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To Understand God

(collection of articles)

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People do many different things for religious motives! They pray to God asking for “salvation”, they practice a diversity of rituals, they kill animals “as an offering to God“, and they torture and assassinate each other.

However, the Creator considers all of this as either manifestations of the lack of intellectual development of these individuals or as crimes.

Such people do not know God, neither do they understand that He expects something completely different from us!

He wants us to try to become better, primarily in the quality of ourselves as souls.

How? We will talk about this in this book, which is dedicated to all those who wish to reflect on the theme being studied.

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God

God is one for the whole universe. This affirmation is just as appropriate for God in the Aspect of the Absolute as it is for God in the Aspect of the Primordial Consciousness (or the Creator, God-the-Father, Allah).¹

The Primordial Consciousness is the Totality (the *United We*) of all Those Who have achieved the Divine Perfection. It is for this reason that God uses both the pronoun “I” and the pronoun “We” when He speaks through the Quran. We can see the same thing in the Bible, namely, the Hebrew word “Elohim”, which is used to refer to God, is a plural word (even though in different editions of the Bible, this word is translated as “God”, which is singular).

In what way can one understand this? What is meant by this *United We*? It is very difficult to immediately assimilate this for those people who are accustomed to living only in the midst of the material objects and who, on top of that, experience themselves as material bodies, and not as souls. For this reason, when one speaks with such people about the union, they think in terms of the union of their bodies, and not of the souls.

However, to perceive only the material world is an error. The truth is that everything inside the universal multidimensional space is energy, and this energy differs according to its quality.

Some types of this energy are studied by physicists materialists.

¹ More details in [3,6,10,14-19, and others].

There also exists the bioenergy, typical of a unit of consciousness (or soul) incarnated in a body. This type of energy is accumulated in the chakras, it moves through the meridians of the body, it forms the “cocoon” around it, and it is possible to learn to control it.

The souls themselves (of different ages and quality) are also energetic beings, i.e. living energy that can be aware of itself. They can live in an incarnate or non-incarnate state. Plants, animals, and humans, as well as other beings, are also souls or consciousnesses.

God is Consciousness as well, the Supreme Consciousness.

Moreover, that which we perceive to be material objects is nothing more than energy that has been condensed by the Will of the Creator and that can be decondensed and later recondensed by Him.

... For a long time, the lack of true knowledge about the multidimensionality of space and about the forms of life that live in this space was an obstacle for the scientific comprehension of God and of souls.

However, in recent years we have examined this theme many times in different publications [10,12-13,16,18], for this reason we will not repeat this information right now. I only want to emphasize the most important aspect, from a methodological standpoint, of this theme. This is about the *subtlety-coarseness* scale, which reflects the principle of the distribution of diverse energetic objects in the multidimensional space. The Primordial Consciousness occupies the subtlest level on this scale, while hell, the “garbage dump” of the

Evolutionary Process of the Primordial Consciousness, is found on its opposite extreme.

It is only on the basis of this knowledge that we can clearly understand what God is (in His different Aspects and Manifestations), what paradise and hell are, what the Evolution of the Consciousness is, and what our spiritual efforts should consist of.

Evolution of God

God, One and Universal, is in a state of constant Evolution. We can see how this takes place, for example, on our planet. Namely, God incarnates energy units of consciousness (i.e. souls of different ages) into the material organic bodies of different species, so that they may develop in these bodies.

By perfecting itself incarnation after incarnation, every embodied soul can reach the human stage of development, in which it will have to develop intellectually, first of all, and free itself from ethical imperfections. Then such a soul can advance towards the cognition of the Creator by refining itself according to the *coarseness-subtlety* scale, by growing quantitatively, and by developing the ability to live in love-union with other consciousnesses.

All of this is normally achieved over the course of many human incarnations.

The Creator allows those who have obtained the proper subtlety, who, as a consciousness, have grown up to a large size, and who have developed the ability to live in union-love with similar consciousnesses — to approach His Abode, to cognize Him, to learn to interact with Him, and then

to merge with Him thereby enriching Him with themselves. From this moment on, Such People, from Their Divine level, will help incarnate humans in their development.

The main state of Those Who have reached Perfection is the *United We*, which is the Blissful Union of all the Perfect Ones. However, Each One of Them can also separate Himself or Herself for a time in order to accomplish one task or another.

If such Divine Persons still have a material body, They then make all the important decisions in Mergence with the *United We*, and not individually.

It also needs to be emphasized that embodied people who have not yet attained Divinity have free will given to them by God. This free will consists in the right to choose whether or not to follow the Path offered by God. Those who have chosen the Path to the Creator gradually approach Him by the quality of themselves as souls; those who do not hasten to do this are educated by God (more exactly, by the Holy Spirits) according to their karma; and those who have demonstrated their absolute inability to approach Him are destined for complete destruction in hell.

God is Tender Love

So, God in the Aspect of the Primordial Consciousness (or the Creator) is not a monster who punishes sinners. On the contrary, God is the *United We* That stays in the subtle states of tender Love and Care. This *United We* is composed of the Perfect Ones, that is to say, it is the sum total of all those

people of different sexes and nationalities who have successfully developed themselves spiritually.

These Perfect Ones can also be called the Holy Spirits or, if They are currently incarnated, They can be called Messiahs.

From this it follows that, in order to become closer to Them, it is not necessary to pray to God asking for His Forgiveness or to hate everyone who worships differently. Instead, one should purify oneself as a soul from all coarse and dirty emotions and develop subtle emotional states.

We should understand that emotions are the states of ourselves as consciousnesses and that we can accustom ourselves (as consciousnesses or souls) to either positive emotional states or negative ones. This (and not our membership to different religious organizations or our participation in one ritual or another) is what brings us to paradise, or hell, or to the Abode of the Creator!

I would like to repeat the same thing that Jesus, Sathya Sai, and other Perfect Ones [12-14] have said and that I have come to know from my own experience: God is Love! For this reason, we must also try to become similar to Him in this, that is to say, we must become Love that is tender, calm, and wise, while eliminating coarse emotional states so completely that we cannot even experience these states even if we try.

One can learn all of this quickly and become convinced that all of this is real by using the methods of psychical self-regulation created by us [13 and others].

I am reminded of the words of a little old lady who at one point in time took a class from me on

these methods [7]. She told me that the most important thing that had happened to her was that she began to sincerely love her neighbors in her communal apartment²! Whereas before, she hated them merely because she had to see them every single day!

I remember with joy those difficult years of my spiritual youth, because I was able, at that time, to save many people from hell!

Now our books and movies serve the same purpose.

By the way, I hope that I will not have to create more books, because it seems to me that I have already told you all that is necessary.

And, perhaps, now you, my readers, will strive to share this knowledge and make it accessible to all people in all countries. For this purpose, one could teach it in schools and other educational establishments, talk about this on the radio and television, donate these books to libraries, etc.

Where Should One Seek God?

God in the Aspect of the Primordial Consciousness (or the Creator) and in the Aspect of the Holy Spirits does not live in “some distant place”. Therefore, you do not have to say prayers to Him as loud as possible so that He may hear and come flying to listen. No. The infinite Ocean of the One Universal

² A communal apartment (*kommunalka* in Russian) is an apartment where two or more families share one bathroom and one kitchen (note from the translator).

God can be found *beneath* every cell of the body of every one of us. He is always very close and, at every moment, sees and hears everything that we do, say, and think! He perceives our emotions.

Nevertheless, He is in a different layer of the multidimensional space, and this layer is located at the subtlest end of the *subtlety-coarseness* scale.

It is impossible to see this layer from the denser layers of the multidimensional space. God, on the contrary, by looking from His Subtlety to the denser layers, sees everything.

There exists the opinion that God is incognizable. He is indeed incognizable for the people that have not refined themselves as souls.

In reality, in order to be able to cognize Him, it is necessary to enter His Abode, which is the “basic”, subtlest, infinite, and eternal layer of the Absolute.

The Path to there is traversed through refinement of the consciousness.

He lets those who have progressed along this Path not only become closer to Him, but also enter into Him and merge with Him forever.

Has it become clear now why He has created the Earth with all of us and what He expects from human beings?

So, from this stage of personal theoretical knowledge, everyone can outline a plan of his or her further development and then live according to it, correcting it and supplementing it constantly.

Another important element of the spiritual work is to make reports about what has been done. These reports have to be made for oneself and for God, Who is the permanent Witness of all our mental processes.

God is Love and Loves Us, As for Us, Do We Love Him?

In this case, it is not about an intellectual decision, the decision of the mind, "I will love God!", even though such a decision would be correct. No, I am talking about the emotions of love, about longing to meet, embrace one another, and become *One* with Him.

Those who do not have a developed spiritual heart do not even want to accept that God is cognizable! Moreover, these people can become angry at hearing that God can really talk and that one can talk with Him!

But everything "falls into place" when one begins to develop oneself as a spiritual heart.

I repeat that God is the Sum Total of all the Perfect Ones, and They all happily respond to our sincere heart love with Their Love!

Love is Mergence!

Let each one of us ask himself or herself: can I sincerely love a person to whom I feel emotions of aversion or of irritation because I have this typical emotional reaction to almost all people?

Of course not. Such emotions do not unite but separate and repel.

The emotions of love, on the contrary, bring us closer.

For this reason, harmony is easily established when souls who know how to love meet each other. They literally interpenetrate and continue to exist in this mergence.

Those who have learned all of this in their relationships with other people and with other objects of the world of the Creation can easily use this ability in their relationships with individual Holy Spirits and later with Their *United We*.

Let us remember that mergence is the culmination of love.

Those who do not want to learn this will remain as separate souls that flounder about in samsara according to the law of karma.

So, how can we learn the mergence of souls?

The Role of Ethics

When God speaks to incarnate people, He always pays maximum attention to the ethical component of our development, namely, to our relationships with Him and with other people, as well as to our attitude towards other beings. These themes have been covered in great detail in all of the books published by us and mentioned in the bibliography.

Nevertheless, the following question may arise: “Why is this necessary for God?” One may also think: “Is it not true that the requirement to study ethics and comply with its principles is nothing more than the dogma that the ‘clergy’ demands that we follow? This does not concern me, since I have

already risen above the primitivism of the crowd! I am free from all these human conventions!”

For example, on multiple occasions I met monstrous people who had intentionally developed the falsehood to such a degree that this quality became a main characteristic of them as souls. And they were proud of this peculiarity of theirs and looked down upon other people who had not developed such a striking falsehood.

These monstrous people considered themselves “liberated” without understating that with each lie they as if cast a net on themselves as souls, with the result that they became entangled in those lies.

The true spiritual Liberation, on the contrary, consists in freeing oneself from all fetters and, as a subtle and “naked” soul, completely purified from all the dirtiness of coarse thoughts and emotions, presenting oneself before the Creator to flow into Him.

In this regard, I call your attention to the ethical principle that was suggested by Jesus Christ but was rejected by the majority of those who call themselves Christians. This principle consists in *avoiding conflicts and maintaining a non-confrontational behavior.*

Jesus did not only propose to avoid confrontation with those who attack us and to not avenge ourselves on the offenders, but also to not even experience the feelings of reproof or condemnation!

On the contrary, He urges us to be tender, caring, and willing to sacrifice ourselves for the good of others!

He also teaches us not to raise ourselves above others both externally and internally.

Philip the Apostle formulated the important Commandment: "Do not upset anyone!" [12].

The Messiah Sathya Sai, Who lived in a body on Earth recently, proposed that we live according to the same principles. [2,12].

We should understand that the ethical Commandments of God are destined for the good of every one of us! By living according to these principles, we can cultivate *goodness* in ourselves through the control and regulation of our own emotions! And just this will be enough to move ourselves away from hell and come closer to the Creator!

Let everyone understand then that it is convenient to have a personal interest in the ethical work on oneself!

And let me remind you that the most important ethical principle is not to cause unjustified harm to anyone as far as possible.

The variety of situations in which one should follow this principle is wide and should be analyzed by every one. It is not only about not killing or causing harm. Even a leaf or flower unjustifiably torn or making the beauty of nature dirty by leaving trash in the middle of the forest, etc., can be considered as a violation of this principle (see also [6-8,12-13,34]).

To violate the principles of aesthetics also means to cause harm!

Psychical Self-Regulation

I will once again mention that there currently exists an efficient and scientifically grounded system of psychical self-regulation developed by us that enables one to rapidly learn to control one's own emotions [9 and others]. This system is based on learning to use the functions of the chakras and principal meridians of our organisms. In this learning process, the emphasis is on the development of the anahata, the pectoral chakra, *in which* and *from which* the spiritual heart can begin to grow.

The anahata is the principal chakra of the soul that grows properly. Only after establishing oneself in this chakra, can one learn to fully experience the emotions of love and free oneself with ease from negative emotions such as anger, irritation, jealousy, arrogance, conceit, the feeling of being oppressed by other people or circumstances, etc., as well as from the egoistic desire to appropriate things that belong to others.

An anahatic person transforms himself or herself gradually into a fountain of the emotions of goodwill and love, radiating these states to the surrounding space. Such a person literally converts himself or herself into love thus resembling God, Who is Love (1 John 4:16).

In this way and in no other way can a person become closer to God. In other words, it is possible to become closer to Him only by the quality of the consciousness. Only then does God become cognizable for such a person!

(More details about how to develop the spiritual heart can be found in [11,13] and in all the other books by us).

The Choice between Hell and Paradise

Each of us alone creates hell or paradise for himself or herself.

Coarse emotional states are hellish, while subtle states are paradisiacal.

After leaving the body, we remain in the same states to which we accustomed ourselves during life in the body. It is very easy to understand this!

Souls who have achieved the paradisiacal level of their development live in blissful paradisiacal states, and from paradise to complete Divinity, only a few steps are to be made. Namely, it is necessary (apart from strengthening the ethical and intellectual component) to grow as a soul or consciousness and to learn the methods for achieving Mergence with God.

The harmony of nature, especially during early mornings, is very close to the paradisiacal states.

Knowing this, one can, among other things, heal one's body and improve one's health.

It is possible to easily experience this, while attuning to the rising sun, for example.

We can place the image of the sun (the visualization of it) in the anahata chakra and later direct this light to the other chakras and extremities. After this, we can direct it to the neck, to the head, and later to other "problematic" places of the body, if there are still such places.

I clarify that in this exercise we introduce the visualization of the sun into the respective part of the organism and later fill this visualization with ourselves as consciousnesses, that is to say, we convert ourselves into a little sun and shine being it.

Those who are not very familiar with the sunrise in nature can use our materials (photo galleries and movies) presented at www.spiritual-art.info and www.new-ecopsychology.org.

About Monasticism

One can cognize God only in monasticism. This is the truth.

However, it is also important to understand what true monasticism is.

Well, the true monasticism is not about living in a monastery, wearing a certain uniform, receiving a new name, and so on, but about dedicating one's life to God.

The life on a monk includes, above all, the application of the methods of spiritual self-development and helping others in this process.

In this regard, it is essential for each person to try to understand if one method and idea or the other is offered by God or if it is simply part of the tradition of one sect or the other.

I do not want to debate or insist on this, but, in my opinion, celibacy (the renunciation of sex for religious motives) is a mistake that impedes the spiritual progress of those who practice it. I say this as one who knows very well both the Goal of the

spiritual quest (i.e. God) and the sexual aspect of our lives.

*** * ***

I will once again say that monasticism includes two main directions: work dedicated to perfecting oneself, and helping others in this process according to one's own possibilities.

Other than this, it is essential to pay attention to supplying the material needs of one's own life. The parasitism of monks, preached by some false religious movements, should not be considered as a norm.

“Mortification of the flesh” and the tendency to consider the body as something dirty and shameful are indications of profound spiritual ignorance. We can only feel sorry for those who, under the influence of some ignorant leaders, rejected the observation of the basic hygiene of their bodies or locked themselves in caves, thereby hiding themselves from the beauty of God's Creation! Instead we must do the opposite, because it is impossible to learn to love the Creator without first learning to love His Creation!

The Holy Spirits live in a state of joyous Bliss, and They advise Their worthy disciples to learn the same thing while living in a material body!

And where are those people who desecrate love and beauty? It is not difficult to guess! They are in hell!

*** * ***

As I have said, monasticism consists in dedicating one's life completely to God by only doing what contributes to His Evolution.

In this case, it is desirable that one chooses to serve Him in the highest way that one is capable of doing among one's individual possibilities.

While we are realizing this service, we should continue cleaning ourselves from negative thoughts and emotions and try to not cause unjustifiable harm to anyone. In this respect, it should be noted once again that we should not cause harm to only people, but to animals and plants as well; and, which is even more important, we should not cause harm to God by hindering, even in small things, His Evolutionary Process.

Therefore, for example, the correct nutrition from the point of view of ethics, bioenergetics, and physiology, is a *killing-free* nutrition, i.e., one that excludes our participation in the assassination of animals.

I want to clarify for uneducated people that birds, fish, mollusks, etc. are also animals.

Through the Bible (Genesis 1:29 and 9:1-4), God gave us a criterion to distinguish between food that is recommended and food that is prohibited for human beings, namely, if blood is seen in someone's body, do not eat this body! Nevertheless, almost no one follows this advice and, as a consequence, these people have diverse illnesses and are unable to advance on the spiritual Path [1-2,5-20,23-29,34-35, and others].

It is also crucial that one's nutrition provide the body with all the essential components, including amino acids, vitamins, and trace elements. For this, it

would be useful to study the sound literature dedicated to this topic.

In addition, it would be good to have an idea, at least a general one, about the medical aspect of our lives on the Earth, for example, what different symptoms may indicate and how we can easily get rid of the disease that they produce, which is especially important in the living conditions in the midst of nature.

Some synthetic fabrics, with which clothing is made, impede the bioenergetic interactions of the organism with the environment. Therefore, it is best not to constantly wear clothing made with these materials.

A very important element of spiritual work is attunement with the subtle phenomena of the environment. Some of these are the beauty of nature, children (and not only the children of humans, but of animals as well), and erotica, as long as it is sattvic³. Those who have assimilated this later obtain the possibility to delight in the Beauty of the Holy Spirits in Their different Manifestations that vary from Mahadoubles to the Divine Fire [13,15-18].

The materials published by us, among which there are movies, photo galleries, poems, and texts in prose, can help everyone who desires to more deeply comprehend what we are discussing now.

I emphasize again that sattvic erotica is an important element of the spiritual beauty!

It was God Who gave beautiful bodies to people deserving this! The beauty is from God! Why then

³ Harmonious, pure, and subtle. More details about this can be found in the Bhagavad-Gita [8] (note from the translator).

should we refuse the opportunity to become better — purer and subtler – by attuning ourselves to this beauty? Those who reject the beauty of harmonious bodies can be pitied, because they deprive themselves (and often others as well) of a way to become better before God! In addition, by opposing God, these people form a very sad destiny for themselves.

Among the Holy Spirits Who have helped us in our development and have led us to success, there is no one who has despised the body and has tried to desecrate the beauty [12]. Sex was also a normal part of life for at least most of Them and, despite this, They have attained the Divine Perfection! Jesus demonstrated in front of His disciples His tender Love for Mary Magdalene [12,14], and now She is one of the Holy Spirits [12].

A Few Words about Sex

What is the most important thing for us in sexual relations? It is tenderness, which originates from the gratitude to our beloved!

The subtlest sexually tinged tenderness-gratitude is what refines the consciousness very effectively. This is one of the factors that contribute to spiritual progress! These emotions of subtle tenderness are fully in tune with the state of the Holy Spirits!

A common urge of inexperienced partners, especially of men, during sexual interactions is to join the genitals as fast as possible. This is wrong. To create emotions of tenderness, a man should first

caress the erogenous zones of his beloved for a long time. These could be nipples of mammary glands, skin of the back at the level of the shoulder-blades (the area of the anahata chakra), sacrum, and buttocks (the area of the svadhisthana chakra). (However, there are women in whom these zones are not erogenous). Then one can switch to caressing the clitoris, one of the most important erogenous zones of a female body.

While doing this, both partners start feeling emotional resonance, and their mutual tenderness flames up more and more.

(Nevertheless, it is necessary to distinguish between tenderness and coarse sexual passion. On the other hand, possibly, only those who have developed their spiritual hearts are capable of doing this).

Many women can reach an orgasm if a man merely caresses their clitoris with his hand. (There are different types of orgasms among women. The most common ones are clitoral, vaginal or g spot, and cervical).

A typical variant of a sexual interaction can be the following: after the long caressing of the clitoris with his hand (necessarily clean), a man starts stimulating the vaginal erogenous zone (g spot), which results in a fast orgasm of his beloved. After that, they can join their genitals and continue to enjoy the beauty of the bright emotions of the subtlest tenderness, rooting themselves in these states and accustoming themselves to them.

This variant of sexual interactions allows men with weak erection and premature ejaculation to participate in them, because, when female genitals

are quite wet, a vaginal penetration is possible even with weak erection or even without it.

After both partners have reached an orgasm, the time comes for new caresses on the background of deep calm; that is why it is not right to abandon the bed immediately after an orgasm.

We have examined the ethical aspect of sexuality in detail in the book [9] and in some other books.

In the last edition of this book, I, for the first time in history, proposed, among other rules, a rule for sexual relationships according to which the man should not ejaculate inside the genitals of the women without her clearly expressed consent.

Nor should we forget that there exist venereal and other diseases, which one can contract during sexual contacts. We must be cautious with this as well!

It is ethically correct to participate in sexual contacts only to give love to the other and to obtain mutual harmony, and not with a purpose of finding pleasure for oneself!

It is clear that any form of violence during a sexual interaction contradicts this rule and is a sin that has negative karmic consequences.

It is also necessary to understand that absolute sexual permissiveness cannot be considered as “a method of spiritual work”, because the “mixture of the gunas” is not approved by God [4,9,12]! In this case, this is about sexual contacts between people who significantly differ by their level of energetic purity, first and foremost.

Apart from this, it should be mentioned that interest in sex must not distract, not even to the

smallest degree, our attention from the main Goal, which is God.

The Creator and His Creation

Everything that exists in the multidimensional universe is energy that differs according to its quality. All this energy as a whole is called the Absolute, that is, the Creator consubstantial with His Creation. (*The Absolute is Absolutely Everything*).

Solid matter is also just energy that has assumed this form and that can become non-material again under certain circumstances (namely, by the Will of the Creator).

A special kind of energy is the energy of the consciousness, that is, the units or the accumulation of the units of the consciousness that are capable of *being aware of themselves* and thinking. The most important one of them is the Creator, Who calls Himself *the Heart of the Absolute*, which means Its fundamental, main Part.

The Creator dwells in His Abode — the subtlest spatial dimension. That is why the Path towards the cognition of the Him lies through the refinement of the consciousness by means of regulation of one's own emotional sphere (psychical self-regulation) and the attunement with that which is subtle and beautiful.

God — if we examine Him as the Absolute and as the Creator — is one. He exists as One Integral Organism, even though He is composed of numerous components.

We can see the analogy between the structure of the Absolute and the body of every one of us. Namely, our bodies are also composed of numerous quite different biological tissues, organs, and cells.

The Creator, in turn, can be described as the Totality of the Holy Spirits mutually merged in the Embraces of Divine Perfect Love. The criterion that allows us to identify Them is the subtlety of the consciousness that They reached and that is equal to the level of the subtlety of the Creator in whole.

When They manifest Themselves as Divine Individualities, They usually maintain the same Appearance that They had in Their last incarnation at the peak of the development of Their Divine Perfection. This Appearance naturally has the traits peculiar to the sex of the body that each one of Them had.

There are a countless number of Holy Spirits. This multitude was formed in the course of practically infinite existence of the Absolute.

The Creator, as well as the Absolute, is universal and infinite in size. To attribute to Him the appearance of a human body or of a body of some animal is a manifestation of naivety and incompetence, to say the least.

Every One of the Holy Spirits is capable of coming from the Abode of the Creator to the Creation in order to accomplish certain work there. One of such important kinds of work is helping incarnate people in their spiritual development or perfection. (When Jesus Christ spoke about “daily bread”, He did not mean material but spiritual food, spiritual Knowledge).

The Creator — through Holy Spirits and Messiahs — manifests His Love-Care towards all people by offering them knowledge about spiritual development. (It was appropriate that Jesus was called the Savior. His salvational Mission consisted in giving people the salvational Knowledge. We, for our part, should study and fulfill that which the Creator commanded us through Jesus).

Incarnate people have a right to make efforts or not to make them on the spiritual Path. Additionally, their efforts can be false or correct. That is why the Care of the Holy Spirits for every person can be quite different. For example, someone has to learn not to cause pain to others, and the Holy Spirits make this person drop this habit through his or her own pain. Another person — a worthy disciple of God — is floating along the life like along the river of the Highest Bliss, even though he or she does not cease the personal efforts to become even better and to help others even more efficiently.

Everyone has different capabilities of understanding God and the Path to Him. This depends, among other factors, on the ontogenetical age of a soul (the age of the soul in this incarnation) and also on the psychogenetical age (the age that the soul has obtained throughout all its incarnations).

... However, another question arises, which I do not know if someone else has discussed in literature. This question is: why did God need to create the material Creation, including the lives of all beings and of every one of us?

The majority of psychogenetically young incarnate people do not think about this at all; their

behavior does not differ much from the life of animals (more detail in book [15]).

People who are more evolutionarily developed also very often wander in the darkness of ignorance and commit ethically significant mistakes that negatively affect their future destinies.

In reality, we need to understand, first of all, that *God evolves*. His Evolution is realized by accepting inside of Himself the human consciousnesses that have been capable of growing up to the Divine Perfection.

From this, we can conclude that God is directly interested in the successful development of people that He incarnates into the world of matter and that those who impede the process of spiritual evolution cause harm to their victims, to God, and to themselves, by making their own future destinies worse. (For example, there is a false opinion that children should only pray in temples instead of studying in schools...).

The development of every person is composed of intellectual, ethical, and psychoenergetical components. (We have discussed this topic in detail in many of our books, which can be found in the bibliography at the end of this article).

Another thing that should be taken into account is that the evolution of individual consciousnesses, which the Creator gradually prepares for the Mergence with Him, does not take place only in human bodies. Animals and plants are also *animated* beings! The gradual maturing of souls occurs in their bodies as well, so that these souls can be incarnated in human bodies afterwards. That is why we must treat animals and plants as our small brothers and

sisters and not cause unjustified harm to them, which includes not killing them unjustifiably.

To kill animals for the sake of eating their bodies or using their skins does not correspond to the principle of Love, declared by God through Jesus Christ and other Divine Messengers. For this reason, God does not expect that people who do not correspond to His ethical ideas will be able to reach His Abode in the foreseeable future (more detail in the book [18]).

... But why, in order to perfect themselves, do souls need to be incarnated into the material world? Can't they develop in the non-corporeal state?

The fact is that the Creation was made by the Creator in such a way that our bodies — with their digestive and bioenergetical systems — are able to transform the denser energy of material food into the energy that can be used for the quantitative growth of souls (consciousnesses). This process is very important because in order to flow into the Creator, one, as a consciousness, should not only become subtle but also huge, strong, and capable of functioning!

Almost every incarnate unit of life is valuable to the Creator. Exceptions can be made only when we defend ourselves from dangerous animals that attack us or from the devilish souls (aggressive primitives) in human bodies who can only hate, condemn, calumniate, humiliate, kill, rob, deceive, violate, etc. Devilish pseudo-religious preachers instill in them the idea that they will find themselves in paradise, but this is a fatal mistake! This will not be paradise, but hell...

God, on the contrary, suggests the opposite thing to us, namely, not to judge, not to condemn, to avoid any conflictive situations and corresponding coarse emotions and instead dedicate ourselves to the internal self-perfection in the first place, i.e., to the development of ourselves as souls or consciousnesses. Jesus Christ, Lao Tse, and Sathya Sai were the Ones Who taught this to people most vividly [5,12,14].

... Someone can object by saying: on what grounds does the author expound this conception? How can he prove his opinion?

I will answer from a bigger scale of view.

God — in all His Aspects and Manifestations — is really cognizable by those people who are mature enough for this and who have dedicated their lives to the spiritual self-perfection and to helping others in this. These people also have to be ethically pure. Only then do the Holy Spirits gradually reveal to such practitioners the secrets of cognizing Them, the Creator, and the entire multidimensional Absolute.

Everything that is explained in this article and in our other works has really been cognized by me and by those to whom I managed to help to ascend the spiritual heights.

Moreover, on the basis of the acquaintance with our materials, everyone can make a personal plan of self-perfection and follow it year after year. While doing this, one can also periodically write reports (for oneself and before God) and trace new stages of ascension. In this case, God will reveal the exact same Knowledge to the person who advances successfully.

... The Creator exists in several states. These are Calm, Divine Light, and the Fire Manifestation. The brightness of His local luminosity increases as the energetical activity of the Holy Spirits, Who can be colossal by Their size, increases. The Holy Spirits are also capable of condensing Themselves partly to become more perceptible for Their incarnate disciples. This is manifested most vividly on Their *working sites* (see [13]).

The Holy Spirits are never of black color and are never coarse by Their emotional status. Demons and devils can be like this and can call themselves sometimes by elevated names.

Thus, it should have become clear to the reader that the main sign of the Divinity is the highest subtlety of the consciousness and that those who are emotionally coarse are the creatures of hell.

In the same way, we can evaluate the worthiness of those people who have pretensions to the role of spiritual leaders. The subtlety of the consciousness and the high level of the development of the spiritual heart, along with competence and decency, are the most important criteria for evaluation.

Instead of these qualities, we observed the opposite ones on many occasions!...

For example, I remember one of my acquaintances, a guy who did not have any decency at all. At that time, I was very young in the spiritual field, and because of this I taught him, even though I should not have, some methods of psychical self-regulation. I could not even imagine that the ethical component of development can turn out to be absolutely alien to one of those who know about the

existence of God! And this was not because I did not speak about the fact that God wants to see in us our ethical purity, first of all!

Because this guy persisted in his vices, God “endowed” him with a demon who settled in his body. It was a male of a big monkey.

The behavior of the guy started changing radically: he began to grimace in public like a monkey and considered this to be very... humorous...

I told him about his trouble.

However, instead of correcting himself as soon as possible, he adopted a tendency to intentionally identify himself with that monkey! He even started calling himself *primate* and announced on the Internet that now he was moving on his *two legs* quite often... His energy degraded to the level of coarse animal primitivism, and his vocabulary became filled with obscene words. At the same time, he recruited disciples to teach the art of meditation to them...

The most surprising thing for me in this story was the fact that he managed to find a great number of followers who wanted to learn his *primativism*...

In this example, we can see the illustration of the fact that God appoints sinners to hell with the help of demons, among other means.

... Nevertheless, may no one think that all animals — both incarnate and non-incarnate ones — are dangerous for people!

Animals that belong to highly developed biological species can be subdivided, in the same way as people, into hellish ones, paradisiacal ones, and those who have an intermediate status.

Spiteful and egoistic animals are hellish; they are like this right now, while incarnated, and they will find themselves in hell after disincarnation.

On the contrary, tender, caring, and altruistic animals are paradisiacal, and there is no sense to cry on their tombs, as people sometimes do. Vice versa, it is more correct to be glad for them, because they will live in paradise from that moment on!

The same thing is true for those paradisiacal people who left the world of matter. Now it is their turn to look at incarnate people and feel sorry for them for being enmeshed in the nets of materialism!

The destiny of animals that live in close contact with people is determined by their education to a significant degree. In order to assure paradise for those animals that you take care of, you need to cultivate paradisiacal qualities in them and wean them from hellish ones.

... We have already discussed that the Absolute is One Integrated Organism of a universal scale. This becomes very clear if we look from the Light-Fire states of the Creator, from the “Heart of the Absolute”, towards the Creation. In this case, we will observe an uninterrupted continuum that connects the layers of the multidimensionality up to the solid matter of the Creation.

We can also temporarily contrast the Creator with the Creation. In this case, the material body of every one of us will be perceived as a connecting link or the mouthpiece between the Creator and the Creation.

Additionally, we can learn to smoothly “swim” from one state of the Creator into another or to proceed as Mahadoubles from Him (see in [13]) and

lean over worthy incarnate spiritual practitioners in order to give them pieces of advice.

A person who has mastered all this achieves a right to reach even more interesting and promising stages of development.

... However, many spiritual seekers face an insurmountable obstacle at the very beginning of the Path. This obstacle is that they do not understand how to begin this Path.

So I will briefly explain this.

It is better to start with studying what God suggests to us in this respect. The book [12], among others, in which we have gathered the sayings of the highest spiritual value of ancient Atlanteans, of Pythagoras, of Jesus Christ, of Divine Native Americans, of Indians, including Sathya Sai Baba and Babaji from Haidakhan, of Sufis, and of many other Great Souls, can be of a big help in this work. At the same time, we should see that despite the fact that the methodology of spiritual development is common and universal for all people, there are many different variants of mastering these or those stages inside it.

While studying spiritual philosophy, the emphasis should be made on the ethical purification of oneself. It is the respective books that can help accomplish this most successfully. I once printed on a typewriter for myself and for my friends the excerpts from such books, read those excerpts many times “imprinting” them in the soul, and underlined, on margins, the most important phrases for myself on that stage of my development. Now everyone can do the same thing in a much easier way with the help of a computer.

Simultaneously, it makes sense to realize bioenergetical purification, which is described in detail in the book [13].

All this is just a preparation, while the big spiritual work starts with mastering the functions of the *spiritual heart*.

It is quite common to hear that people speak about “living by the heart”, understanding this only as a blind and uncritical following of one’s own emotions. They do not even know where the spiritual heart is and what it is intended for.

By now all this was discussed at greater length in such books as [13] and in our other works. That is why I will cover this only shortly.

At the beginning, the spiritual heart is the personal consciousness that has completely filled the chest cavity, in that place where the lungs are. This structure is called the anahata chakra.

One can learn to expand the spiritual heart to all sides, transforming oneself into a big and then into a huge spiritual heart that embraces the expanses above the surface of the Earth, then the entire Earth itself, and then it expands even more.

Initially, while a person makes his or her first steps in mastering the functions of the spiritual heart, he or she learns what the bright emotions of spiritual love are, how it is possible to feel them at will and to really love all harmonious objects of the surrounding world and the whole world itself, the whole Creation of the Creator! This fills the life of this person with spiritual joy and happiness and turns into a very important stage for his or her further spiritual growth!

Let me note that it is impossible to learn to love the Creator without learning to love His Creation first! This is a law established by Him!

And without love for God, it is impossible to approach Him and cognize Him!

On the higher stages of spiritual development, a practitioner should transform himself or herself into a spiritual heart similar to the endless ocean. Inside of it, he or she will find blissful calm that is necessary for further advancement.

All the leftover emotions of condemnation, which almost all non-spiritual people live in, disappear in this state so that one cannot feel them anymore.

Rajneesh, a famous Indian guru [2,12], from the moment when he mastered this, asked his followers to call him *Osho*, which means *Ocean*.

A lot of people began to worship Rajneesh, but we offer you something bigger, namely, the methods that allow everyone to transform himself or herself into the oceanic spiritual heart or to become *Osho*, in other words.

When a person really progresses in this direction, he or she obtains the ability to perceive (feel, see, and hear) the Divine Teachers — the Holy Spirits. They — day after day, month after month, year after year — will guide every worthy disciple through the stages of cognition of God in His different Aspects, such as the Holy Spirits, the Creator, and the Absolute. Thus the successful Disciples of God gradually turn into spiritual Masters (Matreyas) and Messiahs (Avatars), and when They disincarnate, They Themselves become Holy Spirits,

attaining forever the highest Haven — the Abode of the Creator.

We have studied this Path thoroughly, even though we have not achieved everything that is possible to achieve on it.

We do not conduct any mass events, like lectures or classes. There is no necessity in this, because everything that is needed for advancement is explained in our books and shown in our films.

It is possible to designate what was described in this article as the Straight Path, the modern developed Hesychasm, the Highest Yoga, the true Taoism, Sufism, and Buddhism, as well as the fulfillment of the Teachings of Jesus Christ (see the book [14]) or, in other words, the summit of Christianity.

Jesus Christ, His Divine Apostles, and all other Divine Teachers or the Holy Spirits wish success to all those who walk this Path!

I wish peace to all of you!

On the Subject of the Reform of Spirituality in Russia

Historically, the Orthodox Church has occupied a dominate position in Russian spirituality by the number of its followers.

In spite of all its shortcomings, it has played a decisive and positive role for me in my spiritual formation and further development. I devoted many years of my life to it while I was still a scientist-biologist. It was the Orthodox Church that helped me, a person who was raised in an atheistic family and in

the militantly atheistic country (the USSR), to feel the Touches of God for the first time and to choose Him as my personal Teacher and the Purpose of my life.

Since then decades have passed, filled with a continuous search of how to become even better before God in order to more deeply cognize Him and merge with Him by drowning in the Embrace of His Love.

Yes, I feel that I am a successful disciple of God, but what has allowed me to become this? First of all, it was the careful tracing of my own ethical imperfections and the elimination of them. It was the Russian Orthodox Church that gave me this life skill!

As a scientist-biologist, I participated in diverse scientific studies (you can read my autobiographical book [7]). This experience of scientific research has allowed me to take the skills that I acquired and apply them to the studies of non-material forms of life, including God in His different Aspects and Manifestations. Those studies were recorded and tested many times. This has allowed me, among other things, to create highly efficient systems of *psychical self-regulation and of ecological psychology* and to expound upon them in our books [13]. At large, all the materials that we have created (books, films, photo galleries, poems, songs, etc. both for adults and children) allow us to speak about the creation of a new direction of modern science — *methodology of spiritual development*. The core component of this direction can be described as a modern developed Hesychasm (see in [13]). The systems that we have created differ from the tradition of ancient Hesychasts primarily by their integrity. It is so because they contain integrated and broad

knowledge about the bioenergetic structure of a human organism, about the real multidimensionality of space, and about the possibilities of direct communication with God, possibilities that can be realized, among other ways, by being on *working sites (places of power)* of the Holy Spirits. These systems also include diverse publications with highly significant methodological pieces of advice and instructions received by incarnate people directly from God in the past and at present.

This coming spring will mark 70 years that I have lived in this body. During the past decades of my life as a scientist, who has been in love with the Creator and whose life has been filled with a continuous work, I managed to traverse almost the entire spiritual Path and to help a lot of people in Russia and in other countries on it. From the stages that I have reached, my own past mistakes and the mistakes of others have become clearly visible to me. Therefore, I consider it possible to express my own opinion on the subject of the reformation of the Church that was proclaimed by Patriarch Kirill, a highly intelligent and sincere person and a current leader of the Russian Orthodox Church.

So, I suggest the following:

— It is necessary to remove from the Creed the phrase that depicts Jesus as sitting on the right hand of God-the-Father. We need to do this, because the Creator (God-the-Father) is infinite in size! He does not have the appearance of a human body at all! On the contrary, He is the Universal Ocean of the Subtlest Consciousness, Whose main qualities are perfect Love, perfect Wisdom, and perfect Power! God-the-Father is not an old man sitting on a cloud,

and there is no possibility to sit on the right hand of the Infinite One!

This typically pagan concept of God has formed due to the lack of knowledge about Him, and it is contradictory to what Jesus Christ taught. (You can find more details in the books [14,16,18]. In the last book, the Teachings of Jesus are divided into thematic sections, which greatly contributes to more effective studying of them).

This naive and primitive concept of God rightly causes a condescending smile in all reasonable Muslims who know that Allah Akbar! (God is Great!). For this reason, the majority of Islam followers, to our great regret, do not pay sufficient attention to the study and implementation of the Teachings of Messiah Isa (Jesus Christ).

Additionally, the correction of this and of some other essential views of the Russian Orthodox Church could contribute to its convergence with other religious movements.

Those who have started the religious Path should clearly understand that ritual forms of religious activity can bring only very low benefits to them and that rituals, no matter what a beautiful name is given to them, do not change our destinies automatically! Instead of rituals, we should focus on our ethical self-perfection in accordance with the Teachings of God (see [14-16], among others).

— It would be very important for the followers of the Church and for all other people to know that vegetarianism is good! It is a manifestation of love-compassion, which everyone has to develop in himself or herself before this person will become

worthy of approaching the Creator by the quality of the soul.

Complicity in causing suffering to animals — for the sake of satisfaction of one's own gluttony or for other unjustified reasons — cannot be approved by God under any circumstance!

God has not created a human being to be a predator, and this fact is stated twice in the Old Testament, which says that we must eat vegetable food and must not eat the bodies of those creatures in which we can see blood! (You can find more details in other chapters of this book and in books [1,7-8,12-14,20,36]).

The predatory way of life of non-vegetarians points out the imperfection of their love. These people create great difficulties for their spiritual growth (more detail in [12-13] and in others). (Nevertheless, a vegetarian diet should be balanced and based on the scientific knowledge about a correct nutrition; I mean, first of all, that one needs to provide one's body with essential amino acids and micronutrients, avoid the excessive consumption of salt and sugar, and take into consideration the issue of the indigestibility of milk and of some of its derivatives at certain age periods and the issue of the incompatibility of certain types of food with one another).

— Our problems, including social failures, diseases, injuries, pain, and so on, are given to us by God not *because of something*, but *for something*. For example, to make us understand what pain is so that we never cause it again to others or to make us stop in doing something and think if I am acting rightly. They can also be caused to make us meet

someone important and receive his or her help or give our help to him or her.

— The Holy Spirit is neither a pigeon nor a breath of air. This term has a collective meaning. It is used for People of both sexes Who have attained the Divine Perfection in Their past incarnations in material bodies. Their Abode is the Abode of the Creator. From it, They proceed to help embodied people. There is a Great Multitude of Them. You can learn about some of the Holy Spirits in our book [12].

It makes sense that we become worthy of having Jesus, His Apostles, and other Holy Spirits as the personal non-incarnate Divine Teachers of every one of us!

— We should remember that the Creator and the Holy Spirits are the subtlest forms of the Consciousness. Emotional coarseness and violence are, on the contrary, the characteristics of the creatures of hell.

After leaving the body, we remain in the same emotional state to which we accustomed ourselves while being incarnated. This, and nothing else, is what determines if we find ourselves in hell, in paradise or, having attained the Perfection, flow into the Creator, enriching Him with ourselves.

Harmonious contacts with living nature, with human children and with the children of animals, with the works of different kinds of art that refine us, as well as subtle erotica and tender sexual communication with our beloved, are the things that contribute to the development of ourselves as souls and move us closer to the Perfection.

Monasticism does not imply celibacy but the full dedication of one's life to God, that is, to the

spiritual self-perfection and to helping others on this Path.

— A human being is neither a body nor a mind, but a soul. He or she, as a soul, can exist in the incarnate or non-incarnate state.

Intelligence is one of the functions of the soul. Being in the non-incarnate state, one thinks on the same level as one thought while living in the material body. After disincarnation, the level of the intellect remains the same.

It is fundamentally wrong to oppose oneself and one's soul (or to oppose someone and his or her soul). On the contrary, it would be appropriate, under certain circumstances, to oppose oneself and one's material body.

Such habitual expressions as "my soul", "his (her) soul", "our souls" are completely wrong. However, they became anchored in religious literature (including in some translations that are not completely adequate of books) and in prayer practice.

This error must be corrected. It is important to do, because every one of us should work on the transformation of himself of herself *as a soul* before the Face of God and should try to understand and see how God perceives these efforts.

In this case, we also should take into account that in what qualitative state we disincarnate, in the same state we continue living incorporeally after our disincarnation (i.e., after the death of the body).

At present all people have heard about the soul, but they think *about it* as something incomprehensible that will appear before God after one's death. And because it is something

incomprehensible for them, they do not know what to do with it...

Nevertheless, it would be correct to understand that every one of us is a soul that was sent by God to the material world so that it can grow and develop itself by making corresponding efforts for that.

— The meaning of our lives becomes clear only if we take into account the knowledge about the Evolution of the Universal Consciousness, the knowledge that was taught by Jesus Christ as well (see [14], as well as [13,15], and our other books).

There is not any “judgment-seat of Christ”! (The words that were supposedly said by Jesus about His right, given by God-the-Father, to judge people are nothing but a wrong translation. The correct translation should be “to know people”, “to discern their main qualities”).

The fear of God does not contribute to the development of love for Him and to becoming closer to Him by the quality of oneself as a soul!

Subtle emotional love, on the contrary, is what brings souls together and unites them!

God is Love, and this means that striving for Him, we also should learn to love!

One of the ways of learning to love, ways that were created for us by God, lies through the sphere of sexual relations. (In this case, the ethical component of such relations must be very carefully observed)! (See [9,12-14], and others).

— Sins are the concrete manifestations of our vices. The task of repentance is to learn not to sin. We need to cleanse ourselves as souls of all vices!

The strong souls can free themselves of their vices at once, as soon as they notice them. Other

souls, on the contrary, need to work on themselves for a long time to achieve the same result.

In any case, a sin that was committed a long time ago is in no way a reason for a lifelong cry! The only thing that is necessary is to learn not to sin anymore!

It is also meaningless to beg for God's forgiveness for the committed sins! Instead, you just need to learn not to sin!

Probably, the regular practice of the perception of oneself *on the Palm of God* can be of great help to many people. He indeed constantly watches all the actions, words, thoughts, and emotions of every one of us! It is impossible to hide from His Sight!

Why don't the majority of us see Him? Because we and God normally exist in different layers of the multidimensional space (called *eons* in Greek or *lokas* in Sanskrit).

However, it is quite possible to cognize Him. In order to accomplish this, we just need to get rid of emotional coarseness and egocentrism and to become worthy of approaching Him by the ethical criteria.

— Abortions are indubitable evil, but, as a general rule, it is not poor women who have to be blamed for them but primitively selfish men who caused unintended pregnancy by their careless behavior (see [9]).

— Only those people have a right to call themselves *Christians* who really fulfill the Teachings of God, and not those who just received baptism.

— Jesus taught and teaches His followers how to master subtle love for each other. This love should then develop into love for the Creator. The essential

components of this love should be unselfishness and even willingness to self-sacrifice for the sake of others. The earthly life of Jesus is one of the examples of this.

In Orthodoxy, however, there exists a diametrically opposed movement that is antichristian by its nature and that was created by Ignatius Bryanchaninov. According to him, we all are hopeless sinners, merely because our ancestors, Adam and Eve, “have sinned”. We all are doomed to hell! So the only thing that we can do while we have not died yet is to pray and pray to God and all the saints to save us from hell!

Ignatius Bryanchaninov even conducted special studies on the process of dying of his disciples-monks. From them, he concluded that even such “great ascetics” ended up in hell! “How then can simple laypeople hope for paradise?!”, he thought.

Ignatius was completely right that people who have spent their earthly lives in prayer parasitism according to his teachings and who entirely got stuck in negative emotional states find themselves in hell!

Having realized this, we should conclude that it is necessary to live in the opposite way!

That is why I propose to abolish the prayer books and other books of the Bryanchaninov doctrine as malicious and anti-Christian literature.

At the lower levels of the Orthodox hierarchy, the anti-Christian Bryanchaninov tendencies are widely present in the form of angry condemnation of all non-Orthodox people and hatred towards them, as well as towards the representatives of non-Slavic nationalities, towards people of “non-traditional”

sexuality, etc. Victims of the Bryanchaninov doctrine manifest their religiosity, besides rites, through looking for witches, vampires, and other creatures of hell around them. They live in chronic mystical fear and long for “protective magic”. The term “aggressive primitives” can be used when referring to their “pastors”. The schizophrenic psychosis of the masses of their hapless followers, who additionally become firmly programmed to hell, is the fruit of their work! Beware of such “pastors”!

Let us understand the fact that whom we direct our attention to, the very same we attract to ourselves! By directing our attention to the creatures of hell, we involuntarily attract them to ourselves, they cling to us as souls and enter our bodies...

Instead, we must direct our attention to God: to love Him and to learn from Him!

(The materials of the book [15] will allow you to understand this problem more deeply; see also [18]).

I believe that it would be appropriate to consider the Bryanchaninov doctrine as an anti-Christian destructive heresy and expel the preachers who follow it from the Christian movement.

The alternative to the Bryanchaninov doctrine is the explanation of the Teachings of Jesus Christ to the masses of believers so that they can study them and master them. As for meditation practices, they can “open” and develop their spiritual hearts.

Let us all remember that Christianity is God’s Teachings about love! Those who impose — on behalf of the Church — the substitution of love for hatred and mystical fear are the enemies of God, enemies of Jesus Christ and Christianity, enemies of those poor people who fell under the influence of

these villains, enemies of the entire society that has to bear the burden of its numerous psychotic members who have appeared as a result of the activity of these villains!

— Not all who are in the list of Orthodox saints deserve it. It is so because true saints are only Those Who have attained Divinity in Mergence with the Creator. (“*Only God is Holy!*” — Jesus taught).

We glorify true Saints so that people can emulate Them and learn from Them.

Criminals, on the contrary, should not have any place in the list of saints!

— It makes sense to move Christmas to January 1st, because the counting of days in each calendar year begins from this date in the majority of countries. In other words, this fact implies that a baby boy Jesus was born on this precise day. The celebration of Christmas on other days looks like an obvious and nonsensical misconception. (Let us take into account that the factual date of Jesus’ birth is unknown).

— It is necessary to suggest that people refuse vain killing of spruces and other trees for Christmas holidays. These living plants are *animate* beings, that is why we need to develop compassion for them. A person who has developed love will not maim them or kill them unjustifiably!

... So, Christianity is the Teachings of God about how we should live in Light and Purity, Tenderness and Care, in tender love, without emotions of condemnation and anger, without conflicts, in humility, forgiving others, learning from God and loving Him without causing any harm to anyone unless it is absolutely necessary.

The direct communication with Jesus and with other Holy Spirits, the Embraces and Mergences with Them is what brings the greatest Happiness and Bliss of the highest level!

May Russian Orthodoxy become all this! Then Russia would be able to lead — along this *Path of God* — not only its citizens but also people of other countries and of the entire Earth!

About Violence

Many years ago I had an occasion to observe the life of a young couple.

They got married in church and registered their marriage in the corresponding state agency...

Then she suddenly came down with a very strong flu and stayed in bed without strength.

However, he, because of his young age, wanted to have a lot of sex with her at any cost.

So he violated her despite the fact that she begged him not to do this!

She moaned: “Please, don’t do this! I feel so bad! I can die!”

Nevertheless, he, violating her again and again, repeated the same phrase: “Are you my wife or not?”

She did not die because of this nightmare, but she understood well how deeply ethically depraved her husband was and, after recovering, started torturing him by herself. She repeated her reproaches to him throughout the day, day after day, and asked him hundreds of times: “Don’t you want to become better? You must become better!”

Frequent repetition of the same requests and demands is called tiresomeness. It is manifested bioenergetically as a “suction” of energy from the person to whom the request or demand is addressed. This is one of the inadmissible forms of violence as well.

It is very difficult for victims of such tiresomeness to endure these situations. They instinctively want to tear themselves away! And if it is impossible, they can react with coarse acts of self-defense.

This is what happened to that husband several times. He, having got mad, began to break dishes by throwing them to the floor, flinging, against walls, glass jars with canned vegetables that his wife made and stored up for winter... Everything in the room turned into a stinking rubbish heap with fragments of glass...

Then he himself cleared up this mess and cried out of repentance. In spite of this, his wife did not stop being tiresome, and everything repeated itself again and again...

I believe that young families are often broken apart because of this exact reason...

I do not know whether that family lasted long. It became boring for me to communicate with them; besides, I did not know at that time how to help them. However, when I met this man years later, I got to know from him that he had become an “orthodox activist”⁴, which means that he *did not become better*...

⁴ In Russia, the activity of the so called “orthodox activists” is mainly manifested in the attempts to make others “better”, as these activists understand this, and in

I say so, because God constantly teaches us to look, first of all, at our own defects and fight against them instead of aggressively sermoning others!

Aggressiveness, violentness, and the emotional coarseness that accompanies the first two are qualities that are opposite to the qualities of our Creator, Who is the Subtlest One [12 and others], Who is Love (1 John 4:8)! That is why, the future destiny of people who have these qualities and who oppose themselves to God is “the outer darkness, where there will be weeping and gnashing of teeth” (Matthew 8:12).

... I will give you another example. A granny from a village went to some doctors. She started complaining that she had a nail in her head and asked them to remove it. The doctors did not believe her but finally did an X-ray and, in fact, found a huge nail in her brain!

“How did this happen?” they asked.

The granny told them that she was trying to persuade her adult son to stop drinking vodka. Instead of this, he, being drunk, hammered this nail in the top of her head...

I am not justifying the act of her son in any way, but I want to stress that there is no sense to fight against alcoholism with the help of tiresomeness, because the effect can be just the opposite!

The doctors dared not remove the nail from the head of this granny...

aggressive and violent preaching, quite often accompanied with beating those who do not agree with them, insulting them, and condemning them (translator’s note).

She probably kept bothering her son but this time also about the nail in her head...

... And no one explains to people in Russia that sexual violence of men towards their wives and violence-tiresomeness are manifestations of coarse ethical vices observed and disapproved by God and that it is desirable to get rid of these vices!

... And the newly married couple about whom I spoke of before called themselves “yogis”. Why? It was due to the simple fact that they practiced Hatha Yoga exercises.

I draw your attention to this, because I am sure that these kinds of exercises, if they add a feeling of superiority to one’s already present vices, often cause more harm than good... In other words, we should speak about the development of ego or the lower “I” in such people. In these cases, the term *vainglory* is used, which means *vain and groundless glorification of oneself for imaginary virtues and achievements*.

The truth is that spiritual development has to be started with the acquisition of general knowledge about the spiritual Path and with the study of ethical principles suggested to us by God.

Ethical purity is the first thing that God wants to see in us, and only to those who progress in this, does He open the further Path to Him!

To practice different methods of self-development, such as Hatha Yoga or martial arts, is not bad on the early stages of ontogenesis! However, it is *not bad* only if such activity is accompanied with serious work on studying and mastering the ethical laws established for us by God [9,11-13, and others].

* * *

Violence, of course, is manifested not only in the sexual sphere or in the form of tiresomeness.

There exist justified forms of violence towards criminals, mentally ill people, and also children, when they act in a dangerous way for themselves and for others. Another example of justified violence is *peace enforcement*, when masses of aggressive primitives are compelled to peace.

However, there are opposite examples as well.

I learned this one from a TV program. A person with intellectual disability, who was recognized as such by doctors, was recruited by a military registration and enlistment office to participate in one of the recent wars. For successful murders, he even received a medal...

Soon the war was over, but he could not stop killing... He kept killing and killing until he was arrested...

... Other guys with intellectual disability, being accustomed to unrestricted violence on the same war, having come back to their military units, began to beat, without any external reason, other soldiers who had not participated in military operations...

They practiced beating and humiliating others for no other reason than for fun!...

Women of any age also often become victims of such amusements...

... Another interesting case that I once saw is the following: a mother walked her son on a leash with a collar, like a dog. What was it? Was it a cruel act of humiliation carried out by the mother? No. The fact was that her son was attacking all the passersby, like an angry dog. He burst to kick them or punch

them... And if the mother began to pull him by the leash, he manifested his aggression by spitting at people... That is why he also had a muzzle on his face...

... The soviet invasion of Afghanistan is another example. During it, the presidential palace was assaulted, the palace in which, by the way, soviet doctors and nurses worked.

Almost every one who was inside was shot down.

After years, one of the commanders of the attackers shared his memories with obvious delight about the fact that even the floor in all the corridors of the building was completely covered by blood, and the bloody streams flowed everywhere...

... Hatred, cruelty, and admiration of himself for being the one who carried all this out are the qualities that can be seen in this man...

... According to the resolution of the Nuremberg Trials, the execution of a criminal order is considered a crime.

This is the evaluation of criminal acts from the perspective of reasonable people.

However, how God evaluates the actions of a person is much more important for everyone.

God is not somewhere “in the sky”, far away! God is under every molecule of our bodies, *on the other side* of the material world. He knows all our thoughts, observes all our emotions and acts, and on this ground makes His decisions on our future destinies.

In this case, it is not only about cruel violentness but about all criminal acts, including bribery, extortion, stealing, fraud, etc.

* * *

The process of evolution of souls takes place on the Earth. These souls are sent here by the Creator for their development.

However, people have freedom of will that allows them to choose their path in life.

There are those who develop qualities recommended by God, first of all, tenderness, care for others, and subtlety.

There are also others who cultivate aggressiveness, angerness, and violentness.

The first ones secure paradise for themselves after disincarnation and, at a later date, the next stages of cognition of God and Mergence with the Creator.

The lot of the second ones is hell, i.e. a life among similar coarse and cruel primitives, and possible future incarnations with very bad karma. For example, God may incarnate them as victims of primitives similar to them.

* * *

It is very important to understand that the qualities of souls can change under the influence of their upbringing.

In the case of children, such upbringing can start with the explanation — using language that is understandable for them at this age — that God exists and that He has sent all of us to live on the Earth so that we can learn to be as He wants us to be...

And then one can speak about a great number of things related to this topic.

For instance, we can teach them that they can rejoice by looking at living flowers and inhale their aroma with delight, but that we should not kill them unjustly by tearing them off.

We can teach them that we need to love birds, fish, and other kind animals and try to please these animals. We can also explain to them that only bad people, people-predators, kill animals for fun or to eat their bodies.

Additionally, we can teach them to attune to the beauty of nature, especially during sunrise and sunset, and to attentively listen to the subtlety and tenderness of spring voices of birds...

All this can predetermine the course of further favorable development of these souls.

The mastering of basic psychophysical exercises and functions of the spiritual heart can also be of great help for the correct development of the emotional sphere [10].

Now, in Russia (and in other countries as well), a lot of children, on the contrary, learn violence and cruelty through computer games... Thus adult “educators” program children to hell...

*** * ***

I want to draw your attention to the fact that deceitful politicians use such dangerous methods as “whitewashing history” of their own countries and misrepresenting crimes as acts of heroism.

Here are several examples:

... It was not that Napoleon Bonaparte attacked Russia! Till 1812, the Russian army unsuccessfully waged war on the territory of Eastern Europe against the mission carried out by Napoleon to liberate

Europe from the “Holy Inquisition”. The Russian army was defeated by the French one, and its remaining integrants came back to Russia.

So, it is not surprising at all that Napoleon led his army after the Russians.

(You can read about how the Holy Spirit, Adler, evaluates the activity of Napoleon in the book [11]).

... Suvorov indeed was a marvelous commander, but his “crossing of the Alps” gives rise to doubts, to say the least.

There is such a phenomenon as weakening of intellect in old age.

That march was the last one for Suvorov, and he died three months after it due to old age.

The question is how many rations and ammunition could unmounted soldiers take with them in their backpacks, taking into account that they had to climb mountains.

The army indeed crossed a dangerous mountain range covered with snow, attacked by surprise a French detachment, and killed everyone there... However, the army then found itself encircled by the French army and without enough provisions and cartridges...

With great losses, the rest of that Russian army managed to break out of the encirclement and come back to Russia.

And the territory that was freed at such great cost was occupied by the French once again...

So, was the “crossing of the Alps” a heroic deed?

... Another example is the protected cruiser *Varyag*.

Nicholas II began war against Japan. *Varyag* was in the lead of a flotilla consisting of only 2 ships and was blocked inside a bay on the territory of Korea by a Japanese squadron. The Japanese showed their nobility towards Russian sailors, because they understood that it was not these Russians who were to be blamed for the beginning of war but their tsar! So they offered them to disembark and return to Russia.

The command of the Russian squadron, however, decided to start a suicidal fight (what for?) and, naturally, it was lost.

What was it? Can we really call this an act of heroism when both Russian and Japanese sailors had to be killed, crippled, and underwent terrible suffering from wounds?

... Nicolas II “contrived”, among other things, to begin and to lose two wars during his reign. As a result, there were millions of killed, wounded, and crippled people, and not only among soldiers but also among civilians, including women...

Grigori Rasputin tried to dissuade the tsar from beginning war against Germany. He even predicted that Russia would be defeated, but the tsar did not heed his warnings...

So, what attitude should we have towards such a monster?

It is surprising but the opinions of contemporary Russian diverge here! This tsar is even proclaimed saint by some!

In my opinion, however, he is one of the criminals of planetary scale.

By the way, let me say a few words about Germany. Ever since my childhood, I have heard

from mass media the false information that it was Germany that started two world wars... In this way, all people in USSR, including some professional historians, became convinced of this, despite the fact that one could draw correct conclusions even from the article on this topic in the Great Soviet Encyclopedia.

Everything began from the murder of the presumptive heir of the Austrian throne by Serbian terrorists, which provoked the local conflict between Austria and orthodox Serbia. The Russian tsar intervened on the side of their orthodox brothers and began to threaten Austria with a war. Germany verbally stood up for Austria. Nicolas II was indignant at this, ordered a general mobilization, and then sent military guard units to fight against Germany. He sent them separately, by two columns that moved by different routes far away from one another. The German army easily defeated them one by one. Thus, the entire Russian guard was completely destroyed...

Afterwards, France and Great Britain entered into the war as the allies of Russia. They had to do this due to previous international treaties. That was "The Triple Entente" or the alliance of three countries that attacked Germany (later other countries joined the alliance).

The war lasted years. The German army seized a significant part of Russian territory. However, all the other countries of the Triple Entente defeated Germany and its allies. The peace Treaty of Versailles was concluded, and according to it, Germany had to, among other things, give back to Russia its land, and it fulfilled this.

Historians believe, and this is well-grounded, that the unfairness of the beginning and of the results of this war, including the Treaty of Versailles, predetermined to a significant degree the fact that a lot of people in Germany welcomed with enthusiasm the appeals of Adolf Hitler for the restoration of justice by defeating countries that offended them.

May no one try to see in my words the justification of fascism, which is militant ethnic intolerance.

But we need to understand that it is God Who controls the process of the incarnation of souls (of each soul) in certain bodies. That is why national differences that exist among incarnate people on the Earth are created by God. And negative attitudes towards certain people because of their nationality are the rejection of the actions of God, the opposition to Him, and the animosity against Him.

Another thing is the activity of harmful sects that appear because of the lack of true knowledge about God or as the manifestation of yearning for leadership of energetically strong and aggressive primitives (“devils in flesh”).

And no matter how strongly the members of such sects make themselves believe that God is with them and no matter how loud they shout this statement out, this does not change the attitude of God towards them in any way!

God Himself is Love (1 John 4:8) and gives Himself-Love only to those who come closer to Him by growing themselves as love!

Those who, on the contrary, follow the opposite path obtain for themselves a destiny of being far away from God (in the sense of the stages of the

scale of multidimensionality), a destiny deprived of love and filled with suffering.

... I once received a letter from a man who considered himself Muslim. He wrote that he had read some of my books and that everything was very interesting to read... However, further in that letter, he stated that all this was not related to Muslims and that I must indicate that Muslims have another path, a special one...

He did not specify the details about his understanding of that path, but it was clear without this. Namely, he was a member of the sect in which the “internal jihad” — the “holy” war against all “infidels”, i.e. against all the people who were not in agreement with the conception of this sect — was violently preached. And the members had to “earn” paradise by killing such people, even using such tactics as suicidal bombings in the places where these “infidels” were gathered...

This sect has a great number of followers in different countries right now! So, how can we resist it? I believe that, first of all, we need, by all possible means, to spread the true knowledge about God, about the meaning of our lives, and about the methods of its realization among all people of our planet.

While doing this, we need to understand that the fundamental principles of the methodology of spiritual development are common for all people who were settled on the Earth and on the entire universe by One God. [11 and others]

... As for the Second World War, the point is that Germany started it in alliance with the USSR. Now it is not a secret for anyone that there existed the pact

(and its secret supplementary protocol) signed by Molotov and Ribbentrop. According to this pact, all of Europe was divided by military means between the USSR and Germany. Finland, the Baltic countries, the significant parts of Poland, and Romania went to the USSR... It was Stalin who prepared Hitler for that war by providing him with strategic reserves of wheat, coal, metal, etc. The “Holodomor”, which inflicted so much suffering on millions of people in Ukraine, Kazakhstan, and in some other parts of the country and which took an endless number of their lives, was caused by the fact that Stalin ordered to give all the harvest of wheat to Germany...

In a series of following events, the Soviet and German armies met in the midst of Poland, celebrated the joint victory over this country, and held a military festive joint parade...

In those years, it was popular to call the newborn babies Adolf (Adik, in short), but then... they were massively renamed Edik (Eduardo)...

... As a result of the Second World War, the fascism that arose in Germany and in some other countries was defeated.

However, it is appropriate to think over the following statement of the ancient Chinese Sage Lao-Tse: “The victory has to be celebrated with a funeral ceremony.” [4,11]...

... Another ambiguous figure is Vladimir Ulyanov (alias Lenin). Initially, God’s qualities were attributed to him: “Lenin is always living! Lenin is always with you, in affliction, in hope, and in joy! Lenin is in your destiny, in every happy day! Lenin is in you and in me!”, but then people started to hate him and damn him.

Let us not analyze his life, ideas, and acts in detail. I only want to stress that he was an atheist, and it is very difficult for an atheist to be a righteous person before God...

Nevertheless, I suggest taking into account the fact that he was against the criminal attack of Russia on Germany in the First World War, and he was undoubtedly right.

*** * ***

There is an opinion that the Hebrew Bible (the Old Testament, in Christian terminology) is a holy book. However, what is the purpose of praising something or someone as holy? The purpose is to learn through the examples provided by things or people that are designated in this way.

But what does the Old Testament teach us?

It begins with an absolutely worthless fairy-tale about the “creation of the world”, and then another absurd fairy-tale about Adam and Eve follows...

Why do I call it absurd? Well, what does “Adam’s Rib” have to do with all this? Was it mentioned just to humiliate women? I cannot agree with such an approach!

Another thing is that one of the sons of Adam and Eve killed his brother Abel, for which he was banished from those lands. So he went to another land and found there a lot of women, from which he had a lot of children. Does this mean that Adam and Eve were not the first humans? So, why does no one notice this nonsense, speak about it aloud, or write about it?

Moreover, in the Old Testament, there are the instructions of Moses on whom to kill among people and for what reasons.

Another example is the story about the Israelites who left Egypt and roamed for forty years in the desert. The story also tells in detail about their perfidy during the murders of the inhabitants of the cities that were in their way.

The following question is pertinent: what did the followers of Moses eat during that long wandering? The answer is quite clear: they robbed all the villages that they found in their way!

(Of course, modern Jews do not bear responsibility for those crimes of their distant ancestors. Every person himself or herself is responsible before God for every ethically significant element of the life that he or she lived!)

And what about “the Ten Commandments”? Do you really think that what these commandments offer is enough for God?

By the way, have we paid attention to the fact that Moses was the first who violated the commandment “You shall not kill!”? And after that, very few people recalled this commandment, especially with regard to animals.

I do not think that reasonable people are ready to acknowledge this book as a Holy Textbook for their lives!

I believe that it has only historical significance.

... Now let us talk about the phenomenon that was named Christianity.

We spoke in detail about the beginning of this religious movement in the book [5]. So now I will only limit myself to the following thought: quite soon after

the accomplishment of the great spiritual feats by Jesus and His Apostles, Christianity was turned into something completely different, although it maintained the same name. I mean the “Holy Inquisition”. In order to “whitewash” the history of Russia, Russian historians emphasized that the annihilation of heretics, including by burning them alive, took place only in Western Europe. But no, the same thing happened in Russia right up to the Lenin Revolution of 1917. (You can find more details about this in the relevant historical literature [5]).

Another fact is that the “conversion into Christianity” of the Russian population was not Christian at all but anti-Christian, inquisitorial, with horrible tortures and executions by burning people alive...

I had to present many times in literature the thought that the real Christianity does not consist in accepting baptism and then participating in rites but in the fulfillment of the great Teachings of Jesus Christ!

In my younger days of this life, when I conducted a spiritual search, I did not manage to find any organization among those which call themselves Christian where the Teachings of God, presented to us through Jesus Christ and His Apostles, were seriously studied! Therefore, God Himself offered me to make a literary analysis of these Teachings so that this analysis would be handy for studying. You can read about this in the books [9,11-13]. And because I was the first person who used this analysis for his own development, Jesus and other Holy Spirits helped me to cognize God in almost all His Manifestations (see [15,17] and our other books).

... To set all one's hopes only upon the corporeal forms of activity in religious and semi-religious groups and organizations is a very dangerous phenomenon, because everyone can easily superimpose any ideology, including a criminal one, on such an activity!

And it is not by accident that the New Testament was hidden from the population of Russia for centuries after the "Christianization of Russia". Why? Because people could find the Truth, which was not in the plans of their "pastors" who implanted only the practice of prayer and rites... What for? For material profit and for maintaining and strengthening their own social prestige.

But God wants something completely different from us! We can briefly formulate that He needs us to cleanse ourselves from the vices (defects) of the soul and then rush towards the Creator by loving Him!

* * *

There is such a phenomenon inside existing religious movements as "fundamentalism". It manifests itself practically in the violent instilling of *external* religious attributes into the masses of believers. For example, it is imposed how they must dress their bodies, which indeed has no positive significance at all!

It is not important because one can directly communicate with God wearing any kind of clothes or even without clothes at all!

Thus, in some countries in which the most primitive sectarian Islam is spread, women do not even have a right to sunbathe and to swim in the sea or in other natural bodies of water. On the contrary,

even in the strongest summer tropical heat, they have to dress their bodies in black shapeless garment that covers even their faces!

... And how did it happen that a male circumcision appeared? Does it have any positive meaning for the inhabitants of civilized cities and villages?

... A long time ago, one man who was respected in his neighborhood got sick with thrush. One of the typical symptoms of this very unpleasant disease is that the inflamed tissue of genitals (at the border between the skin and the mucous membrane) shrinks being pierced by the numerous hyphae of a pathogenic fungus. If one tries to stretch such skin, it breaks and forms small chaps, which causes sharp pain. This results in the inability to uncover the glans penis. In the case of women, the entrance into the vagina completely closes. Sex becomes impossible for the sick representatives of both sexes, and even urination becomes a painful act.

Seemingly, there were no methods of healing thrush in those times and in those lands.

So, that man decided to make a desperate move, i.e. to cut his foreskin off with a knife... Well done!

Since he was a respected person in a religious environment, people began to... imitate him!

Nevertheless, it was necessary to invent some theoretical ground for this innovation... So it was said that the foreskin should be "sacrificed to God"!

From that moment on, millions of boys among Jews and then Muslims had to undergo the "circumcision".

How intellectually undeveloped must one be to believe that God needs... foreskins that have been cut off?

Instead of dedicating one's foreskin to God, it would be correct to dedicate oneself as a soul to Him and one's entire life! [14-15,17, and others]

And what about women? Primitive men wanted to make them suffer as well! So they started cutting off their clitorises! And they did not do this in their babyhood but in puberty and without any anesthesia!

This awful tradition is widespread even now in some of African countries...

*** * ***

Even at present, aggressive primitives inculcate into half-educated youth and weak-minded adults the idea that to violently compel people to follow stupid "religious" rules is the fulfillment of their duty before God... In this way, sects are formed whose world-view is based on hatred, violence, murders, etc.

... Why do I write about all this? Someone can exclaim that it is unpleasant to read such things!

However, I believe that it is useful for everyone to know about the existing evil. This is one of the lessons of psychology given to us so that we can learn to distinguish good and evil, so that we may not become, due to our ignorance, the victims of evil or, even worse, its adherents!

I would like to think that with this article I will manage to help many people to escape from the obscurantism about which I had to speak so much right now to my regret.

How Should We Live?

On one side, there exist the Teachings of God about how we should live on the Earth and, on the other, the perversions of these Teachings created by people.

What are the reasons for the creation of these perversions?

These reasons can be:

— political, when governments want to further enslave the population of their country by inculcating, among other things, the fear of a god who punishes people for all their faults both real and invented;

— economical, when priests inculcate the idea that people do not know how to pray and that the priests can bear the “burden” of the prayers instead of these “weak people” if these “weak people” are willing to pay the priests both well and on time in return;

— psychiatric, when someone with a paranoid personality proclaims himself or herself as God, or as His Messenger, or as a reincarnation of some venerated religious leader who lived in antiquity;

(The same situation can also be created by psychically healthy scammers who have mercenary interests).

Everyone himself or herself can analyze what is preached in the religious tradition to which he or she belongs by using the following criteria:

— Is it the love or is it hatred towards all those who have a different appearance, who speak a different language, or who have different beliefs?

— Is it the tenderness or coarseness and violence?

— Is it the humble perception of oneself or the arrogance and haughtiness?

God exhorts us: “Forget nationalities!” [8]. He does not evaluate us by the color of our skin or other bodily features, but by the level of our spiritual advancement! We must also try to learn to evaluate others in this way!

I would like that more and more people direct themselves to God, the Source of authentic religious knowledge!

Then the life of each person, of the populations of entire countries, and of the whole Earth will change for the better, because in this case everyone would understand the Will of God for himself or herself and would be aware of his or her personal responsibility for every act before Him!

Appendix⁵

To Jesus on Christmas (by Aleksey Dikiy)

We want to give You the gift
Of washing away all our defects and

⁵ In the original Russian version, some of these texts were written in a poetic form. However, in this book we only present their literal, unrhymed translation.

**Of filling our hearts with pure love
So that we, as souls,
rush to the Embrace of the Father!**

**It may be that it will not be possible
to change ourselves at once,
But we know now what we are living for!
We say happy birthday to You, Jesus!
We thank You, the Holy Spirit, and the Father!**

(January 2016)

**To Jesus
(by Svetlana Kravtsova)**

**We can love You
Only if we forget about ourselves.
By loving You, We can get to know
About the Subtle Light in the *Depth!***

**What value does the world of the Creation have?
I do not know anything sweeter than the
Embrace of Your Tenderness!**

**The mergence of the hearts occurs... What can
be more beautiful than to dissolve in *silence* with
You?!**

(September 2015)

The Answer of Jesus

**Look how beautiful the sunrise is!
This moment is for you!
The tenderness of the forest, of flowers,
and of grass
Is inside you now!**

**I love you with the sun, with spring,
With silent fall, with pure winter!
I caress you with hot summer
And embrace you with silence, loving you!**

**I am with you from the beginning of the Path!
I am always behind your back!
Let the Subtlest Light from the *Depth*
Enter your heart together with Me!**

**Where you separateness dissolves,
Only My Tenderness remains!
And My Love shines in you
When you heart is in *silence!***

***Written down by Svetlana Kravtsova
(September 2015)***

The Path — Revelation from Babaji

**You are on the right way! You will traverse the
Path till its end!**

**However, maturing in God takes years, not
moments!**

Only the one who works hard can overcome the entire Path!

It is not time for those who are weak and can only pray to sink in God!

Develop tender power, love, and calm!

Become the boundless soul, and then you will be with Me!

I take your hand and lead the way

To the Primordial Depth, where Love and Calm are!

Only those who are pure souls

Will overcome the entire Path,

By aspiring to become Perfect

And sink in Me!

*Written down by Larisa Vavulina
(January-March 2016)*

About Upbringing — Revelation from Pythagoras

I want to speak about the upbringing of children and adults as well.

An educator can achieve success only if he or she addresses the soul directly.

It is so because it is necessary to bring up a soul — the real essence of every person — and not the body.

To bring up means, among other things, to nourish with love! This is the food that the soul primarily needs for its correct growth!

The body also should be trained so that it can serve well to the needs of the soul.

It is important for everyone to understand that emotions serve as food for the growth of the soul.

Emotions are the states of the soul with which it unconsciously reacts to the external influences of the surrounding world or which it produces itself. Emotions arise and are maintained in special energy centers called chakras.

Thus, the warmth of love is born in the anahata chakra. This chakra is the most important. (You spoke a lot about chakras, their functions, and how to work with them in your books and films, that is why there is no sense to repeat this).

To maintain the purity and development of the chakras is the duty of every incarnate person.

And one more thing: life is simple and harmonious if there is love for God in it.

*Written down by Larisa Vavulina
(January-March 2016)*

About the Straight Path — Revelation from Thoth the Atlantean

“How can I hear and understand You better?”

“No words are needed for the communication between pure and developed consciousnesses! Everything is clear without them!

“If the words are to be formed, I have to enter your body and visit your brain. However, for this, your mind has to be open and directed to Me, and your individual thinking has to be temporarily

switched off. Otherwise, the precision of the perception of the information will be disturbed by you.

“I want to speak with everyone about the Straight Path to the Home of the Universal God!

“May all those who have started this Path know the fundamental rules of it:

- go always only forward till the end,**
- never divert the attention from the main Goal of the Path,**
- learn to separate that which is *external* from that which is *internal* and keep in mind that *the external* is ordered by *the internal*,**
- be open for the cognition of the Primordial One,**
- be loving and tender,**
- be brave and resolute,**
- be attentive and careful,**
- be firm and patient,**
- be humble,**
- accept and fulfill the Supreme Will,**
- aspire for the Mergence with the Primordial One and for the service to Him within your strengths.**

*Written down by Larisa Vavulina
(January-March 2016)*

What do we need to enter the United We? (from Bogatyr and Sulia)

You have seen that each one of Us, the Holy Spirits, led a different life in His or Her previous incarnation. Among Us, there were athletes who

developed personal power, slender girls who cheered up others through the subtle art of dance and song, faithful preachers of God, fighters against evil, doctors, healers, etc. A great variety of different qualities!

Now, We all form the *United We* and serve incarnate people with those qualities of Ours that can be useful for each person who develops successfully.

So, judging by many of Our qualities, We are different, but what do We have in common? What allows Us to enter into the *United We*?

Apart from a developed intellect, primarily it is the ethical purity. (Those who do not have this ethical purity continue living in their afflictions one incarnation after another).

The next necessary quality is the subtlety of the consciousness. The level of this subtlety must be such as to be allowed to stay in Our Abode.

We Only let Such People into Us!

So, you should urge everyone to become like this!

*Written down by Vladimir Antonov
(October 2014)*

**Love Will Make the Path!
(from Han)**

Learn to love in the way that I love you!

**May all doubts go away and your arrogance
dissipate!**

**Love will make the Path! Come Home, My Home
and your Home!**

The Creator is One! There is no other Truth!

**Look, here is Light! Cognize It in yourself by
perceiving Me!**

**See how I stretch My Arms and touch with
tenderness**

**Everyone living on the surface of the Earth!
I cherish them with My Arms of Love!**

**I wisely help all living creatures!
I fill them with Light and Love from the Depth!
... Learn to be Me! I am guiding you!
Work together with Me! I bless you!**

*Written down by Alexey Grechanikov
(August 2013)*

Become Tender Care For Others! (from the Bishop Tikhon)

**It is not easy to change oneself!
But to drive away evil from your life,
You need to cuddle up to the Light
And fall in love with the Heavenly Father!**

**May you root yourself in this Light!
Forget about your former self!
Look critically at your imperfections
And cast away from the soul
everything that is not love!**

*Written down by Alexey Grechanikov
(October 2014)*

**How important it is to listen to God
(from Sulia, Lada, and Rada)**

**It is so important to be with You one on one
Without superficial words and thoughts,
Feeling You always in ourselves,**

**And to be inseparably connected with You!
You are my most important Teacher!
You are my beloved and dear Father!**

**I attentively listen to every rustle of You
And try to heed everything,
Understanding that You speak with me in this way!**

**Your voice — so tender and soft —
Raises in the depths of my heart
And sounds in me, being so moving!**

**I heed and see that through the words of Your
poems,
You flow as Light
And lovingly touch everyone who is open for
kindness!**

*Written down by Dmitriy Osipov
(September 2014)*

**Become Me!
(from Adler)**

**From now on, you need to love everyone as I love!
You can learn to be My Fire
After becoming subtle and huge
And dissolving in Me!**

**The “Sun of God” shines equally for everyone
And illuminates everything in the Creation!
So the one who can thus shine
to the world with the spiritual heart
Can verily become Me!**

**Go into Me! I will show you how I create
By filling with Myself all the beauty!
The Creator is My Divine Essence!
Thus I work on the entire universe!**

**Come into My open Arms!
I am filling you with My Bliss!
I suggest that you always live like this!
Learn to be like Me in everything!**

*Written down by Dmitriy Osipov
(September 2014)*

**In My Arms
(from Matthew the Apostle)**

**Only in My Arms, is there Silence and Calm!
Here the moments of Love turn into Eternity.**

**With the oceanic wave from the universal Depths,
I absorb you carrying you to the Infinity!**

**You are in My Arms and you are going deeper into Me!
I fill you with Supreme Bliss!**

**And in the mergence of the hearts,
you lose “yourself”**

Gaining the Unity in the Universal Ocean!

*Written down by Larisa Vavulina
(September 2014)*

To a Traveler (from Kair)

**The destinies that were not lived,
The peaks that were not climbed,
Are like a heavy load for the soul,
Like coarse shadows that fell on a valley...**

**Here is the traveler who stopped walking the Path
Reaching only its half,
Sad and tired,
Being unable to overcome a steep ascent...**

**The songs that were not sung,
The words that were not uttered,
The love that was not given,
Are the causes of this grief...**

**... However, there is a different life!
And there is the Source of Power!
There is the Path with love for God!**

And there is the Goal — the Only One Creator!

**And you can stand up again,
rejecting your tiredness,
Illuminating the Path with love
And shining with tenderness!**

**You *can* continue the Path!
You *can* kindle with Pure Light
So that the songs that were not sung
Begin to sound!**

**You *can* become Love
And, overcoming all difficulties,
Walk the Path of Heart,
Of Calm and Freedom!**

*Written down by Anna Zubkova
(February 2014)*

**Oh People, My People!
(from Nikolay Nekrasov)**

**Oh people, My people!
If you only knew how God loves you,
how He nourishes and cherishes
The love that is maturing in your spiritual hearts!**

**You are God's children!
If you only knew what it means to live in Light,
How you can aspire for Him,
And how you can merge with Him in Bliss!**

**With the sunlight, God awakes love
And with beauty, He fills souls!
Under the canopy of forests
and in the vastness of fields,
He caresses all lives with His Tenderness!**

**Oh people, My people!
Get to know how the heart loves!
Inside it, there is love that gives itself,
Inside it, there is love that glorifies God!**

**May love be born in hearts!
May kindness become stronger in souls!
May the arms of souls grow by embracing vastness,
Forests, seas, valleys, and mountains!**

**You do live on this planet for a purpose!
So, may souls grow in Light
And may love lead you by the Straight Path
To the Home of the Father!**

*Written down by Anna Zubkova
(September 2014)*

About Missed Time (from the Bishop Tikhon)

**You must not postpone
Work on the purification of yourself as a soul!
The life of a person is always before God
So may it pass in the silence of the heart!**

If the time for good deeds was missed,

**It is painful for the soul to recall this...
Everything good that was not done in the past
Will echo as a load in one's destiny!**

**Having abandoned this earthly world,
The soul will look with bitterness
At those possibilities to become better
That it missed living an empty life...**

***Written down by Anna Zubkova
(September 2014)***

Life with God (from Adler)

**Today I will reveal to you
The mysteries of your "earthly chains"!
You will see the traces of causes and effects
In each one of your "misfortunes"!**

**Do not be afraid
When the *winds of destinies* begin to blow stronger,
For I am always with you
In everything that has happened and will happen!**

**I will help you understand all this!
I will teach you how to forgive any offense!
It is so easy to do when you know
How to comprehend and love everyone as I do!**

**Get accustomed to feeling Me always,
In every moment, hour, day, and night!
My care surrounds you**

And I am always ready to explain and help you!

**You can keep at distance
Bad emotions and idle thoughts!
You can see the Road with the flaming heart
And overcome difficulties!**

**In your longing to give My Love
To all people of the Earth,
You are a participant in My Work.
Thus you are learning to be Me!**

**By changing yourself in everything,
You are learning to be the Purity!
By dissolving in My Depths,
You are cognizing My Great Calm!**

**Everything will be as it has to be
If you follow My Will!
Endeavor to live in My depths all the time,
In the Mergence of My Love and yours!**

**You can give My Light
By rising as the *Sun of God* for people!
This is indeed the birth, the daybreak,
The dawn of your new life!**

***Written down by Anna Zubkova
(October 2014)***

Recommendation from Rada

God is always here,

**Next to you!
So, turn your hearts
Into the Flame of God**

**So that your hearts
Can shine like the Sun,
So that love
Can warm everything around you!**

*Written down by Anna Zubkova
(October 2014)*

In the Arms of Eagle

**The soul thrills with delight again,
The heart can fly and soar!
The life with You is so beautiful
When You allow me to be You,**

**To spread my strong arms-wings,
To live, like You, in the Creative Fire,
To merge with You,
And to completely dissolve in You!**

*Written down by Anna Zubkova
(October 2014)*

You Must Tell This to People! (from Adler)

**You again enter My Ocean —
The Primordial Ocean of Living Fire!**

**You again and again submerge as love
Deeper and deeper into the Infinity of Me!**

**To completely merge in the Unity of Love —
My Love and your love —
To fill the entire Earth with yourself
And then rise as the *Sun of God* over it,**

**May your heart open the Door!
By coming from My Universal Depths,
Show the entrance to My Abode
For all those who are worthy of this!**

**Reveal the science of the development of each soul
For those who want to know!
You must tell people
What you have learned living with Me!**

*Written down by Anna Zubkova
(October 2014)*

Squad of Bogatyrs (from Dmitry Pozharsky)

**The soul should embrace
The entire Earth with great Love!
We gave Our lives
To be able to tell this to people!**

**We, those who love the Earth,
Were not rulers or noblemen!
But the Great Power,
The Arm of the Creator, guided Us!**

**Now We keep the Earth
With the Flame of Our Hearts!
One Universal Creator
Manifests His Will through Us!**

**We guard the Earth
With the strength of Our Arms!
Everyone in the Squad of God
Is a brother, sister, or friend to everyone else!**

**And may you now be with Us
in this Squad of Bogatyrs side by side!
And may you perform new deeds
of Justice and Kindness!**

*Written down by Anna Zubkova
(October 2014)*

I Want to Be with You! (from Emil)

**Call Me in the silence of the forests!
With the arms of the spiritual heart,
The arms of love,
Embrace Me tenderly!**

**I am your God!
I want to be with you!
I need you as I need
Anyone else**

Who accepts Me,

**Who understands Me,
Loves Me, serves Me,
And disappears in Me...**

**I am the Infinite, Universal,
And Gentlest Calm!
I am Love! I am Tenderness!
And I want to be with you!**

*Written down by Anton Teplyy
(April 2014)*

Tender Dawn (from Lao)

**It is early morning. Tender dawn begins.
The sunlight is streaming...
I am in the depth of the Light-Fire...
The Infinity and Eternity surround me...**

**I can hear the sound of breaking waves,
One wave after another...
But *inside* me, in the Depth,
There is only silent and tender Calm...**

**Here, in the *Depth*,
There is only Silence
Filled with Love and
Boundlessness of God!**

*Written down by Anton Teplyy
(April 2014)*

**Learn to Love My Small Children!
(from Yasin)**

**Learn to love My small children,
Meadow grass, reeds,
The sea of flowers in the fields!**

**Learn to love My small children!
Learn to take them on your arms of love,
To embrace and caress them with love!**

**In every pistil,
In every stamen of a flower,
There is a drop of tenderness,
a drop of love and of Me!**

**Caress them all,
Embrace them with yourself!
And love them, as I love them!
This is the Path to Me!**

*Written down by Anton Tplyy
(October 2014)*

**Serve Him!
(by Anton Tplyy)**

**We need to serve Him
In every moment of our lives,
Day after day!**

We need to be in Him,

And disappear!

(October 2014)

**There Is Only the Ocean of the Absolute!
(by Anton Teplyy)**

**There is only the Ocean,
The Calm of Its Depths...
There is only the Ocean,
The Unique and Universal One!**

**There is only the Ocean,
In which there is no "me"!
There is only the Ocean
Of Blissful Calm and Light-Fire!**

**I cannot force myself to leave It!
And if I have to, I return to the Mergence
again and again,
I return to the Ocean of Blissful Calm
and Light-Fire,
Where Joy, Supreme Happiness, Peace,
*and Love eternally reign!***

(October 2014)

**About the Path to the Creator
(Revelation)**

**The Path to the Creator is not a path that is
traversed in company!**

**This is the Path where there is only you and Me,
Me and you!**

If everything goes well, only I remain!

**And this state — when there is only I in
everything and everywhere — should become
stronger with every passing day!**

*Written down by Anton Teplyy
(October 2014)*

About Sincere Repentance (Revelation)

**It is difficult for people to really repent,
In a way that they stop sinning from that moment on,
In a way that they stop suffering,
Trying to earn the love of others...**

**But it is possible to be disinterested!
It is possible to learn to give instead of taking,
To live in a way that thoughts will be pure,
To multiply kindness on the Earth,**

**So that everyone, carrying out his or her mission,
The burden within one's powers,
Can correct his or her destiny
By intently studying committed mistakes!**

**Even to the worst sinner,
God gives a chance to change
So that, having sincerely and completely repented,
This person can achieve Liberation!**

*Written down by Oksana Skaraeva
(August 2014)*

What is the Understanding? (from Symeon the New Theologian)

The understanding is not just a product of the activity of the mind. By using only the mind, we can merely evaluate received information.

The understanding is something much more profound than what people are accustomed to thinking! The true understanding is the merging of souls and perceiving others as yourself!

In order to comprehend the essence of processes and phenomena, one, as a consciousness, needs to penetrate into the Depths of the Absolute and embrace everything that is there. For this, one needs to have a sufficiently developed intellect and a spiritual heart with strong arms.

To understand another person, it is necessary to become this person for some time; this is the work of the consciousness.

And, in order to understand God, one must become God!

*Written down by Larisa Vavulina
(September 2014)*

Listen to the Truth! (from Matthew the Apostle)

Listen to the Truth!

Open the doors of your heart widely and live in this way! Live being a spiritual heart that is completely open!

I am in the Depth below the material world!

I am nourishing this world in order to help souls grow!

So, love My Creation as I love it, for love is the only beneficial food for souls!

*Written down by Larisa Vavulina
(September 2014)*

About the Understanding (from Mary Magdalene)

For each person, it is important to be understood by the people around him or her. Everyone has the need for such understanding and longs for it, even though most people themselves rarely make the effort to deeply understand their neighbors.

Each person has the power to understand and should develop this ability more and more! A soul can understand another soul and, in the same way, a soul can learn to understand God!

Additionally, it is important for each person to know that God also understands us. God sees all our thoughts, emotions, and desires, all our fears and aspirations, all the causes that make us act in this or that way! God knows absolutely everything about everyone! Nothing is hidden from Him!

For those who long to know the Divine Will and try to love God, it is fundamental to know that God

understands us, loves us, and is willing to help us in our development and in the understanding of His Will!

With tenderness and care, God is willing to participate in the life of every soul who directs its love to Him!

To realize that God always understands you and that you *can* also understand God — understand what He wants from people in general and from you in particular now, tomorrow, each month, each year, and throughout all of your life on Earth — can become a great insight for an incarnate person!

To discover for oneself the reality of the Love-Understanding of God is enough to initiate the catharsis or purification of the soul!

It is quite real to establish a mutual understanding with God!

The main key for this is the development of heart love!

Love unites souls!

Love allows one to eliminate one's egocentrism and, instead of seeing oneself in the center of a small world where everything is "mine" and "for me", see the infinite universe, the Creation of God, in which everything is created by Him for the development and self-perfection of His small and big children!

*** * ***

Developing the ability to understand another person is a big step towards gaining the ability to understand God.

We can begin to master the mutual understanding with an interlocutor by maintaining our own inner silence, by listening to and feeling this

person without interrupting him or her with the hustle of our thoughts.

We can love and care for other people while avoiding both violentness and the imposition of our own will on them.

We can learn to communicate in this way with our relatives, children, co-workers, or strangers with whom we only came in contact with for just a moment.

However, if we encounter those who, due to their blindness of the soul, are filled only with hatred, then we must, if possible, distance ourselves from these people and have no business with them (unless it becomes necessary to protect someone from these people).

*** * ***

The Divine Love pours onto everyone, but it manifests itself in different ways. For example, sometimes God will caress people. Other times, God will help people understand by applying strict measures on them. And other times, He does not do anything, waiting for the right time to exert His influence.

So, when helping another person, you should also sense and evaluate whether the quantity of your help is adequate and whether your help is timely! Overeating even a beneficial food can cause harm, provoking, for example, indigestion. This is even more true when it comes to spiritual knowledge and initiations!

In addition, each person to whom spiritual help is provided should, from a certain point, start walking

by himself or herself and learn to lean on God rather than on other people.

Nevertheless, developing heart love and observing the laws of kindness is appropriate for everyone, regardless if this person is a big or a small soul. This cannot cause any harm.

* * *

Unfortunately, so far only a few people were able to understand what Jesus taught, even though everything is so simple, namely:

— God is Love and one can understand Him only by transforming oneself (as a soul) into Love!

— Understand what God wants from you and do it! Then the Way to Heaven will open up for you!

— Fulfill in your life all that God wants from you and you will be with Jesus in the Kingdom of Heaven, which is the Abode for All Those Who have fulfilled the Teachings of God in their totality!

*Written down by Anna Zubkova
(October 2014)*

Self-perfection is the Task for an Incarnate Soul (from Andrew the Apostle)

One does not live on the Earth to drink, eat, have fun, make money, spend it, satisfy some desires, and later generate new ones. No, this is not the purpose of human life! (Even though on the early stages of the development of the soul, desires and

needs stimulate the growth and development of some positive and negative qualities).

At some point, the soul parts with its body, which is what people are accustomed to calling “death”. Next will come the “harvest time”, the time to recapitulate on what was done in the body, and it will be sad if what was done is less than what could have been done.

It is very important to understand that a person, as a soul, is not really separated from God or from other souls that live and evolve on this planet. The feeling of separation is generated by the limited perception of the small human mind. However, during the development of the soul, these limitations are easily eliminated by the correct understanding of the purpose of the life in a material body.

And self-development or self-perfection is the task of the life of the soul!

By loving others that live nearby and by helping them in all that is good, one finds for oneself the best opportunities for one’s own development. A person who lives *for others* and experiences the joy and satisfaction for both the help provided to others and for the happiness given to others, gradually develops the Divine qualities within himself or herself!

Such a person can also learn to embrace with his or her love a bigger and bigger volume of space in which there are those whom he or she loves and whom he or she helps. They do not necessarily need to be people. One can also give one’s caring-love to souls that live in bodies of plants and animals.

Thanks to this, a person begins to experience that he or she is needed by others and that he or she

participates in the life and development of everything that is around . It is a pleasant and correct feeling!

Later on, one can include God, the Creator and Main Teacher, in one's understanding of the meaning of life.

It is essential, because the meaning of self-perfection consists in flowing into the Creator, in becoming *One* with Him within the Great Divine Ocean of Love! In this Mergence, there is the highest happiness that a soul can experience! This can be called Nirvana, life in the Kingdom of Heaven, Self-realization, transformation into the Higher "I", or by other words. However, the essence is not in the words! The important thing is that only the Mergence with the Primordial Consciousness gives final Liberation and the Highest Bliss!

Those Who have achieved the Perfection live in this Blissful Unity without interruption.

*Written down by Anna Zubkova
(October 2014)*

The Open Door to the Divine World (from Mark the Apostle)

*"I am the door; whoever enters through Me
will be saved (...)" (John 10:9).*

The Door to the Divine world, opened by Jesus two thousand years ago, is open right now as well.

However, are there many people who have entered and are there many who are trying to enter?

Those who could have entered are much more numerous than those who have actually done so.

For this reason, We are here and We try once again to bring the true knowledge about God to people.

We wish to help those who are ready to walk towards God-the-Father!

This Path is the Path of the transformation of oneself as a soul!

We are keeping this Door open and We shine with Our Light, the Light of the Divine Souls, inviting you in this way to start the Path!

Without any doubt, before and after Jesus, there have been Great Divine Teachers on the Earth Who taught to humanity and Who explained this Path to people.

Nevertheless, We, the Disciples of Jesus, observe now a great number of people who call themselves Christians but do not see this wide open Entrance to the Abode of Love, to the Abode of the Heavenly Father! For this reason, We repeat again and again:

— Simple and clear is the Path of Love!

— But it requires renunciation of one's own egocentrism, the life only for oneself, and learning to live for God!

For one who has learned to understand God and has learned to live for Him, it is very easy to carry life on the Earth!

And it should be mentioned that to live for God does not mean performing certain rituals and following certain "rules"!

To live for God means perfecting oneself as a soul⁶ and doing those things that can help other souls in their evolution.

That person is happy who knows how to be happy by making others happy!

If such a person feels joy and God's approval as a response to what he or she does, then his or her life becomes filled with real meaning and brings the greatest happiness!

God directs this person, helps him or her to correct committed errors, and gives the Bliss of His Presence thus rewarding this person for the correctly directed efforts!

Living in this way, this spiritual practitioner easily climbs the steps of the development of the soul that lead to the open Door of the Abode of the Creator!

*Written down by Anna Zubkova
(October 2014)*

Recommendation from Matthew the Apostle

Live without agitation and feel Me all the time!

Yes, it is necessary to take care of earthly matters! But soon worldly affairs will go away, and then what?

⁶ I.e. in the purification of oneself from the defective qualities and in the obtainment of new knowledge and abilities with which one can serve others and God.

Look, My open Arms and My open Heart are always with you! They are like an Entrance to the Creator, to the Great World of the Heavenly Father!

We are always waiting here for you! This is, from now on, your Universal Home, yours and Ours, whereas in the earthly world everything is transitory!

Look at, for example, this dry leaf that the light wind is carrying along the surface of the water...

This leaf opened, became green, and grew, but later it became yellow and fell from the tree thus making its final flight... And now it is swimming on the smooth surface of the water...

You, on the other hand, should transform yourself into a Divine Soul so that you can be with Us always after leaving the earthly world and so that you can obtain the Great Divine Calm!

And later, having dissolved yourself in the Infinity of the Creator, you can rise from there being the Divine Fire and manifesting the Will of the Heavenly Father!

*Written down by Anna Zubkova
(October 2014)*

The Giants of the Spirit (from Odin)

In the shallows of life, just like in the breaking waves of the ocean, souls are shaken and are moving to and fro in endless worries and agitations.

These are small souls, who eat, sleep, reproduce, and grow almost without being aware of themselves.

In the high and low waves of existence, exposed and influenced by the winds and bad weather of their destinies, these beings live.

In tiny fluctuations, in little falls and flights of low height, they spend their short lives inside of the swirls of the ordinary things in which they still cannot see the Great Path to the Depths...

But there also exists a different life.

Here are the mountains! Staying in the middle of the sea, they easily resist the pressure of the elements! They are unshakeable before the blows of winds and severe storms!

And they are also beautiful and magnificent in the calm of a tender sunrise or sunset!

The mountains are united with the whole Earth and their deep foundation is indestructible!

The Giants of the Spirit are similar to the mountains! Their foundation is in the Abode of the Creator!

This is how the Great Ones live, the Ones Who, knowing God, are unshakeable and indestructible before the blows of events that happen in worldly life!

They manifest Their Wisdom, Power, and Love to people!

And those who are still subject to the futile agitations from the changeability of life can understand Their Calm, Their Love, and Their Wisdom.

The Greatness of the Giants of the Spirit can serve as an example and give hope to the traveler who wants to overcome the setbacks of destiny in the maelstrom of life and continue his or her Path towards the Great Goal! The Giants of the Spirit really

serve as beacons for those who yearn to grow in the love and purity of the soul and who perseveringly search for the life in Unity with God!

It is necessary for one to reach the understanding of the meaning of existence and of the Goal of incarnate life! The Giants of the Spirit illuminate with Themselves the Path that leads to the cognition of the Creator of everything, to the Unity with both the Creative Power and the Eternal Lord, Who is One and Infinite in the universe, Who contains within Himself, in the indissoluble Unity, all Those Who have achieved Him!

*Written down by Anna Zubkova
(October 2014)*

About the Beauty of the Earth and about Love (from Volhva)

I will tell you about the beauty of the Earth and about love.

The dome of the sky above the earth is filled with silence and is transparent! Below this, dwell the beautiful creatures of God!

This is the temple of nature and beauty, built by the Love of the Creator for us!

Always and in all places His Love and Joy are with you!

See the miracle that the sky unfolds for you at sunrise, when dawn is born over the forest in the luminous and bright amber!

See the sunset that turns pink over a steppe!

Experience the transparent calm with which the vastness is filled with!

Spring greets you with its cheerful verdure and tinkling of streams! The songs of flocks of migrating birds ring over My beloved Earth and gladden the heart with heavenly joy!

Behold the summer that crowns the fertile land with golden fields! Behold a loaf of bread that carries within itself the fruits of human labor, the gifts of the Earth!

And autumn that makes golden foliage dance and washes the land with its transparent rains!

With the glitter of snow, winter delights the eye!

And once again the tranquility of winter is changed by the awakening of the beautiful spring!

This is how the beauty of nature teaches us to love and to open our spiritual hearts!

The world of the pristine purity of nature, the paradisiacal world that was created by the Creator, is now before us!

Get to know it! Look from the heart, and you will see everything that is so beautiful and in tune with the Love, Bliss, Tenderness, and Caress of God!

When you feel the heart love, it will open in the soul a spring of transparent water!

Happy are those who see the presence of the Creator in all the beauty that is around them, in the grass that began to turn green on a mound, in newly opened and tender little leaves of a birch tree, or in the transparent waters that come from snow that has melted!

Like a spring day that wakes and warms everything and everyone, so lives the person who carries the heart light inside him or her!

And later only one steps remains to be made towards the cognition of the Creator of all this beauty!

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The purification of the soul implies — as a prerequisite — the understanding of what is good and what is bad according to the opinion of God.

After this, not causing harm and consciously doing good is the change that allows one to advance on the Straight Path!

Living in the spiritual heart makes one unable to think in a negative way, with condemnation, and also prevents one from reacting offensively or angrily. Such a person extinguishes the disharmonies with his or her soft calm and embraces everything with his or her love and care.

This can and should be learned!

Each person transforms by himself or herself! The Teachers only explain the possibilities!

And it is not possible to force someone to be good, but it is possible to talk about this in such a way that one wants to be good!

The Light of Love and the Great Bliss arise when the human soul touches the Divine Soul!

The Divine Fire and the Higher “I” lights up where the individual “I” burns and dissolves in God!

***Written down by Anna Zubkova
(October 2014)***

Divine Grace (from Manuel⁷)

**Mist is floating over a river...
There is silence, beauty, and bliss everywhere!
The spiritual heart is filled with calm,
And one can embrace the entire Earth
with one's care!**

**The soul merges with the soul *in tenderness!*
Thus, by living in love, it is easy to understand
The importance of this simple truth:
*Happiness consists in giving good to all!***

**This is a Sacred Law of a righteous life:
To fill everything with love!
One who follows this Path
Obtains the Divine Grace of *life with God!***

**The soul can cognize God
In the *Purity*, in the *Silence*, and in the *Depth!*
And then it is easy to live on the Earth
In order to give His Love to everyone
and everything!**

***Written down by Anna Zubkova
(January 2016)***

⁷ Alexander Svirsky.

Conversation with God (from Manuel)

“Mi universal Father,
“How can I live for You?
“How can I improve myself
“Through my repentance?”

“How can I overcome sadness?
“How can I revive joy?
“How can I love everything
“Around me as You love?”

“The answer is simple and clear:
“Each soul has the *heart!*
“The Light of the Truth
“Is cognized there *in silence!*

“There Love
“And heavenly Calm are born!
“There *We* can be always
“In *Unity* with you!”

*Written down by Anna Zubkova
(January 2016)*

Final Glory (from Admiral Nakhimov)

I let go of everything that held me here!
“Cast off! Anchors aweigh!”
The city is in siege, the fleet is sunk,

But I do not participate in this anymore...

**I let go of everything that I loved and kept,
My ships, my faithful friends...
The battle is raging and people are dying
But I am not in command of it anymore...**

**The boat with my body is drifting on the waves...
The sailors and officers
Are saluting me...
Sebastopol is in flames...**

**But my earthly battle is over...
Only *Shining Light* is ahead!
Here the results of *different battles* are important
And the fruits of *other victories* are valuable!**

**Here the Arms of *Those Who shine with Light*
Receive you inside Love and Calm!
And I understand what I lived for
And I am happy that I came Home!**

**The other shore is far away...
Somewhere in the distance is the planet Earth...
But here — inside the *United We of the Holy Spirits* —
There is a *Pure Haven* for me!**

**I have submerged in the *Tenderness of Love*,
Which I grew and kept in my heart!
And the *Shining Light* embraces me!
And God accepts me into Himself!**

***Written down by Anna Zubkova
(March 2016)***

The Call (from Khem)

**Merge with Me completely as soon as you can,
And we will write the words of Love!
May the *Fire* fill these words!
They will sound through you!**

**I am revealing to you now
The mysteries of My Pyramids!
Cognize the Power of *Fire*!
Grow the Power of God inside you!**

**Become the Power of My Love!
Become the *Fire* That creates this world!
Learn to live from the Depths
Where My calm always reigns!**

***Written down by Anna Zubkova
(April 2016)***

Forget about Everything Worldly! (Revelation)

**Forget about everything worldly,
Reject it as soon as you can!
The Path to God is blazed!
It waits for you! Hurry up!**

**Do not find comfort in the hope
That “some other day, in the future...”
Only one who itches to get to God**

Will overcome this Path!

“I can’t! Nothing comes out well!”

You say!

“It’s impossible! I don’t have enough strength!”

You whimper!

Do not whimper or cry, feeling sorry for yourself!

Do not hope that someone will help you!

Only in your hands is your destiny!

God is omnipotent, but He will not help you in this

If your love is not strong enough,

The love that moves us forward,

The love that opens the Path,

The love that fills us with courage

and kindles our hearts!

Written down by Anton Teplyy

(June 2016)

Your Love!

I melt in Your Tenderness...

The entire Earth is full of it!

The whole universe

Is filled with Your Love!

In endless Ecstasy,

I am in Mergence with You!

Everything mundane has disappeared,

And only Your Light is everywhere!

*Written down by Anton Teplyy
(June 2016)*

Some Advice from Divine Teachers to a Beginner Spiritual Seeker

Flying Horse (Native American name):

“Don’t let the clouds of dark thoughts cover your inner firmament!

“Be a shining and radiating Heart!”

Yuktswar:

“Don’t think of ‘Enlightenment’! Think of God, and only then you will achieve Him!

“This is a very important thought!

“And one more thing that I want to tell you: you are not attached to material boons, and this is good! But you are attached to the feeling of your own misery and inability, and this is bad!”

Elisabeth Haich:

“I want you to love Me!

“To love and to be Love is the Path to Mergence!”

Jesus Christ:

“You need to become the *Ocean of Love* and embrace with this Ocean every living being in the way that you embrace the most beloved people!

“Be love! This is the answer to all your questions!

“I will help you to become Love if you do not forget about Me, for I am Love!”

Divine Sufi Poet:

“Go deeper! Now you are just on the very surface of Me!

“Don’t be distracted by the calamities of this world!

“I invite you to My *Depths!* I invite you to become *One* with Me!

“... But love blossoms in the silence of the mind!

“Your mind should become like the surface of a morning lake when there is no wind. In this case, your will be perceiving God without any effort.

“When this becomes your natural state, I will totally become *One* with you!

“Don’t look for the ‘miracle pill’! There isn’t one!

“The spiritual Path is hard work from beginning till end!

“Those who work hard on themselves finish this Path victoriously!

“Those who refuse will have their next incarnations to understand this fact. If you don’t want to be one of them (and I know that you don’t want to), work hard!”

***Written down by Keenan Murphy
(December 2015-January 2016)***

Phillip the Apostle

In the desert of this world,
I beheld the Source of Life!
In the abyss of calamities,
I found the Road to Light,
And, in spite of cruelty around me,
I cognized the Bliss of Those
Who have *merciful hearts!*

Cognize, through a righteous and wise life,
The Truth that Jesus the Teacher brought to us!
The one who finds Love in one's spiritual heart
Will not lose the Straight Path
and the Help of the Wise!

Those Who attained Immortality
Are not afraid of death of their bodies!
They are in the Abode in which Life is total Bliss!
What a pity that only few now look for this Path
and for Perfection!

*Written down by Anna Zubkova
(June 2016)*

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