and that we should come out to meet God (John 4:23-24), being free from our own material shells, i.e., in a state of the developed spiritual hearts that became much bigger than the size of our earthly bodies.

I also do not suggest that everyone try to begin right now, for example, looking for the core of the Earth... To do such work, one should learn first many other things. Besides, God (in the Aspect of the Holy Spirits) stimulates only those spiritual efforts of each person that correspond to his or her age (ontogenetic and psychogenetic) and to his or her progress in mastering ethical and intellectual components of the development.

Nevertheless, the information given in this article will allow those who now are developed enough to use these methods of self-perfection to accelerate their progress on the spiritual Path.

Liberation (Revelation from Adler)

**Written by
Anna Zubkova**

**The Earth lies on My Chest,
Embraced with My Breath!
And everyone who lives in My Heart
Will be One forever with Me!**

**I reveal to you the Origin of life,
I dissolve you in My Loving Light!
The Freedom is born here and now —
In My Divine Love!**

**Then I descend to the material world —
Through each who fell in love with Me.
You have cognized My universal *Depth*,
So I help you to enter Oneness, the *United We!***

**I know your every step forward!
And only in Mergence with the *United We*
You can cognize the secret passage
For you to return to the Earth from Me!**

Some More on Religious Perversions

Vladimir Antonov

Recently I have received the following letter (I reproduce it without any corrections):

“Hello, dear Vladimir! I accidentally found your website and read your speculations. Sorry, but you are very wrong about God and the ways of knowing Him. The worst thing is that you mislead others. To know God and the truth, it is necessary, first of all, to read the Bible. Jesus said: ‘I am the way and the truth and the life (eternal), no one comes to the Father except through me.’ The Gospel of John 14:6. The Scripture speaks about the repentance and faith in Jesus Christ! All the rest is from the evil one.

“But even if we or an Angel from heaven should preach a gospel other than the one we preached to you, let them be anathema.

“As we said before, so now I say again: If anybody is preaching to you a gospel other than what you accepted, let them be anathema.’ Galatians 1:8-9

“Please, watch youtube video ‘What church does not teach’. May God help you.”

This polite woman, threatening me with curses (anathema) seems to wish me well sincerely. Moreover, she considers herself as a Christian as opposed to me.

Yet... here it is a habit of lecturing everyone, considering oneself as the one who knows more than anyone else, even though she... just started the path... of acquaintance with the Bible...

Having read only some small part of my works, she reproaches me for not knowing the Teachings of Jesus Christ and not following them...

However, I am the one who wrote the book *The Original Teachings of Jesus Christ* [5], in which these Teachings were analyzed and systematized by the thematic sections. Later these materials were included in the collection *God speaks. Textbook of Religion* [8], and then in the book *Classics of Spiritual Philosophy and the Present* [17].

Moreover, this woman does not know that Jesus was the One Who many decades ago blessed me to pass the knowledge obtained from God to people [12] and that He has been my non-incarnate Teacher for many years and led me, along with other Divine Teachers or Holy Spirits, to the cognition of all that was described in this article and of many other things... She does not know either that the communion with Jesus and with other Divine Teachers became for me as usual and easy as with incarnate interlocutors. More than that, I can not only see and hear Him and Them but also embrace and merge blissfully with Them...

... That woman who wrote me this letter has not learned anything yet, but she already lectures others...

May God help her to understand this and many other things!...

* * *

The actions of ethically vicious people have always contributed to the distortion and even to complete perversion of the Teachings given by God. It is so, because one of the main intentions of such people is to dominate others, to enslave them.

A striking example of this is a claim that an aspiration to make effort to become better is... sinful, since one can become proud of one's own spiritual progress, and this will be, supposedly, the worst sin!

... Once, 20 years ago, I guardedly asked Jesus about His attitude towards the organizations in which such distortions — opposed to His appeal to us to become perfect as our Father in Heaven is perfect — predominate (Matthew 5:48). He replied that He considers such organizations as criminal before God and people.

... Many absurd and malignant opinions existed and exist in the religious field.

Those Perfect Ones Who came to the Earth as the Messengers of God were tortured and killed by aggressive and primitive people...

The same was done with those who strived for the Perfection, realizing the Will of God by this. Let us recall, for example, the lives of many Hesychasts...

There is a belief that the more of the “infidels” (i.e., people who have different religious views) you kill, the more chances you have of getting a place in paradise, although, actually, it is quite the contrary...

There were and are religious organizations, including “satanic” sects, in which people offer bloody sacrifices supposedly to God or to spirits, torturing and killing animals, and sometimes even people... But is it what God wants from us?...

In different schools of black magic, the magical methods for harming others are taught...

Now there are sects in which the main task is to destroy the intellects of their adherents. For this purpose, drugs or special psychological methods may be used. The meaning of such actions is “theoretically justified”. How? The general scheme is the following:

An intellect is the carrier of the lower “I” of a person and creates the feeling of his or her individuality. The feeling of one’s own individuality is the basis for the duality or dvaita in Sanskrit. This term implies that there is “I” and there is God, whereas only one “I” should remain — the “I” of God. To reach “enlightenment”, one should eliminate this duality by destroying the ability to think. The mind is the main enemy of a

person. Therefore, by destroying the mind, an adherent merges with the Primordial Consciousness.

To accomplish this task, a practitioner masters the “spontaneity” of thoughts, emotions, and actions, accompanied by the rejection of all limitations, which implies, among other things, the rejection of the basic decency in relations with other people, the admissibility of any emotions, and the readiness to commit any crime. “What I want I do without thinking even for a moment, since God is directing me!”, this is their motto.

In these sects, drugs are usual help on the way towards a total ethical degradation and dementia.

Demons find pleasant and attractive the coarse uncontrollable emotions of the adherents of such sects, and possession among them becomes a usual phenomenon.

What is the main error of this absurd pseudo-religious concept? It is in the total lack of the understanding of what God is and what He expects from us.

He offers us quite the opposite: the development of an intellect, the control of one’s own thoughts and emotions (which implies, among other things, avoiding even the slightest rudeness), ethically irreproachable conduct, qualitative and quantitative development of the consciousness, based on the purity and inner silence of the spiritual heart that became huge. Only when we become such, we will be truly worthy of flowing into the Primordial Consciousness, since It receives inside Itself only really worthy ones!

Concerning the mind, we should not destroy but to develop it in every possible way and learn to control its activity.

... For the young souls, it is hard to understand where lie is and where the truth is. What can they do such a situation?

The answer is quite obvious: they need to seek truth at God, and not at these or those people proclaiming themselves as spiritual leaders.

If we are not able yet to speak directly with God, it will be useful for us to broaden our horizons by studying the outlooks of different religious organizations and the religious experience of all humankind from a historical perspective.

In this case, it will become clear that there are no “saving” rituals and that belonging to those organizations which promise paradise in exchange for their membership does not save from hell.

... Try to ask yourself: why did God need to create us, humans? Could it be that He did it only to sort us into those who go to paradise and those who go to hell after the end of our earthly lives?

This conclusion seems absurd for any reasonable person!

And how few are those who have looked for the answer to this question. And even fewer are those who have found it...

So, what is the answer?

It is as follows:

The Life of the Absolute is a constant self-development. This Life is the Evolution of the Universal Consciousness.

We are these living units whose purpose is also self-development, realized in order to flow into the Primordial Consciousness after gaining the Perfection. Thus we enrich It with ourselves.

This happens not only on the Earth but also on other planets of the universe, inhabited by intelligent beings.

... So God is directly interested in that we, people, dedicate our lives to self-perfection!

He sent us to the Earth so that we can develop ourselves day after day, trying to come closer to the Perfection!

Those who have achieved success on this Path flow into the Primordial Consciousness, enriching It with themselves, while those who impede, in one way or another, the realization of this plan of God place themselves as His enemies and construct for themselves the respective destinies...

* * *

Ivan Krylov, an ingenious fabulist who lived in Russia in the 18th-19th centuries, wrote a fable on this subject. Its gist is the following:

Two friends met. One of them told that he was in the zoo and saw many wonderful bugs there! A friend asked him: "Have you seen an elephant?" "Well, sorry friend, I haven't noticed it..."

... We have already discussed that we were incarnated on the Earth in order to perfect ourselves actively, trying to obtain Godlikeness. As a result of our spiritual efforts, we should cognize God directly and flow into Him. This is how non-duality or advaita in relation to God is achieved.

Yet in the circles of pseudo-followers of Advaita and in those Buddhist sects in which the existence of the Primordial Consciousness (i.e. God) is rejected, it is said that our goal is not the Primordial Consciousness, but "Nothing". Therefore, each of us should transform himself or herself into "nothing" in order to... disappear forever from the world of samsara...

Such people are very far away from the understanding of the essence of God, of the Evolution of the Universal Consciousness, of the meaning of our lives on the Earth...

... Actually, God is the Greatest Universal Organism, the greatest Being of all beings! He is really *Akbar* — the Great, the Greatest! It is necessary to add to this that He also the Subtlest One in the Aspect of the Crea-

tor, of the Holy Spirits and of the Messiah! Besides, He possesses the absolute Wisdom and Omnipotence.

To come closer to Him in these Aspects, we should learn to love Him emotionally, because love is, among other things, an aspiration to mergence; love is what brings everything together.

When we love God like this, the necessity to serve Him arises naturally, and we try to turn the course of the development of other incarnate souls in the right direction.

Besides that, we should actively develop ourselves, which implies, among other things, our quantitative growth. To flow into Him — Eternal, Universal, and the Subtlest One — is the only way of the true fulfillment of Advaita!

Those who, instead of this, strive to go in the opposite direction, transforming themselves into “nothing”, just waste their incarnations or go to the garbage of the Evolution, since “nothing” — in this perspective — is equivalent to “worthlessness”...

... Truly, having become the adherent of such destructive sects (destructive for the consciousness), one can spend the life without noticing the Greatest Being of all beings...

* * *

A pertinent question arises: how can one start the realization of the aforesaid? After all, it is always useful to start from the beginning, and not from the end!

One should start with the acceptance into one's outlook of the knowledge about the Evolution of the Consciousness, about one's own place and role in it, and about the methodology of spiritual development, based on ethics [12,17-21].

Jesus taught that God is Love! (1 John 4:16). Therefore, to come closer to Him and to cognize Him, we should become gradually similar to God in this.

How?

It is all about the transformation of one's own emotional sphere, since emotions are the states of the consciousness. Consequently, we should try to be always only in the states of love, immediately noticing in ourselves all other states and eliminating them.

It is quite possible to learn to control our emotions! For this, we need to master the regulation of the activity of our chakras. Let all chakras be cleansed and developed, especially the anahata chakra, which is a bio-energetic structure located in the chest (primarily, in the area of the lungs) and which should become dominant.

It is from the cleansed and developed anahata that a spiritual heart — the main part of the soul — can begin to grow then. We should become it and grow, refining ourselves. In this case —gradually— all the highest will become possible.

... In addition, we should remember that our emotions are produced by thoughts to a considerable extent. Therefore, it is very important to learn to control them and immediately stop those thoughts that can make us leave the state of love.

Besides, every one of us should comprehend that God — in the Aspects of the Primordial Consciousness and the Holy Spirits — is not “out there” but everywhere, including here, in the place where a body of each one of us is now. He is inside you, in the multidimensional depth *beneath* you.

He is in other spatial dimensions. Hence, we cannot see Him, but He can see every one of us very well at any time. He sees our bodies, feels our emotions, hears even each thought...

If you want to come closer to God, if you want Him to allow you to do this, you should assume the responsibility for the control and regulation of your thoughts and emotions. Let each one of your wrong emotions or

thoughts immediately stir up shame, first of all, before Him!

“Every instance of leaving the state of love results in the accumulation of bad karma!” — this is how He taught me once [12]. That really helped me a lot!

Well, many other useful things can be found in our books and other materials [5-22].

I was Sick with Cancer More than Once

Vladimir Antonov

I have several times suffered from cancer, having performed not properly justified healings of patients with this severe disease. And then, I every time had to heal myself. Moreover, God — against this background — showed me new key techniques of spiritual development.

I remember, I had fallen for the first time into such a situation after the healing of one of the physician-women near St. Petersburg.

I was then promptly called to help people in one of the other settlements. And the disease made itself felt there, away from home. The focus of the disease was formed in the lower left hypochondrium. Pain quickly grew with each passing day. It got to the point that even the slightest waving of the body when walking caused severe pain. I have almost lost the ability to move.

What to do? I decided to resort to the already well-known to me “winter swimming”. And it was just at the beginning of winter. I asked a local to show me any natural water body. There, on the lake, I broke with a stick not yet thick ice and bathed in the technique described by me in [18]. Immediately the relief had come. Then I repeated this procedure two more times in the

following days, cleaned the body with meditative techniques — and the disease completely receded.

Thanks to this situation, I not only had found a wonderful method of healing from this so widespread illness, and I am now sharing with you, — but I also received the most important meditation on the same reservoir to continue my own spiritual growth and for helping others worthy.

... Another time, I healed, too, a physician-woman from the growing right breast cancer. She quickly recovered. And I... The tumor soon began to grow — also in the right mammary gland. The tumor had already reached the size of a walnut. The “nodules” appeared and increased away from it — to the axillary lymph node...

And it was not winter, there was no opportunity to apply the “winter swimming”. I began to seek meditative solutions. Found! It turned out to be an amazingly effective meditation, which I called “headlighting”. It was necessary to feel the mammary glands (this meditation is quite suitable for representatives of both sexes) — as car headlights.

“I’m driving along the night road, lighting my way with the ‘beams’ of the headlights, sending a bright white and slightly golden light ahead...”. This meditation is performed during walking or meditative running [18]. First I am lighting from the chakra anahata, then — the opportunity opens to shine already by the Light of the Holy Spirit — from His or Her Immensity, which is behind the anahata of my body...

You are welcome! Learn this technique all, and not only in a case of the need for healing, but also — which is incomparably more important — for your spiritual growth!

The tumor in my body then began to decrease. In the beginning — up to the size of a pea, then — even less. Its remnant even now can be still felt — as a re-

minder to me that I should never heal someone's body before healing the soul first!

... It was and such a case more. There were malaises in the lung, a cough, against which nothing helped... It was time to do the following vaccination against tick-borne encephalitis. In those years, an obligatory condition for such vaccinations was the preliminary passage of a fluorographic survey. The x-ray image had showed already a significant in size pathological proliferation... The physician-radiologist was alerted and offered a second test after twenty days. In the meantime, he said, "drink the decoction of the le-dum"...

... I had to go with the result of the examination to the therapist. But I did not. I turned to God: what should I do?

And, as a result, I had received a unique knowledge about the four segments of the human body. This knowledge and practical experience had created the necessary prerequisites for healing my own body and for continuing to advance along the spiritual Path.

... Many other cancer sick were healed just due to the fact that they earlier engaged in the programs developed by us — right up to mastering the technique of the meditative running [18]. I did not know anything about their misfortune during the training. But they shared their joy with me at the end of the course: they were completely healed! Both the pain passed, and the tumor completely disappeared, as if it had dissolved!

Among them, there were those inoperable sick women with breast cancer, which were — by the physicians — sent home to die.

... It is pertinent to ask: what were the remote consequences?

Since we held those classes, it has been decades. Because of such remote consequences, I cannot say anything. But for about five years, I had met with them several times, as if by chance, in forests when collect-

ing mushrooms — in the places where we once were together. And they thanked me for both saving from cancer, and for pointing out the Way to God!

... I'm not telling this to attract patients. No, I will not heal any more. The healing was for me only a stage of my own spiritual growth [12], then I went further. And this allows me now to tell you not only how to heal yourselves, but also about much more: how can one effectively build a positive destiny, and approach to God in the quality of the soul.

And if you want to use my recommendations, first consult with physicians — with those of them who do not act for their own profit, but for the love for patients and the feeling of their professional duty.

* * *

I will tell you, too, about my last episode of healing a cancer sick.

I was found by the desperate woman, who was once a participant in our training in the meditative running [18].

... How it was then blissful — to run for hours as a group on the forest paths, without feeling the fatigue of the bodies, in the Embrace of the Holy Spirits, filling our bodies with Their Divine Light!...

But it was not possible in those years in Russia to talk openly about God. And I did not say...

... Now — I happily responded to her request for help.

... Then, decades ago, she was not yet twenty.

When those lessons were over, she married a member of a bad sect who denied even the very existence of God! And she had entered this sect for many years...

Soon she began to suffer from a toothache. This lasted for years. But she did not go to dentists: it was not encouraged in that sect: the whole “medicine”

there was limited only to chatter on the theme of yin-yang... Teeth — “decayed”...

But infectious problems in the teeth affect not only the teeth: almost all systems of the body, including the brain, suffer from this!

... Her whole head inside was filled with dense energy mud! I had never seen such blackness inside a head!

Her intellectual status already bordered on dementia. Including, she almost could not read. And what she could read, was not remembered...

But her main problem was the growing pain in the depth of the upper half of the abdomen.

After seeing her body, I saw: the beginning cancer, caused by a very large spirit.

... Well...

I explained to her that God really exists, told her what He is like, presented her my books, where it was told in detail about God and His Teachings.

I recommended immediately go to the dentists. Also — “winter swimming” — good that it was winter!

After asking God’s blessing, I drove out off her body that spirit.

She — has risen and... found it unnecessary to follow all my recommendations...

Then the spirit was again returned by God to her body...

Realizing this, she went to the ice-hole and to the dentists, who removed her four teeth and healed the rest.

I asked the spirit to leave again. He obeyed... I hoped that now — it was forever...

... But then... her boring demands began, so that I should teach her meditations on the places of power...

... For a long time now, I do not conduct any classes or other public events: everything that is needed for those, who wish to be able to successfully advance through the version of the Path chosen by me, is set

forth in books and films. But, even if it were otherwise, such activities could only be carried out for a person with a strong intellect. But she had almost dementia...

I answered “evasively” — for not to injure — that it can happen not earlier than after years...

... As a result, I received from her an angry letter, where she, including, exclaimed that she regretted that she asked me for help at all!...

... So I, as it turned out later, stayed with that spirit in my body... It “nestled” in my pancreas, and in the left segments of the chakra manipura [39], where it was harder to notice it, and I did not notice long...

The disease manifested itself years later...

With my own meditative efforts and direct help of Jesus Christ, I managed to eliminate bioenergy injuries. Although the anatomical changes remained.

... So I got one more and, I hope, the last warning from God that one cannot act in relationships with other people, following only one’s own emotions of compassion, but without His specific Blessing for each of such actions.

* * *

We all need to understand that God does not live on some earthly mountain or a distant planet! And He does not ride on the clouds, looking at us from there! But He — eternal and infinite — is present always and everywhere, including, under every cell of our bodies — in the multidimensional depth!

We do not have the opportunity to see Him until we ourselves learn to easily stay in the subtlest layers (eons, lokas) of multidimensional space.

But He sees each of us constantly! And nothing can happen with us without His knowledge and consent! Moreover, He creates difficult lessons and tests for us, trying to help us in becoming better, in ap-

proaching the Perfection! It was for this — that He embodied us on the Earth!

Therefore, everything that has already happened to us, should have happened. And if we do not like it — the cause must be found in ourselves.

And what will happen is also to be taken as a manifestation of His concern for each one of us. However, one's own future can still be changed: namely each of us builds one's own destiny!

But in order to somehow change oneself in accordance with His Will, we must first study His Will. This is most fully represented in the book [17], where His Commandments are gathered, which He gave to people from the time of Atlantis — up to the present days.

*** * ***

Let's try to trace again: what is the reason for the pain that we have to endure because of wounds or illnesses?

Most often, the reason is that we did not take into account the pain of other embodied beings, either killed by ourselves or others killed for us.

Compassion for other beings is one of the most important principles of that love that God wants to teach us!

So, when we are in a situation of our own intense pain, it makes sense for us to accept it as a help from God. The empathy for those, who have suffered because of my ethical mistakes, will be in such a situation just what will make it easier for me to facilitate my destiny — both now and in the future.

* * *

So, the main cause of cancer is a bad fate, due to one's own ethical mistakes.

The mechanism of the emergence and growth of cancer tumors and similar pathologies are genetic mutations.

But the reasons for the latter — maybe a few. Tumors can arise as a result of irradiation with “hard” energies. There are also suspicions that carcinogens are some chemicals that enter our bodies with food or other ways. But, be that as it may, the cancer process will or will not develop — it depends on us and on God. From us — in the sense that we can show or not show to God our efforts to become better. Then God makes the appropriate conclusions.

And yet, apparently, the most frequent mechanism for the expansion of cancer is the introduction of spirits into our bodies. This — most often, according to their latest incarnations — are animals, primitive in terms of levels of their development. They, being sent by God to the bodies of their victims, begin to settle in them, changing the genotype of the cells of these or other organs of the body “to their taste”.

These spirits can be observed in the form of black energy clots. They can move inside the sick's body and even leave it for a while, for example, under the influence of a healer or physiotherapy procedures. But then they usually come back, being ruled by the Holy Spirits.

The tumor can be removed from the sick's body by surgical techniques. But cancerogenic spirits will leave the body forever or for long — only by the Will of God; we have already discussed this. This will determine the outcome of the treatment.

Thus, with cancer or similar diseases, it makes sense to rely, first of all, on one's own forces, understanding everything that is happening with oneself —

as learning from God. After all, it is for this purpose — i.e., so that we could learn from Him — He embodied us in the material bodies on the Earth!

(At the same time, I do not advise to refuse the usual help of physicians: it makes sense in such situations to fight in all possible ways at the same time!)

The disciples of God, like in any earthly school, can be good or bad. Let us be His good disciples!

And good disciples should study the Will of God, sincerely strive for its fulfillment and assure Him: “I now understand what You expect of me! I promise You: from now on I will not live for myself, but for You! And I ask You: give me a chance to have time to transform myself in this body!”.

True Revelation of Apostle John-the-Theologian

**Written by
Anton Teplyy**

God is Light!

This Living Light of Divine Consciousness pervades everything. And there is no place where this Light cannot penetrate.

It is everywhere! It is both the Foundation of life and the sanctuary — after the death of the body — for Those Who have become One with It.

Oh, this Light!... It is so beautiful! It is blissfully beckoning, pure, and gentle!... I find bliss only in It, being It!

It is the Subtlest Foundation of the Eternal Life!

All human troubles, sorrows — will recede, if you enter this Light!

One, Who has cognized It and become It, — now shines Oneself into the world, like the gentle morning sunlight.

Now this One dispels the darkness — and new souls awaken to the True Life! And the sprouts of love ascend in them, having been nourished and warmed by the Light!

This Light gives Calm — so blissful and all-pervading!

I am dissolved in this Ocean of Blissful Peace-Light...

This is how — from age to age — exist all Those Who have cognized the Light and become One with It. They exist, being Bliss, Peace, Eternity, and Infinity...

... But on the surface of the multidimensional Ocean of the Absolute, storms rage: people — in pursuit of the illusory — destroy harmony and create chaos and darkness...

But come from the *Depth*, incarnating into human bodies, Those Who — because of Their Infinite Love to the Ocean — tend to always and everywhere restore peace and calm. But They cannot always stop human chaos. They sometimes, swept away by ignorance, sacrifice their earthly lives — and return to the Bliss of the *Depth* of the Ocean, to then again return to help incarnate people...

One such Messenger of the *Depth* was Jesus — the One I loved more than life, and He had presented Me Life!

We all loved Him eternally!

He was simple and unpretentious — as simple can be a flower that gives its aroma, nectar, beauty, as simple can be a stream that nourishes with its water embodied creatures.

And at the same time, He was truly Great, Great as the Ocean, from Whom He had come.

He smiled — and the Light shone all around! He carried joy, salvation, peace, bliss! He brought understanding, liberation, and purity! He gave us the highest refinement of the Primordial!

It is a pity only that we could not immediately fully absorb what He gave us! Our “vessels” were still too small and not fully purified...

He dedicated His life to us, as to many others, — so that we could cleanse our “vessels” and grow as spiritual hearts.

He helped then many. And He continues to help now!

And gratitude to Him — let it be great!

Gratitude opens the “door of the soul” — and He can enter then...

Become One with Us! (Revelation from Nicephorus)

**Written by
Alexey Grechanikov**

**Great Flow of Love of the Creator
Blows the self, like a wind blows smoke!
The Endless Ocean of the *United We*
Has opened gently His embrace!**

**Ecumenical Depth’s Calm
Rises to the surface of this world...
Plunge into It with your head!
Feel It in spiritual heart!**

**Having entered It — dissolve...
Feel the Infinite! See the vastness!
Both above, and below, and from all sides —
There’s no separate I, there is only Ocean of *One!***

**Accustom yourself to be with Us and in Us!
From Oneness with Us — serve others!
By our Love — replace your self!
Dissolve! Be with Us — One!**

On Ecopsychology

Vladimir Antonov

Many bright minds in the history of mankind sought to create models of society that can be united under the single term *communism*. But real attempts to approach this ideal did not always give a positive effect. We observed this, for example, in the USSR.

From our point of view, the basis of social harmony should be not the structure of the economy and the way of distribution of material goods, but the psychological state of members of the society. Namely, *sincere kindness* of people in relations with each other should take place.

Let it become a permanent basis for the existence of people!

And this is easily accomplished with the help of modern methods of psychology!

Sincere goodwill can easily be learned with the help of methods of *psychical self-regulation*, based on the development of, first of all, the spiritual heart.

This system of *psychical self-regulation* was developed by us. It includes training in the purification and subsequent development of the basic bioenergetical structures of the body: the chakras and dantyan, as well as the main meridians. Then, the skill of rapid voluntary movement of concentration of consciousness into one or another of these structures is mastered.

For example, for the harmony of interpersonal relationships, it is necessary to place the concentration in the middle dantyan (chakra anahata), where the spiritual heart is originally located and from where the spiritual heart can begin to grow.

To improve intellectual effectiveness, we must focus on bioenergetical purity and energy saturation of the structures of the upper dantyan.

For more fruitful physical labor or for sports achievements — develop the lower dantyan.

Only mastering these very simple techniques already significantly improves the state of health, including, relieves many chronic diseases.

But the main thing is to work with the spiritual heart, which allows everyone to become sincerely benevolent, easily bear various personal adversities, keeping an optimistic mood in situations where other people, who do not master the skills in question, fall into depressions or become angry.

People with developed spiritual hearts really create around themselves an energy field of goodwill, which involves in this state also those with whom they communicate.

At its core, this system is a revival and design — from the perspective of modern psychological science — the knowledge that was left to mankind by the great Messengers of the Creator [17].

In the process of teaching, the most important emphasis should be placed on the ethical aspect which was proposed by Them and other great thinkers — as the basis of the rectitude.

Also very significant is the ecological component of our lives. Ecopsychological studies on living nature can consolidate and strengthen the achieved results, as well as continue the further development of consciousness.

Ecopsychology [18] offers interaction with the environment, based on a careful, loving attitude to all peaceful beings; this concerns, above all, people, as well as animals and plants. And the beauty of the surrounding natural landscapes and specific objects of natural beauty — let it be preserved by us, because attunement with them helps us *to become better*, contributes to our spiritual growth.

On this topic, we published dozens of books and created many educational films. These materials are

largely translated into many languages, including English, Spanish, German, French, Portuguese, Chinese, Polish, Czech, Ukrainian.

Grain of Sand (Meditative Sketch)

Oksana Skaraeva

Coast. Early morning.

Extensive sandy beach. A lot of sand!

No one. Only — space, everywhere you look!

No wind.

Above — in calm — light white clouds live their lives. Between them — the carefree blue, permeated, soaked with the morning sunlight!

Here, on the sand, the tender rays of the Sun begin to warm up.

Silence — there, silence — here...

Seagulls enjoy flight in the gentle light of the morning. They — bathe in bliss!

Warmed up, a grain of sand has waked up. It is, too, overwhelmed with the emotions of delight!

Beauty!

The greatness of the space above the shore and the sea is perceived!

A grain of sand is so small, but it has the hope that it will grow up to be a soul — and then will be able to embrace all this with itself!

The Hands of Holy Spirits (Revelation from Elizabeth Haich)

**Written by
Anna Zubkova**

**Before you is the light of the Sun
And spacious expanse of the sea,
Multi-colored floral carpet of steppe...
Take in spiritual heart all them!**

**If it seems that for hugging whole world
There is not enough strength —
You can feel with your heart how many We are
Inside and around you!**

**Here — a lot of Our caring Hands!
Caress all the Palms of tender Love!
All of Us are *One!*
Let Us be with you!**

**Dive into My Depth of all Those,
Who have merged in Oneness with God!
Feel the Peace in Which lives
The Primordial Ocean — Our common Home!**

**Find in your heart the Source of Love-Fire,
Which you will present to the world!
Become Soul that creates by Love
From Great Unlimited One God!**

Show People the Beauty! **(Revelation from Bright New Moon)**

**Written by
Svetlana Eremina**

**Show people the beauty:
As the reeds reflect in water,
How quiet is the surface of lake,
As water caresses the shore,
As birds sing the spring songs,
As children run in the dew,
As the dawn rises over the scope,
How beautiful is the flight of a crane!
And underneath everything — the endless Calm,
And God embraces everything Himself!
And you tell people:
How to love and listen to reeds,
How to caress the lake's surface,
Hold a crane on the palm of your hand from heart,
How to learn to give, not to take,
In beauty disappear to the end...
And then, becoming dawn over the land,
Radiate the Light of Love of God!**

Sects, Heresies and the Straight Path

Vladimir Antonov

Let us begin to examine the subject of this article by answering the following questions: what is man and what do we live on the Earth for?

Most people believe that man is a body, but this is not true. Man 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 destructive, 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 accus-

tomed 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 the 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” (Matt 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, 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 consciousness (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 4:8; 4:16) — and “learn (this) from Me” (Matt 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 God¹⁹, 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. Initially, a spiritual practitioner works with this structure inside his or her own material

¹⁹ Which is manifested in helping others in everything good.

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”²⁰; this lower “I” manifests itself in egoism, strongly pronounced egocentrism and other disgusting qualities;
- specially created methods of intentional destruction of 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 diversions of the level of children, in which invented “gods” are worshiped, in which there is no distinction between subtlety and coarse-

²⁰ Self.

ness, in which the power aspect of the development is taught to everyone who wants it, while other components of the development are ignored...

* * *

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 different 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...

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 “all people around” profess 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 accus-

tomed 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 the 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 the 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 ego-

centrism 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, 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?

Vladimir Antonov

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 et al.].

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!" (Matt 5:48). This is how Jesus taught!

Negative emotions result in the coarsening of us (as souls) and the contamination of our bodies with coarse bioenergies. Because of this, among other reasons, 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 be-

gins 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 the 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.

Our Contribution

Vladimir Antonov

We have already discussed in this collection and in our other materials the theme of the meaning of human life and how to implement it. We said, in particular, that the ultimate goal of the existence of each of us is the acquisition of the spiritual Perfection and the subsequent Mergence with the Primordial Consciousness (the Creator). The path to such Mergence consists of stages of ethical and bioenergetical purification of oneself, then refinement and quantitative growth of the refined soul — through the development, first of all, of the spiritual heart.

It is important to emphasize that:

a) progress on this Path is predetermined by successes in mastering the art of psychical self-regulation (this was described in detail by us, including in the

book [18] and shown in the film “Psychical Self-Regulation”),

b) Mergence with God, Which is Love (1 John 4:8, 4:16), is possible only for those who have mastered the functions of the spiritual heart (the organ of the spiritual love) and who have got rid of the negative emotional states to such an extent that it’s possible to say about them that they, too, became Love.

Such a transformation of oneself — for a person adequately developed intellectually — is an obvious reality. We just need to know *how* exactly all this can be achieved.

Spiritual perfecting was taught to people by Thoth-the-Atlantean, Pythagoras, Krishna, Lao Tse, Gautama Buddha, Jesus Christ, Babaji from Haidakhan, Sathya Sai Baba and other Divine Teachers. But it is in detail and in modern language, intelligible to all reasonable people so that it was possible to walk along this Path quickly enough, avoiding vain stops and tragic errors — this Way was first described by us. It can be designated by such terms as modern developed Hesychasm, Raja- and Buddhi Yoga, true Sufism, Taoism or Buddhism. Or it can be considered — in the scheme of modern scientific knowledge — as carefully elaborated and detailed, with the involvement of historical and modern information, presented by Divine Teachers, the new branch of exactly modern science: the **METHODOLOGY OF SPIRITUAL DEVELOPMENT**.

This knowledge includes information:

— about the multidimensional structure of the Absolute and the Evolution of the Universal Consciousness,

— about how God wants to see each of us, people,

— about that set of concrete variants of advancement along the spiritual Path, which each of us could take, moving towards the Perfection,

— about universal principles of development of individual souls and about possible mistakes,

— on concrete methods of improvement.

And the Will of God is that this knowledge will become the property of all people living on our planet. Moreover, all people, including the rulers of countries, should realize their interest in this: if all the inhabitants would understand the true meaning of their lives on the Earth, the levels of crime, suicides, drunkenness and drug addiction, conflicts in all their manifestations, including interethnic and inter-confessional — will be significantly reduced. The health of the masses of people would be noticeably improved: many diseases arise from our ethical mistakes. And people could unite in common efforts — for the sake of BECOMING BETTER before the Face of God!

Why do all these misfortunes of mankind appear? Because people do not know about the meaning of their lives on the Earth! They do not know what to do, and many of them start... to fool around!...

The Ocean of Great Liberty (Revelation from Nicephorus)

**Written by
Svetlana Eremina**

The gentle sky seemed was full of God...
The seagull was hovering in the heights...
It touched our hearts with its calls,
Recalling about love.

Sunrise was full of subtle tenderness,
Pouring everything around with calm...
Clear Light from the Depth of God
Invited — like Him — to become!

The voice of the Holy Spirit —
In the sounds of the spring dawn —

**Sang the song of love and about God,
Living in you and in me:**

**“In former eras once
On the other side of the Earth,
You first learned about God —
About *United Us*.**

**Then God took you tenderly by the hand,
Promising to lead into Him.
From the small spark of light —
He was helping you grow big.**

**And now, recognizing Him
In the trills of birds and in the babbling of streams,
Germinate by Love into Him,
Eliminating the separate “me”.**

**Even if there is a storm around —
Do not run off the Straight Path!
The Ocean of Great Liberty is always
Next to those who are eager for God!”**

Conclusion

Vladimir Antonov

**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* [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?”

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 teach-

ing the art of psychical self-regulation [12-13] — 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 [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...

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 Antonov²¹. 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

²¹ See http://www.duel.ru/200102/?02_4_3 (in Russian).

“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 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 merge in Him!

My Love for You

Anna Zubkova

Between us, the border let disappear,
Dividing “You” and “I”!
And in Your Universal Great Consciousness
My love let dissolve in Your Love!

As if there is no life
Ahead on the Earth for me,
I hug You, I — with all my heart —
Cling to the Universal Love of You!

All Who Has Reached (Revelation from Adler)

**Written by
Anna Zubkova**

All, Who have come, are in Me!
All, Who are in Me, am I!
Here is the *United We*:
The Home of All Who have come!

My Fire has no boundaries,
It creates life for Eternity!

**If you want to enter Me,
Reject other feelings and deals!**

**Only the one who turns oneself
Into Love and Light —
Can enter My Depth
And serve the worthy as I.**

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