

**Vladimir Antonov,**  
Ph.D. (in biology)  
(author, compiler, and editor)

The chapter “Appendix”  
is compiled by the materials, written by  
**Anna Zubkova**

# **Teachings of God on the Achieving the Spiritual Perfection**

(collection of articles)

*The book is written by the request of  
Jesus Christ’s Apostles  
Andrew and Matthew  
and with the participation  
of many other Holy Spirits*

Translated from Russian by  
Anton Teplyy and Vladimir Antonov.

Correctors of the translation —  
Keenan Murphy and Hiero Nani.

“New Atlanteans”

2016

The author of this book is a scientist-biologist (Ph.D. in biology) by education. He personally mastered and studied the Path of cognition of God, also has published many books on this subject. He hopes that the contents of this book will help readers to understand better the Teachings of God about the meaning of our lives and of everything taking place around each of us, as well as correct implementation of this meaning.

For this, let us consider the Path of spiritual development in the form of ascending steps.

The book is intended for all those who are ready to make real efforts for cognition of their Main Beloved — God in the Aspect of the Creator. These efforts are needed to learn to see, hear Him, embrace Him and merge with Him forever in the mutual Love.

## Contents

<b>FOREWORD .....</b>	<b>5</b>
<b>FROM DIVINE ESTHER .....</b>	<b>5</b>
<b>GOD, GODS, "GODS", AND THE SPIRITUAL PATH .....</b>	<b>6</b>
On the Word God .....	6
What Does God Need from Us? .....	7
On the Quality of Souls.....	8
On Repentance.....	8
What Is Consciousness?.....	8
What is Sin? .....	10
Subtling the Consciousness .....	13
<b>STEPS OF PERFECTING .....</b>	<b>14</b>
First Step .....	16
Second Step .....	17
Third Step .....	20
Fourth Step.....	21
Fifth Stage .....	21
Steps Six and Seven .....	22
Apostle Matthew.....	23
Emil and His Divine Mother .....	23
Cairn.....	23
Khem .....	23
Pythagoras.....	23
Yamamata .....	23
Yemelyan .....	24
Juan Matus .....	24
Genaro.....	24
Adler .....	24
Thoth-the-Atlantean .....	25
Ódin.....	25
Carthage.....	26
Pythagoras and Yemelyan.....	26
Lada, Sarkar, Adler.....	26
<b>SUFISM .....</b>	<b>26</b>
<b>ON SUFI PRACTICES.....</b>	<b>28</b>
<b>WHO CAN ENTER THE ABODE OF THE CREATOR? .....</b>	<b>31</b>
<b>"ALL YOU NEED IS LOVE!" .....</b>	<b>35</b>
<b>ATTACHMENT WRITTEN DOWN BY ANNA ZUBKOVA .....</b>	<b>39</b>
Huang Di Treatise on the Power of Calm, Love, and Achieving Immortality .....	39
Humble Mind and Flaming Heart (from Simeon the New Theologian).....	43
Ancient Tales (by Isida) .....	44
In Silence .....	44
About Silence (from Adler).....	45
Listen to My Silence! (from Huang Di).....	45
God is So Near! (from Alexey).....	45
Be the Light and Fire! (from Lada).....	46
Not Time for You to Relax Now! (from Assyris).....	46
Conversation Around Campfire (from Yemelyan).....	47
<b>RECOMMENDED LITERATURE.....</b>	<b>49</b>
<b>VIDEO FILMS.....</b>	<b>50</b>



## Foreword

**“Seek ye the Kingdom of God!” (Lk 12:22-34). These are the words of Jesus Christ that have been read by so many people who are familiar with the New Testament. But are there many, who were inspired by this Commandment of God to real spiritual accomplishments? No. Why?**

**Only few people even understand that the Kingdom of God — in this context — is the Abode of the Creator (the Primordial Consciousness, God-the-Father, Tao, Ishvara, Allah). And what is He — the Creator? And where to find Him?**

**Such naive and false conceptions about the Creator, as, for example, that He is an old man on a cloud, negate the very possibility of real cognition of God!**

**But He — on the contrary — is Universal, Infinite in size! He truly is Akbar, i.e., Infinitely Huge! And Jesus Christ taught about namely this perception of God [16]! But the leaders of some religious sects, who were found to be unable to accommodate their small minds to the Universal Greatness of God, degraded the view of Him to primitivism on the level of fairy tales for children [6,19].**

**But to look for the Creator is necessarily in the depths of the multidimensional Absolute — through a) the development of oneself as a spiritual heart and b) by cognition of these depths inside the opening spaces in the developed spiritual heart. Other features of the direct cognition of God do not exist!**

**Why, by the way, is the monotheistic concept methodologically important? It is because God should be explored precisely as the One Universal in size Multidimensional Organism (Absolute) Which includes the Creator and His Creation. And it is not only a hypothesis, intellectual imagination! It is the empirically cognizable and cognized reality!**

**This is the approach which favors the study of His multidimensional anatomy [13,16], including practical search of the Primordial Consciousness in the subtlest depths of the multidimensional space.**

**I note — for a better understanding of what will be said further — that most often when the word *God* is spoken or written, not the Absolute is meant, but the Creator or His concrete Representative — the Messiah, Christ, Avatar (these three words have come to us from different human languages, but are identical in value).**

**I had the opportunity — under the guidance of the Holy Spirits, Who are our Divine Teachers, — to create many books and video lectures, talking about God, the meaning of our lives, and the optimal realization of it [2-20 etc.]. I undertook this book — at the request of God — to describe the same in laconic form and summarize all the previously said.**

## From Divine Esther

**God is the Main Teacher for all people. And it is most important — to turn people to Him-the-Teacher!**

**Now is the most successful time for this: through you — the ample description of God and also the methodology of transforming oneself for the sake of direct cognition of Him have been created for humankind!**

**Therefore, the cognition of Him now has become the reality for many people!**

There it is, the Evolution moves, including the evolution in mentality of people. Therefore, I repeat: in the lead, one needs to emphasize God, but not one or another “Scripture” or one or another prevailing religious tradition!

Everyone should *transform oneself* in order to cognize the Living God! This is the main task for all beginners: to reach that advance, when God becomes audible and seen by the soul and then gets the personal Main Teacher of life!

Amen.

(Next part of the book  
is translated by Anton Teply  
and corrected by Keenan Murphy).

## God, Gods, “gods”, and the Spiritual Path

### *On the Word God*

The word *God* has different meanings.

The most important of them — *God* in the Aspect of the Primordial Consciousness, also called the Creator, God-the-Father, Ishvara, Allah, Tao etc. in different languages. When we say “God”, we mean, first of all, this meaning of the word.

But God is also the Absolute: Unified Universal Multidimensional Macro-organisms that makes up the Oneness of the Creator and His Creation. It is really multidimensional; it may be discovered directly by the developed human consciousness.

People name by the word *God* also an individualized incarnate Representative of the Creator — Christ, Messiah, Avatar.

As much as the previous, it is appropriate to denote by the word *God* every Holy Spirit — non-incarnate Representative of the Creator.

But we, at the same time, must understand that each of Them is only a Part of the One. And Everyone of the Holy Spirits is consubstantial to Him by the quality of the Consciousness.

God in the Aspect of the Absolute is universal and infinite in size. He is One and United.

Equally Great is the Creator, Who represents the most subtle Part of the Universal Consciousness. He is One and United as well.

The Holy Spirits exist in the Primordial Consciousness in Their aggregate and interpenetrational state. But They can issue from this state to perform the Will of the One.

All the above is not a hypothesis, nor a religious fantasy, but really cognizable Reality, which is cognized by us.

The Path to a full knowledge of this Reality is laid and presented by us. Everyone can try to go by this Path — by that part of it, which is enough for one’s desire and power. If you have not full success in reaching the end of this Path in this life — you will have an excellent base for further progress in the next incarnation.

... However, it happens that people begin to worship false “gods” — real or fanciful personages. It characterizes the level of intellectual development of those

people. Though they have adult bodies, they continue to play children's games: in this case — “in religion”. Don't despise and condemn them for this: they are — in their psychogenesis (development of the soul) — simply not yet mature for the adult's attitude to God.

The most striking examples of such “deification”, in my opinion, is Hindu Ganesh (a man with an elephant head) and the accepted in countries of “European culture” image of God-the-Father as an old man on a cloud, the right of which Jesus sits.

But the Primordial has no form, such as bodies of humans or animals. He is — in size — infinite Ocean of the Universal Consciousness. And sitting on the right (or on any other) side of the Infinite — no way!

As for Jesus, He is not terrible and formidable Judge, as it is believed by very many. But He is the Kind Love, Which we have to learn from Him!

He is Light-Fiery and manifests Himself in a relationships with a worthy incarnate people — as the Divine Love-Tenderness, Love-Care.

The same can be said about any of the Holy Spirits. They have become the Holy exclusively because They had mastered these qualities and developed them in Themselves.

### ***What Does God Need from Us?***

Most people do not think about why God needs us, why He has created us.

The behavior of such people in the religious field is reduced to the tediousness of prayers to God: they ask Him about the earthly well-being, about forgiveness of sins, the salvation from hell...

They are not yet able to accommodate by the mind, for example, that we are particles of the God-Absolute and live in His Universal Body — having a certain degree of autonomy like the mobile cells of our material bodies. And our embodiments are intended for us to realize all possibilities for reaching the spiritual Perfection — by cleansing and development of ourselves, cognition of God in the whole of His fullness, and through helping others in this.

Reasonable people can understand that common (in many religious directions) prayer practices, mostly, only deflect believers from the Creator, inspiring in them the separateness from Him. While it would be right — fully dash to Him by minds and emotions of love! Just this could allow cognition of Him, to learn directly from the Holy Spirits, to prepare ourselves for Mergence with the Primordial.

He created His Creation for all beings, embodied by Him in the material world, to grow gradually as souls — so that we in the end, after a number of human incarnations, achieve the spiritual Perfection and flow into Him to enrich Him.

But this knowledge, I repeat, can be accommodated by only those who have already achieved the adequate level of personal development in their psychogenesis.

So, we might try to understand that God does not need human prayers. And He, as a rule, does not react to them. (A rare exception — those situations, in which miracles are created to strengthen the people's faith in the existence of God).

And the prayers offered to believers in bad “prayer books” are intensively stultifying followers of such sects; forming depressions, feelings of worthlessness, hopelessness, doom for the coming torment in hell... But the “shepherds” of those sects will urge and compel their followers to “pray” more and more... If the followers improve themselves and not “pray” — such sects will be unnecessary, and “shepherds” themselves lose their offerings from “believers”.

## ***On the Quality of Souls***

Our main quality that effectively lets us advance on the spiritual Path is a developed intellect.

Those, who have not it yet, are not able to distinguish the lie — and the truth, the evil — and the good.

Such grotesque religious perversions as the “holy inquisition” or “external jihad”, which so massively sent and send their adepts to hell, were consolidating and are consolidating less-developed intellectually and ethically people.

Their “religion” often involves hatred towards those who are not of my nationality, speak in other languages, have different from mine color of skin, adhere to other religious beliefs. Such people do not show diligence in mastering the art of psychic self-regulation, do not want to abandon their primitive egocentrism, their own coarse emotional states and other customary for them evil manifestations. They consider as the norm and true religious virtue — their self-affirmation in the violence against others, self-admiration...

They also will not cultivate refinement of consciousness, humility, will not develop themselves as the spiritual hearts and do everything possible to bring together — in love — with the Primordial...

On the contrary, these villains will, in particular, hate and persecute the true spiritual zealots... Due to such existence, they find hell for themselves.

But the true spiritual seekers, who sustain with honor those tests, become worthy for the greatest support from the Creator. Their bliss of communion with Him will grow as far as they are closer to Him in quality of consciousnesses.

... Only those who already have outgrown the intellectual and ethical primitivism, are able to accommodate the truth that it is a crime — before God — to hurt and kill peaceful people and animals, even to harm plants in vain. And those, who did not accept this principle in their lives, will not be able to achieve success on the spiritual Path.

## ***On Repentance***

Repentance... Without it, it is hardly possible to quickly get rid of the mental qualities called malformations. But... here the truth is hidden from the people by lies as well!

It is significant to break away from the stereotype of thinking that our ethical mistakes (sins) can be forgiven by religious pastors or God. Such mechanisms as “the remission of sins” in reality do not exist!

For God, it is important that we learn not to sin, to get rid of the very ability for ethically wrong emotions, thoughts, words and deeds! Only such a soul can be called pure and therefore worthy of approaching the Creator!

But it is difficult to attain such purity without mastering the art of psychic self-regulation and without the development of oneself as the spiritual heart.

But then, the necessary information is described in our books and shown in the films (see the list at the end). Everyone can — on the basis of acquaintance with these materials — make for oneself the personal plan for self-improvement and consistently master its stages.

## ***What Is Consciousness?***

What is consciousness?



Someone will say that it is the same as the mind, intellect...

Also — in the “soviet” time in Russia, the term “public consciousness” was common, i.e., the generalized opinion of “the human masses”...

But, in fact, the meaning of the word *consciousness* is closely related to the phenomenon of *self-sensing*, the real feeling of oneself not as the body or the mind (in fact, the mind is not able to feel itself; thinking is only one of the functions of consciousness) but namely the living energy — thinking, having a memory, emotions, etc. — which can be fastened to the material body to one degree or another, or to be completely free from the body in unembodied status.

The word *consciousness* is equivalent to the Sanskrit word *buddhi*. And namely in this sense, it is used in spiritual literature.

Also there is the word *soul* (in Sanskrit — *jiva*). Souls are incarnated by God into material bodies — relatively small bundles of living energy, which should develop themselves while living in these bodies. Each soul undergoes a long series of incarnations. In the most typical case, this occurs in a sequence of embodiments in bodies of plants, animals and then later — people. The reason for this is the qualitative and quantitative development of souls, for, in the end, they achieve the Divine Perfection and Merge with the Creator, enriching Him with themselves.

At the human stage of development, a soul (*jiva*) — when it is already ripe for this by developing its mental function (intellect) — may begin to become *consciousness* (*buddhi*).

... A soul should grow and develop itself — in each incarnation in a material body. But at the stage of being the consciousness (*buddhi*), a person exceeds the body in size and naturally learns to live outside it.

Many people tried and try to learn how to “leave the body”, to stay out of it — at their earlier stages of development, when the soul is not ready for this yet. To do this, they use drugs or poisons, for example — urine. This leads to distortion of the development and disruption, weakening, primarily, of the intellectual function.

But the most important thing is that the embodied soul must develop primarily the intellect.

A significant stage in the development of a soul is the accommodation of basic religious knowledge. It is called *faith* — faith in God's existence. For further development — faith is needed. But the faith must be correct. And this depends on the possession of the appropriate knowledge and the ability of the individual to adapt this knowledge, to adequately include it in one's world outlook.

An extreme difference between the faiths of different people can be observed. High and higher levels of spirituality can be — and, on the other hand, primitivism, consisting of hatred and enmity towards all who, for whatever reasons, are different from me or from “us” (that is, conformation of people of the same level of development — like a type of religious sects).

Krishna in the Bhagavad Gita told about the existence of the methods included in the section of spiritual knowledge, which is called *Buddhi Yoga* [4-12]. All the Divine Teachers of humanity reached Their status through the methods of *Buddhi Yoga*.

Much information about this can be got from our books and films; the list of which is given in the end.

*Buddhi Yoga* is the upper stage in the methodology of spiritual development.

And it is very desirable that its complicated techniques not be taught to yet foolish people, because it can damage them. (This is what I talked a lot about in my other books and articles). The cause — the inability of currently young souls to accommodate the ethical principles, which are suggested to us by God, as well as

the difficulty in integrating and differentiating various forms of methodological knowledge.

That is, only the methods of development of the spiritual heart can be offered for the positive development of all, including children. These methods could do no harm, rather they will provide the basis for further successful spiritual growth, perhaps after the years or even much longer, when favorable conditions for this will be.

... Achieving the proper levels of a) refinement (subtling) of the consciousness, and b) its quantitative growth — on the background of stainless ethical purity — permits one to learn the clear direct perception of the Holy Spirits. Since that time, They become personal Divine Teachers for such spiritual devotees, and lead them into the Abode of the Primordial, to merge with Him.

\* \* \*

I will say a few words about the unembodied existence of people of different levels of development.

“Postmortal” fate of each one is determined by two main factors: a) the quantity (and the closely related level of active capacity), and b) the level of coarseness — or refinement.

Those, who have developed in themselves rough emotional qualities, are in hell; there they are tortured by beings of their own sort.

Souls, who have accustomed themselves to the refined tenderness, gain paradise: life among those similar to themselves — in a gentle caress with them and taking care of the worthy of embodied beings.

Between these two, there is a number of intermediate possibilities of life — in the layers of the so-called “astral plane”.

The most primitive souls — regardless of their religion, rituals, and prayers — after the death of their material bodies can continue to identify themselves with those corpses, suffering from their rotting. Or — such souls are in a grotesque horror during the burning of their dead bodies in a crematory...

But those, who have achieved the Perfection, are accepted by the Creator in His Abode. They merge there forever in the Universal Love with Others Who have attained. Then They reveal Themselves to incarnate beings — as the Holy Spirits. Or They may even reincarnate in human bodies: to help embodied people more efficiently. So They become Divine Preachers and/or the Wonderworkers, demonstrating to people their (people’s) spiritual potential.

And each person has a choice: which direction to steer through life to...

## ***What is Sin?***

Our sins are ethically significant mistakes.

Sins are the manifestations of mental properties named vices.

People sin by means of bodily actions, words, thoughts, and negative emotions.

Do we know, by the way, that our emotions create energy fields influencing other beings?

The emotions of tender love, being born in the spiritual heart, not only are able to stabilize oneself in the correct state, but can really help those beings to which they are directed.

But emotions of the opposite kind — anger, hatred, sadness, melancholy, despair — can cause destructive effects not only on oneself but also on other people, animals, and even plants.

Therefore, one should learn to live in a light state of soul — even under adverse conditions — not to harm others and not to spoil one's own destiny (karma).

There are many excellent Commandments of God intended to help us in our ethical cleansing. Especially vividly Jesus Christ and Sathya Sai Baba talked about this [12-14].

The most comprehensive and understandable, in my opinion, the main Precept Sathya Sai Baba outlined: *Try even not to grieve anyone!* (But do not apply this, of course, to attacking of aggressive primitives of different species).

But a lot of people, though they proud of their “righteousness” but behave in the opposite way.

For example, I remember the aggressive Orthodox old woman who screamed every day under the windows of the city-house where I lived — at drivers of cars, who stopped at the crossroads in front of a red traffic light: “Why are you fuming here?! Breathing is impossible because of you! Is it impossible to go on other streets?!”. She flooded the space around with hatred and, at the same time, was sure that she is doing a good deed...

She attended on Sundays the Orthodox temple — to relax after that, her “righteous work”...

One day, I asked her, did she read the New Testament? It turned out, no. Then I told her about the essence of the Teachings of Jesus Christ, that God is Love — and we, too, are commanded by God to learn to be love, also — that people of hatred go to hell, but to be worthy of the paradise, it is necessary to develop the emotional love. To do this — learn to be the spiritual heart and perceive the world from it! The essence of the Teachings of Jesus is in this!

A few days later, I met her radically transformed: no longer hatred, a happy smile beamed on her face! In response to my greeting — she began to thank me, embraced, and even kissed!

It would be wonderful, if in all the temples on our planet this so simple and meaningful Teaching of God be preached!

Soon that old lady (she was already more than 80) disembodied. On hearing this, I was happy, assessing the situation as a whole: I was in time to help her to get rid of hell!

... In the early years, I conducted popular trainings for physicians and all others, who wanted to learn to cleanse bioenergy structures of organisms and to develop the spiritual heart. Successful students not only acquired the true happiness for the first time in their lives, received the first experience of the touch of Holy Spirits, but also cured many diseases, against which medicine was powerless. [7]

... One more example: another Orthodox old woman complained to me: “I'm sinning the whole of my life! And now — as well!”. But it turned out that under “sin” she knew only sexuality... But of theft — she did not refuse... She did not consider this ability to steal — as a vice...

She also often “went to church”, but there no one explained to her about sins and repentance...

... Let's look at the topic of sexuality in more details.

God has put sexuality in us — as a way to not only reproduce, but also for socialization, for growth of emotions of tender love, care, self-giving to loved ones.

These are those properties that He wants to see in us — developed to the highest degree!

But... aggressive primitives, being themselves incapable of such an attitude to others, seeing in sexuality only (as in themselves) vicious passionate egocentricity, began to demand restrictions of it and announced it as sinful.

Desecration of the sexual aspect of love was carried out by well-known religious organizations, but it was taken from them also by the secular morality of many societies.

... I am convinced that the fight should not be against sexuality in general, but let the battle be against the ethical perversions attenuating it.

One example — the attitude to “adultery”. They are, according to the “current opinion”, the manifestations of lust (egocentric sexual passion). But I never heard from anyone that these sexual “treasons” may be for the opposite reason: because of the altruistic desire to help another person in need of sexual aid. Who in such situations “sins”: one who is “unfaithful” — or the jealous-spouse? (For more details on the topic of jealousy — see [19]).

... Decades ago, when there were no modern highly effective contraceptives in pharmacies, almost exclusively lutenurinum — vaginal foaming tablets were sold. (Meaning was that the spermatozoids get lost in a variety of foam bubbles and does not get to the egg cell). So, the wife of a young couple complained to me: my husband threw the pills, he said that he “needs a wife, not a fire extinguisher!”

But what was the reason to become married with such a man?

... There is much talk about the dangers of abortions, even the feasibility of a comprehensive ban. And there are countries where this ban already exists.

Yes, there is no doubt that abortions are harmful and undesirable. But who is guilty of the occurrence of unwanted pregnancies? Those unfortunate women? Or those immoral men, who inseminated them — against their will?

I am convinced that not those women who are in trouble must be penalized, but those really guilty men. And an even greater extent — those who oppose the teaching of sexological knowledge in schools.

I also believe that only very wicked people are able to demand the ban of abortion in cases of ectopic pregnancies, or, for example, schoolgirls who were raped by peers. Pregnancy and birth of a child in school age can cripple the rest of the woman’s life!

Is abortion a murder? Yes. But this is not the murder of a human being, but (in early stages of pregnancy) of a material germ of a future human body.

I’m not advocating abortion by these words. But let’s understand that God will find, by all means, another opportunity to bring every soul into another body!

... I had a chance to watch the “post-mortem” life of Seraphim of Sarov. He spent it in his self-made intangible chapel in the woods, praying on knees in front of the also immaterial icons of the Virgin Mary. Badgers lived in their “badger town” near this place. The chapel was located *inside* the large — about two hundred meters in diameter — soul of Mary-the Mother of Jesus, in her favorite spot in the pine forest, on the former Finnish lands.

But — the time for Seraphim to incarnate again has come. Such attempts were in the Russian cities Torzhok, then Tver. But those women had abortions!

At first, I was interested to observe the dynamics of this situation, but then, after about two years, it was erased from my perception: he, finally, had success to incarnate!

Why do I inform about this? To illustrate that God is not shocked by abortions! God has all the opportunities needed for the adequate embodiment of every soul!

And I have not seen any grief from Seraphim as well.

... In actuality, an honorable man can easily prevent unwanted pregnancies of his beloved woman. This is — the way “for all occasions”. It is necessary, just, to make ejaculation out of the vagina! And then — not to start a new sexual intercourse without washing the urethra with urine and having washed his penis of the remaining spermatozoids.

And man has the right to perform the natural insemination only after clearly expressed consent to do so from the woman. I believe that it is — an important criterion for evaluating the ethic state of every concrete man.

It is elementary, simple!

But selfish sex passion overshadows the minds... And such sex exposes a serious ethical flaw that creates karmic consequences! Actual sins — here they are! But not abortions!

... In Russia, after 1917, Ulyanov-Lenin and his associates began to create a youth organization — the Young Communist League (in Russian — Komsomol). Its basis was proclaimed as the total sexual freedom. In particular, girls were not allowed to refuse the guys in cases of sexual suggestions from them. The punishment for such “offenses” was expulsion from the Komsomol!

The organization has grown rapidly... But... suddenly... pregnancies began to appear... and children began to birth... Adult organizers did not think about this in advance...

About one million children were born in the country during the wave of this campaign... The government did not wish to feed them and educate... Therefore, it was decided to urgently reorientate Komsomol: from total sex — into the political struggle.

... Unwanted pregnancies, venereal diseases — it always accompanies a “sexual emancipation”, which is devoided of a spiritual component.

What is the correct decision? It is in widely informing people about the knowledge which we now speak: knowledge both of sexology and spirituality.

As for the fighters against contraception and abortions, it would be better if they spent their energy on their own ethical cleaning! As evident from the violent forcibility, typical for many of them, their existence in hell is well guaranteed!

### ***Subtling the Consciousness***

Absolute is really multidimensional. His multidimensionality is cognizable by developed human consciousness.

The spatial dimensions (eons, lokas) are differentiated by the *level of coarseness — subtlety*.

Primordial Consciousness is the most subtle in comparison with all other versions of the energy of consciousness.

Holy Spirits, originating from the Primordial, are the same as well, but They, to become visible for Their incarnate disciples, can condense a bit for a time.

At the opposite end of the *scale of subtlety — roughness*, there is hell: the “rubbish heap” of the Evolution. Hell is the abode of souls, which accustomed themselves during life in material bodies — to emotional roughness. (Let’s understand that emotions are the states of souls, consciousnesses).

Paradise is the abode for subtle emotionally souls.

Those, who strengthened themselves in paradise states, may gradually grow further — to the states of Divinity.

If we talk about the same in terms of the Bhagavad-Gita [4.12], the Path to God runs through the stage of sattva — purity in the emotional states and thoughts, in ethics and in the understanding of the laws of the spiritual growth.

I emphasize that Jesus taught His followers to live in emotional tenderness, without condemnation, in forgiveness, humility [12-14].

... What characterizes truly attained Holiness? The main criterion is the refinement of consciousness. So, it is very simply possible to distinguish the true Holy Persons — from impostors. Other criteria — ethical perfection, size of the Consciousness and Mergence with the Primordial.

Paradise Souls are refined, they look as an intangible *light*. This *light* fills the bodies of those who have reached paradise and are currently embodied.

But to attain the Divinity, it needs to be really big, huge Light-Fiery Consciousness, millions of times greater than the size of our material bodies. And the capacity of individual consciousnesses is proportional to their sizes.

The correct quantitative growth of consciousness is realized only through the development of oneself as a spiritual heart.

Thanks to this work of self-improvement, one finds, in particular, deliverance from physical illnesses, also obtains the natural stay outside of the material body, omnipresence, real knowledge of own immortality, the spiritual capacity to help worthy others, regardless of the distance. And what else is much more important — God becomes cognized and Mergence with Him is acquired.

What do you think: is it exemplary to go by this way?

(Next part of the book  
is translated by Vladimir Antonov  
and corrected by Hiero Nani).

## Steps of Perfecting

*“Seek the Kingdom of God above all else,  
and He will give you everything you need” (Luke 12:31).*

*“For where your treasure is,  
there your heart will be also” (Luke 12:34).*

*“The Kingdom of God is within you” (Luke 17:21).*

*“Blessed are the pure in heart,  
for they will see God” (Matt 5:8).*

*“The Kingdom of God is being preached,  
and everyone enters it by making efforts” (Luke 16:16).*

The entire Path of spiritual development can be represented as a sequence of large steps, a gradual mastering of which namely in this sequence — always leads to lasting success.

First, let's list these steps and then look at some of them individually in detail.

So, it is necessary:

1. To have a basic knowledge of what is God [12-13,16], where to seek Him, communicate with Him [7-8,12-13,16-19,22-34].

Also necessary is to understand the structure of the human organism and its capabilities in the spiritual perspective [13,17].

And — as a result — the opportunity appears to observe the Process of Evolution of the Universal Consciousness, and then — to take my own place in it.

2. To transform myself in accordance with the ethical Teachings of God [6,10,12-20], because He does not admit into Himself those who do not comply with these Teachings.

3. To cleanse myself from bioenergy contaminants which have been formed as a result of previous errant living. Also — put in order my own basic bioenergy structures: chakras, dantyanas, “bubbles of perception,” the main meridians (see [13,17] and our films).

4. Consistently develop myself as a spiritual heart, which begins to form in the chest chakra anahata (where our lungs are) and can be developed to the cosmic scales. And there is no possibility other than this for serious spiritual achievements!

5. The work which has been done on the above points permits one to start the direct cognition of God — first in the Aspect of Holy Spirits. The Holy Spirits then become the personal Divine Teachers, and They lead the worthy Their disciples up the “ladder” of development of consciousness by higher meditative techniques.

In particular, the blissful Mergence of consciousness with the Holy Spirits is the first very significant personal experience of cognition of God. Holy Spirits thus give Themselves as the Standards of Divine Subtlety of the consciousness — so that students strive to keep it, not to lose such obtained subtlety and return themselves to it in the cases of temporary loss of it.

At this stage, it is also reasonable to learn to work with Kundalini [13] and to master techniques of easy mergence of consciousnesses by the method of *total reciprocity* (see [10,13] and our films).

Then the Divine Teachers — Holy Spirits — lead Their disciples, who have withstood necessary tests, to the cognition of the Primordial Consciousness in His Abode. This Abode is the very *Kingdom of God* of which Jesus spoke in the quotations given above.

Primordial Consciousness (the Creator) is in the deepest eon (loka, spatial dimension) and is the most subtle form of Consciousness. Therefore, the Path to Him is through the consistent refinement of myself-consciousness. This can be achieved by a complete refusal to stay in coarse emotional states and to accustom myself to the states which are subtle and very subtle. To carry out this task, we have developed the system of psychic self-regulation [13 et al.].

6. Further efforts of spiritual zealots consist in accustoming themselves to the state of coalescence with the Primordial Consciousness, to the *growing into* Him, and then — to master the ability to *come from* Him, becoming a Holy Spirit.

This is the minimum program to achieve the Divine Perfection. Such Human becomes the Part of the Primordial Consciousness.

7. But on even higher stages of development it is possible to master focusing the Might of the Primordial Consciousness in one’s proper body and to pour this Might through the body.

The control on dense matter, instant transformation or moving it in space, then dematerialization and re-materialization of my own body — all it will become possible thanks to the mastering of all the above.

\* \* \*

I will note that the evident betterment in physical health is observed during mastering even the first steps of the path of ethical improvement. After all, in this way everyone cleans his or her destiny (karma).

At higher stages of mastering the Path almost all problems with one's health disappear.

And now let's look at some aspects of perfecting, about which it is possible to say more than has already been said.

### ***First Step***

This topic has already been discussed in detail in the books listed at the end of this book, so we will not repeat.

I note only that *to understand the purpose* of applying one's own efforts — is crucial in order to not get lost in the search. Because we see so many perversions, distortions in the understanding of the spiritual Path in the pseudo-religious environment!

Someone drinks urine and even introduces it to oneself intravenously, referring in so doing to the Bible!

Someone digs into the depths of absurdity, fantasizing about the painting and the internal structure of the chakras, about "raising Kundalini!"

Someone sees one's only religious task in torturing and killing all who do not share one's views on what kind of clothes "should" be worn, what hairstyle to have, what must be the attitude to sexual relations, and so on!

One of the "weighty" sectarian tendencies consists in cultivating hatred and violence against people of other nationalities, with different skin color!

In a number of countries the monstrous attitude of men to women exists: keeping them in real slavery, having become accustomed to habitually raping them, cutting their clitoris... — and all this, too, takes the form of pseudo-religious paraphernalia!

The other day, I heard on the radio that a Russian religious leader (and in essence, in my opinion, a hellish monster) has said publicly about the following: the women in our country have become today so shameless that they also want to have sex, so it should be that all women have to be compulsory circumcision (excision of the clitoris)!

Cultivating in men arrogance and contempt for almost all the rest of people, cultivating an ambitiousness and obligation to revenge... — these repulsive features have become typical for some national-religious formations!

It becomes a duty "religious obligation" to kill animals and eat their bodies!...

And all this has and is being introduced in the mass of uneducated and stupid crowds — by pseudo-religious "pastors"!

But God teaches us:

- do not hate,
- do not despise,
- do not moralize,
- do not be envious,
- exclude violence,
- abandon my own emotions of condemnation, including jealousy,
- work on improving myself, instead of condemning and moralizing others!

God offers us to study:

- renunciation of the desire to possess of someone else's,
- respect for others,
- gentle caresses,
- strict probity, punctuality; in a word — integrity in everything: both big and small,



- care for the welfare of all beings,
- refinement of the me-soul!

“Forget about the nationalities!” [12] — this clear slogan, once accepted, will save many people from the possible nightmares in their future destinies!

- Truth,
- simplicity,
- love,

- destruction of self-centeredness,

— selfless service to God through all-round dedication of myself to helping people —

these principles of right development has been formulated and offered to people by the Indian Grand Babaji from Haidakhan [12].

And in all this — plus the development of love-aspiration to the Creator — God constantly teaches people, from the time of ancient civilizations to the present days! [2,4-6,12,13,20]

But for the mass of people to study and apply to themselves these holy principles, it is necessary the Teachings of God — in all their purity — become available for everyone!

## ***Second Step***

Most of all, we were informed about this by Jesus Christ and Sathya Sai Baba. But very valuable input into explanation of the ethical principles was done also by many other known to us Messiahs and Holy Spirits [2,4-6,12,20,22-35]. We always wanted to focus mainly on this subject as well.

I repeatedly heard from different people that there is no reason — for them — to take care of their own moral integrity. They say: it is “they”, “others”, not I — who must do those self-examinations and repentances! The reason of the existence of such opinions should be seen in the fact that the ethical work on oneself requires a sufficiently developed intellect. But such is not the property of the majority of people in any social environment, including even the world of science [7].

Experience shows that those, who deny the need for constant careful ethical introspection, obviously do not possess sufficient intellectual potential for the successful spiritual growth.

Intelligence gradually and not rapidly develops in every soul in a series of incarnations in human bodies, and even before that — in the bodies of animals. Therefore, some people may radically differ in their intellectual abilities.

The gradation of levels of spiritual development is shown in the book [15].

From this, it follows that the high levels of spiritual development are yet fundamentally inaccessible to the majority of the people around.

I had to make sure in this many times due to my own experience of past mistakes. For example, when I conducted group sessions on psychic self-regulation — all were happy while the courses lasted. Because such studies are encouraged by God, Who gives the bliss and — through this — He becomes obviously known! But then, after a while... I have heard in two cases at least about such opinion:

“Why has he shown us God? We did not ask about it! I want to be an ordinary, normal person! When I die — then I will deal with God!”.

I myself passionately strived to cognize Him, and did everything possible to help in this my friends. It seemed to me that they, too, are in love with Him, because all the time we talked only about it, and, it seemed to me, understood each other... But it turned out, I was wrong...

A weak mind is unable to think in terms of such a grandiose (for it) and therefore frightening perspective! The Greatness of God and such problems as the meaning of why we are incarnated on the Earth and what we therefore have to do — scare it... And also scary are efforts on transformation of self-soul — which are not simple, not light, which should be applied regularly, not as a one-off. It is the work — up to the end of the incarnation, and it can be joyful only if we love God and work *for Him*, not for oneself. Young souls are not yet capable of such attitude towards this work.

These people live only on the level of moderately developed reflexes of animals. (And some highly evolved animals are much more sophisticated intellectually — in comparison to so many people...)

Jesus warned His followers — do not try to distribute the treasure of higher spiritual knowledge to primitive people; otherwise they will trample those treasures and devour you! (Matt 7:6) I myself had to go through two clinical deaths after an attack by just these primitives... [7,13].

There was much more similar in the following years: coarse slander listed in the dossier on me, which led to many years of close attention to me on the part of the relevant state services — with the surveillance, the control of correspondence, wiretapping, etc. There were at that time requirements to close the websites, threats to injure, “cremate alive,” new attempts to murder...

So, by manipulating the thoughts and intentions of the people of vice (preparing themselves for hell), Holy Spirits check the worthiness of their disciples to be admitted to the next stages of spiritual growth.

But I have learned to relate to actions of this abomination — quietly, because everything is under the control of God!

... In connection with the above, I object to mass teaching — of the set by me high and higher methods of spiritual development. Let this knowledge (published in books, articles, and shown in video films) be primarily for personal use. In this form of work, everyone will take from it only that portion which each can accommodate at this time. Then — when the time comes — each will take more.

Exceptions are only those initial steps which lead to the disclosure of the spiritual heart. It is namely these practices — that can be taught to children of any age [11] and to every adult. This will give everyone a chance to successfully continue the spiritual work on oneself — when there be the objective and subjective possibilities for this.

Serious and rapid success on the spiritual Path can be achieved only by those who are developed intellectually, ethically pure and see the meaning of their lives in the cognition of God and service to Him.

... Someone might ask me: but you personally in the past carried out mass courses on psychic self-regulation and ecopsychology, and now you say that it is wrong!

Yes, i conducted them — with the blessing and guidance of God. It was necessary to construct a new branch of the modern science — the *methodology of spiritual development*, which includes, inter alia, the cognition and mastering the stages of development, which we are discussing in this book.

At the same time, many of those students have received a great benefit in serious initial progress on the spiritual Path which will allow them in their future to move forward with a lot less efforts.

But there were also those who could not understand the meaning of those lessons and came to them only for the sake of pleasant “herd” communication and the pleasure of meditations. They then fell into condemnation because, after completion of the course, that pleasure ceased, was not given to them longer...

Now the development of that part of the methodology in question has been completed.

And, in particular, the accumulated experience of teaching has allowed me to make conclusions about the impropriety in conducting such mass activities as have just been discussed here.

The question may arise: why is it that such courses continue to be conducted now, for example, in Moscow?

I answer. Due to the actions of my former followers in Moscow — acts contrary to my beliefs — I had to break off relations with those people. Then I, as the author of the methodology and concrete methods, banned those pseudo-teachers from using them. But those teachers did not obey. I have no ways to insist on the ban I have made.

I will say more. The “spiritual leader” of the sect that was formed after I left those people — began to preach “total permissiveness,” including “mixing gunas” [4] in a field of sexual energies, — as “normal spiritual life.” He soon lost achieved primarily refined state of consciousness, developed an energy rudeness, his language became filthy, he even created and published on his website a whole poem, consisting almost exclusively of abusive language... And with all this, he spoke of God — reiterating the content of my books. He published — under his name — his lectures, which repeated almost word for word entire written and published works by me...

I am telling about it, not because I was hurt by such shameless plagiarism.

On the contrary, I had no intention to “privatize” this knowledge! It belongs to God and should be the common heritage of all humankind!

I unselfishly allow all interested to republish my books and sell them with all gain — in their favor.

I worked and am working not for myself but for God, for Evolution, for the spiritual benefit of humankind!

I do not enjoy talking about these deplorable events. But the reasons of this story of mine are two.

The first is that the people in our country, who are responsible for domestic policies, wrongly suspect all that mess going on as under my consent and leadership. These suspicions are supported by some followers of that spiritual perversion, who read my books; they wrongly call themselves the follows of Antonov.

The second reason relates to my wish to familiarize readers with such possible “side-effects” in the process of spiritual development. That is — I seek to show that in the field of para-spirituality there may occur, in particular, such distortions, which are difficult to understand by those people who are resistant to perversions.

The theme of God’s existence, aspiration to Him, serving Him, and efforts to become better before God and people — were for that monster and his followers totally alien!

I think such people can cause only disgust. (Although I personally am not subject to such emotions; I only establish the reality).

I only do not understand how others are able to communicate with such a “spiritual leader”... Or perhaps all of them are only children in adult bodies, playing “in spirituality”? And they still do not understand into what very bad game they are involved?

That pervert discredits the spiritual science! Moreover, deliberately diverting others from God — because of his self-interest — he himself has become the enemy of God!

And those, who support him, are going after him by the same way...

And it is interesting that some people are able to degrade by this way, in spite of the fact that they even memorized and repeated the right words about God!

But God is not really accepted by them in their own worldview...<sup>1</sup>

... I once was asked by the Holy Spirits:

“What is your attitude to those who first portrayed themselves as so intensely devoted to the work initiated by you, but then manifested themselves as traitors, enemies?”

... I thought, then stated:

“My attitude is calm: as to a waste of my scientific and spiritual life. I prefer only — no one try to sully my reputation.

“I’m not the first to meet with this phenomenon: such distortions have always been in the history of spirituality on the Earth...”

... In relation to this theme I would like to say more about true repentance.

It consists in analyzing one’s own mistakes, first of all — the ethical. And also — the emotional remorse in connection with caused harm to someone.

The only meaning of repentance consists in learning not to sin in the future: that is, not to commit again the same erroneous actions, to avoid harming others and myself (myself — in terms of the formation of my own fate) by evil thoughts and emotions.

But there is a tendency among bad “shepherds” of some sects — to drive penitent parishioners to lifelong mourning and despair — due to the once committed true or invented sin. This trend is extremely nocuous: it teaches its victims heavy and coarse emotional states that are programming them to hell!

Come to your senses! Shake off the despondency and despair! Do not go into those temples! Visit better the living nature with Holy Spirits filling it! Holy Spirits want to see us cheerful, happy, merry, blissful! Only as such, we can approach Them in Their states, and to learn directly from Them!

### *Third Step*

God — in the Aspect of the Absolute — is really multidimensional.

But we must understand that the true multidimensionality does not match the current trending fantasies about “the transition from the third to the fourth dimension!”

A kind of layered structure of the Macro-Organism of the Absolute is the empirically cognizable reality. These layers vary in their level of subtlety-coarseness.

The subtlest of them is the Primordial Consciousness (the Creator) controlling — from the depths of multidimensionality — all in Creation.

At the opposite end of the scale of multidimensionality is hell, where souls, which have developed in themselves emotional coarseness, find their abode.

But paradise is close to the Creator.

There are also — between paradise and hell — layers of so-called “astral plane”.

Each of us has the opportunity to stay in one or another of these layers.

But there is a problem: there is no opportunity to enter the subtlest layers of multidimensionality from a body that is contaminated with coarse bioenergies.

Therefore, in order to merit at least paradise, it is necessary to get rid of any roughness and also train myself — to begin with — in the emotional states,

---

<sup>1</sup> On the earlier stages of the development of this situation, I wrote in my previous books: [7,19].

consonant, for example, with quiet and clear gentle morning with the air, penetrated by the soft sunlight, with the fragrance of flowers, singing birds and fluttering butterflies and dragonflies.

More powerful refiner of souls is tenderness that occurs in harmonious sexual interactions [9,12,19].

Those, who have accustomed themselves to coarse states, find themselves in layers of “astral plane” or even in hell, where “weeping and gnashing of teeth” (Matt 8:12).

Hence it becomes clear that it is not the fetters and other “mortifications of the flesh” and not hatred and enmity to all who think differently than I do — can help to get closer to God! This, on the contrary, removes from the Kingdom of God!

... So, we all want at least paradise! Therefore, all the energy inside the body must be cleansed and refined.

This is why we have developed and published the appropriate methods [7,11,13,38].

And on the highest steps of perfecting, it will be necessary to ensure that in the body remains nothing other than the level of subtlety of the Primordial Consciousness in His Abode and of the Divine Fire. This may be achieved only by joint efforts with the Holy Spirits.

### ***Fourth Step***

I believe that what we have said about this in the books [6,10-13,15-20, et al.] and shown in our films, is enough. No need to repeat.

### ***Fifth Stage***

Holy Spirits — that is, at present non-incarnate Representatives of the Primordial Consciousness — may come from Their Abode (the highest spatial dimension), including, for the sake of providing spiritual assistance to deserving incarnate people.

Holy Spirits can move in space at any distance instantly. They also create their *working sites*, where They are present almost always and where communication with Them for Their embodied disciples is the most convenient. Some Holy Spirits have several such *working sites* in different — sometimes very distant from each other — parts of the Earth’s surface.

Such places are the main variants of positive *places of power*.

I note that attempts to map the location of such places and to search “laws” at their disposal in accordance with the geography of our planet — are untenable. Holy Spirits create such places in accordance with the convenience of communication with embodied people, not focusing on the geography of the Earth.

Also, let me speak to the organization of excursions for those who want “to experience places of power” which has recently become fashionable and due to which enterprising businessmen successfully earn money.

The fact is that the Holy Spirits are the most subtle Divine Consciousnesses. And They cannot be perceived by people who have not mastered the preliminary stages of their purification and refinement.

On the contrary, people with rough energy of souls easily attune with namely gross negative and harmful *places of power*. And such are enough. They are created by some technical devices or by spirits with demonic or diabolical properties.

Devilish places are typical, including, at cemeteries where are buried, mostly, bodies of drunkards and other degenerates. Such spirits continue to try to identify themselves with their rotting bodies and therefore remain next to them.

Individual *places of power* of disembodied devils also occur. (But the reason why they were posthumously settled in exactly these particular locations, I do not know: I have not studied this).

To attune to this kind of spirits and to learn from them — this, in my opinion, is wrong.

Therefore, if we are looking for useful for our development *places of power*, it is necessary first to expand our range of perception on a scale of subtlety-coarseness — to the subtle side.

And, more importantly, it is necessary to aim ourselves not to the contemplation of attractions, but to attunement with Divine Teachers, with God. For it to turn out — we must first master the above listed stages of development.

... Among many primitive atheists and sectarians, it was and is a common view that talking directly with God is impossible, because He... actually non-cognizable! Or — that miracles of hearing the Words of God, if there were, it was only in a few very old cases, which were described in the Hebrew Bible and in the Quran.

But God is quite real and quite cognizable, if one were to fulfill His Teachings, to learn from Him.

And with the majority of atheists and sectarians, He speaks through their failures in life and in serious illnesses.

He leads true spiritual warriors by the Path of Bliss with the communion with Him, and constantly tells them everything necessary for them not to go astray.

God is Perfect. He even knows how to speak! (Joke!) But He speaks in words — with only the worthy!

I note that the Holy Spirits are not usually involved in the predictions of future events: They are interested in other. They are ready to lead those embodied people, who approached Them on the quality of souls, — into Their Abode. That is what They discuss with Their disciples!

Creator is personally interested in replenishing Himself with new Perfect People. He Himself is the perfect wise Love. And also — absolute Strength. And there is reason in learning all this from Him!

Holy Spirits tell us not only about the practical meditative techniques and advise certain actions — for the sake of our future development and service. But many of Them are Those Who developed literary talents. They are willing to tell edifying stories of Their own earthly lives, dictate verses and even entire books [11-12,22-34,38-39].

## ***Steps Six and Seven***

There is now no reason to comment in detail on the work of these higher stages of development. The Divine Teachers certainly will help the worthy — in understanding everything they need. In particular — how to help other people.

I'll give just one Commandment of Jesus, told by Him to us in a joking manner: "Success will depend, above all, on the scope of your hugs!"

... Good luck to all of you on this Path!

But — in conclusion of this theme — here are a few quotes from conversations with the Holy Spirits.

I consider it necessary to warn my readers: no one has to try to immediately perform meditations, which are recommended in the quotes given below! It can only

lead to an illusion of success. It is necessary to start the Path from the beginning, not the end!

(I take this opportunity to say also that neither the author nor any of those, with whom I communicate, carry out in Russia any practical classes, lectures or seminars. Therefore, I ask not to request such events.)

*Apostle Matthew*

“You need to describe and store for many future generations all your higher knowledge!

“Thank you, Vladimir, for having agreed to start work on this new book!

“And you should try to include in it — in acceptable for readers language — all the most important, with regard, in particular, to the steps of finding the Divinity, which are yet not available for those souls who are still too young for this.

“In the book, all comprehensive information should be given!”

*Emil and His Divine Mother*

“Look, what beauty there is on the Earth’s surface!

“Anyone, who knows how to tune in this beauty and can turn into it, — easily cognizes God!

“One needs simply to learn to *expand oneself* — as the consciousness, soul — in mergence with this beauty! And then — to encompass by oneself also the Creator of this beauty!”

*Cairn*

“I propose to begin meditations from the following:

‘Beloved nature has given me coziness among meadow grasses, birches with rustling leaves under the blue sky and the rays of the sun!’”

*Khem*

“I admire the natural beauty along with you, although I have created it for you!”

*Pythagoras*

“Here, on the Earth’s surface, — the wind. But in My *Depths* — *Infinite Transparent Calm!*

“Wind is only *on the other side* of the world of the *Depths!*

“Get used to My Sizes of Being!”

*Yamamata*

“It is — extremely important: to learn to shine by the *Sun of God!*

“All Who live here — in the *Primordial Depth* — do this!

“The Creator is the *Original Ocean of the Transparent Calm*. But He manifests Himself as the *Great Sun of God*, the *Divine Fire*, *Primal Flame* emanating from the *Primordial Depth*.

“Divine Fire is the Subtlest and carries Tenderness and Bliss!

“One needs to learn to burn the *Divine Fire* from the *Primordial Depths*, turning a Part of the *Ocean of Transparent Calm* — into the *Sea of Fire*: non-scorching, giving life!”

*Yemelyan*

“It is necessary to train to rise, being the *Divine Sun*, — to become like Adler, Suria, Odin, Yamamata, I and many Others Who are known and unknown for you!

“You must be able to be easily both the whole Primordial Consciousness in His ground state — and His Light-Fire!”

*Juan Matus*

“You can be the *Hands of God* only if you no more divorce from the *Ocean of the Creator*. It is the *Ocean of Love-Power* Which permeates the body and ‘cocoon’ and manifests through them as the *Divine Fire*.

“We named this phenomenon as the firing of all emanations inside the ‘cocoon’, leveling their energies — on the level of subtlety of the Primordial Consciousness.”

*Genaro*

“A perfect Nagual has the freedom to leave to any of the worlds, which Nagual chooses. This is the omnipresence, the freedom to be where you want! This is — the freedom to be *All* and to move the concentration of Oneself inside Oneself — Universal, the Infinite!

“The center of Oneself should always be *at Home*: in the *Home of the Primordial*. This should not be forgotten ever!”

*Adler*

“It is necessary to ensure the purity of the body — for the One to be able to work through you.

“The plan of God consists in minimization everything in your bodies that is not I. From the state of Mergence with Me — it is necessary to squeeze out from your bodies all the other: from chakras, meridians, dense matter.

“You need to have such bodies, through which you can show God!

“There should be no obstructions in your bodies or in your ‘cocoon’ around bodies — for God to show Himself through them in full entirety!

“Go down into My *Depths* — where personalities disappear and there is only one I — Primordial I!

“Learn the continuity of life in Me!

“The stability of being in *Depths* is reached not only through the ability to submerge into the Creator, but through the ability *to come from the Depths* without losing *Oneness with the One I*.

“Naturally, this can not be achieved in the absence of a sufficient ‘mass’ of consciousness, the value of which determines its strength. It is necessary to immerse into the Primordial Consciousness, dissolve in Him to complete identity with Him and find a new awareness.

“... Immerse yourself in the *Transparent Calm of the United We*, in the layer of the universe where I am always and where I come from! This layer is *Everywhere-Existing!* Under each atom of matter, this *Infinity of the Creator* extends!

“There — everything takes its origin! And to here — return Those Who found the Calm in *Unity with Us!*

“I live *here!* From *here* — I manifest Myself!

“... The task — to master the *Infinite Transparent Calm* and the Divine Fire Which is born out of this *Calm!*



**“The stability of these States comes with age — in the lives on Our Side of Being!**

**“Learn to be such — on a global scale!**

**“Learn to carry these States in your bodies!**

**“You can join with the One at the end of the incarnations, and this is fine! But there is the higher: to reveal God through the matter of your own body!**

**“For this, it is necessary to make the body — the *permanent residence of God*, the residence of the Divine Consciousness!**

**“Make your bodies inseparably fused with the Ocean of Me!”**

### *Thoth-the-Atlantean*

**“Accumulated by you experience should be open to all future generations of humankind on the Earth — in order that others could pass through this gate to perceive the majority of what We have taught you!**

**“But never drive on anyone! One independently must first want to get new spiritual knowledge! Prematurely provided assistance, as a rule, leads to the fact that those people start to get irritated.”**

### *Ódin*

**“Great thanks to you for what you have told people! I mean the truth about God!**

**“But... Let us remember the fate of the Teachings that Jesus Christ created. It was very soon perverted to the opposite! Both the Inquisition and ‘Crusades’ and what was happening in Russia before 1917 — it all was gloom of total domination of anti-Christianity!**

**“By and large, the restoration of true Christianity must begin now — with the help of your labors!**

**“The revival of religion on the Earth begins now! The bulk of the work in this area lays on the responsibility of Us, Non-Incarnate. Initiatives from your side — are no longer needed!**

**“... What has caused such situations that one religion on the Earth has not yet happened?**

**“This is — the property of ‘human mass’,**

**“One of the most important achievements of Vladimir is that he classified the stages of development of a human soul [15]. Those are 9 stages. This situation is present always and everywhere. Just by this reason, perversions of religion exist.**

**“... Last earthly life of Sathya Sai Baba also was going on by this way: almost all around Him just begged and begged for ‘blessings’... Although participation in... such nonsense was not included in His Divine Plans! A consumerist attitude toward God led those people not towards spiritual progress, but rather to their degradation: in fact, they approved the parasitism in themselves!**

**“The same was also in China. Huang Di and Lao Tse gave to people the great Teachings. But, after a while, this has led only to gossip about the yin-yang and about the thousands of spirits which, supposedly, inhabit every human body...**

**“And in Islam: Muhammad was offered an important mission — to say to people that God is the One Greatest Universal Organism!**

**“But now we can see into what a lot of people turned this news: the glorification of the killing animals and people (‘external jihad’) — as if a kind of ‘praise of God’!**

**“Such examples were quite a lot in the history of humankind on the Earth.**

“Masses of young souls, incarnated on the Earth, show themselves unable to take large, serious Truth of God! Therefore it is preferable to talk to them as to small children: at the level of fairy tales and parables.

“... Such people will try to trample Our Teachings, set out by you, too! But your mission consists in shedding — namely at this time — the light of Truth for very many people. And those who will show themselves to be able to perceive this light, — they may receive the Kingdom of God!

“And nothing here can be changed, that’s real life: separate are, unfortunately, Life of God — and lives of most people...

“In centuries and millennia, sustainable and large-scale knowledge about God and ways of improving ourselves — is not preserved by people. Remember Thoth the Atlantean, Pythagoras, Huang Di, Lao Tse, Krishna, Gautama Buddha, Jesus Christ, and many Others! All They could not establish eternal and permanent Teachings given by Them! People certainly distort it!

“But, with all this, such books as the New Testament, the Bhagavad Gita, the Tao Te Ching — exist forever! There are and will continue to exist also other ancient true writings! And they, too, will reach the minds of those few people who are looking for the true freedom!

“Therefore, true spiritual knowledge does not completely disappear, but only ‘goes to the bottom,’ where people, looking for light, can get it.

“How this knowledge is preserved for posterity? Through books! So, yes, it is necessary to publish books!

“Persisting for centuries, are those books which are stored in libraries.”

### *Carthage*

“God has come to the Earth through you: through your published books!”

### *Pythagoras and Yemelyan*

“If someone sets a goal to cognize God — in love for Him — then such a person reaches God!

“But most people seek not God, but a company of like-minded, filling their earthly lives with communications with them. This is what you have in the modern jargon — ‘hangouts’. Here, in this environment, all sorts of perversions appear!”

### *Lada, Sarkar, Adler*

“Take your happy lot of Service to the Evolution of the Universal Consciousness — as a great success, as Our prize!

“Carry all possible part of burden of Our Common Work! We will help!”

## Sufism

The word *Sufism* means *purity*. Those name themselves Sufies, who are directed to the cognition of God, understanding that in order to comprehend Him, one must, first of all, achieve full self-purity. This includes ethical purity, clarity of understanding the spiritual Path, purity of thoughts and emotions (the inability to wish harm to anyone, rejection of any coarse thoughts and emotions, cultivation of subtle thoughts and emotions, wishing the good to all), purity of body and bioenergy structures of the organism (chakras, meridians, etc. [13,17]). In particular, the body must be brought to a state of transparency (as seen from clairvoyance).

Sufism originated in Islam. Its main advantage over sectarian lines of religious thought consisted in adoption of the transmitted by God (in Arabic, *Allah*) through the prophet Muhammad statement of the Greatness of the One God for all people and the whole universe.

And the belief in Omnipresence of Allah — naturally determines the aspiration of reasonable people to cognizing, researching Him.

And Allah stretches out Hands of His Love towards those spiritual seekers, who seek Him and are sincerely pure (first of all — ethically).

The love flaring up in devotees — as a result of such relationships — increases the aspiration to the Creator and leads to the direct Cognition of Him and Mergence with Him in the Embrace of mutual Love.

Sufism does not differentiate between people — by sex, race, and ethnic characteristics — from the point of view of studying opportunities and the acquisition of higher spiritual attainments. (But insufficient age of the soul may be an important limitation).

The brightest examples of achieving Divine Perfection in women's bodies are — not embodied now Sulia and Lady-Sufi [3,12,23,31]. Namely Sulia — together with Her Divine Master — Sufi Grand Master — asked me to write this article.

They also appeal to all devotees of God — to exalt the beauty of the best in the Creation, because it's impossible to get closer to the Creator without loving first His Creation. This refers to the refinement of souls by the beauty of nature and erotic harmony of human bodies.

Sufism accepts and studies all that God has spoken to people over the centuries and says now. In particular, the respect for the Teachings of Jesus Christ (in Arabic, the Messiah Issa) is recorded in Quran. Note that Jesus spoke of God the same [14] that God gave to people through the prophet Muhammad.<sup>2</sup>

True Sufism<sup>3</sup> is actually identical — at the highest levels of spiritual advancement of adherents — to the true Christianity (*Hesychasm* in its modern developed form), Taoism, Buddhism, etc. That is, devotees, who firstly went by different ways, obtain the same levels of personal cultivation and come — in the end — to the cognition of the One Supreme Aim [12].

At the very beginning of my spiritual search — search of the scientist — I have determined its direction as follows: *to collect all the best of all the good!* This concerned my search undertaken for the historical heritage in the sphere of religious experience of very many people — from ancient times up to the present days. Plus I was attracted precisely to the Aim of the research — as opposed to the enthusiasm to concrete techniques that is so characteristic of yet young souls. Rather more important for them — the pleasure of communicating with like-minded persons, feeling the “involvement in the great deed” — than approaching closer to the Aim.

The foregoing predetermined success: I was able not only to personally search and cognize God but also describe Him on quite accessible (to reasonable people) language, and also help in approaching Him people of many countries. I can certainly say that we (me and my assistants) have created the branch of modern science called *methodology of spiritual development*. And you now have the opportunity to study the materials contained in our books and video films.

It is much easier to move by the already established Path!

---

<sup>2</sup> Although it is also true that the Quran contains also a lot of what was relevant only in the formative years of Islam (the historical overview of those years can be found in the excellent book [35]).

<sup>3</sup> This is not to be out of the attention that not all, who call themselves Sufies, are actually them.

## On Sufi Practices

One of the highest levels of development of an embodied person is to be successful — before the death of the body — in becoming the same as our Divine Teachers — Holy Spirits.

But for this, we must first cognize Them — not only to hear Them but to see by the vision of the developed consciousness, communicate with Them as freely and clearly as with incarnate people, to embrace, merge with Them.

What is needed to do this?

In addition to the steps necessary for intellectual understanding of the spiritual Path and for ethical transformation of oneself, the following must be done:

First — to refine oneself (as a soul, consciousness) up to the level of Their Divine Subtlety.

Second — on the background of achieved refinement — to become as big Consciousnesses as They are. (Let's understand that the size of individual consciousness is proportional to its strength, capacity for functioning).

... On the methods of refinement of consciousness, much was already spoken in our books and films. I stress now only that it can hardly be realized without meditation of attunement with the harmony of nature — the clarity and transparency of the calm of early mornings, when the air is filled with tender light of the rising sun, with the voices of morning birds, with loving embraces — on this background — with friends-companions on this Path.

Stabilization of oneself in these paradise conditions is the necessary step to the fullness of the real cognition of the Holy Spirits.

These conditions, however, should not become a “trap” to discontinue the development. Always, no matter how blissful these conditions are, it is necessary to remember the main Aim of the actions: this is the Mergence with God on the background of love for Him.

... I think very skeptically about such popular methods as spending time stamping one's feet in a circle with exclamations such as “Allah! Allah!”, also — the “Sufi whirling” without the previous development of the spiritual heart. The most that can result from such methods is a temporary deactivating of head chakra ajna — to stop the exhausting, endless stream of thoughts about the events in the world of matter. But the exercise ends — and everything returns to its previous state: a stable effect of such methods cannot be achieved, the advancement towards Perfection does not happen at all!

But the Perfection is achievable exclusively by the work on the “opening” of the spiritual heart, increasing it outside of the body, and then to transform oneself into it (with the inclusion of all the best that has been accumulated in other parts of the consciousness: I mean the capacity for the developed thinking, memory, power of a consciousness, etc.; see [13,17]).

This is — together with the ethical transformation of oneself and constant aspiration to the Aim of these efforts — the Straight Path, which was proclaimed by God and mentioned, in particular, in the Quran and the New Testament (2 Peter 2:15).

When developed in such a way the consciousness becomes so large that it can involve the whole Earth — it becomes possible to ascend to the level of existence proposed by Hermes Trismegistus [12]. I mean His recommendation to cognize the Divine Light-Fire that exists in the distant heights above the part of the Earth's surface where my body is, and also the same on the other side of the planet.

Then we fill with oneself the space between these two parts of oneself-consciousness — in the eon of the Divine Light-Fire.

Training oneself to this state allows to consolidate oneself in the status of the Holy Spirit, and — from this state — in particular, to correct any remaining imperfections in one's material body, gradually deifying it.

\* \* \*

God shows people this Path all along the history of mankind on the Earth [12]. He talked about this not only in prose but even in verse [3].

But... religious ignorance reigns on the planet! Instead of getting rid of vices, — those who consider themselves Buddhists, — rotate drums with “prayer notes” placed in them, and commit “religious” bodily movements named as “the great stretches”,

— naming themselves Hindus — massively devote their lives to begging “blessings” from God and openly, unashamedly worship fanciful “god” Ganesha,

— many self-identified Muslims — embark on the criminal way of the “external jihad”, where they — indulging their vicious soul properties — routinely do violence over others, kill them — rather than improve themselves before God,

— a significant part of those who call themselves Christians — also live their lives not in the aspiration of love for their Creator but in hatred towards “foreigners” and “infidels”...

\* \* \*

For beginners in religion — in addition to intellectual awareness of the Path and ethical perfecting — also would be proper to *honor God* in all His Manifestations. Visiting temples for this and spiritual meetings with others may favor success in this direction of work upon oneself.

By the way, a lot of people — under the influence of ignorant “pastors” — are convinced that it is possible to sin; but then we only have to perform obligatory repentance (or even repent beforehand, as it was in Catholicism; see [6]). Due to this repentance, God, of course, — through mediation of the “pastors” — surely remove, forgive such sins...

But reasonable people understand that this is — a lie! God needs us in that degree of purity when we lose even the very ability to sins (i.e. to do ethical mistakes)!

Therefore — in reality — it is a reason to get rid of each of our ethical vices from the moment when we discover it! Because otherwise — we may soon have no time!

And understand that our ethical vices are not only wrong thoughts, words, emotions and actions but also the absence of positive qualities.

I repeat again: God does not need our prayers — such as “Give! Save! Have mercy!”. We are sent by God into His material Creation, to improve us in it and — at the end of the Path — join, having reached the Perfection, with the Primordial Consciousness, enriching Him with ourselves!

And in order to cognize Him, we must be able to love Him very much! Therefore, we need to strongly develop the ability to love! And — to destroy in ourselves all the properties that resist love!

Direct opportunity to implement what was said — is the mastering the *art of psychic self-regulation* [13].

But those who live their lives on the Earth without eliminating soul defects — those die of cancer or in other similar torments and then settle in hell...

\* \* \*

Someone may try to argue: but Jesus — at the request of His interlocutors — suggested them the prayer named “The Lord’s Prayer”.

But — let’s see here the wisdom of Jesus: for this, He has created for a number of His followers the Divine Exhortations, presenting it in usual for Jews of that time “prayer” form.

Let us examine this in more detail (translation of these citations is made from Russian edition of the New Testament):

*“Our Father Who is in Heaven,”*

It is necessary to distinguish between *sky* and *Heaven*. (In Russian and possibly in some other languages the meanings of these words usually are mixed). Jesus offered to seek God (in the Aspect of the Creator, the Primordial Consciousness) not in sky but in the subtlest eons (i.e. real and completely cognizable spatial dimensions). Incidentally, the word *Heaven* is appropriate to write with a capital letter.

*“Thy name hallowed be,”*

This is what we have already said: to praise God — that’s right!

*“Let come Your Reign — as in Heaven, so on the Earth!”*

Jesus spoke here about the adequacy of our perception of God.

It goes without saying that in the Heavenly Kingdom He is the absolute Master: for He Himself fills it entirely.

But we must learn to accept His Will also in our lives on the Earth, in our own perception of the world, submissively accepting what we would not like as well. This is about both the tolerance to dissents, and the humble acceptance of our own failures, illnesses, problems in relationships with other people, etc. All it comes to us from our Teacher-God — according to our destiny, created by ourselves. And we must not grumble! That is He brings us up through all these difficulties! We must learn to understand His educational Will and thank Him — for all these lessons!

In Islam, by the way, the customary expression is “*Insch Allah!*” — “Let all be in the Will of God!”. Even the very word *Islam* means submission, humble acceptance of God’s Will. (Although, as we know, not all who name themselves Muslims are able to understand and realize it in their lives. For example, aggressiveness, violence — as the properties of souls — are diametrically opposed to the principle of the humble acceptance of God’s Will).

*“Give us daily bread on this day!”*

Word *bread* must be understood not in the narrow sense (as a loaf) but widely: as nourishment.

But *nourishment* can be understood both as material — and spiritual.

Which one Jesus spoke about?

Personally I asked God for spiritual food — and got it in abundance!

There are in past and now religious organizations where a total parasitism is preached: monks do not even have the right to take care of feeding themselves with material food. They “must be” fed by “flock”...

(You can try to find yourself in the role of such monks-vampires, who are glancing at others, craving offerings from others, hating them because they do not feed me...).

Instead of love, caring for the welfare of others — these people cultivate opposite qualities...

Let us think: what does God think about them? And by what educational measures will He try to help these people to become better?

*“And forgive us our debts, like we forgive our debtors!”*

One can repeat these words thousands times ignoring the second half of this phrase. The expected effect of these actions will be nothing!

What is important here is the emphasis on the second part of this saying of Jesus: God offers to forgive us our mistakes — but only if we ourselves forgive the debts of others before us.

... Who can be true Christians? Let's look at the situation through the Eyes of God. Not crosses on necks and not our “prayer” movements are important for Him! And — not to pass through the “sacraments” of baptism! And — not participating in other ceremonies!

For Him — the value in us is our adherence to His Commandments (i.e. offered by Him to us ethical principles of our lives)! [2,12-14]

... For example, I was killed, robbed, slandered — and I did not avenge, did not engage in hostilities, but continued to move forward along the chosen Path.

... Our neighbors on the upper floor, making major repairs, covered us with dust that sifted through the cracks caused in the ceiling because of vibrations produced by the compact saw (angle grinder), and also poured through these cracks with water so that the plaster crumbled away from the ceiling, and the wallpaper on the walls peeled off... I did not make any complaints to them. Even to the offer of monetary compensation, I replied: “It was not intentional on your part! Try to be more careful — for this will not happen anymore! And concerning money — it is not necessary: we all have to live according to the Commandments of God!”.

I showed to those people an example of righteous behavior — and many of them, thanks to this, really got better before God! So — I did the right thing!

*“And help us in times of temptations to deliver us from evil!”*

Here Jesus said suggesting fear for us to make erroneous actions during ethically important “training sessions” that are created for us by God. In other words — *always be alert, be wary of your own mistakes!*

*“For Thine are, for ever and ever, the Kingdom, the Power, and the Glory!”*

Here is again the homage to Everlasting and Almighty God, Who is Love.

\* \* \*

What gives people confirmation of prayers for “salvation”?

Besides the fact that it is a waste of life time which was given to us by God for the real improvement — this kind of actions forms in humans a parasitic attitude to God. But God is not a servant to us! Namely we have to learn to feel ourselves as His servants!

In addition, the mentioned variant of prayers fastens in people a sense of their *separateness* from God. Whereas, on the contrary, we must strive to cultivate a love-aspiration to Him, that would help to get closer to Him by the quality of the consciousness, obtain the direct cognition of Him and Mergence with Him.

## Who Can Enter the Abode of the Creator?

I do not remember where and how — in distant childhood — I first heard these couplets, but they are, for some reason, remembered until my current age of 70. Perhaps — in order to include them in this article?

It hurts the heart, the kidneys hurt,  
 Strong ache is in my chest...  
 Gold are my prior beauty days,  
 I cannot bring you back in any way!...

My thoughts and thoughts along a day!...  
 Pain in temples and the crown...  
 I ruined my youth before  
 The due time, prematurely!...

Thus ruin their lives so many atheists and those who believe primitively — the lives, which, however, were given us by God for perfecting!

But for masses of people who begin to move from atheism or religious primitivism — to the true religious worldview and the real spiritual efforts on self-transformation, we need to obtain a complete concept that describes God and the meaning of our existence. And this knowledge must be carried to all people through the media.

God — throughout the entire history of mankind on the planet — has repeatedly told people through His Messengers about Himself and how we are to live [2-12]. But aggressive primitives, protruding out from the crowd, quite soon distort the received Divine Knowledge — to adapt it to their own selfish purposes [6].

One of the typical methods of such distortions can be something like this:

“God will condemn you to eternal torment in hell if you are not properly praying to Him for your salvation!

“But you do not know and cannot learn to pray rightly! Man needs to have a special blessing from Him, which only I and my assistants have! Pay us — and we will pray for you!

“I repeat: your prayers — no matter how careful, will not be heard by God! Because you are weak and insignificant before His Power and Authority! Moreover, you are guilty, if only for the fact of your birth! But He is the Almighty and the Terrible Judge! Therefore, you pay us — and we will pray for you, because only we have the right to this!”

Those, who are reasonable, understand that there is not a grain of truth in the previously paraphrased.

Moreover, the suggestion to myself of my hopeless sinfulness and doom of coming posthumous sufferings — these “heavy” emotions, which become commonplace, program exclusively to hell!

But the truth is quite another! To comprehend it, one has to switch one’s own world-perception from primitive egocentrism and anthropocentrism — to God-Centrism.

In other words, a) attempts to understand the processes occurring in the universe and b) my own place in them, i.e. the formation of my own proper worldview — I must begin not from my personal “I”, but from God — the Creator of everything that exists and happens.

Existing in the multidimensional universe, the infinite in size and eternal Divine Consciousness, called *the Creator*, is situated in the very depth of the scale of multidimensionality, i.e. in the subtlest layer — as compared with all other energetic phenomena in the universe. The Creator is One, but is the Aggregate of All Those



created by Him living units which then have developed themselves to the Divinity and merged with Him throughout the history of His existence.

This Universal Divine Consciousness lives in the everlasting Process of development. And everything that we observe in the material world is dedicated to exactly this. In other words, the world of matter is not self-existing, but was created by Him and also controlled by Him — according to His God-Centered Intention.

But He has given people the free will — in what concerns their personal development or degradation.

Another point that is very important to understand — God exists not for us, but we, people, exist for God. And He is not the Servant to us, who are asking and demanding from Him this and that, — but we should be His servants!

And He says that He is Love, not a Terrible Monster!

He invites us to approach Him by our spiritual qualities — by means of developing gentle and nurturing love and abandoning any coarse features!

As for paradise and hell, it is not that He sorts people, directing them there or here, but people themselves do determine their fates in future after bodies' death. It is voluntary development — during their lifetime in these bodies — either hell's or paradise's spiritual qualities!

... In bodies of plants, animals, and humans are going on — in a series of many incarnations — the gradual processes of development of souls. Those souls, who attain in their perfecting the Divinity, flow into the Creator and thus enrich Him with themselves.

That is the meaning of our lives!

The next step in this sequence of thoughts is each one searches and finds his or her place in this Evolutionary Process. That is — what exactly need I do to harmoniously “fit” in this Process?

And in fact, in particular, now becomes completely apparent the senselessness of crying about “my hopeless sinfulness!”

And all the forms of devotional practices and rituals — no matter by what beautiful and “mysterious” words they are called — can be useful at only the very beginning of spiritual formation of each. Their objective meaning consists simply in accustoming to the fact that there is God with Whom I have to learn how to interact in my life, and to Which I desire to devote my life.

By the way, the absurdity and harmfulness of attempts to live in the “monastic” parasitism become clear! “We” — they say — “are working, praying for you, and you are obliged for this to feed, to clothe and otherwise revere us...” But such prayers are of no utility! Every adult is personally responsible for their own destiny, forming it by own ethically significant — before God — actions. And it is not planned by God — the removal sinners from hell and — on someone's prayers — transportation of them from hell to paradise!

The correct actions of any person are efforts to improve oneself and to help other units of life in their evolutionary development. The second is the service for God.

\* \* \*

But we see a huge variety in the depravity of certain people living on the Earth. All their troubles are rooted in the lack of the fundamental knowledge that we are now discussing!

The primitive self-centeredness is the cause of human vices — such as the desire to usurp, dominate, force others, the ability to kill and hurt other creatures, to deceive, to be envious, jealous, sarcastic, and humiliate...

So, we must reject it all out of ourselves! Although such efforts will require some time.

But... do many people want to execute it?

Unfortunately, no...

In particular, leaders of sects which have firmly established their positions in society — will be against.

It is much easier — in order to keep their “flock” in obedience — to insist on compliance for those people in the “saving” rituals!

For example — to demand believers throw stones into the air, allegedly aiming at the devil, instead of driving out the devil qualities from themselves...

Or — to suggest people indulge their most vile mental properties, hating and killing “infidels”, instead of purifying themselves from the very ability to be angry and to be violent...

Mass religious “culture” on the Earth today just maims human’s destinies! And God now points that mankind does not fulfill its — planned by Him — predestination... [12]

Life without understanding its meaning is unbearable for many people! And they — to lose at least for a time contact with “reality” (in their wrong subjective feeling) — immerse in alcoholism... Another solution — suicide... The third — to enter into courage of violence against others...

If people do not have God-Centered worldview, they can also easily be involved in different types of false “spiritual” trends like “urinotherapy” crippling to an even greater extent the already weak minds of its adherents...

Or it is known the situation when a man, been possessed by the spirit of a monkey, became the leader of the sect, which attracted very many participants. His credo became — from some time — the rejection of all norms of honesty. Plus the rudeness of consciousness appeared due to this... Why was it that a lot of followers had gathered around him? Because he built his public lectures (including placing them on the Internet) on materials from my books and films — up to verbatim citations of the texts. But he presented it, however, — on only his own behalf.

People follow the examples of their leaders. This is especially important in the spiritual realm! Therefore, the leader has to be perfect in terms of ethics! But here...

However, God has given people freedom of choice...

I do not enjoy talking about this... But I have to do this, in particular, because that *primate* (as he calls himself) and several of his followers call themselves... my students. I assure you that there is no base for this: my credo is opposite!

\* \* \*

What are the post-mortal fates of people?

Most underdeveloped and degenerated — in ethical and intellectual criteria — souls often try to remain in their dead bodies. Each of them experiences the putrefaction of their flash... — like putrefaction of themselves... That is, including, — a part of their hell...

But hell — this is usually not a territory localized somewhere in the material world, but the rough layers of multidimensional space, where there is no love, but abundance of brutality, violence, malice. These are simply those souls’ qualities that have been developed by immoral people during their lives on the Earth. They remain with them after the deaths of bodies.

Those who conducted — at least in some measure — a decent way of life, after breaking up with material bodies settle in approximately the same conditions in which they lived before the death of their bodies. But this is — not a paradise.

The fact is that between paradise and hell, there are other layers of multidimensionality for post-mortem life. They are collectively called the *astral* or *the layers of the astral plane*.

The paradise is the abode for yet small in size souls, but already accustomed — while living in bodies — to the blissful paradise states. This can be achieved not otherwise than through the development of oneself as a spiritual heart, i.e. as love. These people after disembodiment live in the states including blissful love for each other.

The next stage of spiritual ascent for them becomes a quantitative growth of consciousness, implemented by methods called by Krishna as Buddhi Yoga [2,4,12]. These developmental techniques are universal. Jesus Christ taught in them His disciples-apostles. [2,12,14] The same was for the worthy students in theological schools of Atlantis, Egypt, Greece, Russia, and other countries [12].

But the methods of Buddhi Yoga may be harmful if they become the property of people of vice. That is how devils are created — both non-incarnate ones and ones in the flesh. They can talk nice and right words about God... But God for them is not a Reality. Their main feature is pathogenic (for others) energy rudeness. (Paradoxically, sometimes they can “earn a living wage”, taking on themselves the function of healers. Thus they cheat and maim those people who are seeking to get rid of their diseases, but not by means of parting from their own soul-defects — that would be correct — but for money.)

... I note that to move from the state of “grey astral” to the Divinity — this way can be accomplished during one embodiment.

\* \* \*

Divine Perfection — this is no less than the direct cognition of the Creator in His basic states: *Transparent Calm* (also called the Turiya state, Turiynity) and *Light-Fire (Brahmanic) Manifestations*, which reflect the increased activity of the Holy Spirits; it must also be mastered, the ability to merge with God in these states of Him, entering into Him, becoming — through this — Him.

A paradise state precedes taking these spiritual heights. It may be obtained most easily by mergence in harmony with the tenderness of nature, especially on quiet sunny dawns. This state should be — at this stage of the ascent — the main, dominant.

But to master them, it is possible only through the development of self-soul as a spiritual heart, far exceeding in size our material bodies.

Information on how this can be achieved — is described in our books and showed in the films.

## “All You Need Is Love!”

(John Lennon and Paul McCartney, “The Beatles”)

Yes, God, Who is Love (1 John 4:8), invites us primarily to learn to love. This is so, because love is the foundation of righteousness before Him, and the way to approach Him by the quality of I-soul. Also it is the method of direct personal cognition of Him and Mergence with Him — in the Hugs of Love. Such love should be developed in us to the point where all of the above could be implemented.

But now I stress a fact, which very often people do not understand. Namely, we *should not wait for love to come to us from the outside* — but we have to master our own love-giving in respect to other good beings and for all Creation! Only such love will then permit one to embrace by I-love also the Creator — so that through this one can dissolve in Him, merge with Him!

Second fact, which should be emphasized, is the meaning of the word *love*. This is because very many people understand by this word only sex! In literature and in the everyday language of the masses, the phrase “to make love” means for people “to have sex”.

But sex — on condition that it conforms to the ethical principles of behavior — can be considered nothing more than just the sexual aspect of love.

It is quite legitimate before God! It is the field of our activity, which is set for us by the Creator. And it is desirable for all *normal* adults!

Sexual love — it’s a great opportunity for the development of true rectitude, including the ability to give myself unselfishly.

Sexual love favors the development of refinement of the consciousness.

Sexual love makes it possible not to accumulate sexual mental dominants, to be free from them. This is especially important on the spiritual Path, where the main life dominant must be love-aspiration to the Creator.

Moreover, for many men of age — recurrent ejaculations becomes necessary: accumulating products of so-called *accessory sex glands* causes a thickening in them of their contents; this leads to a disease called *adenoma of prostate*. At a young age, this problem is physiologically solved due to pollutions (involuntary ejaculation during the night sleep) or masturbation. But at old age pollutions are not and masturbation is not effective. (This can be read in more detail in [9,19]).

In a religious environment, an opinion exists about the appropriateness of celibacy (continuous sex continence) — as one of the highest religious “feats”. But if one were to find out the opinion on this matter of God, God will explain that celibacy is a misunderstanding, perversion, which is harmful for both one’s health in the ordinary sense of the word, and the process of spiritual development.

But... there are many people who live as “slaves” of their sexual passion — quite self-centered. It is only for them, that celibacy can be useful.

The celibacy, like the food abstention in the cases of enslavement by “uncontrollable” passion for delicacies, can allow the finding of a “middle ground”.

In the Indian spiritual tradition such abstinences are related to the theme which is called *tapas* — any reasonable restraints for the sake of overcoming our vices [13].

\* \* \*

I mentioned that the sexual love can provide significant benefit in the spiritual development of *normal* people. Who are they? And who are those *not normal*?

*Normal* — from God’s positions — are those of both sexes who in their lives intend to *give* to others their own and themselves, often — at their own detriment. The clearest example of such love was shown to us by Jesus Christ in His earthly life.

*Not normal* people are those whose main life principle is opposite: they think and act mostly in favor of themselves, to the detriment of others. This is manifested both in the sphere of getting livelihood for themselves (and perhaps a certain circle of relatives or friends) and also in the field of sexual activity. In a broad perspective of considering, this phenomenon is called *egocentrism*.

*Normal* — in this sense — people are very few in our society (and not only ours).

Ethical perversities are not only preserved for centuries in the local traditions, but also — in the recent centuries — are spread and imposed with the help of literature, films, and especially television. It was established as a “common virtue” in “mass culture”, became revered as the “norm”, even as a sign of “religious righteousness”. I mean such manifestations as the assertion of the “right” to jealousy. Also — a negative and even hostile emotional attitude towards adultery, to the sick with sexual deviations from “generally accepted standards” (they are now combined under the term “sexual minorities” [9]).

Also — existing in Russia and still existing in some other countries, the severe condemnation of women’s sexual relations before the “official” marriage (the “official” — that means “after the approval” of the relevant state services or religious organizations; though... why suddenly they “have a right” to dispose of someone’s private life? Neither God nor anyone else vested them a “right” in this!).

\* \* \*

In women, sexual egocentricity often manifests according to the formula “you have to admire me and please me, anyway — out of my life, despicable!” Variations on this theme can be many, including defamation, slander of men.

But most clearly this vice is manifested in many men.

They recognize women no more than people of “second-class,” who are obliged to serve ME! In the dominant primitive religious environment, even there is and is spread by some “pastors” the opinion that a woman has no right to sexual satisfaction; her duty is only to sexually serve her husband.

There are many men-primitives who consider sex with particular women — as a means of humiliation, insult to them. This is reflected, in particular, in the prevalent and abominable slang called *foul*.

There is a lot of fans among men in making long sexual intercourse with virgins. Pleasure of making the pain to “beloved” — it is not only unethical, but also a psychiatric assessment called *sadism*.

The requirement to marry “officially” being only a virgin — this, too, deserves proper ethical evaluation in connection with the topic under consideration. (Read more in [9]).

\* \* \*

There is a category of people, to which ideally corresponds the term “aggressive primitives”.

That is those people are called *primitives*, who are underdeveloped intellectually and/or ethically perverted. Some primitives are chronically sluggish. Others — hyperactive and aggressive in their activities. The primitive man, the more he or she shows their primitivism through the intolerance and aggressiveness towards all “others”.

In particular, it is instructive and at the same time disgusting — to observe them, for example, angrily screaming at the televised political show-debates. And this kind of behavior is learned from them by other co-viewers of such shows, including children and youth!

But it must be understood that the development of such soul's qualities programs to hell and the exclusion of positive Evolution of the Universal Flow of Consciousness!

\* \* \*

I will say a little more on the topic of violence. From the point of view of God — it is not permissible, with the exception of those extreme cases where my or our violence is done for the sake of protection, to rescue the innocent.

In this regard, the question can be raised: what is God's attitude to military service and military art.

This could be long and hard to argue, but I will do better bringing a flawless argument, putting the point in this debate. It is: both Krishna, Duke Dmitry Pozharsky, His Friend and Comrade-in-arms Kuzma Minin (after another further embodiment in a woman's body with the name Volhva [12]), Admiral Pavel Nakhimov, and, for sure, still very many more Those Whom I do not know, — are now, too, the Holy Spirits.

Next — I invite all you who are interested in this topic, to consider in detail how a serviceman should build relations with those with whom he or she jointly fights against aggressors, and also with representatives of the opposing side. The materials which were collected in the book [12] can help to figure this out.

I'll give you a hint: knowing, what God expects from us, we must learn to constantly perceive His Will. We now know that He is not a flying invisible man, which, of course, would be insufficient for all people. But He is — in size — the Universal Living Ocean, Who resides directly under the atoms of the body of each of us!

And we must learn to consider our own thoughts, emotions and actions — with His position, that is, from the perspective of my personal compliance with the single Process of Evolution of the Universal Consciousness. Now we know much more about it — after reading this and our other books!

... We can, in particular, be sure that violence is unacceptable in sexual relations.

So, let's analyze: what are the karmic consequences of the mass raping of women during wars — by "winners". We will see that it is possible to win in the world of matter, but to suffer a defeat, the total self-destruction — on the way of personal evolution hereafter...

\* \* \*

After all, we ascertain for ourselves that the love, which is wanted to be seen in us by God, is much wider than just the sexual aspect of love.

But sexual love can become an important part in the spiritual development.

And the perfection of our love — it is the fullness of the realization of real love for God.

But it will be possible only when God — in His different Aspects and Manifestations — becomes the cognized Reality.

And for this to happen, it makes sense to devote to spiritual perfecting all the life!

# ATTACHMENT

## Written down by Anna Zubkova

### *Huang Di* *Treatise on the Power of Calm, Love, and Achieving* *Immortality*

Listen to the Divine Silence — and My words of Great Calm and Great Love will come!

I'll talk about Tao<sup>4</sup> — how it can be expressed in words.

Not everyone is ready to hear the advices of God. Not everyone is ready to change one's life — according to My words of Truth. But that one, who follows it, receives great benefits on the Path to Tao!

\* \* \*

Look: a human body is on the surface of the Earth. It is negligible — in comparison with the size of the planet! But, if you look from Tao, the Earth itself is only a tiny speck in the vast space...

Little mass of consciousness, commonly called a soul, connects to the body — and takes the opportunity to grow and develop.

Human soul has the ability to cultivate different abilities and qualities.

In particular, a person can aspire to the attainment of Perfection — such as that of the Immortal Divine Te. But for this, it is necessary, in particular, to grow to the size of the planet and even more.

The soul which is initially a little spark of consciousness — can become the *Flame of Divine Love* and the *Ocean of Clear Calm*, the Center of Wisdom accumulated in the universe, and the Tool of Power of the Eternal Tao. This is the achievement of the Divine Immortality!

But there are Those Who do immortalize Their bodies. They can live in such immortal bodies as much as is needed. And the body of such Person does not need to die. Such Person will not have to be born on the Earth again.

This Person will always be able to come — in the body or without it — to help those who seek the Path to Oneness with Tao.

\* \* \*

Merged with the Ocean of the Subtlest — becomes Invincible! That Person obtains the *Power of Calm of Tao* and can also be the *Power of Creative Fire*.

The Power belongs to Everyone in the *Ocean of United Consciousnesses*, in the *United We*, Which is the Primordial Essence of all that exists.

---

<sup>4</sup> Chinese word *Tao* means the Primordial Consciousness. *Te* — the Holy Spirit or the Holy Spirits, Brahman.

**Divine Fire, no matter how great is His Strength, is only Part of the Universal Power.**

**The Power of Tao cannot be embraced by the ordinary human understanding. Only Those, Who have cognized the Oneness with Tao, find the fullness of knowledge of Him!**

**\* \* \***

**Human beings are able to transform oneself-soul consciously. This distinguishes the incarnations into human bodies — from the lives of souls of plants and animals which grow and evolve unconsciously; they are only subject to the circumstances of their lives.**

**Tao has bestowed people with great opportunities for development.**

**Man can grow as the soul and fill oneself with the understanding about what is happening with him or her and around.**

**Man can see in oneself vice properties: such as excessive desires, manifestations of fear or anger, violence or lack of will — which fail his or her life on the Path to Tao.**

**Man may, in particular, remove from oneself mental fuss and self-centeredness. This can be mastered by learning to live in the spiritual heart.**

**Great Te watch over and assist those people who follow the Path to Tao, even if they are still only at the very beginning of the Path.**

**And then — no longer fears and doubts exist, rather there is the joy of connection with the Will of Tao and Te! Such life is simple and full of joy!**

**\* \* \***

**But another now is dominating in people's lives on the Earth... Although... people think that they are far advanced in their evolution...**

**They have learned to cultivate the land — but have forgotten how to love the Earth!**

**They have learned to extract metals and melt them into instruments of labor and war — but have forgotten how to understand why the labor is needed and what are the consequences of wars!**

**During the bustle of everyday life of people — they forget why they live on the Earth!**

**\* \* \***

**One who is able to listen — acquires the respect of others.**

**One who is able to understand others — accumulates wisdom.**

**One who knows the nature of wind movements — can predict the weather and steer sails.**

**One who knows the nature of the development of plants — can grow a large crop.**

**One who knows the body's structure, energy channels in it and also seeing the causes of disease in a body and in a soul — can be a good doctor.**

**One who knows Love and Peace of Tao — knows the most important in life!**

**One who knows the Truth and is able to talk about it at the right time and with the help of wise words — gets the right to relay to people the wishes of Te. Te replenish their wisdom from the Source of Perfect Knowledge.**



\* \* \*

Everyone already belongs to the Will and Power of the *Ocean of Tao*, because nothing exists outside His Authority.

Everything in the evolution of souls on the Earth goes on in accordance with the Will of Tao and actions of Te.

Personal will can coincide or be opposite to the Will of Tao. But every madman who tries to resist Tao, becomes an accessory of destructive forces, without which, however, there is no life in the material world. And the fate of such men is unenviable!

\* \* \*

Great ability to understand the Will of Tao and instructions of Te comes from the small and simple. Taking into their lives the knowledge of Tao, people can namely *learn in the school of life*, not to “go with the flow” guided by only their instincts, desires, and emotions.

Being still not able to hear the words of guidance from Te, people can see the Divine hints — that happens with each in life.

Studied laws of non-harming and respect for harmony, one can strive to follow them. Then soon each of one’s mistakes becomes obvious for this person — because it will fill the soul with sadness and remorse.

Also each step in the right direction will be noticeable as well — because every correct action will be rewarded with joy and bliss given by Te.

Soon such zealot learns to hear the words of Te, which will fill one’s understanding of how to live.

What do you need to make it happen? Immerse your mind into the *silence of the spiritual heart!*

It is in the *spiritual heart*, filled with love, where a meeting with God happens! Thus, the way from the world of people reveals — into the world of Divine Te.

And then Those Great Te will help to bestow the Unity with Tao to the aspirant who strives with love into Him!

\* \* \*

People are looking for happiness in their lives.

One loves rice — and feels happiness when eating rice.

One likes nice clothes — and is happy when wearing it.

One likes to travel — and finds happiness from the beauty of new places which he or her are exploring.

But such happiness is small and fleeting. The pleasure of nice food and fun company quickly ends, clothes soon wear out, the same place becomes boring, the aimless way bores too... And this person wants more new pleasures!

But the sublime and tender love gives the important bliss and happiness in the evolution of the soul.

The ability to merge souls is generated by mutual love.

The nature of love includes the *giving* and *shining like the sun*. Anyone who has learned to love is happy by *giving love!*

So, gradually, souls learn to fill with happiness and lavish care — others! The desire to benefit *not oneself* but others, also the ability to be happy because of the

happiness of others — this is the first step towards the attainment of the Great Love-Care, which is the main characteristic of Te.

Love for God never is unrequited! Therefore, the greatest happiness is acquired by the soul in Mergence with the Divine Love.

This is the Path that leads to the Union with Tao!

This is the possibility to enter the Great Happiness of the Divine Life!

\* \* \*

Many people throughout the ages have dreamed of bodily immortality.

Why does one want this so primitive “immortality”: take the pill — and can live in this body forever? One wishes this due to ignorance of the world where souls live without bodies! Also — because of the fear of death, disembodiment, due to affection for earthly possessions and pleasures! That’s why so many people wanted and continue to want the infinite extension of the life of their bodies!

But souls — do not die! And life after death — continues!

And — then — every soul takes on a new body. Then — those bodies die too... But the soul — still lives on!

All this — is the process of development and growth of souls, which occurs here, in the material world, according to the Will of Tao and under the care of Te.

In search of immortality of their bodies, people have discovered much! They invented postures and movements for bodies to strengthen health, also studied the properties of plants and minerals...

But there were seekers who have cognized the True Immortality of souls, because they, using the help of Te, went in their quests into the *Depths*. There they were searching the other worlds — in addition to the world of dense matter. They have cognized the “ladder of a plurality of steps” leading to the world of Subtlety. There — they gained immortality in Mergence with the Eternal Tao!

\* \* \*

One can accept the Will of Tao — as one’s own destiny and choice.

Then such a soul gets the opportunity to learn to live in the *United We*.

Gradually is acquired the Mergence with Tao and the ability to come *from* Him into the Creation — as Te.

Those for Whom it has become a reality, have nothing to lose — when disembodied. They only get freedom from the material world.

Skills of Those, Who have gained the Oneness with Tao, which were developed during multiple embodiments, may be included in the Work for Tao — also in Their unembodied state.

\* \* \*

Tao lives in Great Calm.

Therefore, the ability to be in peace is helpful for a soul.

Movement is naturally inherent to incarnate life. Actions of both minds and bodies — serve the evolution of souls.

But vanity, depriving the calm during times of action, prevents the growth of awareness.

The vanity is usually the result of uncontrollability of mind that cannot be in peace and therefore forces the body to take actions — including those needless, pointless.

One, who has mastered calm of mind and silence in depth of developed spiritual heart, studies the rules of harmonious life. Such one can separate important — from insignificant, required — from devoided of meaning.

\* \* \*

Many people dream about possessing Might — as the Immortal Te possess. They think that it is very desirable for themselves to have the Power of the Greats and the ability to perform wonders.

But one, who has not yet got rid of vices, should not look for power!

Dirty mind — because of low-lying thoughts, desires, and selfish thinking — also the brutal properties of the soul and the gross inclination to lose subtlety, falling into negative emotional states — such qualities represent danger for their owner.

It's hard sometimes for one, who revels in power and strength, to consider one's own vices! The evil that one does seems to such one the impunity!

Only a great and wise love gives to one the right to have the Divine Power!

Therefore only that one, who is finding blamelessness and absolute purity of the soul (purity — in the understanding of Tao and Te), — can cognize the Greatness of the Divine Power.

\* \* \*

One should leave one's worldly desires and affections, become cleansed from vices, find heart love and wisdom — and then the whole Infinity of Tao can be opened before this seeker!

In the *Ocean of Tao — Ocean of Equality in Their Divine Oneness* — human individuality disappears. And from this time the new Divine I gets the right to use the Universal Power.

Only that one who has already no personal desires — including the attainment of the ability to make miracles — receives the right to operate the Divine Power.

The manifestation by Avatars of miracles for the crowd — this is only a “business card” of God, which allows to remind people of the Divine Omnipotence.

\* \* \*

Hard is life for those who revere small and insignificant as self-existent, and they do not know about Tao, the Great Wisdom, Love and Power Which is the Original Cause and Purpose for the existence of all!

Bright and beautiful the Path to Tao!

And happy is that one who consciously goes this Path!

### ***Humble Mind and Flaming Heart*** ***(from Simeon the New Theologian)***

*The humble mind and flaming heart...*

Is turned to God — the soul is sounding!  
 No limits are for me... Only God is here!  
 God — is plain, clear!

God is here with me — in every moment!  
 Embraces of Love are always open!  
 Universal God is within me and near!  
 And deeds so few to be done by me here:

Nothing is more important to me now:  
 Every day, every hour, every moment, without any fuss —  
 To be within Him and *watching clear*  
 His universal *unseen* Being!

In order to  
 Stay inside Him forever as *Divine Sun!*  
 In order to  
 Bring His Love and Calm to everyone!

### ***Ancient Tales*** ***(by Isida)***

By greater wisdom and mysterious beauty,  
 We are attracted by ancient legends...  
 It seems, we'll find in manuscripts  
 All secrets and the meaning of events...

But the entrance to the world of Truth  
 Is not outside — but inside!  
 The aspiration to Creator — let it lead us!  
 And strength of pure fire of my love let open this entrance!

How valuable — what Creator gives us!  
 Every moment — unique and fine!  
 Beyond the bustle of mundane  
 Is open Path to Him in every day!

### ***In Silence***

By consciousness — I dissolve in silence...  
 It's light, transparent, infinite...  
 In it — so easy to be  
*One* with God Who is in me!

And — Voice of God is plain in silence!  
 In it — to any question is response!  
 It will sound in the quietness of Love,  
 Where — Understanding, Unity, and Light!

***About Silence***  
***(from Adler)***

Morning gentle, mist... It is the beauty!  
Calm is in the forest and above the lake!...  
Blades of grass — in transparent dew!  
They, too, are happy in this Love of You!

Do not say surplus words!  
Let silence have no boundaries!  
Let be fullness of calm — in your heart and mind!  
If you are in Mergence with Me — and are Mine!

Immerse yourself in My silence  
All-embracing, from the depth — to full extend!  
Get down in My Transparent Calm  
To merge with Me into *One!*

And then you will know that I am *the Only*:  
I'm living in all and in you!  
And then — My Power fill your heart and body:  
For you — by Love — to blossom!

***Listen to My Silence!***  
***(from Huang Di)***

My wonderful stars  
Shine for you in the night...  
Hear! Be silent! And feel:  
I hug you — in calm — by My Heart!

Hear My silence in  
The space of Eternal Love!  
Here you learn to be Me  
Dissolving the boundaries.

Here — you can learn to rest!  
Here — the strength of love is born!  
And then — in Mergence with Me —  
Come back to expanses on Earth!

And in the Divine Silence,  
Let My words sound  
For all times in which  
Is Eternal Wisdom of Tao!

***God is So Near!***  
***(from Alexey)***

The Path to God is so easy!

And God is so near!  
But not all are willing  
To seek Him for...

But you can reject the evil in yourself!  
Become the Purity and Love!  
The Temple of God is here, in you!  
Plunge into depth of your heart!

Drown in this silence  
Your fussy mind,  
Feel God's Presence  
In you and around!

Despairs and fears will leave your mind,  
As well as load of loneliness...  
God — by Love — will lead you through life:  
His Abode — at so short distance!

***Be the Light and Fire!***  
***(from Lada)***

Become the *River of Light* that flows,  
Pushing in vastness its banks!  
Become the Earth in the center of which  
Shines its Fiery Heart!

Become sunny song of your heart —  
Joyful, gentle, lively!  
Become the silence — transparent, gentle!  
Become *One* with Me!

In Abode of Those, Who achieved the Unity,  
Cognize the *solution*, “non-!”  
You will be then *Fire* and *Light*,  
“Sun of God,” your Higher !

And then — in the *Depth* of Infinity —  
Sunrise of the Power starts:  
Like Sun, gently shining,  
God — by Love — appears to us!

***Not Time for You to Relax Now!***  
***(from Assyris)***

You go, not forgetting the meaning of life  
And reconciling the way by your love!  
Analyzing, what here is given to see, —  
You strive to search God's eternity!

In your heart, His words you hear,  
 You are cognizing: God is Alive and Real!  
 Being Light and passing "Heaven's Gate,"  
 Enter in His Love and Rest!

But it is not for you —  
 The chance to relax now!  
 You have to help the striving cognize:  
 What is the spiritual Path!

Cognizing the Life of the *One*,  
 Consisting of *Multitude*,  
 You can — with the help of Fire,  
 Alighted by Him in you, —

Help worth to begin  
 To give the spiritual light!  
 Explain how to shine by love  
 And their lives to improve!

You can explain to people about the "ladder" of Path,  
 Tell them that the real — just God, One!  
 Who is striving to Him — must be out of fright,  
 For God is Love — all borders and time beyond!

### ***Conversation Around Campfire (from Yemelyan)***

The lonely traveler lighted campfire  
 And addressed the question to God:  
 "How can I continue living and serving  
 "For people striving to go to You?"

"Why are you in doubt and sorrow?  
 "Is no one to whom to give My Love?  
 "But — make the Big Fire in heart —  
 "And people will come to sit and ask!

"Someone — only glance and go away,  
 "Someone — will sit for a while,  
 "But someone will be able to understand  
 "And — overcome all the Path to Abode of Mine!

"My Tales you retell  
 "To children that will sit near fire!  
 "And then — when adult — they  
 "Will recall and Me recognize!

"I'll go through life of each of those  
 "Who are willing and able to go to the Goal!  
 "I will be close every day, every night

**“Helping to overcome all troubles on the Path!”**



## Recommended Literature

1. Akinfiev I.Y. — Vegetarianism from Biological Standpoint. Ekaterinoslav, 1914 (*in Russian*).
2. Antonov V.V. (ed.) — God Speaks. Textbook of Religion. “Polus”, Saint Petersburg, 2002 (*in Russian*).
3. Antonov V.V. (ed.) — Spiritual Heart: Path to the Creator (Poems-Meditations and Revelations). “New Atlanteans”, Bancroft, 2007 (*in Russian*).
4. Antonov V.V. — The Bhagavad Gita with Commentaries. “New Atlanteans”, Bancroft, 2008.
5. Antonov V.V. (ed.) — Tao Te Ching. “New Atlanteans”, Bancroft, 2008.
6. Antonov V.V. — Spiritual Heart — Religion of Unity. “New Atlanteans”, Bancroft, 2008.
7. Antonov V.V. — How God Can Be Cognized. Autobiography of a Scientist Who Studied God. “New Atlanteans”, Bancroft, 2008.
8. Antonov V.V. (ed.) — How God Can Be Cognized. Book 2. Autobiographies of God’s Disciples. “New Atlanteans”, Bancroft, 2008.
9. Antonov V.V. — Sexology: Development and Regulation of the Reproductive Function. “New Atlanteans”, Bancroft, 2008.
10. Antonov V.V. (ed.) — Forest Lectures on the Highest Yoga. “New Atlanteans”, Bancroft, 2008.
11. Antonov V.V. (ed.) — Spiritual Work with Children. “New Atlanteans”, Bancroft, 2008.
12. Antonov V.V. (ed.) — Classics of Spiritual Philosophy and the Present. “New Atlanteans”, Bancroft, 2008.
13. Antonov V.V. — Ecopsychology. “New Atlanteans”, Bancroft, 2008.
14. Antonov V.V. — The Original Teachings of Jesus Christ. “New Atlanteans”, Bancroft, 2013.
15. Antonov V.V. — Life for God. “New Atlanteans”, Bancroft, 2014.
16. Antonov V.V. — Anatomy of God. “New Atlanteans”, Bancroft, 2014.
17. Antonov V.V. — “Bubbles of Perception”. “New Atlanteans”, Bancroft, 2015.
18. Antonov V.V. — God-Centrism. “New Atlanteans”, 2015 (*in Russian*).
19. Antonov V.V. — To Understand God. “New Atlanteans”, Bancroft, 2016 (*in Russian*).
20. Antonov V.V., Zubkova A.B. — Taoism. “New Atlanteans”, Bancroft, 2013.
21. Harmony through Vegetarianism. “Society for Vedic Culture”, Saint Petersburg, 1996 (*in Russian*).
22. Zubkova A.B. — Story about Princess Nesmeyana and Ivan. “New Atlanteans”, Bancroft, 2007.
23. Zubkova A.B. — Divine Parables. “New Atlanteans”, Bancroft, 2008.
24. Zubkova A.B. — Dialogues with Pythagoras. “New Atlanteans”, Bancroft, 2008.
25. Zubkova A.B. — Dobrynya. Bylinas. “New Atlanteans”, Bancroft, 2008.
26. Zubkova A.B. (comp.) — Book of the Born in the Light. Revelations of the Divine Atlanteans. “New Atlanteans”, Bancroft, 2008.
27. Zubkova A.B. — Parables of Lao Tse. “New Atlanteans”, Bancroft, 2011.
28. Zubkova A.B. — Divine Stories of Slavic Lands. “New Atlanteans”, Bancroft, 2013.
29. Zubkova A.B. — Parables about the Elder Zosima. “New Atlanteans”, Bancroft, 2013.

30. Zubkova A.B. — Story about Knyaz Dmitry and Volhva. “New Atlanteans”, Bancroft, 2013.
31. Zubkova A.B. — Sufi Parables. “New Atlanteans”, Bancroft, 2014.
32. Zubkova A.B. — Lessons of Pythagoras. “New Atlanteans”, Bancroft, 2016.
33. Zubkova A.B. — Fairy Tales of Kindness, “New Atlanteans”, Bancroft, 2016.
34. Zubkova A.B. — Saga of Odin. “New Atlanteans”, Bancroft, 2016.
35. Panova V.F., Vahtin YU.B. — Life of Muhammad. Moscow, “Politisdat”, 1990 (*in Russian*).
36. Spalding B. — Life and Teaching of the Masters of the Far East. “DeVorss & Co”, 1924.
37. Tatyana M. — On the Other Side of the Material World. “New Atlanteans”, Bancroft, 2012.
38. Teplyy A.B. (comp.) — Book of the Warrior of Spirit. “New Atlanteans”, Bancroft, 2008.

## Video Films

- Antonov V.V. — Spiritual Heart. 70 min.  
 Antonov V.V. — Sattva. 60 min.  
 Antonov V.V. — Sattva of Mists. 75 min.  
 Antonov V.V. — Sattva of Spring. 90 min.  
 Antonov V.V. — Art to Be Happy. 42 min. (HD-video).  
 Antonov V.V. — Practical Ecopsychology. 60 min. (HD-video).  
 Antonov V.V. — Keys to Mysteries of Existence. Obtaining the Immortality. 38 min. (HD-video).  
 Antonov V.V. — Bhakti Yoga. 47 min. (HD-video).  
 Antonov V.V. — Kriya Yoga. 40 min. (HD-video).  
 Antonov V.V. — Yoga of Krishna. 80 min. (HD-video).  
 Antonov V.V. — Yoga of Buddhism. 135 min., two parts (HD-video).  
 Antonov V.V. — Yoga of Taoists. 90 min., two parts (HD-video).  
 Antonov V.V. — Psychical Self-Regulation. 112 min., two parts (HD-video).  
 Antonov V.V. — Yoga of Sathya Sai Baba. 100 min. (HD-video).  
 Antonov V.V. — Yoga of Sufies. 128 min., в 2-х частях (HD-video).  
 Antonov V.V. — Yoga of Ancient Russians. 105 min., two parts (HD-video).  
 Antonov V.V. — Yoga of Atlanteans. 82 min. (HD-video).  
 Antonov V.V. — Yoga of Pythagoras. 75 min. (HD-video).  
 Antonov V.V. — Laya Yoga. 48 min. (HD-video).  
 Antonov V.V. — Kundalini Yoga. 45 min. (HD-video).  
 Antonov V.V. — Yoga of Don Juan Matus and Other Native American Spiritual Chieftains. 147 min., two parts (HD-video).  
 Antonov V.V. — Yoga of Jesus Christ. 128 min., two parts (HD-video).  
 Antonov V.V. — Agni Yoga. 76 min. (HD-video).  
 Antonov V.V. — Advaita Yoga. 47 min. (HD-video).  
 Antonov V.V. — Ashtanga Yoga. 60 min. (HD-video).  
 Smirnova E.Yu. — Immersion into Harmony of Nature. Path to Paradise. (Slide-show). 90 min. (on CD или DVD).

**Wildlife videos on [www.ru.spiritual-art.info](http://www.ru.spiritual-art.info)**

Zubkova A.B. — Harmony of a Morning.

Zubkova A.B. — Family of Water Hens.  
Zubkova A.B. — Little Sparrows.  
Zubkova A.B. — Blackcock's Display.  
Zubkova A.B. — Sattva of Ducks.  
Zubkova A.B. — Scaups.  
Zubkova A.B. — Lapwing's Babies.  
Zubkova A.B. — Great-crested grebes.  
Zubkova A.B. — Gophers.  
Zubkova A.B. — God Has Created the Beauty Just for You!  
Zubkova A.B. — Joy of Winter Forest!  
Zubkova A.B. — Come to love!

**Other materials:**

[www.new-ecopsychology.org](http://www.new-ecopsychology.org)  
[www.path-to-tao.info](http://www.path-to-tao.info)  
[www.swami-center.org](http://www.swami-center.org)  
[www.spiritual-art.info](http://www.spiritual-art.info)  
[www.encyclopedia-of-religion.org](http://www.encyclopedia-of-religion.org)

**Design of  
Ekaterina Smirnova.**