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**HOW GOD
CAN BE COGNIZED.**

**AUTOBIOGRAPHY OF A SCIENTIST
WHO STUDIED GOD**

**Translated from Russian into English
by Mikhail Nikolenko**

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This book is an autobiography of the Russian scientist-biologist, theorist, and practical man, spiritual Master Vladimir Antonov, who is known for dozens of articles and for more than 40 books dedicated to the methodology and methods of spiritual development. The author narrates, among other things, about his studying from Divine Teachers, his mistakes and success in helping people spiritually, about his personal cognition of the multidimensional structure of the Absolute, about cognition of the Creator.

The author is the founder of a new branch of modern science – *Methodology of Spiritual Development*.

The book can be useful for psychologists, physicians, teachers, philosophers, and for all those who walk the spiritual Path or who seek it.

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Previous Lives and Beginning of This One

I remember my two previous incarnations.

Of course, I had other incarnations before, but those earlier human incarnations were too “common” and “plain” to mention. However, they prepared me for the next ones.

In the first of these last two incarnations I was a chieftain of an Indian tribe in Cuba. That means that the experience of the previous lives had already supplied me with the necessary amount of *personal power* for becoming a leader. Such features continued to strengthen during the chieftain’s life. The main feature of a good chief – *caring* for others – was also growing.

I intentionally emphasize these details now. We are sent to the Earth by our Highest Teacher – the Creator – not just to live, to enjoy, and to suffer. We all get here from the world of non-material *living energies* in order to develop ourselves.

So, I would like to illustrate, by my own example, how it happens.

The next incarnation (male again) was in Germany at the time of the Reformation. I received a medical education (continuing the line of *caring*). But when the struggle for liberation from the absolute power of the degraded Catholic Church started – I took up arms and fought as one of the closest associates of Martin Luther.

The next episode was important from the karmic standpoint (i.e. from the point of formation of the following destiny-karma). During defense of an estate I was shooting at attackers. One of them was wounded by me in his leg; another one caught my bullet in his breast. In the next chapters, I will tell about the consequences.

I was killed in one of the next battles.

In this life God gave me a male body again. (It shows that the features which are more favorable to develop in female bodies had been mastered by me before the last three incarnations). The Creator placed me in modern Saint Petersburg – one of the intellectual centers of Russia.

I will now tell about my family. My mother was a doctor (it was necessary for supporting my interest in medicine, in helping people). My father was a typical choleric character, short-tempered with reckless actions at times, a friend of drunkards though he himself was not a drunkard, a son of *kulak* that was dispossessed by Bolsheviks. He was eager to strive together with Bolsheviks, but they threw him out as a son of *kulak*. He managed, however, to participate in the infamous war against Finns and was very proud of it. He was a member of the Communist Party and a “militant atheist”.

Nevertheless, he showed me not only the example of what one *should not be*. There were some light features in him – namely, love for nature, although it was peculiar.

He accustomed me since childhood to dawns upon a lake in reeds, to water splashes under the boat’s bottom, to dusk with woodcocks and singing of thrushes, to nights at a fire, to snow creaking under skis in winter.

But his love for nature had sadistic elements. All his numerous contacts with nature were aimed at killing: he was a fisherman, a hunter who did not take into account the right of other beings to live – and taught me the same.

So, we both were admiring the beauty of nature and its inhabitants... including the moments when they were suffering and dying maimed by us.

I remember how I was caressing them wishing them pleasure sincerely! But then the eyes of my victim grew dim and I, proud of a “trophy”, put it into the rucksack. Love and cruelty existed together. But it was sadism, the feature of the lowest primitives! How much I suffered later on, experiencing all it anew when I matured and understood it!

Yes, in those years the ability to feel compassion was not present in me – as well as in most people around me.

These are some other memories about my father: when he got weak shortly before his death, demons began to torment him with terrible experiences like nightmares which he perceived as real. I – well acquainted at that time with mystical phenomena – tried to explain it to him. I said: you play now with demons, but turn to God! Look for God! Try!

Then for the first time he was not indignant at my religiosity: he saw that I was right. He even made some efforts... But it was too late. He told me bitterly: “Now it’s too late for me...”

... Years after my father’s death, I was skiing once through the places where we had gone fishing and recalled the beauty of those dawns in a boat, and thanked my father mentally for all of it... And suddenly his voice sounded:

“Do you still remember me, sonny?...”

“Peace to you, dad! Come here again to become better!¹”

... I spent all my childhood with my grandmother – a spiteful person who was constantly angry, blaming and hating people around. Her characteristic feature was *inner dialogue* going with such emotions. She was so much absorbed in it that it often resulted in outbursts of anger when she shouted damnations to the “interlocutor”, especially when she was alone.

Her profession was a schoolteacher...

My grandmother also played a very important role in my life by showing me an example of what I should not be.

These are some of my brightest memories from the school: a schoolmistress beating children with a big ruler till they bled; another schoolmistress explaining during the entire lesson that multiplication by zero gives the number itself and that since this is incomprehensible, one just needs to believe it. So we, taught to believe, believed her.

I also remember one of my coevals: he always voluntarily took the part of a “traitor” in all boyish “military” games. It would be interesting to find out what his past lives were...

... I had the desire to help everyone since early years. Even in games I liked to dig channels between puddles and make streambeds deeper: “to help the water to run”. It seemed so natural to me... And I was stupefied when other children seeing running water were trying to block it with stones, dirt...

After the university and postgraduate study I, being more mature, had a natural desire to help everybody. I always gave with pleasure a lift when driving

¹ He was embodied soon in Eastern Siberia among Tunguses.

my car – free of charge – or when seeing someone hauling, loading, unloading – even strangers – it was natural for me to join and to help them.

Owing to this trait, almost everyone respected and liked me. My friends even gave me the nickname *Guru* – for the mentioned feature, for my beard, and for my wide biological and medical knowledge, which I gladly shared with others.

But at that time I knew nothing about real spirituality yet. I became a true Guru – i.e. a spiritual leader who has cognized God and has the ability of leading people to Him – much later, after decades of years...

... For the first time I showed my “character” and readiness to stand against “totalitarianism” in the fifth grade at school². I stood up for the right of combing the hair back, not forth as all boys were obliged to do. The head of studies and the director of the school had a “conversation” with me, called my parents to the school... But I – alone, little – won! I was the only one of the schoolboys with hair combed back!

The second conflict happened when I decided to use a fountain-pen instead of a dip pen which requires an inkwell. (At that time fountain-pens were a novelty). And in the end I defended my right not to be like others!

The next child’s feat was in the middle of the ninth grade. At that time a school education that would last for 11 years was introduced instead of the traditional 10 years education. However, at this age and for the first time, one of the features developed in my previous lives began to manifest – the ability to live intensively.

So I moved to an evening school³, which still had the 10th grade education, and went to work in a medical institute: to wash floors and windows, to give injections to rats, to look after dogs. It was not easy to move from a regular school to an evening school: it was too *extraordinary*. Besides that, the administration of the school did not want to let a good pupil leave. Yet I won again: my skills of a warrior developed in the previous lives manifested themselves!

I moved to a new school, but the differences in the study programs were significant, and I had to work hard to overcome my “lags” in studying.

In this way God started to train me for intensive intellectual work.

This tendency continued: when applying at the university I had a lack of 0.5 points to be enrolled to the full-time form of studying, but was accepted to the evening (part-time) faculty. Studying at the evening faculty lasted 6 years, unlike 5 years in the full-time faculty. So, in the second year of studying I moved to the full-time faculty. Again there were “lags” in the program that I had to overcome, there was endless overwork, but I achieved victory!

I studied to be a biologist-zoologist-ecologist – this line of development established in me by my father since childhood proved to be very useful later on...

I struggled in the university as well. Once the KGB arranged a provocation for the students by suggesting: let’s speak about the Komsomol⁴, about its disadvantages, about how we can make it better... They offered “open debates”.

I had a speech and said everything I thought about the Komsomol.

² Studying in Soviet schools began at 7-years age (note of the translator).

³ Evening schools were organized for senior students who were already working and could only attend studies in the evening (note of the translator).

⁴ A communist organization of youth in the Soviet Union (note of the translator).

For this speech I was nearly dismissed from the university but the students' fellowship defended me. So I was just reprimanded for "thoughtless expression".

But after that case, the KGB opened a file on me...

... I got interested in philosophy since the university's lectures on *Marxism-Leninism*: I quickly realized that "something was wrong" there, and after gaining a deeper understanding with the help of many books I became certain that everything *was wrong* there. Existentialism with its main question of *the meaning of life* appealed to me.

Yet, I was very far from the religious answer to this question: there were no real religious people around me!

I received a lot of help in understanding the political matters from Gennady Andreevich Shichko – a fervent fighter against any lie, any baseness. He was the first one in our country to argue against Stalin's policy of "total alcoholization" of the population. He began to organize *sobriety clubs*, to treat alcoholism.

The Communist Party assailed him: he was blamed for "extremism", "attempts to undermine the state economy", and so on. But he withstood!

... One of my distinguishing features developed in the past life in Germany was a striving for utmost scrupulosity. It became my credo – the main principle of life. I was as thorough in this regard as I could be. And I expected the same from others.

Once during a repast on some celebration, a playful opinion poll was arranged: what do you value most in:

- a) men;
- b) women.

About men, there were such answers as wit, force, etc.

About women, slightly drunk men noted various parts of their bodies.

My reply in both cases was: "Scrupulosity."

When answers were read aloud, everyone tried to guess who gave the current answer. I was identified without a problem.

But now with shame I see the defects of my "scrupulosity" of those days...

... Scrupulosity can only be a feature of a mature person – a person who has included God in his or her own outlook and has understood the meaning of life. Only such a person can accept scrupulosity as an absolute credo – as a basic principle of life, which must be fulfilled even to the detriment of oneself if necessary. Only such a person may be considered as a pure soul, worthy of approaching God.

In those years, I lived in ethical blindness. I considered my scrupulosity only in regard to people. But what about animals?

How did a worm suffer stuck onto my fish-hook?

Or how did a fish suffer thrown onto the boat's bottom to die?

Or a bird wounded by my shots?

Yes, most of us live in blind indifference to the sufferings of our victims...

In this way we create pain for ourselves – in a future destiny. And if we do not repent in time, do not reform, then God will give us the same experience of pain to make us understand what it is, and through this understanding He will teach us to be compassionate to the pain of other beings.

It is called the *law of karma* – the law of cause-and-effect in destiny formation. I will demonstrate it below on my own mistakes and pains...

... After graduating from the university I hardly (because of the KGB's meddling) entered the post-graduate courses in a medical institute (medicine again!). The subject of my thesis was the influence of various factors on psyche formation.

On the one hand, three years of study were spent in reading a lot of literature on psychology, psychiatry, and physiology and in getting experience of scientific experimentation. On the other hand – again there was overwork on the background of contacts with a scientific supervisor-tyrant. He intentionally humiliated subordinates – to make them “respect” him. One of the female employees committed suicide at that time.

... In those years the Communist Party conducted another anti-Semitic campaign. They launched a cleansing on state enterprises disguising it as “staff reduction”: the number of staff positions were reduced by a directive “from above” and then restored back. The dismissed employees were mainly Jews. After dismissal it was hard for them to find a new job given their *fifth point* (the fifth field in the standard application form where one has to fill in one's ethnicity). Moreover, Jews were not allowed to emigrate from the country in those times...

And it was done on the background of hypocritical blaming of fascism, of an unceasing propaganda lying about the “brotherhood of nations in the USSR”.

I experienced their pain as my own.

My Jewish fellow-student – a well-cultured and very intelligent young man – after graduating from the university got an obligatory assignment to the position... of a laboratory assistant in a small town. He had to serve post-graduates who talked in an obscene language and came to work drunk...

Scientific Work in Biology and Medicine

Preparation

I started to gain the first skills of scientific experimentation during the last school years working as a laboratory assistant with my first wise tutor – Gennady Shichko. He was conducting research on influences of some preparations on dogs' heart work, blood pressure, and breath. Apart from washing floors, I was helping him in experiments. I do not remember their purpose, but it is not important now. The important thing is the following: he laid down in me one of the most important principles of team scientific research. When something was going wrong (for example, when we could not manage to firmly attach sensors to dogs because these sensors were developed for human bodies and thus the measurement did not work properly), we had to invent new solutions even while performing the experiment. The ideas were invented mainly by me. Sometimes my suggestions seemed to him inefficient. However, in such cases he never discarded them, objected, or disputed them. He just simply and wisely said: “Try it!”

I tried constructing new gadgets, and he helped. Sometimes we achieved success at once, and sometimes in the process of making unsuccessful attempts we found new successful solutions.

Such a check of ideas in practice (in the scientific language: *verification – test by experience*) – is the best criterion of truth. This is much more efficient than philosophizing without practical examination.

Later on, when Shichko was dismissed “due to reduction of the staff” because of his uncompromising scrupulosity, I worked in another medical laboratory – with pharmacologists. There the famous experiments on rats with cholesterol were conducted. On account of their results, eggs as food were “anathematized”: people allegedly get ill with atherosclerosis because of eating them.

Each day I, as a laboratory assistant, fed the poor rats with tens of grams of chemically pure cholesterol dissolved in oil. Indeed, cholesterol “plaques” got formed on the walls of the animals’ blood vessels. But if one compares those doses relative to 200 grams of rat’s weight and the amount of cholesterol contained in a chicken egg relative to the weight of a human body, then it turns out that the relative rat’s dose was a million times larger than the normal human dose! That is, all these experiments were conducted incorrectly, and their conclusions advertised to the whole planet are nothing but a scientific lie!

Cholesterol is the substance of which both male and female sex hormones are formed in the organism. Eggs also supply the organism with a very good bio-energy. They are very auspicious for spiritual work at its initial stages. Eggs (and milk) supply the organism with a set of indispensable amino acids (components of proteins).

But in those years I did not understand anything about this and only performed mechanically my work as an involuntary participant of scientific absurdity...

One has to seek the reason of atherosclerosis in something else. I can offer the following hypothesis: cholesterol “plaques” form on the surface of those vessels which are already affected with deposits of salts of uric acid (which is one of the manifestations of gout – the most typical illness of people who eat “killed” food: bodies of killed animals).

... In the same school years I had an occasion to work in a zoological expeditionary group of the university. My basic duty was to catch small rodents (mice, voles) and shrews with the help of traps and specially dug *trap ditches* where animals fell in and could not get out. Then I lanced their stomachs and registered what was found there: rests of acorns, bodies of insects, etc. For the sake of this nonsense, which was needed only for reporting to the supervisor about my “scientific” activity, thousands of animals died in severe suffering: either of starvation or of pain; the trap often did not kill them immediately but only clamped onto some part of the body. I do not remember that I had any compassion towards them in those years. I did it because I was “ordered” so, because it was my “duty”. And someone else’s pain was not known to me yet. I needed to go through a lot of suffering myself – to become capable of understanding the pain of others, to learn to be compassionate...

And now, when the principles of the regulation of our destinies by God are clear to me, I can answer to all suffering people who ask: “Why do I endure so much pain?” or “What do I suffer for?” I hope the answer is clear to you, my dear readers: through our pain, God teaches us to be compassionate to the pain of others, and we cannot get rid of this pain until we forever eradicate in ourselves the ability to hurt other beings in vain.

... My graduate work in the university was on the ecology of beavers. I collected materials, living near a small river with beavers in a swamp with numerous gnats.

From the beginning of the work, my scientific adviser stated to me his basic principle of interaction with students: it is not the teacher who must look after the students to make them work, but they must seek his help. I had no choice but to accept this principle. This formed in me the basis of an independently thinking scientist – a strategist and a tactician who assumes personal responsibility for his or her project from the beginning till the very end.

I started my graduate work with studying all the available literature on this subject. Then I traveled over almost all the forests in the local district on my car *Zaporozhets* and afoot: I sought places where beavers lived.

I saw so much during that traveling! Bodies of drunken men and women lying in the mud of a village road; I had to drive around them... Drunken fights... Men chasing their wives with axes... Suicides, murders... Total degradation of village populations because of alcohol!... There was no youth of childbearing age left...

I remember a scene, which I called “Russian love”. Two drunken men were “dancing” a drunken dance on a village road. They were “dancing” because they could neither stand nor go: their bodies were out of control. One of them was swearing love to another in a drunken voice. The other one was “thrilled” with happiness from the balmy voice of his friend. And the friend hardly standing afoot was saying with pathos:

“Vanya! I love you so much! Vanya! You are my most dear, most beloved! Vanya! Friendship – forever! Vanya! Aren’t you my friend? Tell me! Vanya! Sorry if something is wrong!... Vanya! Make my last dream come true! Vanya! Come closer! Let me punch you! Vanya, dear friend! Vanya, my faithful! Let me punch you! E-eh! Can’t stand it! Do you love me? Come closer!”

And though Vanya wanted to help his best friend – he was not against it and did not go – yet he was a little afraid... They were “dancing” for a long time like this in such a “loving scene” until both fell asleep in the mud...

And on the background of all this vileness and degradation, there was a strict control of the KGB even in distant places. In a village people told me about a villager who decided to start living separately, by himself. He went into the woods, built a house, and planted a kitchen garden. No one knew where he was.

However, when rumors about this reached the local KGB authorities, they organized a special operation of combing the wood by means of hundreds of officers of the KGB and police! They found him! All the housekeeping was destroyed; the “criminal” was brought back to the state farm (so-called *sovkhoz*): “You want freedom?! You must work not for yourself, but for the State, for the motherland, for the country!”

Two weeks later this man committed suicide... It was allowed!...

... When I reported to the scientific adviser the results of my search for beavers, he chose one of the most distant places from the city: “The farther from people – the better!”

It was a swampy area near a small river in the woods, about 200 km from Saint Petersburg. I had to live there among beavers, gnats, and other forest inhabitants, seeing no man for months. I mapped the locations where I found beaver inhabitations, studied their daily activity, studied what they fed on in

winter and in summer, and took photos. Sometimes I would fall under the ice in winter, and other times I would sink into the swamp in summer. Once at night, a storm brought down a big pine right onto my tent. Luckily I was not there that time: I went to another beaver's place and spent the night there.

There were so many mosquitoes in these places that I had to work during the hot summer with a jacket on. Water and mosquitoes were everywhere; dry places were very few. I moved across the water without undressing; the clothes dried on my body.

There is an interesting observation: since beavers are nocturnal animals, I, as a researcher, had to watch them during nights and to sleep in daytime. So my eyesight adapted to see in the dark: I got used to moving around in the swamps at night without a torch.

I remember that one day I was going home after one and a half months of such life in the swamp. First I went on a truck, then by bus, then by the metro. I noticed that people strangely looked at me and then stepped aside... When at home I looked in the mirror, I myself became frightened: my beard was covered with a thick gray mold-like deposit. It's a disease! I even got cold sweat! I was about to cut the beard with scissors, but then understood everything and laughed: it was an anti-mosquito ointment, which I used all the time in the forest, accumulated and dried on the beard!

In short, the experience I gained in those years was really great!

... The official opponent on the defense of my graduate work was a senior laboratory assistant of the chair. He had not even read it. But since he had to say something, he made a number of absurd remarks. In my response I showed that all of them were improper. The chairman of the council did not like the "impudence" of the student and wanted to lower the mark. Only "owing to the high laboriousness of the work" it was decided to give it the *excellent* mark.

... One of the students of the same year spent only 4-5 days for collecting information for his graduate work: he walked along a beach on the Gulf of Finland, counted mollusks of several species found on the sand after the ebb. And he, too, had defended, on *satisfactory* mark. And he, too, got a diploma of the university...

I had learned a lot and that became the basis of me as a scientist. As for him – he had learned nothing.

For example, I learned to feed on the wood products. Edible herbs – one can eat them raw or dry for winter for making soups, brews, vitamin helpings to other dishes; medicinal plants; self-made honey of dandelions, meadow-sweets, and other flowers; jam of forest berries; and especially mushrooms – it allowed me to have healthy food all year round and to spend much less money on nutrition.

Later on, such forest storages allowed me to survive (literally) in this body during the years of political persecution, also when a gang formed by one of my ex-disciples made me an invalid...

... Many people "know" only that food which is sold in shops. They may suffer of starvation and be nearly dying, unaware that there is food at their feet. Gout-weed, nettle and many other plants can be used for food all year long till the next spring!

Moreover, one can be healed with the help of herbs! Nettle (raw or dried) can be very efficient against inflammatory and infectious diseases. Gout-weed may help in the prevention and treatment of cancer (in the latter case, it

should be used as a mono-diet for a long period of time, several months at least), so it is also worthy of studying.

Mushrooms are also remarkable! They can be gathered from May-June (marasmius oreades and idem fairy ring mushrooms, collybia dryophila) until December (oyster mushrooms and flammulina velutipes) and used as substantial, tasty, and good-for-health food. “Mass” mushrooms, which grow from August to October, are better to conserve for the whole year – till the next season of mushrooms!

Especially good are fermented mushrooms (*salted*, i.e. fermented with salt). They are assimilated better than others, and normalize digestion very effectively. They can be considered as a healing food because they supply the digestive system with lactic bacteria. They contain a lot of vitamins and micro-elements as well. And proteins from fermented or preserved mushrooms are assimilated very well because the acid destroys the walls of cells that are “hard” for digestive ferments.

Fermented mushrooms can be kept in an enameled metal tank even in a city flat. One needs only to take away mold from the surface of the liquid about once a week.

One can also store berries, dried mint leaves, currant, or even willow-herb! One does not need to buy them – just to gather! Even needles from fallen down branches of firs or pines are a wonderful source of vitamin C!

* * *

One day an old acquaintance of mine, an “indoor” person whom I had not seen for a long time, got sick.

... It was spring and we gathered and ate young nettle with pleasure. Nettle tastes best when chopped, boiled for a minute (not more), and served with either mayonnaise or with the marinade that is used for mushrooms!

... When I called this man and learnt about his sickness, I said:

“Nettle is a good remedy! It will produce the effect at once!”

“Wow! Good idea! Why didn’t I guess it myself?! I’ll ask someone to buy it!”

“To buy it?!... Where?!”

“In a drugstore, of course! Where else one can get it?”

I told him that all the land around the city is overgrown with nettle. We laughed for a while.

Then I fed him with fresh nettle. He liked it a lot!

... Some days later I called him again about some matters. He told me that he was out of the city yesterday, here and there. I joked:

“Well, do you know now where nettle grows?”

“Where?...”

“At the place where you were yesterday – it is full of nettle!”

“But I didn’t look under my feet...”

Scientific Research

During the years of my activities in the field of materialistic science I managed to perform a lot of important research. This material was published in sci-

entific periodicals, but who has read them except for the circle of specialists-scientists? The rest of the people come to know about results of scientific research from popular scientific literature or other mass media.

So I am going to tell you about them in this book.

Sexual Self-Identification

When I was 5 years old in this life, our family lived in one of the terrible communal flats, which Vladimir Vysotskiy mentions in his song: "... for thirty-nine rooms – there was only one lavatory⁵." Apart from constantly coughing and expectorating consumptives, I remember one of the inhabitants: Kuzya, a tomcat.

He was a little kitten taken in. Then he grew up and suddenly... – to the surprise of everyone – gave birth to several kittens. He turned out to be a female...

I was stupefied the most, because I could not solve this problem. So I kept asking the adults about it:

"And Kuzya himself, does he know that he is – a she-cat?..."

... However, behind this childish naivety of mine, there was one of the most interesting problems of biology and psychology: *sexual self-identification*, i.e. relating oneself to a certain sex.

We come to know from our upbringing that our material bodies belong to a certain sex. Parents call us, dress us, and comb us accordingly. They also say that we are of one sex and those others are of another.

Nevertheless, the problem is that sometimes the perception of one's own sex conflicts with this knowledge.

For example, a person objects internally to his or her evident anatomic signs since childhood. Sometimes it may be related to remembrance of the previous life in a body of the opposite sex. In this case such a protest disappears with time. But in other cases the protest becomes stronger with one's puberty. Attempts to behave "properly" or "as one should", including "normal marriage" leads to inner and outer discomfort that can be tremendous sometimes. These are events of inversion (morbid perversion) of sexual self-identification. Since these incidents are always traced from childhood, there are no doubts that such inversion is of the congenital category.

The mechanism of distortion of sexual self-identification was intensively studied by scientists during those decades, especially in Germany (G.Dörner and others; see in [23]). It was discovered that the brain of a fetus and of a maturing child develops non-uniformly. Tissues of various brain parts ripen in a certain sequence. There are genetically fixed terms of differentiation and formation of their cells. And during these terms, which are called *critical*, the corresponding brain parts are extremely vulnerable to damaging influences. If an injury is done, its consequences remain for the whole life.

For example, it was discovered that there are two specific cerebrum centers – male and female – that are responsible for sexual self-identification in animal organisms and in humans too. Various damaging factors – hormonal, medicinal or even such as severe illness, strong negative-emotional stress, etc. of

⁵ Single-seated, I should notice!

pregnant woman at the time of the *critical* period of fetus development – can entail abnormalities of fetus' brain development that will manifest brightly only after puberty [10-15,23]. Such people are doomed to form a part of *sexual minorities*, to become homosexual or bisexual (it depends on the severity of the injury).

... But there is another mechanism of the formation of homosexuality and other sexual deflections. It is the *conditioned* reflex.

... In order to understand it, we first need to discuss the pubescence stages.

... In fact, a child (normally) has no inclination to sexual intercourse at all. There is no erogeneity of genitals either or it is minimal, though blood filling of the cavernous bodies may happen occasionally. On the contrary, there is natural erogeneity of the mouth, among other organs, which stimulates an inclination for mother's milk nutrition [6]; this was first noted by S.Freud [16].

And only at puberty – under the influence of the production of sex hormones – the erogeneity of the external genital organs gradually develops. But (and this is important!) the inclination to coitus appears not at this time, but only after several years.

This second stage of the development of sexuality is called *the stage of undifferentiated adolescent sexuality*. At this age the sexual interest only begins to develop: boys talk over sex subjects, girls often “try themselves” by sexually teasing men – it is interesting for them to see: “what will happen...” But the prospect of really beginning of a sexual life is usually scary for them at this age. This is understandable: the process of anatomical maturing of the human reproductive system under the influence of sex hormones lasts for years.

The third stage of the development of sexuality is sexual maturity. It starts for people of both sexes with a real urge for sexual intercourse. At this age, in all the individual male species studied in this respect and in men there appears, for the first time, the innate reaction of sexual arousal to their species-specific (i.e. peculiar to this species) *key* sexual signals. For insects and mammals, except primates, these signals are odorous substances secreted by the female genitals (sex pheromones). Birds and primates have visual signals. In case of primates, including humans, such *key* sexual signal for males is a view of the female's genitals⁶.

... Within the theme of this chapter the most interesting subject is the stage of undifferentiated sexuality: when the proper sexual orientation has not fully manifested yet, but sexual arousals, which are often accompanied by masturbation and orgasms, take place. It is at this age that the sexual *conditioned* reflexes may appear, sometimes so strong that they remain for the rest of life accompanying the normal sexuality or even displacing it completely.

In this way such sexual abnormalities as fetishism, zoophilia (sexual attraction to animals), masochism, necrophilia, and many cases of homosexual attractions are formed. I succeeded in verifying it in research on people [23] and proving it experimentally [23,27].

For example, I raised male dogs with various forms of sexual inversions that displaced the normal sexuality in their maturity. Such distortions devel-

⁶ It was me who integrated all of this in one system for the first time after detailed research with experiments on animals, questioning people and studying the observations of other researchers [23].

oped through the mechanism of the *conditioned* reflex, provided that in their early age the dogs did not have adequate contacts with coevals of their species [23,27].

As to homosexuality, I managed to provide for the first time an integrated concept of this abnormality, despite the fact that it may develop in different ways [23].

* * *

In those years, the penal code of the USSR contained an outrageously absurd and wicked article that had been added through an order given personally by Stalin. It reflected the absurdity and criminality of the regime at that time: the article declared punishments in the form of imprisonment in concentration camps for many years for men who had a homosexual attraction and formed homosexual couples.

I was the first scientist in the USSR who stood up – from the scientific positions – for their rights. Precaution required that I put the name of a known sexologist professor A.M.Svyadosch on my first publication [44]⁷. Only later I published my own book [23].

Nevertheless I fell under investigation.

It turned out that I – a scientist conducting questioning among homosexuals – was suspected to be a homosexual who used questionnaires to establish new personal homosexual contacts...

Then God showed me two opposite types of investigators.

One of the investigators was – by his vile features – a criminal.

... Well, who does become an employee of the state *power structures*? The “healthy” part of their contingent includes people who are ready to sacrifice themselves against social evil for the other’s good. However, others go there for the sake of satisfying their most vile aggressive and sadistic inclinations “on legal ground”! It is they who torture their victims with pleasure! It does not matter to them whether the suspected person is really guilty. They are not interested in justice, but only in their desire to humiliate, to torment, and to destroy others! When you are in their grip – even if you have never heard about what you are imputed of – there is no way out! That is because discharge of the suspected is not in the plans of such incarnate devils. They are worried only about personal sadistic satisfaction.

... And one of them started to interrogate me...

But soon the chief officer of the criminal investigation department interfered. He promptly understood the situation, sent the investigator-devil out, asked me some questions using *non-verbal suggestion* (see below), got fully satisfied with my answers, determined that I had “medical” handwriting, requested me to write an *explanatory note* (that I am a scientist), closed the file, and let me go.

⁷ It was a real challenge to the penal code and to the whole army of its guards in our totalitarian country with merciless criminal regime, where people did not dare to speak about “human rights”.

... And the penal prosecution of people with sexual deviations in Russia was repealed.⁸ (Except for cases of sexual seduction of infants and sexual coercion, of course).

Species Self-Identification and Imprinting

In the previous chapter we discussed that the perception of one's own sex is not always in agreement with the sex of the body. But there is an even "deeper" problem – it concerns one's subjective knowledge about which biological species one belongs to.

No doubt most of my readers consider this knowledge inborn. But this is not true.

Scientific press sometimes report cases of nursing and upbringing of human children in packs of wolves, monkeys, and other animals. These children moved on all four limbs, ate the same food as the animals that raised them. And when people appear – these children did not recognize them as "kinsmen", but on the contrary behaved with fright or enmity towards them.

In special experiments I brought up male dogs so that they had never seen other dogs up to the age of approximately 2 years old: I weaned them off their mothers before their eyes opened and nursed them artificially; they grew in isolated cages and had contacts with people only.

Their attitude towards people was fine, but when I made them meet with other dogs for the first time (even friendly to them), they got so frightened of these "monsters" that they fell down on their backs and stayed "paralyzed" in cataleptic poses! They could remain in such stupor for an hour or more! Only my caressing interference gradually returned them to their normal state.

Their attitude to other dogs changed radically when they suddenly realized that female dogs at the time of heat emit the odor of sex pheromones... (I.e., the sexual factor created conditions for accelerated process of socialization).

It turns out that these dogs... did not perceive themselves as dogs... They perceived themselves... as people.

As it was with those human children who were raised by wolves or monkeys – they perceived themselves as wolves or monkeys.

The matter is that the perception of one's own species is not inborn. It is formed during a certain critical stage of an organism's development through the mechanism called *primary socialization* (in contrast to the *secondary socialization* that may go on long and hard at a later age).

During the *critical* stage of the *primary socialization*, the so-called *imprinting* of the adult individuals of one's species (usually they are one's parents) happens. It is on this basis that the knowledge that one belongs to a certain biological species forms.

In the case of humans, this stage lasts from 2 to 7 months (see [1,7]). At this period and during about 2 years after it, the child's psyche is extremely sensitive to disturbances of harmonious relationships with the mother or with the person who substitutes for her. According to many observations over children's growth and special experiments with monkeys (H.F. Harlow and others; see bibliography in [7]), disturbances of this harmony (for example, a long ab-

⁸ It happened not only owing to my first publications in the scientific press, of course.

sence of the *imprinted* person at this period or attempts to substitute someone for this person) lead to hardly reversible or non-reversible derangements of the child's psychical development that have consequences even for the adult age. They may be psychological difficulties in contacts with other people, *unsocialness*, hyper-aggressiveness and so on.

* * *

The mechanism of *imprinting* ensures not only the *primary socialization*.

... What mechanisms of education exist in general?

– Cut-and-try method.

– Conditioned reflex.

– Studying the experience of others through verbal (oral) contacts, books, radio, TV, movies.

– Imitation, etc.

But there is also *imprinting*, and it is not well known in Russia yet.

It is very much like imitation but the mechanism of *imprinting* works only during the corresponding *critical* stages of the organism's development in childhood and its effect is much stronger.

For example, songs of songbirds are not their inborn calls. Males learn singing at an early age – when they are nestlings sitting in the nest and their father is singing nearby. They *imprint* the song but will sing themselves only after reaching the sexual maturity. (This concerns males. Females do not sing but react to the songs of male coevals as to sexually significant calls of the representatives of their biological species).

If the father does not sing near the nest, then his descendants do not receive the ability to sing and will become socially impaired. Their participation in reproduction will be distorted or not possible at all.

Sometime it happens that males learn a song of a different biological species and try to reproduce it as much as their vocal apparatus allows.

Thus, professor A.S.Malchevskiy – a remarkable enthusiast of his work, a wonderful teacher – demonstrated on lectures on ornithology in the university a tape recording of a male canary's call. The birds hatched and grew up in a cage in an old woman's flat. This woman was single and had no one to talk to except for her dear birdies. And they had no canary-father. When the young canary male grew up, he began to sing in pure Russian language a song in that lady's voice: "Ah, what birdies, lovely birdies! Ah, what birdies, lovely birdies!..."

It is the same with human children: they listen to adults speaking, especially to the mother (or the nurse)... And then they try their voice. The adult's speech gets *imprinted* and the native language is learned quite easily during the corresponding critical stage. To learn a foreign language for an adult is much harder: one has to use other mechanisms here, including memorization of words...

... But if the parents do not talk to their baby and it has no possibility to listen to the voice of its beloved person, then the baby does not learn to speak properly, and the native language becomes like a foreign language for him or her...

This is one of the manifestations of the disease which was widely studied in the Western countries in orphanages after World War I: children which are just fed and swaddled but are deprived of individual emotional care and attention – such children grow into asocial people, unable to speak fluently, and quite often aggressive. A special term was invented for designating this syndrome – *hospitalism*.

However, *hospitalism* is not necessarily the destiny of all children brought up without their mothers. It does not matter whether a native or an adoptive mother brings up the children. It is only important whether she possesses a full set of parental emotional features, plus certain scientific knowledge.

For example, the experience of the truly communistic way of life (realized after World War II not in the USSR “building communism”, but in Israeli communes – *kibbutzim*), demonstrated that common fostering of children without participation of their mothers can give remarkable results provided that the process of upbringing is organized right (see bibliography in [7]).

* * *

Knowledge of these laws of development and upbringing of children inheres in the pedagogy of all developed countries of the Earth. But it was not available in the USSR and the child orphan institutions “produced” masses of mentally defective people. In the USSR this subject was “closed” from the public, i.e. was forbidden to discuss.

... At that time in the USSR there was not even psychology; there was just Pavlov’s *physiology of higher nervous activity*, which operates only with the concept of *conditioned* and *unconditioned* reflexes. According to this mechanistic (*materialistic!*) doctrine, behavior and thinking are but reflexes to signals from the outer and inner (bodily anatomico-physiological) surroundings. And all living beings including humans are not units of consciousness evolving in the process of the Absolute’s Evolution, but some strange living organic mechanisms: they live some time for some reason, produce descendants for the sake of continuing the existence of their species, leave for them (at best) some wealth – and die...

To introduce new ideas into such a stupid scheme was a difficult task; one had to fight for it under risk of political persecutions (“an attempt of undermining the basis of a materialistic worldview!”).

... I was the first one in the USSR who started to seriously discuss these problems in the scientific press (prior to it, there was only one mentioning made by another author). My publications caused a great positive response from scientists and doctors.

Nevertheless, now... I still hear on the radio that children in Russian orphanages still do not learn how to speak...

* * *

The models of social behavior peculiar to a certain sex are also formed through the mechanism of *imprinting*. This kind of *imprinting* is called *identification*. Special critical stages of this phenomenon were discovered (see bibliography in [16]). The results of the research showed that a child needs, among

other things, healthy contacts with adults of the same sex. (Boys need such contacts with the father starting at the age of 3 years old, and girls – with the mother – both before this age and after). These must be persons whom the child loves and respects, though they do not necessarily have to be the child's mother and father.

Parents must know: your child unconsciously *imprints* your patterns of behavior, both good and bad ones. He or she does not repeat them immediately but will do it after growing up. Your child will use your turns of speech, emotional reactions, nutrition habits, will (or will not) smoke, drink hard, will adopt your professional skills, ways of spending spare time, your attitude towards nature, people... And only at the age of approximately 20 years old, he or she may start to analyze these patterns critically...

* * *

Here is an interesting example of food *imprinting*.

Once my puppy got ill, and I decided to try to use garlic among other remedies: I gave him some garlic, but he did not want to eat it: distasteful! And spat it out.

Then I started to chew garlic cloves myself – especially for him to see. I demonstrated that I liked it very much, what bliss it gave me... He was looking at me, examining, tasting, spitting it out... But then started to eat it himself – just imitating!

... About 2 years later, when he became a grown-up dog I recalled that occasion and decided to find out how he liked garlic now.

To my surprise he was delighted with garlic: chewed it with pleasure, asked for more!

For sure, he was the only dog in all the Earth's history that reeked of garlic so much!

* * *

If we wish to help our children to become better – we should not only tell them about it but also show them patterns of our own right behavior.

Love in the aspects of tenderness, care, respect, compassion for all living creatures, readiness to help everyone in everything good, aspiration for knowledge, and diligence are the virtues that adults must adhere to and demonstrate to children.

... Sometimes it may be too late – the child grows as an egoistic, wicked person...

In this case one cannot manage without “extinction of vicious reflexes by methods of negative confirmation” (in terms of the physiology of higher nervous activity).

... In researches on dogs, I found out that, first, egoism and aggressiveness do not appear in all individuals under equal conditions (i.e. the main determining factor here is the features of the soul incarnated into a given body), and second, the mentioned negative features can be destroyed by “pedagogical measures”, i.e. suppressed through “adequate measures of punishment”. Namely, when there was a strong non-aggressive dog in the group who could

suppress by force aggressive “tricks” of other dogs possessing such vices – the vices of the latter gradually decreased and eventually vanished [9].

Regulation of the Reproductive Function

Manifestations of various components of the reproductive function depend on a number of inner and outer reasons and may be regulated – in the case of abnormalities – by various means.

For successful treatment, an expert always uses a complex approach which takes into account all possible causes of the disease or of weakening of the reproductive function, as well as the possibility of correction or treating it – also through different “entries” into the organism: neural, hormonal, antibacterial, explanatory, suggestive, bioenergetical, and others. The expert also foresees long-term effects of the treatment beforehand.

In those years when publications on sexology just started to appear in Russia, I was astonished by the total incompetence of many recommendations on drug therapy. In the case of impotence treating, for example, in the list of drugs were present – without any comments – substances of the opposite influence! Each of them could really help – but only to patients with a specific cause of pathology. For the rest of the patients, it could only have harmful effects, strengthening the influence of the factor that caused the weakening of the reproductive function.

Let me give another example of “narrowness”, incompetence of the approach to treatment. A young woman asked a paid sexologist for help: every time at the beginning of coitus she experienced pain. He advised her: you and your partner shouldn't start it immediately; you need to caress each other first, to excite yourselves... His statement was correct, in general. But the cause of her pain was something else: it was a venereal infectious disease...

... Now I would not like to go deeply and widely into sexology – into this very important and interesting problem: otherwise, it would be “a book in a book”. Besides that, my interests have moved into a much more significant and less investigated field of knowledge. I have not read modern literature on sexology for a long time: I cannot spend time on this. But there may be some good books on sexology now.

Since I began to describe my “sexological past” on the base – among other things – of the Sexology Center headed at that time by professor A.M.Svyadosch, let me tell you briefly what I managed to do in this field of knowledge (in addition to what was described above).

... By me, for example, the role of the seminal vesicles – glands located near the prostate and the urinary bladder – in regulation of the male sexuality was proven for the first time experimentally – in experiments on mammals. I implanted pieces of PVC rod into rabbits' seminal vesicles. They stimulated the baroreceptors inside the seminal vesicles. As a result, the intensity of the males' sexual drive increased by five times on average and sometimes – by more than 10 times! [23]. That is, the more liquid secreted by these glands and accumulated in the seminal vesicles – the higher the sexual readiness and sexual desire. In the case of development of inflammation in the seminal vesicles, one may expect weakening of the reproductive function or even disappearance of its manifestations.

However, one should take into account that the seminal vesicles are one of the numerous mechanisms of regulation of the male reproductive function.

... For example, overfatigues or exhausting diseases lead to decrease of the production of sex hormones in the organism. And this is clear: strength should be spared. And the posterity will be healthier from a healthy and strong father.

But... the “family situation” may call for a drug treatment.

In such cases one should not use sex hormones: introducing them into the organism from outside leads to a decrease of their production by the organism itself. It is much better to stimulate one’s own production of the hormones. Ginseng or eleutherococcus preparations may be of some help (the first one gives the effect promptly, the second – in some days, but with a steady background of stimulation of the production of androgens); both act through the hypothalamohypophysial system of the cerebrum [23].

These preparations are also useful for recovering from fatigues and for increasing the organism’s resistibility.

I may add that ultraviolet irradiation (using the sun or a quartz lamp) gives an effect of the same direction.

Negative emotional stresses in the form of long uneasy states, anger, etc., ruin one’s reproductive function irrespective of sex. The best solution in such cases will be acceptance of God in one’s own life, comprehension of the meaning of life, and mastering the methods of psychical self-regulation based on work with the chakras (see below).

But if you have not mastered this yet, you can use medicinal preparations.

Our psychical states influence the functions of the organs of the material body through two parts of the nervous system, which are in reciprocal relations. They are the sympathetic system, which participates in control of the body in the state of stress, and the parasympathetic system, which dominates during the states of calm, comfort.

Sexual characteristics, lactation, maternal conduct – all these can be improved on the background of a stressor with the help of medicinal preparations suppressing the sympathetic nervous system (adrenolytic agents) or activating the parasympathetic nervous system (cholinomimetic agents). It was confirmed both in my researches on treatment of men with weak potency or with premature ejaculation [23] and in experiments on animals where improvement of lactation and maternal conduct was demonstrated with the use of proserine [8].

* * *

... One of the main reasons of parturition disorders is a higher or lesser degree of the so-called *discoordination of labor activity*, i.e. non-synchronous contraction of the uterus’ muscle fibers. This causes pain; the contractions of the uterus become less effective; the child suffers from compression of the umbilical cord... And in the tired muscle fibers the lactic acid gets accumulated and this makes them more tired...

In such cases, obstetricians inject preparations that stimulate the contractile activity of the uterus or give *medical sleep* for relaxation or even make the operation of *cesarean section*.

At the time when I studied this subject there were attempts to stimulate the labor by means of passing electric current through the parturient’s body

(and fetus too!). Special expensive apparatuses to be used for this purpose were developed and actively imposed “from Moscow” on all obstetric institutions of the USSR and abroad. But once bought, they were rejected: the apparatuses did not help in labor but only made poor women feel worse. And – what is probably more important – all possible long-term consequences of the current’s influence on the bioenergetical structures of the child’s organism were ignored...

I thought of the problem this way:

One should seek the cause of the discoordinated labor in “killed” nutrition which contaminates the body with salts of uric acid and with coarse energies, and in contamination of the bioenergetical channels of the body caused by other factors (diseases, traumas, bioenergetical contamination from other people including sexual contacts with ill or coarse men). All of this should be explained to women (and to men as well) in advance, far before the labor! But at the time of labor it is too late to explain it; it is necessary to help with no or minimal injury to the mother and to her child!

Thus, I proposed a non-drug method for neutralizing the lactic acid in the uterus’ muscles. Two of my assistants quickly constructed a simple apparatus. It was used just for establishing local electric potential. We carried out clinical testing. The results showed a remarkable success! It remained only to work out exact indications for applying this method... But at that time, the KGB started to persecute me...

Later on the engineer who helped me to create the apparatus published this method without my consent and demonstrated his total incompetence even in the title of the publication... But at that time the regulation of labor activity was outside of my interests already: God hurried me to study Him and to pave the Way to Him!⁹

* * *

At that time, when I worked with beavers and in the field of sexology and obstetrics, I did not know about the much more significant factors that affect our health and well-being. And the first of them is the ethical component of our lives, which defines how our Teacher God forms our destinies. This includes to what we dedicate our lives, the nature of our nutrition, our relationships with people of different evolutionary-age groups, mastering of the methods of psychical self-regulation, etc.

A simple example: man constantly lives with the concentration of the consciousness in the head only, and that results in bioenergetical depletion of the trunk’s chakras and therefore in problems of the functions of the corresponding organs. But if one masters to move the consciousness freely into any charka – needed in the current circumstances – and to keep all chakras pure, open, and full of subtle energies, – then owing just to this many chronic inflammatory diseases disappear, the functions of the organs and systems of the organism recover and normalize. The above said fully concerns the sexual function and the whole reproductive system as well.

⁹ If someone decides to continue this good work on elaborating and applying this method, I would be glad. The necessary documentation is kept in the Institute of Obstetrics and Gynecology in Saint Petersburg (innovation certifications #265, #266 of 1 February 1979).

“Museum” of Freak People

Preparing me for great spiritual service, God made me a scientist of a wide specialization. Among other things, I professionally studied many aspects of medicine and even taught physiology in a medical institute. I also became deeply acquainted with the life of many animals and worked with dolphins in a scientific dolphinarium. For example, I showed that a dolphin’s sexual drive can be induced by injecting oestrogen folliculin into females.

What a spectacular sight – sexual love of dolphins! A couple swims in loving ecstasy on their sides snuggling up with their bellies. They move absolutely synchronously: dive as a single whole, in a few seconds come to the surface to take a breath and then swim underwater again... It creates a strong energetic field of joy and happiness. Afterwards, they look gratefully at the person who made it possible, smile and express their gratitude!...

... In this scientific organization I heard about villainous abuse of these magnificent animals by people in white medical coats.

For example, one of them had to “prove scientifically” owing to which parts of the body dolphins swim.¹⁰ He took animals out of water, chopped off their tails with an axe and threw them back in water. Dolphins, impregnating water with blood spurting from wounds, choked and drowned.

Well... it proves that the tail with flukes is really needed for dolphins to swim and to float.

Then what are flippers needed for? He chopped off the flippers of other dolphins and observes how for a long time they tried to float with the help of the tail only. And, exhausted, they eventually drowned ...

Excellent! The material for the scientific publication is collected!...

... Dolphins can produce sounds intended specifically for people, i.e. within the frequency range perceivable by the human ear. In such a way they tell people about their joy, gratitude, friendship!

But they cry out of pain in their ultrasonic range, which is non-perceivable by people. Thus, dolphins became convenient “units for tests” for doctors and physiologists: no need to bother about anesthetizing the patients for surgical operations! To beginners, astonished with this cruelty, they explained: as you can see they do not cry, so it is not painful to them; the pain sensitivity of dolphins is very low...

And they cut dolphins without anesthesia, just having bound them tight...

Among other things, surgical operations on cerebrum were carried out. They performed trepanation of the dolphin’s skull and stuck electrodes into various parts of the cerebrum to see what comes out. When the workday of doctors-experimenters ended, they would go home leaving the dolphin alive in a bathtub with the open skull and exposed brain till tomorrow. The next day they, with fresh energy, came back to continue sticking pins into its brain... It lasted for several days until the dolphin died.

In this organization I got involved into a vivid episode of scientific falsification.

¹⁰ I decided not to mention in my books the names of wicked people: they are not worthy of perpetuation of their names. And on the contrary, I am glad to save the names of heroes for the next generations!

At that time I was the head of a laboratory. Two incapable and lying female “researchers” from another similar organization decided to publish an article. To make it more trustworthy they made me a co-author without even telling me. The article was based on extensive experiments with rich material. Yet, these experiments were never conducted: they made up all the material. An interesting detail: in the beginning of the article it was said that the experiments were conducted on rats, but in the end of the article – on mice... They had no wits even for devising a logical lie!

Before this case I had conversations with one of these “scientific researchers” and expressed softly my amazement about her total incompetence in the subject of her thesis. When I recommended her to read certain scientific publications, she always reacted in the same way. She shouted in response: “How can you talk to me in such a way! I’m a mother of two children!”

And as a proof she brought her poor sons – pallid, dejected, reserved...

... I saw many similar pseudo-researchers of various ranks.

For example, I worked along with an old maiden who was making a thesis on sexology. Since she had no personal sexological experience and, in general, all this was alien and incomprehensible to her, she could not learn the difference between two “foreign” words: *erection* and *orgasm*... Yet, she defended the thesis successfully!

... Or a Doctor of Medicine stating that it is necessary to eat food, which causes intensive flatulence: for it is only thanks to gases that food moves through the intestine...

... Or a fat old alcoholic and morphine addict occupying the position of a director of a medical institute. He became “famous” by writing “ordered” ideological publications against Sigmund Freud and was promptly “advanced” in the scientific rank by functionaries of the Communist Party. During the last ten years of his directorship in the institute, his only business on the work place was lifting up women’s skirts (not in the figurative, but in the strict sense). Such was the morphine’s effect on him causing disgusting lustfulness of an insane moronic man. Being the director he used to sign papers only after harassing the woman – a laboratory assistant, a post-graduate, a researcher – who brought the paper for signing to his office. When a man came to him (me, for instance), he led him out into the waiting room and, giving him a wink, addressed each woman waiting there:

“Let’s see what you have here...”

And lifted up their skirts one after another.

His death was remarkable. He died not as a hero fighting for people’s good and not by a serene good death. He died sitting on a lavatory pan.

Another similar director – not a drug addict, but a Corresponding Member¹¹ of the Academy of Medical Sciences – was a head of another medical institute, fortunately not for a long time, until he died. Apparently, he was a gorilla in his last incarnation. His intellectual level was quite low even in ordinary situations. But when angry, he posed as an excited gorilla male (very stooping with dangling straight arms) and losing his self-control made jerky rotary body movements. And he always shouted the same thing: “Fine him! Dismiss! Imprison! Arrest!”

During the time of his directorship the institute lost all of the best doctors

¹¹ A high scientific degree in the Soviet Union (note of the translator).

and leading scientists...

... There was another interesting “exhibit” in that institute – a quarrelsome woman with a low intellect occupying the position of a chief-doctor. In the language of the old psychiatry such types were diagnosed with *physiological feeble-mindedness*. *Physiological* here does not mean *pathological* yet, i.e. not oligophrenia but very close to it. I tried to find out from the “veterans” of the institute: why is this silly woman on the chief-doctor position? They answered me with expressive gestures: she CANNOT be discharged... To let her work with patients was not possible either, since she would maim them. So keeping her on this “pedestal” was the lesser of the evils...

... Another academician was a Ukrainian biologist. Fidgety-jerky-important, he always spoke so rapidly that nothing but a few words of his speech could be grasped. No one understood him. The most interesting thing was to observe scientific meetings where he, as an academician and the director of the institute, was giving a speech, which someone had to comment, to praise, to thank for valuable advice and instructions... Subordinates had to compose what he seemingly meant in his speech. At the same time they needed to watch attentively his mimicry in order to adjust their praise and thanks if something was wrong...

... How did such directors advance in their official careers? By pleasing the bosses of the Communist Party and KGB: for example, by providing someone with a good position (someone’s son, daughter, or wife), dismissing someone, informing against someone, slandering someone, defiling someone publicly...

... Preparing me for great social work, God showed me various psycho-types of people. It was like an excursion to a zoo, where He presented some of the typical exhibits...

There were moronic scientists...

There were also mentally ill doctors who needed treatment themselves, yet they “treated” patients and maimed them...

There were thieves justifying their deeds by blaming those whom they robbed: “He is such a fool: he has not hid it well! It’s his fault! Fools have to be given lessons!...”

Or – sadists who tortured others through physical pain or slander and felt pleasure out of doing that.

Or – such a typical “exhibit”. To my father, who worked as a chief accountant, an auditor from Moscow came from time to time for conducting an audit. It was customary to please and entertain the auditors. Therefore, this auditor (it was always the same person) stayed every time not in the hotel but in our home. During the “audit” he was doing nothing, just drinking vodka (he made the report about the audit afterwards in Moscow taking from my father the corresponding papers prepared for him by the accountants). Having spent all his money on drinks, he stole money from my parents. They noticed, frowned, but bore with it.

Another obligatory part of the “audit” was fishing. Usually they took me too. Everyone but him was fishing there in order to give him a “fresh catch” to Moscow. And he was only drinking vodka. Also, winking at me drunkenly, he once proposed that I rape some of the fishing men. But it was completely incomprehensible to me, so I said nothing, just smiled confusedly...

... Violence (any kind of it) against people was unacceptable and incomprehensible to me from childhood. There was not a single case in my life when I had to use violence against a person for the sake of reaching some of my goals

or, as others do it, for no particular reason, for fun, or out of a “bad mood”.

When my schoolmate at the senior school grades shared with me his dreams about taking part in a gang rape of a woman, I could not understand him: it was something beyond my comprehension. But he only laughed at me!... Later he became a medical officer, served in Moscow, leading a “merry” way of life, had a good salary, and laughed about it: “It’s too little salary for life in Moscow!”

... In 1968 when Soviet intervention into Czechoslovakia was under preparation, there was a danger that I could be conscripted for military service. I firmly decided to shoot myself but not others.

But I was not drafted: I managed to enter post-graduate study and my conscription was postponed.

However, tens of other scrupulous youths from the Soviet forces, which were sent to enslave Czechoslovak people, shot themselves then. They became heroes in the face of God, contrary to aggressors...

... Some years later I had an occasion to hear a story from a member of a tank crew, who participated in the intervention. He was in the leading tank of a column of advancing armored troops. The heroes of resistance set up a barricade on their way on the road. The crew of the tank opened machine-gun fire. The defenders of the barricade laid down in a ditch. Then the tank driver went down from the road to bypass the barricade, but he made one of the tank’s tracks go into the ditch...

And the narrator – with pleasure, savoring it – showed how the skulls of living people one after another were crushing under the track: “like ripe watermelons!”...

... Jan Pálach – a Czech hero – burned his body publicly in Prague as a demonstration of protest. And I had a serious intention to do the same in Moscow on the Red Square. At that time I did not value my life, because I did not know its meaning. But I highly valued scrupulosity and hated outrages against it.

... But I was stopped by God, Whom I did not know yet. He asked me a very reasonable question: how could I get enough gasoline in a strange city, bring it to the Red Square, then write and set up the corresponding placard? He sharply “inhibited” my intention to realize this action.

... In those days other men burned their bodies in Moscow. But God was preparing me for another service...

Beginning of the Spiritual Path. Healing

In this chapter I will start describing how God gradually turned my face towards Him.

At one point in time I met an old acquaintance on the street. He invited me to go to a course on hatha yoga.

“No,” I replied, “I’ve practiced it already and got bored with it.”

A few days later I met him again. (And before we had not seen each other for many years!)

“A lecture on healing is going to be arranged,” he said, “Varvara Ivanova will come from Moscow to give it. Will you come?”

“No,” I replied, “It’s not interesting to me.”

He gave me the address where this lecture would be delivered and left.

Right away I met another acquaintance of mine and told her about the lecture. She became interested and persuaded me to go to it with her.

Varvara Ivanova was one of the heroes of that epoch. Parapsychology, which she adhered, was forbidden in those years. KGB agents were watching her constantly. Many times they took her away from the stage during her public lectures. But she continued her fight and won: parapsychology was at last “acknowledged” and “permitted” in our country – thanks to her efforts, in particular.

On the lecture that we attended (for conspiracy reasons it was arranged in a private house out of the city) Ivanova related about famous healers, demonstrated the methods of healing with the use of the hands, and conducted a session...

My companion and I had some minor sicknesses.

She recovered; I did not.

She refused to believe in it; I did not refuse.

To put it more exactly, I did not believe: as a scientist-experimenter I was not accustomed to taking something on trust. I had to verify it myself, to make an experiment.

I tried – and... it really worked! All the “tricks” of a scientist to make the experiment clean demonstrated that there was an effect!

For instance, directing an energy stream from the palms and fingers of the hands at a patient against the background of compassion leads in most cases to recovery: this removes headaches, inflammations caused by burns, paralyses, etc.

Yet, I was unable to help some patients despite making every effort. (Years later I understood the reason: God wanted them to make their own efforts on transforming themselves).

Galina Vaver joined me at this time, and for many years we sought the Truth together.

... One case from the healing practice stuck in my memory. Once in a village I was asked to examine a cow. The owners had changed four cows, this one was the fifth, and with all of them there was the same problem: their milk yield reduced significantly a few days after they came to the new cow house. Moreover, coming back from the pasture, cows refused to enter the cow house, and the owners had to push them inside with the help of “the entire village”, as they said. To them it was a shame: what their neighbors would think about people whose cow did not want to come home!

I entered the cow house and saw with clairvoyance bright black spots in a corner and between the cow’s horns: it was spoiling!

I managed to wash them off with an energy stream flowing through my body.

But the next day... the cow fell ill: it had running eyes, nose...

The mistress cried: whatever problems the cow had, it was a cow – but now it was dying...

That day we had to leave: our vacation was over. We left sad and confused.

But a few days later we received a joyful letter: the cow had recovered! Now it willingly entered not only the cow house but the owner’s house also when it was overlooked, so that it was hard to push it out!

... Thus, the phenomenon of bioenergetical healing became a proven fact for us. The medical desire to help suffering people began to grow in me again. It called for increasing our healing abilities. Following the invitation of that yogi – an acquaintance of mine – we came to him to practice hatha yoga.

Thanks to conducting healing practice our healing abilities were growing, new healing methods appeared. For example, it turned out that one can use chakras in healing apart from hands. So we started to seek new methods of chakra development.

In parallel, the broadness of our outlook was growing thanks to reading the *samizdat*¹² publications on bioenergetics and yoga.

We had to part with the hatha yoga instructor: his interest moved only to the stories about *yeti*, he began to drink alcohol, though he had preached lately a nonalcoholic way of life; he began to eat meat, though he had preached the opposite... Because of this, his energies soon became so coarse that it was hard to have contacts with him... This energetical coarseness, suppressing other people, allowed him to enjoy his “power”, especially over women...

This is how people turn towards hell...

... One day I met him with a spinning rod:

“Why?...”

“What’s wrong? I help them to reincarnate!...”

A yogi-killer?

Or not a yogi at all?

Before we parted with him, he acquainted us with a lady-medium. Through her we received the next impulses for advancement.

About the Methods of Healing

I would like to describe here some results of my study on the problem of healing.

As a preface let us discuss some aspects of bioenergetical interactions that occur every day regardless of whether people are aware of them or not.

Relationships between parents and children, teachers and students, supervisors and subordinates, spouses, as well as our sympathies and antipathies in any group of people etc. – all of them to a large extent are determined by the bioenergetical characteristics of the participants of those situations: the distinctive features of the energies that each organism emanates and the ways other organisms react to these emanations.

People differ from the bioenergetical standpoint on the series of criteria, the most significant of which are the following: a) excess or shortage of bioenergy in the organism, b) bioenergetical coarseness or subtlety, c) purity of the bioenergy or its contamination due to various diseases, incorrect lifestyle or unfavorable external influences, d) the level of development of the bioenergetical centers of the organism (chakras) and domination of specific centers at the cur-

¹² The literature forbidden in the Soviet Union was published secretly by enthusiasts with any means available. It was called *samizdat* (i.e. self-published) literature (note of the translator).

rent moment. (There are also other factors, but it is too premature to discuss them at this point).

Excess of bioenergy is not necessarily an indication of good health of the particular person, like some people think. For example, intensive emanation of pathogenic energies is a typical phenomenon that occurs during acute stages of many diseases. Harmful energies can get emanated when a person experiences aggressive emotions, as well as emotions of despondency or those of *inner weeping*. The only way to distinguish bioenergies by the qualitative criteria is their assessment by extrasensory individuals who developed an ability to perceive a wide range of such emanations. For example, some of them can evaluate the state of another person (up to making a precise diagnosis of diseases, assessment of the condition of chakras and meridians, etc.) just by clothes or any other object that this person used and that has traces of his or her bioenergy.

Bioenergetical shortage is mostly observed in patients who have been weakened by their disease, as well as in people with consumerist attitude towards others, be it a specific person or the society as a whole. Such incorrect ethic orientation forces those who possess them to constantly feel unhappy. Communicating with them is often onerous for other people, since the person who always wants something from someone demonstrate a so called *bioenergetical vampirism*, which can be exercised even at a large distance. The only way one can help these ever-miserable “vampires” is by reorienting them from the consumerist attitude towards everyone and everything – to an active and creative position in life, in other words by changing their vicious orientation towards demanding love for themselves into desire to give their love to other people and to the world as a whole.

It is emotions that represent the most important mechanism of setting bioenergies in motion. This is why ethic self-correction and mastering the ability to control one’s emotions by using psychic self-regulation methods allow one to learn to never harm other people with one’s disharmonious bioenergetical emissions or with stripping them of their energy.

When talking about bioenergetical interactions between people we cannot disregard the sphere of sexual relationships. An intensive energy exchange between partners takes place during a sexual intercourse. This implies the exchange of both pure, healing and coarse, pathogenic, harmful energies. The readers can make their own conclusions from this.

Bioenergetical factors are the causes of many sexual disharmonies: such as impotency and quick ejaculation in men and frigidity and anorgasmia in women. Among the specific causes can be undeveloped or contaminated chakras (primarily svadhsthana), vampirism from the side of the partner as a consequence of his or her perverted concept of love, i.e. “love” for him- or herself, desire to receive for him- or herself as opposed to willingness to give his or her love to the partner.

Incompatibility of partners by the level of refinement of their bioenergies can also play a significant role here. This can be the cause of various derangements in the energy system of the partner, whose energies are more refined (more perfect). Apart from health disorders contacts with a partner who possesses coarser bioenergy can lead to sexual indifference up to the development of an aversion to the given partner or even to sex in general.

Regarding incompatibility of svadhisthanic energies, I should mention that if a woman's bioenergy is coarser than her partners', this may be the cause of his quick ejaculation due to irritating influence of such energy on the man's svadhisthana. This is to say that one should look for the reasons of this type of sexual disharmony not only in men (as it is popular), but also in women. The reasons of sexual disharmonies that have been discussed can be eliminated by using the methods of raja yoga [22].

All examples given above are supposed to demonstrate the variety and complexity of the so to say "everyday" issues of bioenergetical interactions between people as well as the importance of taking them into account. In most cases such contacts occur without control from the side of their participants, and they are not aware of the causes of their consequences.

But there exist spheres in which people apply their knowledge in bioenergetics consciously and in a controlled way. One of them is healing.

Healing consists of bioenergetical diagnostics and bioenergetical therapy. Let us discuss their major forms.

The simplest method of bioenergetical diagnostics, which extrasensory individuals usually start studying first, is diagnostics using the palm of one's hand. This method is based on the fact that the body of every living being, including human being, is surrounded with an energy field called a *cocoon*. This energy field is created by vital activity of all body cells, the configuration of the boundaries of the *cocoon* and the density of the energy inside it reflect the health state of the organism. The boundary of a human body's *cocoon* is usually located at about 50 centimeters from the body. But if a patient is weakened, the boundary of the *cocoon* may be closer to the patient's body and be difficult to identify. And on the contrary – boundaries of the *cocoons* of people with high bioenergetical activity may be located at 2 meters or farther from their bodies.

Almost everyone can learn how to feel the boundary of the *cocoon* with the hands. One should first practice feeling one's palm in a more dense environment, i.e. as if it is in the air that turned into a thick transparent liquid that impedes its movement.

Then one starts to move one's palm towards the partner's body from a distance, making smooth palpating movements. At some moment the hand bumps into an invisible barrier – a boundary of a more dense space. This is the *cocoon*. Moving the hand within the *cocoon* causes in the palm pricking sensation and a feeling of something like an energy "wind" that is blowing through it.

Upon learning how to locate the boundary of the *cocoon* we may proceed to the next stage of study. Now we will palpate the boundary around the entire body of our partner. If the partner is healthy, the boundary will be at the same distance from the body. But if the partner is sick, then saliencies or depressions will be observed against the affected areas. The former correspond with zones with pathologically increased bioenergetical activity, while the latter indicate zones, which bioenergetical activity is decreased.

This method allows identifying also the latent (hidden) stages of diseases, as well as the nidi of the sluggish diseases that the person may not even be aware of.

Having trained ourselves like this we may learn to identify even small problem areas like dental caries or a common pustule covered by clothes.

This method just like all the others can also be applied when examining animals and even plants.

In some cases (when the *cocoon* is too large, for example) it may be more convenient to set perform the diagnostics not by studying the boundary of the *cocoon* but changes in the density and other characteristics of the energy field inside the *cocoon*. The palm of the healer should be moving parallel to the patient's body. Many extrasensory healers use the latter variant only. But if the patient's chakras are developed, their fields will create interference, which will render this method inapplicable to them.

By the way, it is very difficult or even impossible to make any kind of diagnostics through synthetic or sometimes wool clothes.

Another bioenergetical diagnostics technique relates to so called *clairvoyance*, i.e. seeing the energies that cannot be perceived with regular vision, in this case. Some people have inborn *clairvoyance* abilities (i.e. from their previous incarnation), but virtually anyone can develop them as a result of systematic raja yoga practice [22].

In order to make it easier to master this technique one may place the part of the body being under examination in the energy field of one's hands (between one's palms). Let us keep in mind that this kind of clairvoyance is performed not with the eyes, but with the consciousness, which for best results one should concentrate in one's own *cocoon* behind the anahata chakra or in the chitrini meridian.

The scientific understanding of this phenomenon is possible only through acceptance of the following three postulates:

The first of them is the fact of a multidimensional nature of the whole universe, and also of a particular living organism.

The second – that the human consciousness is capable of penetrating – thanks to special methods of training [20-22,25] – into the depths of the multi-dimensional universe and cognize directly various spatial dimensions.

The third postulate defines that the consciousness is of the energy nature; an individual consciousness is a bearer of self-perception and self-awareness; it evolves changing both qualitatively and quantitatively (i.e. by its “mass”).

The primitive materialistic thinking that was dominating in our country resulted in an actual identification in the layman and pseudoscientific lexicons of two completely different concepts: *mind* and *consciousness*; this impeded the development of psychology and the sciences related to it.

* * *

In the given chapter I will not describe the methods of development of consciousness and clairvoyance. Let me just note, that this development proceeds through refinement of the emotional sphere, work with the chakras and main meridians.

Those extrasensory healers who mastered clairvoyance gain an ability to observe dark (gray or black) energies inside the affected parts of the patients' bodies; driving them out leads to disappearance of the symptoms of the diseases – immediately or after some time.

Apart from the techniques that were described above, there are other – more complicated – methods of bioenergetical diagnostics. Among them is, for

example, recreation of the patient's image (the *phantom*), while the patient can be far away from the healer, and subsequent using this *phantom* for making the diagnosis. One may transfer the concentration of consciousness close to the patient (regardless of how far the patient is) and perform healing procedures there. Healing without making a diagnosis first is also possible, which we will talk about below.

Let us proceed with discussing methods of bioenergetical therapy.

The first and most commonly used one is using the healer's own bioenergy emitted through the palms of the healer's hands (either with imposing the hands accompanied by massage or at some distance from the patient's body). The distinctive feature of this method is that it uses considerable amounts of energy that has been accumulated in the organism of the healer. The drawback of this method consists in the fact that because of giving energy to the patient, the healer's organism becomes weak and thus vulnerable to damaging factors. In order to alleviate this negative effect the healer should eat and sometimes sleep well right after the difficult healing sessions.

The other therapeutic technique is less fraught with these drawbacks; it also creates more favorable prospects for further progress of the healer. This method implies using an external energy instead of the energy accumulated in the healer's organism. The external energy can be channeled through the healer's chakras, which in this case play a role of something like focusing lenses. The stream of healing energy gets channeled through the healer's body from behind the back forward. The healer controls the session using clairvoyance. The general task of the healer in this type of therapy is to cleanse the patient's organism of dark energies in all space dimensions, which the healer has access to. Through-the-chakras influence may be accompanied by manipulations by the hands and sending energy through them as well.

I should note that wearing synthetic clothes makes it either impossible or very difficult.

The latter method contributes to development of the energy systems of the healer, as well as teaches him to interact with various manifestations of the multidimensional space. The healers that practice this method usually arrive at expediency of preliminary attunement with the help of proper kinds of meditation. As a result of this during the healing sessions they may achieve a sensation that their organisms are simply being used by the Power of the Universal Love; at such moments the healers feel as witnesses of a sacrament that takes place.

The healer, in the process of acquiring experience, finds out that not all patients can be healed just by "washing" their bodies with flows of energy. It prompts the healer to look for more complicated methods of healing, for example, using images for performing various "surgeries" in the *depths* of the multidimensional organism of man. There – in those space dimensions – images created by the healer using his or her personal power turn out to be very effective, which is confirmed by facts of instantaneous changes of the patient's condition after being influenced in such a way.

Another example of an effective application of energy images in healing is the use of special medical yantras (graphic pictures), which produce three-dimensional healing energy structures.

One of the ways of treating patients that suffer from serious illnesses is combining efforts of two or more healers. One of them may supervise the process using clairvoyance, while others play the roles of "surgeons".

Healers who have acquired mastery are capable of conducting energy-anesthesia during complex physical (and not with imaginary instruments) surgeries. And some Philippine surgeons perform painless surgeries inserting their material hands into the bodies of their patients, without using any cutting instruments¹³.

It is also important to understand that infectious diseases (unlike those that are caused by energetic or mechanical damages) may not necessarily get cured completely as a result of a healer's influence. Since bacteria, viruses, fungi and other parasites do not die because of this. But in these cases bioenergetical therapy allows: a) cleansing the organism of the patient of the energetic consequences of the inflammation, b) temporarily eliminating or alleviating the symptoms of the disease, c) increasing resistance of the organism. The rational way of treating inflectional diseases will be combination of bioenergetical and drug therapies.

A beginner healer should also know that it would be dangerous for him or her to attempt to cure certain diseases, such as the flu or cancer.

Here we will also list rules of healing that allow us to avoid causing unintentional harm to the patients:

First – a healer must not use alcoholic beverages: the healer's bioenergy acquires pathogenic qualities as a result of drinking alcohol (it can be observed as a grayish coloring of the energy flows emanated by the healer).

Second – a healer who is sick must not attempt to heal other people, since in this case the healer will share the energy information of his or her own disease with the patient.

Third – a healer must not influence those patients whose energy is significantly subtler compared to the healer's energy, because it can be harmful to the patient's energy system.

Fourth – a healer who uses meat or fish for food should not influence people who adhere to the *killing-free* diet, since their energy is incomparably purer and subtler.

Fifth – during the sessions, a healer must not enter any coarse negative emotional states or get mentally distracted from the only admissible subject: compassion for the patient and attempts to find possibilities to help him or her. Any other thoughts or emotions distort and contaminate the energy flows emanated by the healer.

Deviations from the rules listed above can cause harm to the patient's health even if the main symptom is eliminated as a result.

We should also mention that arrogance and desire of fame and personal enrichment do not contribute to the reputation of the healer. Although there is no doubt that healers may accept (if they want) material remuneration for their hard work. And this kind of work is connected not only with significant energy losses but also with bioenergetical contamination from the patients, which often leads to development of diseases in the healer's own organism.

If healers, who strive for perfection in the art of healing, endure ethical tests encountered on this path, specifically if they are always unsatisfied with the level of self-development, then healing becomes a wonderful means of spiritual self-perfection for such healers. By helping others, they develop unselfish self-sacrificial love, increase their knowledge of the multidimensional world,

¹³ See also *Nature and Man* magazine, issue #12, 1989, page 60.

including knowledge of human nature and of methods of helping people in various ways, and raise their own personal power through active service.

Use of the methods of raja yoga and later of buddhi yoga for more efficient healing, mastering the ethical steps of karma yoga and bhakti yoga, accumulating knowledge (jnani yoga) allow healers to approach the highest methods of healing, such as the methods demonstrated by Jesus Christ, Who did not even need to know the diagnosis, to send energy flows or to create images of surgical instruments... Such a Healer only needs to know with absolute certainty that the patient deserves healing and to touch the patient by the perfect Divine Consciousness...

However, to be able to heal like this, one should go through the stages of Samadhi, *crystallization*, and Nirvana. We will discuss them in detail in the next chapters; here I will only shortly clarify the meanings of these terms.

The word *Samadhi* denotes an emotional state of Bliss of the highest order, which one usually experiences during the first contacts with the Holy Spirit inside one's own body. *Crystallization* is a process of increasing the volume of the individual consciousness.

Nirvana – is the state of Mergence of an individual consciousness with the Holy Spirit or the Creator; it allows one to direct the attention into the multi-dimensional world – from within its Primordial Depth.

One should understand that *crystallization* can be either true or false. The true *crystallization* is that which is performed in the highest spatial dimensions; the false one – in more dense layers of the universe. The latter may enable one to work “nice” wonders and to suppress other people's will. But the state of the one who possesses it cannot be called close to the Perfection.

* * *

The last question to dwell on in this chapter may sound paradoxical to someone: should one heal at all? And if one should then in what cases?

We have already discussed that the healing practice is beneficial for the healer. But is it beneficial for the one being healed?

You see, any disease is a result of man's falling out of ecological harmony, in most cases it is a consequence of violations of certain ethic principles, of which the most fundamental is *love* for all people, all living beings, the entire multidimensional Macrosystem, including the Highest Forms of Its Consciousness.

In other words, a disease, as a rule, is an indication for the diseased person that he or she has to improve something in himself or herself.

And thoughtless (from the healer's side) healing often deprives the diseased person of the urgent need to think and to change himself or herself.

So, by healing the body, we may cause harm to the soul. Therefore, it would be more appropriate to help the patient understand the cause of the disease and to direct his or her efforts to self-healing and only after that to help him or her heal the body, if necessary.

Of course, in this multi-aspect and complex issue there cannot be any “prescription” fit for all cases. And the truth, as a rule, lies in the middle between two extremes. For example, purely *corporal* healings (i.e. those that go without any explanations and recommendations) are sometimes regarded by the

patients and the witnesses as an impulse that awakens them from a dull sleep of ignorance, which stimulates their efforts on searching spiritual truths and acquiring healing skills – in order to develop through it their potential of Love.

Lady-Medium

She was a member of the Communist Party machinery, middle-aged. One day she got severe headaches that did not cease. Medicine could not help this case.

Suddenly she began to hear a voice, which said that he was a spirit, a famous Russian poet of the past. He was allowed to enter her body for several years – for the years, which, as he said, he had missed to live in his body because of premature disembodiment. And the headaches were caused by his entering.

The member of the Party promptly retired from the district committee and became engrossed in studying the mystical world that had opened up to her.

First the spirit directed her to take a course on hatha yoga; then he started to conduct healing sessions through her body that were really helpful to people.

One day he ordered to arrange a session for healing the diseased with cancer. She had to invite to the session as many healers as possible. It is there that we got acquainted with each other.

Since that day a group of people of various ages formed around her. The spirit described to them – to former atheists – the life in the *other world*, gave advice and predictions, healed.

It is from him that we learned for the first time that animals do not live just for the sake of being slaughtered by us and that eating their corpses contaminates our bodies with harmful salts and energies. We all changed our nutrition immediately.

He also acquainted us with another spirit, a hatha yogi in the Himalayas in his last incarnation. That spirit began to guide our hatha yoga exercises, prescribed special diets and 3-day fasts for ridding ourselves of the consequences of the wrong nutrition.

Though the existence of the *other world* inhabited by spirits became a certain fact for us, the question of the existence of God never came to us seriously. In our outlook of that time God was substituted with spirits, which seemed to us omnipresent, omniscient, perfect.

Now I realize that this is the way of cognition of all who start from scratch – whether they are whole nations or individuals – except if they come from the beginning to a mature spiritual milieu.

During our hatha yoga exercises under the guidance of the new tutor, we experienced indubitable separations from the *material* body occurring repeatedly. For example, while doing *shavasana* – relaxation when lying on the back – we suddenly experienced ourselves standing on our heads or hovering over the floor. Thus, the reality of the non-material existence was perceived by us and became our own experience.

Since we can exist without material bodies, we are... actually immortal. That is, after the death of our bodies, we also will appear living in the world of

spirits. In this way we began to think about our future presence in the discovered world of spirits.

And what are the relationships in the world of spirits? Obviously, spirits are very different. Is there some hierarchy among them? What if there is God – “the Main Boss” of all existing spirits?

Thus we advanced to a higher stage in our development where spirits were in the center of attention, but there was also an idea about God, though the understanding of Him was not correct.

... At that time my personal experience as a medium began.

First, I tried to establish a contact with our Himalayan hatha yogi. I formulated questions in the way that the answer could be received as “yes” or “no”. The answer was perceived as the state of inner comfort or discomfort accordingly. It required complete relaxation of the mind and emotional sphere. The received answer could be clarified with the help of questions like these: “Or it doesn’t matter? Have I understood right?”

We also tried to communicate with spirits using a saucer. We drew a pointer on it, put it on a wooden table without nails a sheet of paper with drawn circle of letters and digits, put a saucer on it, and lighted candles. And we spent a lot of hours during the night holding tired hands over the saucer...

We repeated it for several nights, but all was in vain...

At last, one of us exclaimed desperately: “Vladimir! Ask: what’s the matter?!”

I asked and heard for the first time a clear answer from God: “I intentionally prevented spirits from participating in your game. You don’t need ‘devices’ for such a contact. It’s more prospective to learn to perceive thoughts directly.”

And I began to teach this to all members of the group. Many of them succeeded.

Thus I discovered a phenomenon that amazed me: some companions of mine had nothing to ask! For instance, a young woman who liked sweet buns and was fat due to this asked questions to God only in the bakery: which bun is better to buy, which of them is tastier?

Thus I understood that spiritual needs of people are different.

... It is interesting to note that spirits can be recognized by individual vibrations, which they create just by their presence. Such vibrations are perceived like sounds in the space around the head. Usually (but not always) they are monotonous and differ by the tone. The higher is the tone of the spirit’s vibration – the higher is the stage of his or her spiritual advancement.

... At that time I had my first contact with Helena Blavatskaya. She came surrounded by a retinue of other spirits and addressed me as no one before: “My dear Antonov! I wish that you would write a sequel to my *Secret Doctrine*.”

I think I managed to realize this request of Helena.

... I recall a funny story narrated by an acquaintance of mine.

At one time, a group of students collected before examinations. A friend of one of them came as well. She could communicate with spirits through a saucer. When she told the group about it, everyone wanted to see how it worked.

They invited a well-known Russian poet killed by Bolsheviks and asked him what marks they would receive on the next exam. He answered. Later on, all his predictions came out true.

One young man in this group asked what he would become in the future. The spirit answered: “Stand firm, man, you’ll be an impotent!...”

Then someone asked: “Does God exist?”

The saucer fell down to the floor and got broken... The séance was over.

... There is another case from my own practice.

In the epoch of governing of the dictator Brezhnev in the Russian empire many scrupulous people dreamed that he would leave this world. We, too, dreamed about this.

One day through the lady-medium’s forecasts came the statement that at the named date and at the named time Brezhnev would die. These predictions began about two months before the named date.

The date was near. Several days before it, Brezhnev stopped appearing and there was no news about him in the Soviet press and radio. On the other hand, the western broadcasting stations began to speak about his serious illness and his possible successor.

We were waiting more and more impatiently.

At last, this day had come. My companions were anxious: “What do you hear? Has it come true?”

The named hour came. It was 2.00 p.m.

Exactly at two o’clock I heard a strong male voice from the non-material world as if it was that radio announcer who always announced the most important messages. The voice “broadcasted” a paraphrased communist slogan:

“Brezhnev is alive! He will live forever in our hearts and memory! Brezhnev is alive! He will live forever...”

These phrases were being repeated like a record on a tape.

I understood that it was nothing but a joke...

And Brezhnev recovered soon and continued to booze and to tyrannize for a long time.

Only when I managed to find out what and who God was, I understood the meaning of that joke: do not wish death to others – this is not people’s matter, this question is of the Omnipresent and Almighty Lord’s competence only. Later I found out that God said the same thing through the prophet Muhammad; it is written in Sunna’s hadithes [20].

... The group that we worked with did not exist for long. First its head left because she did not stand an ethical test. Namely, more and more prophecies were received through her about soon-to-happen disasters such as earthquakes, epidemics which would destroy all “infidels”. Naturally, all people except the members of the group belonged to these “infidels”.

All of her predictions did not realize. The cataclysms were “deferred”; new disasters were forecasted...

Some members of the group savored forthcoming sorrows and deaths of the “infidels”; others were indifferent to such predictions.

The spirit started to give her tasks like this: she went to a wash-house or a library, stayed near the doorway, and rebuked everyone who slammed the door...

Once she planned to have our next meeting at a certain date but forgot to tell us about it. We did not come of course. Then she sent to all of us post cards with damnations and the following words: “He or she who is not with me is against God!”

In this way we parted with her: some with disgust and refusal of everything received through her, others – with gratitude and compassion for her...

Soon it was found that she had a neglected case of diabetes. Insulin injections were prescribed. But the spirit commanded her to stop the injections. She complied and soon died...

She also wrote down many verses communicated through her by famous Russian poets. They were verses of religious and political content. I remember the following verse about the “planned economics” in the USSR:

In the state where planned economics
Exists for the sake of the plan, not for the reason’s sake,
There remained nothing unstained,
Neither pure river nor lake...

Alexander Pushkin also communicated the following message:

Live, my good friend,
Do your holy work!
Love your hard century
And trust the Truth!

Don’t be afraid of storms and tempests
And be calm in the face of the fate:
You have sown the seeds of good – and there will be a harvest!
And the help of God is with you!

It seems that only two people from that group – Galina Vaver and I – went further on the spiritual Path.

Orthodox Church Stage

So, two of us left. We worked in a medical institute. We dedicated all our spare time to healing: went to people in various corners of the city who called us for help. We did not ask money from the patients, but if they made a meal for us, we did not refuse. At the same time we tried to talk with the sick about ethical reasons for their troubles.

Most of our patients recovered. Some of them were grateful, regarding the recovery as a miracle, as a manifestation of the *other reality* through us. Often they began to seek the truth, which was forbidden in our country at that time.

But there was another kind of reaction. For example, we asked at the next day after the session:

“Has it helped you?”

“Ah, don’t make a fool of me! It ended by itself!...”

... At that time we managed to read the New Testament for the first time. To the modern Russians it may seem strange. But in those years even a simple act of giving or selling religious literature was regarded as “ideological sabotage from the West”. It was the famous KGB that fought against this kind of “sabo-

teurs”, such as spreaders of religious literature, healers, parapsychologists, etc. We had to carry our healing activity in secret from the authorities.

But the New Testament changed our lives.

... People regard this book very differently: everyone sees in it that layer of information which he or she is able to encompass.

For us the sermons of Jesus meant a description of the Path to God-the-Father.

But many people who also call themselves Christians get convinced by ignorant preachers that, for example, “our God” is Jesus Christ and that Jews, Muslims and other nations have “other Gods”.

They believe, for example, that Jews are damned forever because they crucified OUR God (despite that Jesus, too, was a Jew, lived among Jews, and preached also to Jews); and that Muslims are “damned infidels” and “pagans” (though it is Islam that is a continuer of the monotheistic line of the religious outlook established by the Jewish prophets and confirmed by Jesus Christ)...

... So we became Christians, and it was necessary to receive baptism.

Within our field of view there was only the Orthodox Church. But it was a problem to receive baptism in it in those years. The KGB required clergymen to obligatory register all people receiving baptism. These lists were studied in the KGB – and many baptized people suffered persecution: one could be fired due to “staff reduction”, students could be expelled from the university, etc. And I had the position of a senior researcher, which I valued at that time.

After many unsuccessful efforts, we managed to find a priest who consented to baptize us illegally, without registration.

In this way the Orthodox temple became our “second home”. In it we began to master *mental quietness*, felt flows of sacred energy emanated from some icons.

With its help we accustomed ourselves to be watchful about our deeds, words, and thoughts – to feel responsibility for our own mistakes in front of God.

There we mastered repentance.

And, the most important – in response to our sincere aspiration for God, He allowed us to fully experience the power of Holy Communion, when the body is filled from within with the subtlest joy of the happened Touch. Frequent, even every day communions had a special effect.

... We got acquainted with other seekers and formed a group of associates united by the aspiration to cognize God and the eagerness to transform ourselves according to His Will.

He became for us the Essence of the world, the Ultimate Goal, the Supreme Teacher. Now we asked Him for advice and received from Him guidelines and instructions.

For example, He told through Galina Vaver or through me:

“Learn to love Me as I love you, as I love everyone! Having mastered this, you will become *One* with Me!

“Be perfect as God is perfect! This thought must never leave you – not for a single minute!

“Joy should take residence in you! And nothing should ever darken this joy! Let the light of this joy stream from your eyes – the light of joy of the soul!

“Do not dare to frown! This is an insistent instruction to you, almost an order!

“Practice the meditation: ‘God and everything existing are one’. This will help you perceive God’s Grace in all earthly manifestations: from a speck of dust to cosmic sensations, solar eclipses, and pure thoughts that visit you.

“It is most essential for each one of you to understand that God is present everywhere and in everything, in you – He takes care, guards, perfects, and loves!

“I want you to think of Me constantly – with love, joy, and light in the soul! I will help you every minute to experience Me in everything; I will direct your eyes and show Myself in all manifestations of life! Love is also Me: love of parents, relatives, beloved men and women. You should experience this, rather than just understand! I am your love for all!

“You should not be absorbed in fuss. You should always concentrate, think, and see My Manifestations in everything. It is not an ordinary work – to search for Me in the every day’s fuss. But as a result, you will learn to see the non-accidentalness of fussy things and find regularity in obvious nonsense. I will teach you this later.

“Now try to keep a close look at everything you have been detached from before: atheists, profligates, drunkards, or just good fellows. They all are people! All this is I! All this is not accidental! You have to understand every person, feel his or her connection with your destiny, with Me in your destiny, and accept his or her presence in your life as Me Who teaches you!

“Try to keep this in mind! Do not turn away from seemingly meaningless people! Love them, love people, and remember about Me!

“I love you all, grant My Light and My Presence to all! Learn to let this light go through you and carry it to people. Rejoice, love, radiate the Light! This is the primary thing you should do now!

“Learn to explain to people their predestination, so that they feel their destiny in your words!

“Do you remember what you were before you came to Me? Learn to feel another person through this, as if it is you who is sitting in this ruined, contaminated material body and seeking the way out of the dead end.

“Relax at your meetings. Physical strain, intense emotions, or obsessive thoughts should be excluded. It is the state of peace alone that makes it possible to open up to each other! The state of relaxation is the state of openness and calm kindness towards other people.

“Always live in an emotionally light and positive state! Never allow yourselves any negative emotions, fear, and impatience! No excuses are accepted!

“Create a favorable energy field for others. Think not of yourselves, but of others!

“Avoid any preoccupation with your own problems!

“Learn these rules by heart!

“Never allow any controversies or discords be among you! Eliminate any mutually repulsive moments completely. Do your best to promote mutual attraction!

“At every word or action think about whether it may harm anyone around you or arouse a negative emotional reaction in another person.

“Think about the contribution to My work that you can make: each one must feel the degree of their involvement!

“If you want to be perfect – be perfect: act like God, think like God, love like God!

“Learn to love God the way He loves you! Ask – and you will be given! Ask – and I will teach you this!

“Your passionate and loving yearning for Me must be unceasing! Remember Me every second, try to observe Me and love Me! Let it be constant, no matter what you are doing! Your hands may be busy with doing something, but your head must be thinking of Me and your heart must be brimming with love for Me!

“You have to learn to love Me! When you feel that you love Me, you will forget everything that worries, troubles you now. All this will be no more! It will vanish, like darkness vanishes with the first rays of the Sun!

“Always be kind-hearted to people near you – kind by the heart! Let the meaning of these words penetrate deeply inside you!

“I am giving you the following prayer-meditation:

‘Lord! Unite our hearts in You!

‘Radiate us with Your light, permeating the darkness of our passions!

‘May all-consuming love expand

‘And fill our souls with Your exultation!

‘Oh, spread and grow in us, the seed of the Lord!

‘Filling our hearts with the light of wisdom and knowledge!

‘May we always aspire towards You!

‘Amen.’

“Here is the subject for you to reflect upon. There exist three approaches:

“1. Self-perfection depends only on God.

“2. Only on personal efforts.

“3. On joint efforts.

“Hence the existence of different schools.

“You have to find your place in the Evolution on the Earth and in the Evolution of the universe!”

* * *

Our activity was watched by KGB officers. Their patience snapped, when I spotted a bioenergetical darkening in the neck of an employee in our institute and told her that I saw she was sick with angina. She – a physician – was amazed with this miracle and told her friends about it. The husband of one of these friends was a KGB officer. As a result, I was immediately fired due to “staff reduction”. Though, according to the law, they could not do it: I was the leader of the local trade-union cell and recently registered several rationalization proposals. But I decided not to oppose, for it could make the situation even worse.

The director – a wise scientist and able physician – notified me in advance: shook my hand and apologized that he could not help.

Some time later he, too, ran into trouble. His daughter died and a burial service was arranged in a church. It was reported to the KGB; he was fired and died of infarction.

... After my dismissal I felt that there was God’s Will behind it: He did me good by setting the KGB against me. I accepted this event more calmly than other people would have, though I did not know what to expect next.

My father worried most of all. He was exasperated at my composure. He shouted at me:

“Why do you keep silence? You were... fired out!!!”

He expected violent reactions from me. But I was already a Christian and a mystic...

Soon my father died...

When death came to him for the first time, he got a pain in the heart and called me. I came and saw by clairvoyance a black energetical entity like a swaddled baby; it touched my father’s heart. I managed to move it away and asked God to give my father an easy painless death. The answer was:

“Your prayer is accepted.”

He died several days later of a stroke, when I was not at home. He fell to the floor, said calmly:

“Don’t worry, I will stand up now.”

And he stood up... without the body.

* * *

... After the dismissal with a remark in the file “creation of a religious sect”, for a long time I could not find a job. The way to official science was closed for me.

With a lot of trouble I got a position as a laboratory assistant in a botanic garden. My job was to water the plants and to sweep the walks. I dined under a banana tree and swam in a pool with lotuses. The body worked and the mind was free for contemplation about God and the Path to Him. This is why God led me out of the institute!

I spent my spare time in libraries. Now I did not read medical works but spiritual literature. The strongest impression I gained from Philokalia [22,30], the Bhagavad Gita, Tao Te Ching [20], and the books of G.I.Gurdjieff’s School [62 and other].

Being adherents of the Orthodoxy, we strictly observed all its fasts. Of course we understood that the fast was intended and had to be observed not as a simple limitation of nourishment but first of all as spiritual efforts of higher than usual level.

And one Lent was especially ascetic for me.

At that time I had to dig frozen soil with a crowbar and pry it with a spade. God nevertheless advised me more and more limitations of the nourishment: I ate once per 2-3 days and it was mainly uncooked grass from a market.

I did it not in dejection and not for personal achievements, but in Commemoration of Jesus Who suffered for us.

At the end of the Lent, in Easter, we gathered in my home. Before the festal repast we said the prayer cited above – and suddenly felt the presence of Jesus in the room.

He thanked us for the fast and, addressing me, said that I had to create a spiritual School and that all its students would have to give up drinking any kind of alcohol. Then He said:

“Now, you may eat!”

And left us overfilled with joy of such a close contact with Him.

... I fulfilled these commandments of Him. I warned all people who followed me and used the methods of the School about the inadmissibility of drinking any kind of alcohol. But some of them decided to try: can something wrong really happen because of a glass of wine drunk in the New Year? ... And they got to the hospital with symptoms of a strange sickness like an acute infectious disease.

... After some time, the KGB informed the direction of the botanic garden that they had employed “a notorious sectarian”. Soon all the staff came to know about it. People started to come to look at the “notorious sectarian” as coming to an excursion. I understood that it was time to quit and retired.

I got a job as a stoker in the countryside. For the first time I had my own cell – a small room in the boiler-house. I tended the furnace, read books, chopped firewood... – beatitude!

... But once I got a pain in my leg’s joint. The pain was so severe that I had to lie in bed.

“Lord, why?”

“You have to repent!”

I analyzed again all the deeds done in this life that I could recall. But the pain relief did not come.

“Lord! What is the matter?”

“You have not repented the sins of your past life.”

I attuned to an analysis of the past incarnation and He showed me what I described in the beginning of the book.

Then He revealed to me the “prospects”. According to *the law of karma* I was to get in this life the following: for the shot to the leg – that pain which I had already, and for the shot to the chest – a cut wound in my chest from hooligans in the village where I worked.

I thanked the Lord, and the leg recovered very quickly.

... Every one of you may think now what he or she would have done after receiving such information...

... I was not used to giving up when difficulties arose and I wanted to quickly get rid of all the burdens of the past that prevented me to go further, to God.

I put on poor garments, which I did not pity to be cut and stained with blood, put a pouch with mumijo – to heal myself in the hospital – and went to seek these hooligans.

I approached one group of alcoholics – no, they did not attack me, went to another group – again they did not attack me, went to the third, to the fourth – nothing again!

“Lord, what is the matter?!”

“It’s all right, relax! You have made the correct decision, and I score up your mental engagement as a realization of your karma. You are free from those vices. Go to your boiler-room!

... That boiler-room belonged to a dorm of a musical college. Students of the college came to me, asked various questions. I answered many of them from the religious standpoint. The direction got to know about this, and it caused dismay.

At that time a pipe broke. I was dismissed due to the “premature end of the heating season”. Then the tube was replaced and a new stoker was employed...

Thus God changed educational situations and enriched me with experience of communication with many different people...

* * *

Soon after that, Galina Vaver and I worked in the forestry with alcoholics. Then we worked as pickers of medicinal herbs in a drugstore, then – in a nurse-ry school.

... The esoteric work in our group at that time was concentrated on searching for methods for chakra development. We continued to heal the sick. During sessions demons were driven out of the sick. They could be seen by clairvoyance as dark moving energies. The healed people felt the moment of the demon exiting for example thus: “It was like a balloon burst – and I felt easier.”

God told us:

“Come to stay in the world of beauty! Let your life be filled with the light and music of Nature, Harmony, Sun, and Love! I need you to advance into the subtle, higher state. Only after that will your further progress be possible!

“To ensure the mutual understanding in the group, – you have to use a language common to all. You should learn this language. This is the language of love, of emotional love!

“Let the principle of non-interference guide you in your relations with other people who have some mystic experience. Only by observing this principle will you be able to help such people. You should not “edify” anyone now, you should just love them, forgiving them for everything, without focusing attention on anything, and then help as much as possible.

“This is the general principle of work that must be strictly followed in absolutely all cases. Then any disharmony will be eliminated.

“So, first is anahata. Pay maximum attention to it. This is what you should master first of all and in full measure and practice as well! Watch the people with whom you fail to contact adequately: it is through relations with them that you will get the best opportunities for developing anahata.

“Energy depletion during the healing process expands and strengthens your energy capacities, which allows channeling more intense energy streams through them. But it is not this that I want from you now. Use your powers to transform energy vibrations qualitatively. Power is not needed here, what is required is another quality of the work.

“Working in the conditions I am talking about, you will not exhaust your energy and will supply others with more subtle vibrations, that is with “food” of a better quality. This kind of help is of a higher qualification.

“The work with energy also calls for tenderness, the ability to let only subtle vibrations pass, deterring everything that is gross. This is the real art!

“Everyone should have a clear idea of what they are composed of and be able to “dismantle” oneself into separate parts and mechanisms – in order to “assemble” them later into one whole and use this “machine” of the organism with one’s own purposes.

“The system of chakras itself must be well-arranged too. Then the work will proceed automatically.

“You know that each person has a system of chakras. The chakras are links of one chain constituting one large energy system. Each chakra has the miraculous ability to ensure penetration into other planes of the universe.

“With the help of the chakras one can shift oneself from one dimension into another and then come back.”

* * *

We started to visit Orthodox monasteries, lived and worked in them. This provided many valuable observations to us.

For example, in a monastery the rites of “exorcism” were performed. These rites are attempts to drive out demons with the help of special magical incantations-damnations. The ill people squeal, bark, croak, get seized with convulsions; the temple gets filled with obscene words.

These torments of the ill are of no help. Even if a demon exits from the ill inside the temple, it enters when the ill appears again outdoors. On the other hand, the rites of exorcism results in developing in the congregation such qualities as hatred and mystical fear. People are taught to fear and hate demons as well as other people suspecting them to be warlocks who set demons against you.

But it is the energy of the emotions of hatred and fear that is consonant to demons and is a pleasant food to them...

Demons enter human bodies by the Will of God – and exit by His Will. They exit when the person withstands this trial by giving up hatred, fear, egoism and starts to make efforts on growing love in oneself.

Such Orthodox centers performing the rites of exorcism gather hundreds and thousands of people – victims of the religious ignorance...

... We started to visit the temples of other religious confessions: a synagogue, a mosque, a Roman-Catholic church, prayer houses of Baptists, Pentecostals, Lutherans, Adventists.

A direct observation of the phenomenon taking place in the non-material world in Protestant churches during the consecration of bread and wine demonstrated that it is the same as that which happens in Orthodox churches during the consecration of Presanctified Gifts. Thus the statement of the Orthodox that Protestants allegedly “lost the Sacraments” is baseless: God gives His Love to all who aspire to Him!

... From a certain point, I decided for myself: I am a Christian but do not belong to any of the existing Churches. I belong to Christ!

* * *

In the Pskov-Pechorsky male monastery in the Pskov region there lived a monk named Savva. I had an opportunity to meet him. He had the ability to know everything about people coming to him. One did not need to ask him questions aloud: he knew them already and began to answer immediately.

... Once two women came to him from Gatchina – a suburb of Saint Petersburg. They met him in a corridor. He greeted them and asked:

“Where do you come from?”

“From Petersburg”.

“Really? I thought you were from Gatchina. Well, then I, too, err sometimes...”

When he left his body, he took the chance to make one more miracle: while the body was kept in a chapel for three days, in a well nearby the water disappeared. After the body had been moved away, the water appeared again...

... Another monk from this monastery who became famous in these years was Ioann Krestyankin. Formerly he was married, had children, received the education of a physician and served as an army doctor during World War II. But he lost his family and after the war he took the vows and became a monk.

He did not perform the miracles described above. His miracle was of another kind: it was an intense field of blissful love of the large spiritual heart present around his body! One could recognize his approaching at the distance of tens of meters even before having seen him with the eyes...

I knew Ioann Krestyankin very well, visited him in the monastery. Years later he came as a pure consciousness to visit me. And always he repeated to me the same advice in different ways:

“Beware! There are so many enemies around you! Save yourself: only then will you serve deserving people!”

Incipience of a Spiritual School

Once being in Moscow, I visited for the first time the Tretyakov Gallery. The picture *Christ in the Desert* had a special impression on me. On it artist I.N.Kramskoy portrayed Jesus deciding, despite the threat of the Calvary, to go to save people by preaching to them about the Heavenly Father and about the Path to Him – the Path of Love.

I stood before this picture-icon for a long time making the same decision. And asked God to help me in this. I felt that my prayer was accepted.

But how to realize this in the conditions of total spying, in a country governed by a criminal atheistic gang – this I could not imagine.

After coming back home I felt the urge to describe the methods of spiritual work based on the techniques that I had developed: exercises of relaxation, of dynamic meditation, for the development of chakras and meridians, for the refinement of the consciousness, and of course conversations on ethics.

When I finished it, God told me:

“Dress yourself and let’s go walking! I’ll guide!”

I dressed and went outdoors. He led me through to a blind people’s home.

“Do you want,” He asked, “to help these people?”

“Yes.”

And in a few days, “all of a sudden”, I became acquainted with an instructor of a circle in a blind’s house of culture. He helped me to get employed there as an instructor of autogenic training.

In this way a broad approbation of the new methods started. I gave lectures on ethics, practical psychology, taught the methods of psychical self-regulation. A lot of people attended these studies – the blind, their sighted friends, and those who came to know about them.

The word *chakras* was forbidden for publications at that time in the USSR. The official position of politicians, who were in control of the science then, consisted in the statement that “the existence of chakras is not confirmed by science”.

But I managed to find for the first time in the USSR the correct and at the same time “scientific-like” words suitable for legalizing the problem of work

with the chakras. I denoted the chakras as *reflexogenic zones of the emotional-volitional system*.

Indeed, only by moving the concentration of the consciousness in one or another of these *reflexogenic zones*, can we achieve stable psychical states which can be reproduced by all successful students!

This is why it is work with the chakras that gives the most striking transformation of a person at the initial stages of mastering the psychical self-regulation.

In our work, the anahata chakra was always considered as the most important one. This chakra is the initial “dwelling” of the spiritual heart, the structure known in ancient times to Orthodox mystics Hesychasts as well as to adherents of other religious trends.

These exercises develop the capability for cordial emotional love. On our courses people “unfroze”, cried of joy, learned subtle emotions!

After several years we published excerpts from responses of our students. It was the book *Complex System of Psychical Self-regulation*, which is available in main scientific and medical libraries. But one should read it paying no attention to “camouflaging” turns of speech which we had to use to make this material publishable in those years. Let me cite some of the statements of these students:

“During five months of taking the course I was observing how my mood was changing: the state close to neurasthenia changed to a joyful attitude to life, to pleasure of communicating with other people; my capacity for work has increased significantly... Irritability and languor have gone away as well as painful reaction to variations of the air temperature and barometric pressure that distressed me so much. I relate this success solely to the exceptional effectiveness of the course of psychic self-regulation.”

“It is a big change for me from the point of view of ethics and morals. My attitude to the outer world and people has changed significantly. I understood that we only can truly be happy when we dedicate our lives to the entire society rather than only to ourselves!”

“Who was I before taking the course? A 34 years old egoist, who could justify any of his own weaknesses and could forgive himself for any unethical (putting it mildly) deed. The “conditions” provoked me to drink wine weekly (or even more often), though I was sure that I could stop drinking at any moment (yet this continued for 15 years). It was the same with smoking. Moreover, very often I could not (and did not want to) stop my outbursts of anger, boorishness; I could humiliate others and intentionally inflict pain. Subduing other people for the sake of satisfying my whims became a natural thing in my life justified by my philosophy. A little more – and there would be no way back for me...”

“I am happy to say that all this and many other things have been changed and corrected. I got the possibility to reappraise this and, having been terrified, began to work on transforming myself. I see no other way for myself and hope to use the strength gained from this work for helping other people! Most of them live now as I lived before...”

“I can only wonder at the fact that so much good, right knowledge was used askew by me because of the absence of the foundation in me.

“I do not want to say that the other students were also monsters like me, but if I was able to change, then the course was helpful to the others all the more...”

“My old ailments were osteochondrosis, intercostal neuralgia, tracheitis, laryngitis, gastritis, and some other troubles. Gradually they all went away; I got an appetite; presently there is no pain anymore; I have become more cheerful and active at work. Over these last months I have been in a good mood...

“This course brings love, good, generosity, unselfishness, honesty, scrupulosity, endurance, and many other positive qualities essential to every human.”

“... After a lot of emotional troubles I broke down. I did not want to see people; I only wanted to withdraw and keep silent. Often I did not even want to stay at home, so I ran away to somewhere else...

“Now I have overcome this problem. I am not ill anymore. During the course I watched myself and felt that with every day of doing the exercises I became more confident and strong... I am so glad that I have become a human again! I see life in a different light now. I want to live!”

“... The main thing – a sunny, joyful, youthful experience of life has come to me!... If I had been told about this a year ago, I would not have believed it.”

“I came to the course for my health’s sake – and have gained it indeed: I got rid of a stomach ulcer and hypertension. But we were taught more important things as well. We learned how to get rid of physical fatigue and stress, were given the methods of physical, mental, and spiritual training; we learned how to find ethically correct decisions in conflict situations. We were taught to love nature, to see harmony and beauty in it, to preserve it. This made my life much richer. We mastered the important skill of coming to an understanding with other people. We were taught the art of communicating with others – an indispensable part of the spiritual culture of a person. Life became more joyful, more harmonious, and filled with love and beauty!”

“I am 22 now. At 19 I neither saw the purpose of life nor was interested in it. I forgot what it meant to be joyful. I felt only cold and pain in the soul. In childhood the spring awakening would fill me with joy, but in later age it could only emphasize the gloomy darkness of my inner world. I felt disharmony with life; I saw no meaning in it; I saw no light any more...

“Now I feel that I am born again! I have come to a new path, the only correct one. I once again gained the light and the joy of life! I am once again able to see the beauty of the world, nature, art! Now I know that I have to share the highest knowledge with other people, to serve people, to try to change this world for the better – only by doing this can one achieve the highest happiness and the highest harmony with the outer world! One has not to take from people but to give! And now I have that which I can give to everyone!”

“The awful feeling of depressing loneliness has gone away... The feeling of wonderful happiness has come!”

“I was diagnosed with ischemic heart disease, atherosclerotic cardiosclerosis, stenocardia. In addition to it: spondylosis, lobe density, frequent bronchitis, chronic pharyngitis, otitis etc. Also: chronic insomnia, hypertension. I constantly took erinit and other medications for heart pain and for edema of the face and legs. I also had chronic renal insufficiency. I breathed mainly through the mouth due to chronic nasopharyngeal diseases. I had also memory impairment. My mood was bad most of the time.

“After the course: insomnia went away after the first classes; I became stably calm, even, restrained; there is no high blood pressure even with physical activity; to be honest, sometimes I got out of breath when going upstairs to the fifth floor; headaches, vasospasms, and edema of the legs went away. At

the beginning of the course pains in the heart remained for some time, but now I have felt no pain in the heart for more than one month. I take no medicine: there is no need for it now...”

“My state half a year ago: bronchial asthma (5 years), frequent asthmatic attacks, short breath; I was depressed, short-tempered, unsociable. I lived on medicine and “ambulance”... Due to this – I had a difficult family situation and bad relationships with my husband; children annoyed me...”

“Now there are no problems with breathing. I sleep without a pillow (before I could sleep only in a sitting position). I want to live! I want to take care of the children and seek creative activity. The children now feel much more at ease at home... I like to be with people, feel good with them. Thank you very much!”

“After the course I am in wonderful spirits as if the soul and heart are purified. I feel love for everything around me, and this is so wonderful!...”

“Since I was 15 years old I suffered from severe pains in the head, which sometime drove me to vomit; the fits lasted for several days... During the last months after the course I feel good...”

“Before the course my state was awful: I was exhausted by the unbearable pain in the spine, despair, asphyxia... Now – I am revived!”

“The life in the communal flat became very quiet. In the past, the neighbors irritated me a lot. Sometime I hated them only for the mere fact that I had to see them every day.”

“My body, which in the past was very ill and almost disabled, has lost 28 kg by now; it has become lively, mobile, lissome, agile! There has been no serious sickness during the last year! In the past, I was sick 3-6 months annually! All ominous symptoms, that frightened my physicians who predicted me going blind and having paralysis in the near future, have gone away now...”

“The course has given me such an intense joy of communicating with nature and people that my only desire is to share it with other people in order to help them with realizing their dreams about harmonious and happy living!”

“The world around me has changed for the better, and now it is so wonderful to live in this world; there are so many good, kind people around; and I want to give them warmth and joy!”

“We think that such a course should be taken by everyone!”

“Now I know: the meaning of our lives consists in serving people, in doing good for them, in dedicating one’s own life to this! It makes sense to develop oneself only for this purpose!”

There were hundreds of testimonies like this. But one should take into account that the students did not write about their religious motives: one could not write about this in those years.

* * *

... I managed to give several courses in this house of culture until two incidents took place almost at the same time.

First, a son of a drunkard took our course and then told his father that he was not going to drink with him anymore. The father became indignant about this and complained to the direction of the house of culture and to the district committee of the Communist Party that I “destroyed families”.

Second, as always I tried to heal all the sick people I met. For example, I decided to wash the eyes of a blind student using energy flows. He could not even distinguish between light and darkness, but after the first session he exclaimed:

“Oh, I can see! This is a window!”

I did the same to another blind student, a friend of the first one, and he immediately saw my face for the first time.

But... the first one began to hate me for reminding him... how good it was to be sighted. It became senseless to continue the healing séances for him.

The second one decided that my face was too attractive for women and started hating me out of envy... They teamed up and wrote a complaint to the director that I distributed religious literature.

I was dismissed.

* * *

... Yet the foundation of the work had been laid: I became confident in my abilities and in the value of the methods, and the methods themselves had become famous.

I was promptly invited to another house of culture.

There were more and more students.

Special exercises allowed atheists to experience themselves as souls, as lumps of consciousness. This fact prompted them to search for the religious truths.

All students successfully advancing during the course received also direct baptism of the Holy Spirit through the meditation called *Pranava*.

Galina Vaver developed an esthetical program that supplemented and consolidated mine. It included classes on music, dance, painting, ikebana, studying the principles of esthetics of creating so-called landscape gardens and parks, and meditations for refinement of the consciousness. Thus the second course was formed.

Let me give you some meditations from it, which were intended for further development of the consciousness as a spiritual heart and establishing it in subtle states:

Let's feel the Earth below our feet – as a living organism.

The huge mass of the Earth, and we are on its surface.

The Earth – carrying on itself so many units of life!

Let's submerge into the depth of its body, feel the pulsation, the rhythm of the Earth!

Become resonant with this rhythm!...

It fills the whole body, reverberates in each particle of the consciousness!

Together with the light of the Sun it nourishes with the energy of life all plants growing on the Earth's surface!

Let's experience the world of plants.

Let's expand over the fields and meadows permeating into the life of grass and flowers!...

Feel the melody of the waving of the wind...

Feel the green crowns of trees...

Hear the twittering of birds...
Look at the forests, fields, rivers and lakes, the rising sun...

... Let's fly to the mountains.
Contemplate the mountainsides, rocky ledges, piled stones.
Penetrate into the character of mountains, experience their steadfastness,
firmness, steadiness.
Each mountain has its own character and its own song.
It is possible to hear it if one flies on the top – and then submerge into the
center of the mountain.
The mountain sings from within when it is warmed by the sun, fanned by
the wind.
Each mountain has its own song.
Let's fly from one mountain to another, see their tops aimed up – to the
subtle harmony of the heaven!

Let's see the endless sand of the desert and experience ourselves in all its
grains...
Let's feel warm, velvet moss and sink in its soft carpet...
Let's become the waving steppe grass...
Let's turn into trees and rustle with green leafage...
Let's experience ourselves as a young birch...
Let's turn into a branchy maple...,
into a tall pine tree filled with evening light...,
into a big, flat, covered with green moss stone under a tall birch...
Let's feel relaxation, calm, coolness...
The stone lied down to take a rest under a tree.
Nearby – a little stone, "a child". Feel it.
In it there is reserved energy, spryness, and curiosity.
The little stone is firmly connected with the large one: they are family.
In full harmony the large stone teaches the small one about life...
Let's fly to a seaside.
In shallow water there are a lot of stones.
Smooth, with sleek backs they are basking in the sun...
Soft lap of waves, calls of gulls, and voices of stones talking to each other...

We are on the seaside.
Early morning.
Slightly waving surface of the sea...
Through clear water one can see smooth stones, delicate seaweeds soaring
in the volume of water...
Let's submerge into the pleasant coolness, feel its soft touch to the skin...
Let's dissolve in the water, experience ourselves in every bit of the sea...
... Light wind is blowing, it is slightly touching the surface...
Feel its tenderness...
We like the wind and want to become like it!...
We slip out of the water and become a wind!...
Rise to the heights of the sky, experience the expanse!...
Dissolve in the blue sky!...
... The wind blows flocks of white clouds on the sky...

We approach a cloud – and become it!...
We shine with our joyful whiteness!...
Approach a group of other clouds and join their united dance-flight!...

Spring. The snow has almost melted away. The fragrant ground has appeared.

We are in the forest listening to the merry sounding of a brook.
It blends with the songs of birds – into a single spring symphony!...
Everything has awakened in the forest!
From the unfrozen ground the first blades of grass appear.
Buds are swelling...
Let's inhale the fragrance of the spring morning forest!
Let's experience the subtlest emotions in the smells, sounds, colors of spring!
Let's get imbued with the spring freshness!

... Let's move to summer.
A summer morning; the sun is warming.
We are on a meadow full of flowers.
Butterflies are flying one after another, bumblebees are humming, bees are collecting nectar in the flowers...
Flowers and grass are drinking the sunlight.
The air above the meadow is permeated with summer languor...
Let's breathe in – and fill ourselves with the fragrance of the sweet-scented grass!
Let's flood as this scent over the meadow and get imbued with summer!...

... Autumn has come.
The trees in the forest are dressed in festive attires.
The forest scents have become more pungent; they allure and excite those who like to gather mushrooms...
Autumn is rich and generous!
Enjoy the play of the colors of leaves!...
In the light of the setting sun and in the cries of migrating birds we can hear the autumn melody...
The forest colored by the bright sunset bewitches and immerses us into contemplation...

... Winter.
Tenderness and purity of the white decoration gold-tinted by sun gives us subtle joy.
Quietness...
Spruces are wintering cozily under the fluffy caps of snow...
Skis are creaking...
On my face there is a reflection of the deep joyful QUIETNESS that permeates everything around me and inside me – down to the bottom of my heart!...

* * *

In 1984 I was proposed to publish the methods of the first course. Thus my first book *The Art of Being Happy* appeared. It was a sensation in those years. Samizdat increased its circulation by several times.

But the KGB awakened, and we were fired.

This was followed by a writ to appear in a prosecutor's office. There also was present a newswoman from a newspaper – a spiteful aggressive communist, one of those who seek to hate others.

They made a “cross-examination” for me: How did I dare to write such a book with the word *Love* with a capital letter?! Who permitted me to publish it?! How could I recommend not eating meat?! Why do I call all of this nonsense “spirituality” while everyone knows that “spirituality” means to visit a cinema?!...

I defended myself by giving excerpts from the Program of the Communist Party. The prosecutor “diagnosed” me: “utopian communism” and let me go. Good man!

However, the newswoman published a dirty “denunciatory” article. She edited our dialog so that my words looked like the sayings of a moron.

I decided not to become distracted to “vindicating my honor”, but to go further.

I felt pity only for my mother: she read it and was very upset.

An atheist or a skeptic may ask: “And what about your God – why didn't He help you, didn't save you, didn't protect you?”

But it was He who created these cataclysms by directing the actions of people capable of dirty deeds! It is just that the situation had to change and we had to get new impulses for further development!

God planned to create the third course of our system.

... We lived without jobs and money, stored mushrooms, dried herbs for winter, collected and sold empty bottles for recycling.

Suddenly we were invited by our acquaintance to take a course in Tibetan *lung-gom – meditative running*. In Russia this technique was introduced by J.I.Koltunov, a founder of a well-known spiritual School in Moscow.

The essence of this technique is that the meditations or pranayamas are given not to standing, sitting, or lying students, but to a group of students running in a park or in the forest. This makes running more easy and joyful and makes it possible to work with some meditations on a more favorable, higher energy level.

We mastered this technique, modified it to “our taste”, supplemented it with *winter swimming* and new exercises for working indoors – and soon we were offered a job in a youth club headed by an enthusiast who wanted to save the people of our country from their spiritual ignorance – V.V.Mikhailov. It is interesting that this club was also called *Cosmos* as the club created by Koltunov.

We invited our former students who took the first two courses and began work on this new place.

By this time our students had grown up so that we could entrust them with teaching the initial stages. The work based on our methods expanded over the city. New students bloomed like spring flowers!...

They were not only adults who bloomed and got healed but also children taken by parents to the forest. *Winter swimming* healed children from a number of diseases, including such a typical and serious ailment as nocturnal incontinence of urine. These facts made me pay more attention to spiritual work with children. Soon in the School, we began to conduct various kinds of training for children, including healing ones, in a psychoneurological child sanatorium. The experience accumulated in this work was summarized in the form of articles and published in the book [26].

“Flight of Dandelion Seeds”

... Hundreds of students took our courses. The School was growing.

But several months later God put a stop to this felicity: He does not tolerate stagnation of the development of those who can advance further! He needed this system of methods to be developed “depthward”.

He told us:

“You perform your mission; I control the events.

“Your new program will be quite severe. Its purpose is to lift you to a principally new level. The old techniques will be used as well, but they will yield different results. You have to become strong warriors with unbending will!

“I am starting the second course of My School on the Earth, the second stage of trials. I will not tolerate your shortcomings! Only those who prove capable of following My plan will go with Me!

“Renunciation of worldly concerns and attachments should accompany your ascent! Everything earthly has to stay on the Earth!

“New conditions have to be created so that you can be detached and go up! It will be a ‘vertical’ ascent! Your present earthly situation is unfavorable; this is quite serious. The way out is only upwards!

“Remember how I have been leading you before – step by step. And now there is a new height to be mastered!

“At the new stage you have to stop experiencing yourselves as material beings... Be attentive to My information: you are My School!

“To be in God means to be totally included in the Ocean of His Consciousness!

“You have to be able to change the methods easily. Do not be afraid of breaking away from the final point of the old program!

“Dandelion can be an example for you. Its seeds break off and fly away without knowing where they will land. But on the place where they land, new life will begin. This is an element of non-attachment, of freedom. Being detached from the old allows one to gain the new!

“You are to grow and to develop now, having found yourselves in a new place. In this new point, at which you will arrive, you will be able to see everything from a different angle. This moment will provide a new, fresh look at the world and at many truths.

“At the forthcoming stage of your work with Me, you will come to a new landmark where you will have to end the current stage, then perform a take off again and begin a new cycle.

“You should never use any old method just out of habit. Always put emphasis on new techniques!

“Regard a spiritual School like the image of a snake. The snake moves forward; bad cells of its body fall away, and healthy cells moves forward with the head.

“The head is a special organ. It is composed of several elements. The head determines the direction of movement. The head overcomes the obstacles first.

“The head as a part of the body signifies a vanguard group. The tongue is the personal search of each of its members. The destinies of all members of the group may be individual, but this does not prevent them from going together.

“You do not have much time, and there are a lot of things to be accomplished! I take to the path those who have come to Me and lead them by narrow trails. You cannot know all the obstacles on the path; therefore you have to hold on to My Hand! Your attention must be directed at Me!

“At this stage, seek perfection through accepting everything! I am everywhere – in every manifestation of every creature!”

* * *

It started with an incident when my camping pot, which I used in our work in the forest to boil tea for the group, burned through on a fire. I took this as a “sign”, as a mark of the coming end.

Indeed, the authorities decided to battle us.

First, through the network of KGB informers, they spread slanderous gossip that I allegedly gave lessons of “group sex”. “Participants” of these lessons, who in reality had never attended my group, told everyone about special “details” of how it happened: “After the running, on a glade Antonov divided us into couples and... With whom did he have sex? No, no! He himself didn’t do it. He just walked among us and directed...” Could one not believe it?

The situation was aggravated by the fact that in parallel with me another instructor was giving lessons, whose name was also Vladimir. And in gossips and rumors some of his deeds were attributed to me.

He publicly elaborated a theory that “people like him have a right to have in their bedroom several beds”.

When a schoolgirl became pregnant from him, he haughtily told her that she had to have an abortion – otherwise she should leave the city.

... Once a student of him telephoned and asked me to give him a letter of recommendation.

“For which organization?”

“For the police.”

“Why?”

He wavered, asked me to write at least that he was a good person and that I knew him...

I refused...

At last he told me that influenced by the subjects of studies in that group he once undressed and began, as he put it, “to pose” on the sill of a window of his flat located on the ground floor. This window faced a busy street.

“Why?!”

“They told us that if women pay attention to you, an energy exchange happens...”

Women indeed paid attention – and called the police...

“But why do you need a letter of recommendation?”

“I am in danger of being expelled from the Party¹⁴...”

He did not manage to persuade me to write this letter. I suggested that he ask his instructor to write it...

There were lovers of dirty gossiping among esotericists. One of them also recounted publicly these “details” adding to them more... Before this I heard a very good statement from him that ethics are the main thing in one’s spiritual development. Yet, he did not apply this statement to his own life!

I decided not to “settle the affairs” with him¹⁵. With such people I always had so strong emotion of rejection that I simply wiped them from my memory, even forgot their faces and continued to go further without distracting attention to such things. Later on I read the advice of Babaji [20]: “If you cannot respect someone, let them go away from your life!” I felt no hatred towards such people but rather compassion: poor guy – he ruined his destiny!

... Then criminals of the sport mafia were sent to punish me. But by mistake they came to our club when other instructors not I – women – were conducting the class. The criminals decided not to attack the women, just took away the logbooks where all students were registered and “pressed” the director of the club who tried to stand against them. Then they sent these logbooks to the prosecution department with a letter where they accused us of activity with “elements of anti-sovietism”.

The prosecution department started an “investigation”: during half a year they searched for financial transgressions, information about “group sex”, “elements of anti-sovietism”... Since this investigation was ordered by the KGB, they did it very thoroughly. They interrogated not only those who attended our courses but even their acquaintances... Yet the only transgression they found was the use of hatha yoga asanas on our courses. Hatha yoga was forbidden in those years...

The prosecutor turned out to be a scrupulous person and advised us to retire “on our own will”. We retired.

... But how could we continue the work? Construct next courses? Of what?

We collected all the best students and began the search together. We tried to practice oriental martial arts, took some of their methods for our program, the methods of work with the hara, for example.

At this time, Samizdat translations of the books of Carlos Castaneda appeared, which were remarkably done by Vasiliy Maximov despite the risk of persecutions.

... Some people learned from these books only the information about the use of the narcotic mushrooms and cactuses, but this was not interesting to us at all. We obtained from these books the information about *places of power* and exercises for the *bubbles of perception*. So the work proceeded. New courses were developed.

¹⁴ In those years, in the USSR there was only one political party.

¹⁵ Later someone knifed him in his bath for some other “deeds” of his. I learned that from an obituary in a newspaper.

With the help of yantras drawn by God through the hands of Galina Vaver we, for the first time, entered the Nirvanic state.

At this stage of work even students chosen by us lost the understanding of the meaning of work and quitted.

Again the two of us only were left plus two other persons, who quitted a little later. The closer we were to the summit – the fewer companions were going with us.

Then God set a new task for us: to expand the School's activity to other cities and countries.

Thus Galina Vaver began to work in Moscow, and I – in Lithuania, Poland, Czechia, Ukraine, and in some cities in Russia. Everywhere there were people capable of mastering several courses of our program – some mastered only one course, others – two, and some others – more courses. The capabilities of every person are different and correspond to one's stage of psychogenesis (development of soul) and ontogenesis (development in the current incarnation).

God was telling us:

“Someone is preparing oneself for living, while another one is getting ready to die... This is the difference between people.

“Neither of these tendencies should be considered absolute: children have to prepare themselves for life on Earth, otherwise they will learn nothing. But if an old person acts in the same way and never thinks of death – it is ridiculous.

“A turning point must come at a certain moment. This moment is individual for everyone. This should happen naturally, no coercion is permitted. But people have to be informed about this.

“I repeat once again: you should not try to move to the second stage those who have not completed the first stage – this may be dangerous to their mental health!

“Only energetic and passionate people can go through both stages. When the first stage is mastered, their energy has to be directed to mastering the second stage.

“... It is important to find methods of developing vigor in those students who lack it.

“Prior to advancing to Nirvana, everyone has to go through a period of becoming mature on the material plane. Otherwise, one may get confused and lost. Renunciation of everything worldly should be voluntary and natural, and not be forced or done as a volitional act. Intellectual decision has to be the motive for renunciation in accord with the emotional ‘center’, with the blessing of the latter. Renunciation has to be timely.

“Each of you has to become completely included into Me – then no problems will remain!

“Specifically, you have to discard your manner of thinking of yourselves as of separate beings.

“The borders of your self-awareness have to dissolve.

“The separate being must vanish, dissolve, sink in the Ocean of Unity of all the living!

“Every action has to originate not from oneself and return not to oneself. There is no individual energy at this; there is only the universal energy. (In the ordinary religious practice, performance of certain rituals contributes to this). Such a unity has to be experienced on all planes: from the dense to the subtlest

ones. Realization of oneness with all people constitutes the fulfillment of the Law of Love that Jesus Christ brought to the Earth.

“Nothing has to be done without Me! You should always feel a constant contact with Me!

“Transcend the scale on which you operated before! Take a look at your life and the life around you – from the new positions, using the cosmic time! You have to open yourselves up so that new – cosmic – time can enter you!

“To make it possible for Me to put this program into you, you had to get to where you are now. That which you have done is the minimum required for changing your way of being. I want to initiate you into the techniques that allow doing much more. The next cycle of work will be dedicated to this.

“I want to see you ever free and loving Me! Get rid of everything that prevents you from being like this!

“To enter into Me completely is difficult. To accomplish this, you have to have more power. And you can develop it only through interacting with Me in everything I say, in whatever I tell you to do.

“When you realize that there is nothing else for you to do on Earth – then you will be with Me. Otherwise, you will always be preoccupied.

“To become One with Me – this should be the central thought for you now! Hurry to put it into practice!

“The reason for the soul’s confusion and suffering is rooted in its being separate from God.

“Adequate existence on the non-manifested plane will be possible solely for those who possess wisdom. One has to become baked – like a pancake – on both sides. When this is realized, the soul acquires tranquility and only then smooth existence begins.

“Always be facing God!

“Remember: everyone goes to God only by oneself. No one can be lead in- to Him by the hand. Let people – each one of them! – be guided to Me only by their desire to know Me, rather than by your or someone else’s example! People must enter Me not because of their inherent imitative tendency! The meditation technique is not the main thing. It is only love that decides everything here – Love for Me!

“Learn from Me in everything! And leave everyone alone with Me.

“Submerge into the Beingness of God! Those who are invited – enter the eternal life!”

* * *

Don Juan and Genaro¹⁶ described by Carlos Castaneda saw our serious interest in using the spiritual heritage of their School and became our Companions in our work in the forest and our Teachers. This allowed us to significantly expand the ecological aspect of our activity. First, it concerned the work with *plants of power* and *places of power* and later – with *Divine Fire* as well.

¹⁶ See more details about the Teachings of this School in [20,21,25].

About Work with Plants

We talk to you all the time about love. It is not possible to come to God without having learned to love His Creation and then God Himself.

Love is altruism, a giving of oneself!

The true love cannot be egocentric!

“Love” for oneself is a perversion of the very idea of love!

On the spiritual Path there cannot be a formula such as: “I love you, therefore you have to belong to me and love me!”

We can learn the true altruistic love in the sphere of sexual relationships, in the upbringing of children, through service to people in the workplace (if we regard our work as a service rather than a means of making money and getting other boons), and even when waiting in line for something of which very little is left and we see that another one needs this more than we do...

Love as compassion, tenderness, patience, readiness for self-sacrifice and so on is the basis of ethics. And the ethical component is the foundation, the pivot of a growing spiritual person.

Not only spiritual leaders can help us learn to love, not only other people, but ordinary plants as well – if we want to learn it!

Plants also are living beings, which are even capable of reacting emotionally! Plants, as we are, are material bodies with incarnate units of life in them; they are evolving souls going through the vegetal level of development.

It is in this way that we have to regard plants if we want to learn love!

Plants are also living beings! And we can learn to love any such being, thus developing the capacity for emotional love in ourselves! The more objects every one of us has learned to love – the wider, more perfect our love will be!

But there are other possibilities of esoteric work with plants.

For example, every plant, like any other incarnate being, has a bioenergy shell – a *cocoon* – around its body. One can train oneself in perceiving the bounds of *cocoons* with the hands; one can develop clairvoyance by trying to learn to see them. And it is easier to see *cocoons* of other beings from one’s own *cocoon* having spread the consciousness in it.

But there are even more interesting possibilities. For example, for training oneself as a consciousness, one can become a tree. To do this, one has to stand, for example, at the tree’s trunk, the back turned towards it, attune to the tree with emotional love – and “flow” with the consciousness from anahata through the back into the body of the tree. Then we can easily experience ourselves as a pine, for example; we can look at the world around from its body, as if with its eyes. At that, one’s “I” disappears.

It is extremely important to learn to disappear! There is an opposite way typical of some occult and black magic schools – the way of growing one’s “I”: “I am the master here! I will command! Everyone has to revere me!...” Contrary to this, in sound religious schools they cultivate lowliness of mind – lowly sense of oneself. And this is not a dogmatic goal as an end in itself! There is a really principal meaning in this. One becomes able to merge with God and thus to victoriously finish the personal evolution only having learned to be nothing, having learned to disappear – to disappear in God: disappear in Him in order to become Him!

One cannot “break into” God. One can only disappear in God. This is why in buddhi yoga the stage of Nirvana in Ishvara is preceded by the stage of Nirodhi where one learns to transfer the “I” into the state of “non-I”.

One should keep this in mind from the very beginning of the Path and be very cautious about the growth of arrogance, pride, and egocentrism in oneself. Otherwise it will be very difficult to overcome it later.

... With the help of plants, we can also become subtler by attuning to them. Plant species differ in the *subtlety-coarseness* characteristic. For instance, the oak is energetically the coarsest type of trees of the North European part of Russia. On the contrary, pines, spruces, birches (namely, *downy birch* species), some poplars – one can learn much from them!

He who easily falls into the coarse energetic states, who is not able of abandoning them cannot be called a spiritual person! But the trees mentioned above always live in the state of calm and subtlety!

Bioenergetical activity of a tree depends on the season. Birches give their subtlety to us most intensely in spring, in the period of active sap movement. The best season for working with pines is summer, when it is hot. And it is better to work with spruces during the cool seasons of the year.

There also exist bioenergetical differences between plants of the same species.

Plants growing in unfavorable conditions, for example in thicket or on inadequate soil, etc., are bioenergetically weak. And healthy, sound trees growing in open space are usually full of energy.

* * *

And in conclusion of this chapter, let us dwell on the ethics of relationships with plants.

Some bioenergetical specialists in Russia fantasized that some trees share their energy and other trees take energy. And that one can get energy from the former and should beware of the latter as of “vampires” and so on. One of the reasons for such a fantasy is the scarcity of information that can be obtained with the help of a dowsing rod and pendulum compared to the possibility of entering into harmonic relations of emotional love with plants, merging by the consciousness with them.

In reality there are no plants whatsoever that “drain” energy from people! And we, too, have no ethical right to have the consumerist attitude towards the vital force of other living beings!

Let us pay attention to this! This is the principal point of the spiritual ethics. On the spiritual path there is no place for consumerism! There is only place for love-giving, love-harmony!

The one who advances spiritually establishes relationships of love with plants. Let us approach a tree with love, attune with it in the harmony of subtle emotions, give to it our love-tenderness, – and then it will respond with its love!

Only when each one of the partners directs the vector of love not towards oneself, but towards the partner – only then is it possible to achieve the true harmony between a human and a plant, between a human and a human, between a human and God!

Places of Power

Now we are going to discuss a very interesting ecological phenomenon, which has a great significance for spiritual work. This is so called *places of power*.

This term was introduced by Juan Matus; we discussed His Teachings in detail in the book [20].

Places of power are geographic zones, sometimes large, sometimes small, which possess energy fields that are of significance for people.

It should be noted right away that there is a similar and sometimes closely related phenomenon – energy fields created by plants and technical devices (transformers, high voltage lines and so on).

Places of power may be found on the surface of the Earth, underground (for example, in the subway), above the surface, as well as in water reservoirs.

The nature of the majority of *places of power* can be explained as follows. The Earth (as a planet) is a multidimensional structure. In it, all manifestations of the multidimensional space are present – from the physical matter – to the plane of the Creator. Depending on the structure of the crystal lattice of the Earth as a whole or of some parts of its crust, the energy fields of certain spatial dimensions in certain places may dominate or, on the contrary, may be manifested weaker. So *places of power* look like “holes” in dense spatial dimensions “filled” with the energy of a certain subtle energy layer.

According to Juan Matus, *places of power* are subdivided into positive and negative ones. To the first category He assigned the places which give their energy to people, to the second – the places which take energy.

However our experience demonstrates that the first ones are not necessarily favorable and the latter – unfavorable. For example, there are *places of power* that take away energy, and this can be used for purging the organism of coarse, pathogenic energies, that is for healing. And vice versa, some *places of power* possessing excessive energy are detrimental rather than beneficial if their energy is coarse or contains undesirable informational characteristics, inducing, for example, anxiety, depression and so on.

This is why it is better to subdivide *places of power* into positive and negative ones according to the criterion of their objective significance. In this case places with an excess of unfavorable energies belong to the category of negative *places of power*.

It is necessary to point out that some authors sometimes try to define *places of power* through the terms *abnormal* or *geopathic* zones. This is not right. They are not “abnormal”, i.e. “incorrect”. All the more, neither fits all *places of power* in the term *geopathic* zones that are “inherent-to-the-Earth zones that cause diseases”.

Places of power can be found with the help of divining rods and pendulums. But, contrarily to a developed consciousness these tools provide very poor information about this phenomenon. With the help of a divining rod or pendulum one can only say that here is a *place of power*, only that “there is something over here”. The biolocation method in this case is akin to the situation when a poor-sighted person tries to determine whether it is light or dark here. But a person with normal vision perceives the whole spectrum of colors, and not only colors but also the emotional quality of their combinations and iri-

descence, and sees life in them! This is the difference between mechanical, instrumental determination of the energy gradients on *places of power* and perceiving them directly with one's own organism through attuning oneself as a developed consciousness with their multidimensional manifestations.

Places of power are, truly, multifarious!

There are places that selectively activate anahata, or vishuddha, or the front meridian, giving us bliss.

And there are places causing "hypertrophied" sense of one's "I" – inflated and arrogant! One may show the disciples how disgusting such an "I" is – so that they learn not to become like this.

There are also places that cause "unmotivated" joy, laughter in everyone present there.

There are *places of power* that deplete people energetically; this can result in "dead" tiredness and diseases if one stays to live there or even stays there just to take a rest.

On other places, on the contrary, one can heal oneself and quickly restore one's strength.

About 50 kilometers from Saint Petersburg, there is a negative *place of power* approximately 100 meters in diameter inducing a strong feeling of sadness and loneliness. Unfortunately this place covers a part of a village. The destiny of the families settled here is pitiable: on this place it is not possible to experience any joy of communication with each other...

Still other *places of power* induce anxiety or fear. A person who understands the reason can take just a few steps backwards, but an ignorant one can easily fall a prey to mystical horror.

There also exist places that cause aggressiveness, the state of "drunken animosity", and so forth. (Other examples can be found in the book [20,22]).

So we see that this knowledge can make the life of each one of us easier, whereas to ignore it can result in a lot of unnecessary difficulties.

Knowledge allows one to use negative *places of power* for good. For example, we used in our work the place of "loneliness and sadness" mentioned above for cognizing the state of *solitariness*. Not loneliness of one's body in isolation from other people but the state of being *solitary* in front of the Creator – that is detachment from everything worldly, when I remain with Him face-to-face in the Ocean of the multidimensional universe.

* * *

Therefore, negative *places of power* can be subdivided into two groups:

- 1) those draining the energy needed by the organism;
- 2) those creating undesirable psychical states.

Now let us list the variants of positive *places of power*.

The first group is the *places of power* containing a surplus of favorable energy, which they easily give to people. In some cases this energy can be more subtle, in others – less subtle. Sometimes there is a narrow range of energies which differ by the criterion of "subtlety-coarseness", sometimes – a wide range. The energy, which is not sufficiently subtle, can be used by means of moving it around the *microcosmic orbit* and sublimating it this way into subtler energies. And these subtler energies can be used for filling the organism, and

thus for performing *crystallization*. That is the energy for *crystallization* can be obtained not only from food: one can get it directly from space on *places of power*.

The second group of positive *places of power* consists of those which activate and develop a certain energy structure of the organism (a chakra, a meridian, or something else), and produce thus useful activation of the emotional-volitional or intellectual function of the organism.

In the third group there are *places of power* allowing a consciousness to assume a certain form (or, in the language of Juan Matus, shifting the location of the *assemblage point*). Such a quality allows one to train mobility, “elasticity” of the consciousness, developing oneself as a consciousness – active and strong.

Places of power of the fourth group shift the consciousness (provided it is sufficiently developed) into a certain spatial dimension. This is also a kind of gymnastics for consciousness. Juan Matus said that prior to starting really large, serious work, a seeker has to shift the *assemblage point* tens of thousands of times. The consciousness has to become mobile, moving easily along the whole scale of the *range of emanations* within the multidimensional space, become capable of acting at any distance. This is what a developed consciousness is!

The fifth group corresponds to the *places of power* which imprint in themselves the state of a person (or people). Such are, for example, *places of power* formed in places of meditations or on the graves of spirituality highly advanced people¹⁷.

And there are *places of power* which are *working sites* of Divine Teachers. (See more details about this in [20,22]).

Places of power exist everywhere. I came across them in Moscow, Saint Petersburg, Warsaw, Prague, in towns, in woods, in swamps, in mountains.

... A question may naturally arise: how to find them?

The first thing to do is to move the consciousness out of the head; the mind has to be silent.

Secondly, during this we have to search for God, the Path to Him rather than solving our worldly problems.

Thirdly, in the beginning of such practice the following technique may prove helpful. Let us feel ourselves dressed in wide, bell-formed skirts, which start right from the neck. Then fill the space under these skirts with ourselves. Draw also the heads (of consciousness) under the skirts. And in this state roll easily along the surface of the Earth, among fields, meadows, woods...

This is it – a wonderful lesson in the ecology of multidimensional space!

¹⁷ In the same way, strong negative states of people get “imprinted”. For example, one of my false followers led through the holy places shown by me to him a group of some diabolized degenerates. Wherever they took rest – and especially if they made a fire – a negative *place of power* was formed there with coarsest loathsome energy. When I showed one of such places to my students, one of them vomited.

Fortunately the prints of such contamination gradually – over several years – fade away.

* * *

Ecology is the science that studies relationships of an organism with its environment. There is ecology of plants, ecology of animals, ecology of human being. The task of the latter, in the higher sense, is to establish the Harmony of each person with the entire environment, including other people, air, water, all forms of life around, and God. The art of psychic self-regulation as a powerful means of such harmonization may be considered as one of the practical methods of the ecology of the human being.

Stones of Power

Sometimes even stones possess unique energetical qualities.

For instance, I had a small piece of silicon from one of Krishna's favorite *places of power*, and in it one can see, with clairvoyance, some sort of holographic portrait of Krishna.

I once found a piece of granite that contained a self-replenishing charge of energy similar to the subtle energy of anahata. I used it to charge the anahatas of beginner students — as an exercise for training their sensitivity. It was enough to take it in the hands — and its energy flowed by itself through the arm into the chakra. After that, the stone became empty. But twenty minutes later it could be used again.

* * *

Most often I found such stones in the Moravian mountains in the Czech Republic. Once I was walking there with a group of students from one of the Czech spiritual centers. On this walk, I picked up pieces of granite from the ground. They possessed strong healing properties, and it turned out that some students had diseased organs that could be treated with these stones. Some of the stones weighed 2-3 kilograms, but people, having had felt their power, “clung” to them, put them carefully into the rucksacks, and carried them reverentially.

But then I saw that the students got anxious about something... They spoke with agitation in Czech, with looks and nods in my direction... Soon a “delegation” came to me for “negotiations”. It turned out that the Czechs became worried: whether I was going to take these stones with me when leaving to Russia?...

I exclaimed jokingly:

“No! Czech stones belong to the Czechs! In Russia there are a lot of native stones! How could you think that I am going to take these stones from you?!”

“But you are a ‘big brother’”... (In that epoch, it was ordered to call Russian people “big brothers” in all countries occupied by the Soviet Army...)

Psychosomatics

During the last two decades of the twentieth century in Russia, they spoke a lot about a crisis of the modern “western” medicine. It manifests in the fact that even though the number of physicians has increased, new drugs have been invented, the medicine equipment has been improved, etc., the number of sick people has not decreased but, on the contrary, has increased. There even exists a sad joke in the medical world: “The more doctors, the larger the number of patients”... Among the signs of this crisis is the poor health of the physicians themselves – it is hardly better than the health of other people...

As a justification for this situation, a concept emerged that diseases are something natural for man.

Some of the sick even became proud of their serious illnesses and believed that they deserved more respect because of this; they spent a few months per year on sick leave.

The majority of people adopted a passive attitude towards their own health. “Our task is to be sick; your task is to treat us!”, they said to doctors...

... The main methodological fault of the “western” medicine consists in its directing the efforts of doctors and scientists not to removing the causes of diseases but to “smoothing down” their symptoms.

Every disease has a whole chain of interrelated causes. For example, one gets a runny nose. An obvious cause of this is inflammation of the nasal mucous membranes. One of the possible causes of this inflammation is multiplication of microbes or viruses, whose activity resulted in it. If we decided that the reason was someone’s sneezing near our patient and direct all our efforts only to suppression of the microbes or viruses, we would be wrong and could harm the patient. Yet, such cases happen quite often.

The really important reason for such a situation lies deeper. The point is that microbes, viruses and other similar parasites mainly affect organisms which are potentially sick already, which are weak and vulnerable. Thus, the main cause can be, for example, contamination of the organism with bad energies and salts of uric acid – which is a result of using bodies of killed animals for food... And this causative factor has a deeper cause – an ethical one – which led to such a way of nutrition. Therefore, it is the ethics that we have to consider first...

Another factor is one’s disregard of the methods of *cold tempering* (tempering the body).

... One of the factors harmful for health is staying in rooms where there is a large amount of tobacco’s smoke; usually such rooms are also filled with bad human energies...

Even more harmful are one’s own pernicious habits – smoking, drinking, etc.

These are all violations of the personal ecology...

So, who is to be blamed for this?

... One of the reasons can be the habit of living in coarse emotional states, which are destructive for the organism...

It can also be close communication with energetically coarse people...

... Let us ask ourselves: how often do we enjoy the healing harmony of communion with living nature?

Do we often address God for help and guidance, trying to feel His Will for us?

We should seek the ecological harmony in relationships not only with our environment but also with God!

He teaches us that the Path to Him goes through the development of the SPIRITUAL HEART, through LOVE and CALM!

He Himself is LOVE! He dwells in CALM – in His Abode! Therefore, if we want to become closer to Him – to the Master of our destinies – we have to grow ourselves as LOVE in CALM!

... It happens very often that one falls sick as a result of getting emotionally involved in some difficult situation and entering the state of negative emotional stress!

In many cases, such negative emotions as fear, irritation, and anxiety result in a loss of the energy potential of the organism and lead to a state of vulnerability to adverse outer influences, including energetical ones. This is true not only for infarctions and strokes, but even for tonsillitis, which can appear as a result of the excessive emotional agitation caused by mere haste!

Training in psychical self-regulation allows one not only to eliminate these causes of diseases but also to achieve even more – to change one's own future destiny!

Those who are used to living in coarse negative emotional states continue to live in those states after the death of their bodies. And this is what hell is!

Thus, it is enough to develop oneself as a spiritual heart and to learn to live steadfastly in the states of calm and love – and paradise is guaranteed!

... It is known that the probability to become ill with cancer is much higher for people who smoke and drink alcohol, and for those who eat “killed” food. Cancer has become so usual that it is called the “century illness”... But doesn't its main reason consist in the irresponsibility of people who surrender to pernicious habits?

... From my personal experience of work with thousands of people, I can conclude that anyone can be healthy if he or she wants to. But for this, one has to make efforts on the path to spiritual Perfection!

By the way, I tried to recall when I was sick with a common cold for the last time – it was 10 or 20 years ago...

And when were you?

* * *

In medicine there is a direction called psychosomatics. Its main concept, based on established facts, consists in asserting that somatic (i.e. corporal) ailments are of “nervous” (and looking deeper – of ethical) origin.

But in general, psychosomatics was not widely recognized, because it had no general theoretical basis explaining the origin of all diseases, not just some of them.

And the reason for this is clear: psychosomatics was created as an atheistic direction of thought.

However, if one takes into account

– that there is God – the Main Goal of our aspirations, our Main Teacher,

– that there is a religious meaning of our lives, which consists in the necessity to develop ourselves – according to the intent of the Creator,
– that He constantly tries to guide us to the true Path, using sometimes painful means – when we behave wrong, –
then everything becomes clear. This constitutes the missing main part of the theoretical basis of psychosomatics!

Based on the knowledge presented in this and our other books, we can trace the cause of concrete ailments to ethical imperfections.

Such an approach allows one to regard any illness as a sign of an ethical error or fault of the ill person. When this deeper reason is understood, one just needs to plan out the way of its elimination and thus to somatic recovery.

* * *

Vulnerability of the body's organs to outer harmful factors increases significantly if they lack energy, which is provided by chakras corresponding segmentally to the organs.

For example, there is a clear dependence between anahata's defects or a lack of its development – and cardiovascular or pulmonary diseases,

energetical disharmonies in the manipura – and diseases of the digestive apparatus,

the same problems of the svadhithana – and chronic diseases of the urogenital organs,

the same problems of the muladhara – and neurotic manifestations,

of the vishuddha – and diseases of the neck,

of the head chakras – and disorders in the head organs.

Dedicated work with the chakras supplemented by conversations on ethics and by other psycho-energetical methods can be an effective means of helping people who are sick with various serious diseases.

From the information about the correspondence between the level of the chakras' development and the features of the character [22], it becomes clear that there is interdependence between our ethical flaws and predisposition towards certain diseases.

The state of the chakras and main meridians of the organism is the cause-and-effect link that relates one's ethics with one's health.

* * *

The system *an organ and its function* can be developed through its natural functioning (or weakened, made atrophy through inactivity).

Another approach is special "artificial" methods of training such a system. For example, they can be exercises for cleansing and development of the chakras and meridians, which are a part of the system of psychical self-regulation developed by us.

Both these approaches can yield a positive result, but the latter yields it much quicker.

* * *

The idea of man's achieving ecological harmony implies, first of all, benevolence and making no harm (as much as possible) to other people and all living beings; this should go together with an active constructive position in life.

The path of transforming oneself is hard and long (yet, it is infinitely joyful)!

On this path, the *knowledge* about spiritual Perfection has to transfer, as G.I.Gurdjieff said [62], into the *beingness* of each one of us. That is, we have to really transform, under the influence of knowledge and practical efforts on changing ourselves, and not just to memorize some fine words, quotes, and sayings.

The deepness of encompassing the ethical principles differs among people. A former criminal may decide not to kill anymore and see this as the acme of perfection whereas another person harms others neither by deed, nor by word, nor by thought. Such a person would not drop a used ticket on the pavement or leave garbage in the forest – in order not harm others with even this little violation of the purity and esthetical harmony of the environment.

* * *

The Perfection comprises three main components: Love, Wisdom, Power. And we have to develop in ourselves all three of them to full realization.

The way of spiritual self-perfection, which is free from serious errors, begins with the development of Love. It is Love that forms the basis, the foundation of the true Wisdom and Power.

Wisdom is based on Love. It is composed of broad knowledge about the world, God, and man, of the ability to create intellectually. It is manifested, among other things, in the ability to lead other people to Perfection, in understanding the vast diversity of different people's paths.

The true Power has to be based on Love and Wisdom. It consists not just in the power of the muscles. And, of course, it is not about the aggressive desire to become superior to the adversaries: this is the false path of developing egoism in oneself. The true Power implies, first and foremost, the perfection of the egoless Will of the Consciousness based on Love and Wisdom. The concept of Power also includes an energy component called *personal power*. A power lacking Love and Wisdom has no value.

... In this connection, let us once again discuss "withdrawals" from the society with the purpose of living in seclusion in the mountains, woods, or deserts as advertised by some religious preachers. It is one thing if one spends a vacation in solitary reflections, but it is quite another if one unconditionally withdraws from the society as from the "enemy" of spiritual self-perfection. It is an illusion to try to develop love for everything without having learned to love some concrete people! And what kind of wisdom can be found in self-isolation if the wisdom's foundation is laid through acquainting oneself with the knowledge contained in books, through a living communion with spiritually advanced people, through developing in oneself the ability to help people by serving them. And is it true power that develops when one avoids earthly difficulties? (With

kind, soft humor V.Sventsitskiy narrates about such monks-hermits fearing women and robbers – [43]).

... Many believe that power is about one's being armed or hard-fisted, being able to abuse, to play mean tricks on others, to express outbursts of anger. Yet the true spiritual Power is the power in Love and Wisdom, in subtlety and purity.

The Laws of Spiritual Development

Now we are going to discuss the laws of yoga formulated in part by our predecessors and in part – in the process of work of our School.

* * *

The first of them is *the law of LOVE*.

From the very beginning and till the very end of our spiritual advancement we have to learn Love! It is not enough to desire to learn Love! It is not enough to learn the precepts of Love by rote!

There is a love “from the mind” and there is a love “from the heart”.

The former is a necessary preparatory stage on the Path of mastering love: we have to develop a strong desire to become able to love and we should first try to comprehend this intellectually.

But the love “from the heart”, that is, an emotion born in the anahata chakra, is the stable foundation on which the Divine Love can be grown – subtle, wise, powerful, and all-embracing.

The whole spiritual Path consists of mastering love, for it is not possible to learn to love the Creator if we do not have a developed ability of emotional love! And let me repeat once again that love cannot be developed unless we have a developed structure generating this psychical state – the spiritual heart!

Therefore, harmonious development of a student of a spiritual School is ensured only in the case when work with the spiritual heart is given the highest priority.

Love is that which unites man with man, allows one to find harmony with the whole of the environment in the multidimensional space, that which being fully developed allows one to reach the union with God.

Man has no other possibility to realize the supreme religious precepts set forth in the New Testament, in the Bhagavad Gita, and in other Messages of the Creator to people – other than through developed Love!

That School is the true one which professes the principle of Love.

“God is Love”, taught Jesus. What does this mean? It means that if we are to fulfill the principal precept of the New Testament: “Be perfect as your Heavenly Father is perfect!”, we must here, on the Earth, in these bodies transform ourselves into the Divine Love.

In other words, we have to learn to love each other, all beings, the entire Creation – as God loves. Only then can we merge into Him and become Him, a Part of Him.

God constantly tells people about this Mergence [20-22,25]. In the Bhagavad Gita, for example, there are the following words of God: “Direct your

thoughts to Me, submerge yourself as a consciousness into Me – verily then you will live in Me!”. Jesus said the same to His disciples (it is written in *The Book of Thomas the Contender Writing to the Perfect* of the Apostle Thomas): through our religious efforts we must merge with the King (that is with God-the-Father) forever [46]. The same was taught by Babaji and is being taught now by Sathya Sai Baba [20-22,25,34,41,42,60, and others].

So the Teachings of Jesus Christ and the Avatars working in India and in other countries agree in what concerns both the final Goal as They define it and the methodology of spiritual progress. These Teachings of different Avatars complement one another very well. The same truths are expressed in them in slightly different languages and this helps us to comprehend them.

* * *

The second law is *the law of gradual development*.

What are the differences among people? We are used to seeing the differences in the age and sex of our bodies, color of the skin, ethnicity, and so forth. However, all this is not as important as, for example, differences in the psychogenetic age – the age of the soul, which lives many times in different material bodies on the way to its final and full self-realization.

The knowledge about this was lost in mass Christianity, though Jesus Christ did teach this. For instance, Jesus said that John the Baptist is Elias who came but was not recognized. Due to this misunderstanding the modern mass Christianity lacks an integral, strictly scientific concept of man’s evolution as well as a serious methodology of spiritual development.

So there is a distinction between people by the age of the soul. Another distinction – is how people have used the possibility of self-development given to them in their incarnations. For example, some are diligent in studying while others are lazy. There are also those who prefer rowdy behavior – instead of studying...

People differ very much from each other from the point of their desires and abilities. Taking this into account, we can understand why God encourages development of different spiritual trends and schools on the Earth. The more numerous they are the greater number of people can choose for themselves the program of self-development optimal at the given moment of one’s personal evolution. In this they acquire both positive and negative experiences. And gaining the latter is no less important!

Let us remember: only a well-experienced and therefore wise person can quickly advance on the spiritual Path. Yet how can one become like this? – Only by gaining life experience...

So everyone needs one’s own methods at the given moment. And the fact that some people have gathered for having a class in yoga does not mean that all of them will come together to Perfection. No, they may go a part of the Path together, and after that most of them will disperse in search for their own ways. And again they will make both correct and erroneous steps, suffer because of the latter, watch mistakes of other people, learn from their mistakes – which is not as painful as learning from our own mistakes.

No one has a right to coerce someone else to go a certain path, because everyone is free to choose one's own path! God precisely declared it through the Quran: there must be no compulsion in religion! [20].

... There are various schemes reflecting regularities in man's spiritual growth. There are schemes of psychotypes expounded by Gurdjieff [62], or the scheme given by Yukteswar [64], or the stages of psychogenesis described in the Bhagavad Gita [20].

Now let us consider one of such schemes known in Hinduism.

At the beginning a person – both in psychogenesis (development in a series of incarnations) and in ontogenesis (individual development within one incarnation) is a student. At this stage people are unable to create anything on their own. They are learning, learning, for example, by helping others in the capacity of a servant (in the widest and positive sense of this word, not just as a domestic help).

Later, having acquired a lot of knowledge and experience, having developed an intellect, one becomes a grihastha (householder).

A grihastha is a person who after reaching a certain age in the current incarnation has his or her own household and family, is able of supporting materially not only oneself but also others and has raised children. A person who is “standing firmly on the feet” – that one is grihastha!

But grihasthas can be of different scales. That is a grihastha can be “minor” and “major”. A “major” grihastha is the one who, for example, heads a whole spiritual direction. For such a grihastha his or her “family” is all his/her followers, or all people of the Earth.

Many religious trends and Schools lack this idea of the regularity of man's development and make attempts to bring all adepts immediately to the state of sannyasi (monk) which is only detrimental to them.

... In Hinduism there is one more scheme, described in the Bhagavad Gita – the stages of varnas.

The first stage in it is analogous to the stage of a student of the previous scheme. At the beginning, one is not capable of doing anything on one's own. One's social role can be only auxiliary. By rendering help to others, one learns. On this stage, one is called shudra.

The next stage is vaishya. This includes peasants, craftsmen, merchants, that is people who are successful in managing their own business. Such people are grihasthas.

Then they become kshatriyas – leaders. This is a still higher execution of the grihastha's functions, an ascent to the next stage of social activity. It is on this stage that such aspects of Perfection as Wisdom and Power can be developed best, and also the background for expansion of Love is created.

A true grihastha-kshatriya must possess both strong intellect and power, which cannot be developed merely by lifting weights. Only then he or she can advance successfully.

One has to master all these stages in order to become able to cognize Brahman (the Holy Spirit) and become in this way a member of the brahman varna.

There are no stages leading to Perfection other than these. That is why it is necessary to emphasize that the tendency to prematurely abandon social activity is wrong. Only by going through many earthly situations, can we acquire that which is absolutely indispensable on the final stages of approaching God.

... According to the three main aspects of Perfection, there are three directions of spiritual work.

The first is the ethical one, represented by two stages: karma yoga – the teachings about ethically correct action, and bhakti yoga – the teachings about love-devotion to God.

The second is the intellectual direction: jnani yoga.

The third is the psychoenergetical direction represented by hatha yoga (preparatory stage), raja yoga (work with the organism's energies) and buddhi yoga – the stage where the consciousness is developed on the scale much larger than the size of the material body. Buddhi yoga is the highest stage on the spiritual Path. It is at this stage that one realizes in full the cognition of God and Mergence with the Creator.

* * *

The third law is *the law of three octaves* formulated by George Gurdjieff [62]. It states that only that one can advance quickly and surely on the spiritual Path who works in three directions simultaneously. The first direction is concrete work on changing oneself. The second direction is spiritual help given to some particular people. The third direction implies taking an active part in the life of a spiritual association of people – a spiritual School, a community, a group – and experiencing oneself as a member of it.

If one of these “octaves” is omitted, that is if we do not work in one of these directions, then unavoidably our development comes to a standstill.

* * *

The fourth law is the *law of sinusoid*.

Each spiritual ascent is inevitably followed by the tendency of descent. This is manifested especially clearly in the psycho-energetical aspect of the development. After we have had an achievement, we begin to lose the attained level. But if we desire, we can make efforts and super-efforts on coming back to the height achieved! In this way we can secure ourselves on the levels we have reached. And thus God tests our yearning for Him by taking away our achievements for a time. By these means He also prevents us from moving at a speed which is too high for us. In other words, thus He checks how much we need our last achievements at present.

And let us remember that it is God Who fulfills this law for us. It is He Who puts us to trial by taking away that which He Himself has given us. He does this to make us stronger in our achievements, to make us firmer, so that we do not “break” under the burden, which is beyond our capacities yet.

So, they who are capable and willing to advance quickly and ceaselessly can successfully go through descending parts of the path if they know about this law.

* * *

The fifth law is the *law of moving into the depth of the multidimensional space* on the Path to God.

We already know that God is not in the sky and there is no sense in flying into space or in climbing mountains in search for Him. There is no localized God there. He is present there, of course, but not to a greater extent than anywhere else. The Divine Consciousness is present everywhere, both outside of our bodies and inside them. But one can perceive It only through mastering the ability to submerge into the depth of the multidimensional space.

This path starts with the refinement of the emotional sphere, with refusing coarse emotional states, with mastering the ability of living in positive emotions only, with purging the organism of coarse energies. The latter is impossible without switching to the *killing-free* diet. The *killing-free* diet is also in accordance with the Bible's commandment "You shall not kill!".

Contributing to the task of refinement is attunement with subtle states of nature, with corresponding works of art, communication with children, with spiritually advanced people.

Helpful for this task is meditative work, techniques of raja yoga and later of buddhi yoga, including work on *places of power*.

Only through this can we enter the Abode of God-the-Father, settle there and dissolve in Him. In this way we come to the state which Jesus described by the words "I and the Father are one" [20,22].

Let me stress that only a strictly monotheistic worldview comprising the knowledge about the multidimensionality of space, the worldview where the Creator is understood as the Primordial Consciousness existing in the subtlest plane of the universe – only such a worldview allows one to quickly traverse this Path.

* * *

The sixth law is the *law of intellectual readiness*.

The higher truths that we are discussing now cannot be understood by people who are on the initial stages of their evolution in human bodies as well as by those who are moving with the "downward" stream. One has to have a preliminary intellectual readiness for encompassing each new portion of the high spiritual skills.

In this process it is very important to know that the one who is desirous to receive new initiation into sacred knowledge has to harmoniously develop in all three directions: intellectual, ethical, and psycho-energetical. If this harmony is violated and one's development goes on just along the latter line, then it can be only detrimental. For example, a weak intellect can break under a load induced by penetration into the depths of the multidimensional universe.

Let me also note that adequate ethical development is not possible if the corresponding intellectual basis is absent. Otherwise, one gains only a superficial understanding of the ethical principles.

An example of this can be the use of the commandment "You shall not kill!". Whom and when is it forbidden to kill?

Only I must not be killed?

Or I must not kill as well?

But what if I am attacked?

And what if a war is waged?

And if my friends are attacked?

And what about animals – should I not kill them also?

Is it permitted to kill mosquitoes?

And what about killing plants for food and other needs?

Similar “difficult” questions can be asked concerning any of the 10 commandments received by Moses. And all these questions God asks us in theoretical and practical tasks in the School called “Earth” as we gain maturity.

Another example is observance of the commandment “Do not steal!”.

One can refrain from stealing money and property of other people.

But what about stopping to steal the freedom of other people when we impose our will on them – how many of us reach this level of ethics?

And what if we consider the same approach to our relationships with animals?

And what about stealing bioenergy from other people when we desire something from them?

And how can we reconcile the commandment “Do not commit adultery!” with the commandment of the New Testament “Give to everyone who asks of you!”?

Also, it is quite difficult to abstain from the sin of judging others! But first of all, it is necessary to understand the distinction between judging and critical evaluation of other people’s actions.

And what about “righteous wrath” or the “right” of “denunciation”, which some people “legitimized” contrary to the prohibition to judge? Do we realize that “righteous wrath” and “denunciation” pave the road to hell just as the anger of condemnation does? The ones who go to hell are not those who formally “sinned” once or several times, but those who have accustomed themselves, while living in the body, to coarse emotional states, who have not learned the emotional cordial love, and have not refined themselves through tenderness – fearing, maybe, to “commit a sin”!

And they who try in some Catholic countries to deprive others of the right for abortion – are they not even greater sinners than those having abortion?

All these are complicated questions of ethics; to solve them one has to have a developed intellect. And it is so easy to frighten people of weak intellect by their “deadly sin”, cast them into the abyss of chronic fear and thus doom them to hell!...

... And so many difficult questions arise in those who are getting acquainted with life in other spatial dimensions! It is so easy to become confused and get lost there!

There is no sense in trying to teach junior schoolchildren the things that are studied in universities! The same is true with spiritual work. For receiving confidential knowledge, a student must be mature enough.

First the student has to master the skills of a grihastha. Only a kshatriya can become a brahman!

* * *

The seventh law is the *law of power in subtlety*.

It is important to know that we have to develop not coarse power, but refined one.

Therefore, one should be taught refinement first and only then – power.

Harmonious development of one's power begins with making the body healthy, lithe, pure, physically strong. This can be achieved through hatha yoga and other systems of body training.

The second stage is the development of bioenergetical structures of the organism: chakras and hara. This is a stage of raja yoga.

The third stage is buddhi yoga, where a student, who is prepared in every aspect, *crystallizes* the consciousness and practically cognizes the highest spatial dimensions.

Let me emphasize that it makes sense to develop the aspect of Power only if considerable potentials of Love and Wisdom are accumulated. Otherwise, possessing power may be extremely harmful.

* * *

The eighth law is the *law of aspiration to God*. Let me cite the following words from the Bhagavad Gita: "Fix your mind on Me, submerge yourself as a consciousness into Me – verily then you will live in Me!"

In Hinduism there is a very valuable likening of our senses (functions of the organs of sense) to tentacles (indriyas). When looking at something, we stretch "tentacles" from our eyes and touch the object with them. When listening we do the same from our ears... Even when we think about an object, we direct the indriyas of the mind to it.

On the religious Path, the task is to direct the indriyas of the mind and later on the indriyas of the consciousness towards God in order to finally merge with Him. The latter is realized through the methods of buddhi yoga: it is they that allow one to radically solve this problem.

* * *

The ninth law is the *law of destroying the "I"*. The ultimate goal of man – Mergence with the Creator – can be achieved only through taming of the lower "I".

This is realized with the help of special techniques of buddhi yoga. A preparatory stage for it is mastering the state of Nirodhi – one of the steps of Nirvana, when the consciousness is transferred into the state of "non-I" or *total reciprocity*.

But it makes sense to strive for realization of this task from the very beginning of the Path by fostering humility, lowliness in oneself.

Let us note how much attention Jesus Christ paid to this direction of spiritual work with His disciples. It is described in the New Testament and presented in an integral form in our book *Ecopsychology* [22].

* * *

The tenth law is the *law of breaking ties with everything worldly*.

Realization of this principle results in attainment of the state of Mukti (Moksha). It is reached through mastering the techniques of control over the indriyas and destruction of the lower self in the state of Nirodhi.

The state of Mukti can be achieved only through the methods of buddhi yoga preceded by the stages of raja yoga.

... Let me emphasize that it makes no sense to try to realize this without having mastered the preceding stages of personal growth in worldly affairs and on the path of the spiritual ascent. Merging with the Creator must be necessarily preceded by fulfillment of the tenth law.

On all stages of the spiritual ascent man may remain involved into the social life, what was demonstrated by Krishna, Gautama Buddha and after Them – by Jesus, Babaji, Rajneesh, Sathya Sai Baba, and Others.

The social role of such Adepts becomes more and more perfect as They advance on the higher stages of the Path, because They act not out of personal interest or attachment to the activity itself – but for the good of all, using ever-growing Wisdom.

Raja Yoga and Buddhi Yoga: Their Place in the Evolution

The word *Yoga* (starting with a capital letter) means Unity, Mergence with God in the aspect of the Creator, Ishvara. If this word starts with a small letter, it means Path to this ultimate Goal of the evolution of individual souls (consciousnesses). These meanings fully correspond to the meaning of the Latin word *religion*.

But what is God?

We have to understand that by this word people mean different things. G.I.Gurdjieff was quite right when he said that everyone has their own religion. Indeed it is difficult to find two persons who similarly regard their religious paths, even if they belong to the same religious tradition.

Some people use this word to denote a god-spirit from a mythological, fairy pantheon.

Some groups of people knew concrete Divine Teachers – Representatives of the Creator – and worshipped Them.

But later on – in India through Krishna, in Judaea through Jewish prophets, in China through Huang Di, in Arabia through Muhammad – people received a more valuable – from the methodological standpoint – concept of One Primordial Consciousness of the Creator dwelling in Its Abode. Of course, in different languages this Consciousness was called by different words. It is present in the deepest (related to the material world) plane (layer, loka, eon) of the multidimensional universe. This understanding of the word God is the central one, and it formed the basis of monotheism.

There is one more monotheistic meaning of the word *God*: God as the Absolute, that is ALL (the Creator coessential with His Creation and thus composing with it One Organism).¹⁸

One may speak of God in the personal aspect. Such an approach is admissible within monotheism since the Universal Creator can incarnate Parts of Himself into human bodies. But here one has to be careful – to avoid becoming a worshipper of the material body of a Divine Teacher – instead of aspiring to

¹⁸ See more details in [20-22,25].

cognition of Him as a Divine Consciousness and to Mergence with Him in the Abode of the Creator.

The concept of God also includes His Manifestations as the Holy Spirit (Brahman). This concerns, first of all, non-incarnate Divine Teachers coming out from the Abode of the Creator into the Creation.

In order to be able to understand other people speaking of God and to make it possible for them to understand us, we have to keep in mind these differences.

... Now let us come to the topic of Evolution.

The most complete knowledge about this can be found in the Bhagavad Gita [20]. This book comprises spiritual talks of Arjuna with Divine Krishna. It is the Bhagavad Gita that gives the most comprehensive knowledge about what is God, what is man, what is the meaning of human life and what main laws determine the way of man's evolution.

One may view the evolution of humankind, the evolution of some particular person, and the evolution of God. All these are very closely related, as you will see from further information.

God's evolution proceeds in cycles; in modern astronomy they are called cosmic pulsations. In Sanskrit these cycles are called Manvantaras. Each Manvantara consists of a Kalpa, which is the time period when there is a manifested world on the material plane, and of a Pralaya, which is the time period when the manifested world disappears. In the Bhagavad Gita these stages are likened to a "Day" and a "Night" of Brahman (the Holy Spirit).

Each Manvantara begins with the "creation of the world" (in the Bible's language) and ends with the "end of the world" – when the conditions of in the given part of the Creation are exhausted.

At the beginning of each Manvantara, God in the aspect of the Absolute is manifested in His three main components:

a) Supreme Purusha – that is the Creator, who remains the Witness and Master of the purusha's evolution in prakriti; He is also the Goal of the personal evolution of each unit of life.

b) Higher Purusha – Units of Divine Consciousnesses coming out from the Supreme Purusha; They are Divine Teachers representing the Creator. In the aggregate sense, They are called Brahman or Holy Spirit.

c) protoprakriti – that is protomatter (energy which forms matter);

d) protopurusha – that is the energy which is used for the creation of souls who will develop in the conditions created for this purpose in prakriti.

As a result of each Manvantara, the Creator adds to Himself those units of purusha evolving in material bodies which have managed to go through the whole cycle of their personal evolution and have attained Divine Perfection.

Everything in the Creation is meant for that purpose. This is the meaning of everything taking place in the universe. The Evolution of God Himself goes by this and consists in this.

By the way, some mystics raise the question of disappearance of time in meditations, hence, they infer, objective time does not exist. No, it does exist, but it can be different. The earthly time is measured by periods of Earth's rotation around its axis (24 hours) and around the Sun (year). These units of objective earthly time were divided by people into conventional units: months, hours, minutes, seconds. But on the scale of galaxies, the time is measured by Manvantaras.

Now let us consider the evolution of purusha.

It starts with formation of the first rudiments of the initially diffusive energy on the crystalline lattice of the planet's minerals.

Then the formed lump of energy is incarnated into bodies of protozoan organisms, later into more complex vegetal, then animal bodies, and develops in them from incarnation to incarnation.

Then the evolution of such souls proceeds in human bodies.

That means that each one of us, humans, has a vast prehistory of incarnations into various bodies.

Some of us went through a number of human incarnations, while others became humans for the first time. And one should not expect that the latter can embrace the religious field of thinking. Such people lead a different life now – not because they are bad, but because they are young, regardless of the age of their present material bodies. At some time in the future they will also become highly educated thinkers. And later they will possibly fulfill the supreme predestination of man – will become Souls developed to Perfection and will merge with the Divine Consciousness.

* * *

Jesus said: be perfect as your Heavenly Father is perfect; that is, aspire to Divine Perfection, become like God (Matt 5:48).

How can one approach the realization of this supreme goal?

There is also the following precept in the New Testament: God is Spirit and they who worship Him must worship in spirit and in truth (John 4:24). That is one has to perceive oneself not as a body but as a spirit, i.e. a consciousness, a lump of consciousness. And as a consciousness, one must build relationships with God-Spirit, with the Universal Supreme Consciousness – in order to achieve Mergence with Him as a result.

In the *Book for the Perfect* of the Apostle Thomas the following is said about this final act of human evolution: by making spiritual efforts man has to merge with the Father (in the book – “with the King”) and stay in this Mergence forever [20,46].

The Bhagavad Gita discusses the same subject to a far greater detail: it presents the fundamentals of buddhi yoga – the teachings about development of the consciousness [20].

There are also such words in it: if you devote your whole life without reservations to Me, you will finally come to Me being consumed by the Atman. (9:34)

These are great and magnificent words, one of the best meditations brought to us by the Bhagavad Gita: we reach Mergence with God by letting ourselves be consumed...

This was emphasized not only by Krishna and Jesus: the same idea was also achieved by Chinese alchemists, Tibetan Buddhists, Mexican Indians-Toltecs, and Muslim Sufis [20,25,33,38] – adepts from spiritual traditions which may seem to be quite different at first look... Why did this happen? Because all people are guided on the spiritual Path by the same God!

* * *

So we have a real possibility to submerge forever into the Embrace of our Great Universal Beloved – into the Embrace of God!

But for this, first, our love for Him must be strong enough and, second, we have to become worthy of this Mergence, that is become Perfect.

What do we need to do to realize this purpose?

... Let us come back to considering the evolutionary chain: stones – plants – animals – human beings – God.

It turns out that stones have some kind of peculiar rudiments of memory. And the one who has a certain experience can read the information from the stone's memory.

To do this, one needs to move with the consciousness inside the stone – to the time when the stone was lying on the seashore and gulls were flying over it... One may see episodes of war... It is possible to read strong human emotions from the stone's memory... For instance, on the former Finnish lands of Karelian Isthmus, I found a stone that served as a bench near a house and witnessed the high harmony and love of a young Finnish family and later – its utter distress when at the time of World War II, Stalin's troops approached and this family had to abandon their dear home... Many of my companions could not restrain tears on this place...

Plants possess not only memory, but also emotions (of course, emotions of their – “vegetal” – level). All of us, no doubt, heard or read about the experiments of Baxter, which later were repeated in many other laboratories of different countries [39 and other]. Their essence consists in instrumental registration of the plant's electrophysiological response to one's emotion directed at the plant from a distance of a few meters; for example, an aggressive intent to sear its leaf...

Animals possess not only memory and emotions, but also intelligence; they can think – sometimes even better than many people...

As for humans, they have an additional possibility – the possibility to develop the consciousness.

But one should not think that everyone is a developed consciousness. This is not true! To gain it one has to go through a number of evolutionary stages in human bodies.

What is a consciousness? In the primitive atheistic materialism they spoke of “public consciousness”, or the term *consciousness* was identified with the term *intellect*. But in the fundamental psychology this word denotes a lump of self-aware energy.

In Sanskrit, for example, the mind is termed *manas* and the developed consciousness – *buddhi*.

But to comprehend this in fullness is possible only for those who have developed themselves as consciousnesses with the help of the methods of buddhi yoga. For them the consciousness is an empirical reality rather than a mere word. Even in India there are religious schools where for the followers consciousness has not become a reality yet, and the word *buddhi* they interpret as *supreme mind*. The same error is typical of translations of the Indian philosophical literature into European languages.

So, a consciousness is energy – the energy which is perceived as an individual “I”.

And the mind is just one of the functions of the consciousness. The brain is an apparatus meant for linking the consciousness incarnated in the body – with the outer environment.

While the consciousness is poorly developed, one cannot separate in self-perception the consciousness from the mind and from the material body.

Hence, man's task is to develop, increase the amount of this energy to the cosmic scale, doing it in the highest, subtlest planes of the multidimensional space, – so that later, having destroyed one's own "I" with the help of special techniques of buddhi yoga, to infuse oneself – as a developed consciousness – into the Consciousness of the Creator.

Practical experience of our School demonstrates that an individual normally has the volume of the consciousness approximately the size of a tennis ball. But after a few courses of buddhi yoga, one can reach any point within the bounds of Earth and space around it with the *crystallized* (i.e. developed) consciousness. (Of course, not all who come to the first course are capable of achieving this).

Such an effect is achieved through the methods of increasing the mobility of the consciousness and making it more subtle, and later by "growing" (*crystallizing*) it with the help of special techniques – first within the bioenergetical shell around the body (the *cocoon*), and then – outside of it.

The main provider of energy for the consciousness in the process of *crystallization* is ordinary food. That is the energy released in the process of biochemical conversion of prakriti particles in our bodies is used for forming the lower purusha at first and then – the Higher and the Supreme Purusha. It is for this purpose that incarnations are needed! And this is the reason why the evolution of human consciousnesses cannot proceed in the non-incarnate state!

Once again – purusha "feeds" on prakriti – in order to grow. It is for this purpose that the whole material Creation exists: to place material bodies in it, to give them the mechanism of self-reproduction, and to grow in them the energy of purusha.

* * *

But to grow the lump of the consciousness is not a simple matter: this is not at all a mechanical process. To make it all clear, let us consider in detail the problem of man's evolution in a series of incarnations.

There are many schemes of people's psychotypes that reflect the stages of psychogenesis. The simplest scheme is the description of gunas presented in the Bhagavad Gita.

The first guna is tamas, that is darkness, stupidity, ignorance.

The second guna is rajas, that is the stage when man starts an active process of self-development, transcends dumb primitiveness, grows as a fighter, and then – as a leader, organizer of other people.

The third guna is sattva, that is purity, harmony, bliss, happiness.

But Krishna taught in the Bhagavad Gita that one should not fall into the trap of sattva, because sattva may become an attachment due to the happiness that man experiences on this stage of development. Krishna calls us to disengage ourselves resolutely from sattva and to go further – to the Creator – through further efforts on self-transformation.

But it is not possible to bypass the guna of sattva, since it is the only one that can establish man in subtlety and harmony, in peace.

Even so it is not possible to bypass the rajas guna, since it is in this guna that one develops vigor, gains the power of the consciousness necessary for further advancement. Sattva in man has to be supported with the power and vigor developed in the rajas guna. Sattva has to be powerful!

In the past I made several serious mistakes in estimating the abilities of some of my companions, when I mistook the ones who were weak in energy and intellect but had achieved subtlety thanks to taking our first courses, – for those possessing the true sattva. Then these people fell very painfully down to their initial tamas when the classes were over and work with them in our School ended. It turned out that they were not capable of standing firmly on their feet yet.

Thus I had to conclude the following:

– first – it is necessary to discern true sattva from tamas dressed up with sattva;

– second – serious spiritual work is not meant for the weak;

So instructors of the higher stages of yoga must thoroughly study the psychogenesis of their students: whether they have mastered rajas, whether they have become firm in sattva, and so on.

It is also helpful to determine the students' psychotypes by applying several different scales to them. This allows one to get a fuller picture and avoid making mistakes.

* * *

We have considered already another scale – Indian varnas as they are outlined in the Bhagavad Gita.

According to this scale, in the beginning one belongs to the varna of shudras. These are incarnate young souls. Such people are capable of nothing on their own. They need to learn from more mature (psychogenetically) people, helping them in their work.

Then one becomes a vaishya, having developed the intellect so that one becomes able to start one's own business, becomes a craftsman, or a farmer, or a merchant, etc.

Having developed oneself in the preceding varna, one naturally comes to the varna of kshatriyas, that is one becomes a leader, organizer, a selfless fighter.

Having gained the supreme spiritual knowledge and having walked a practical religious path first as a disciple and then as a religious leader, man attains, with the help of the methods of buddhi yoga, the Nirvana in Brahman and becomes a brahman, a representative of the highest varna. From this stage one can advance further.

* * *

Let us review now one more scale of psychotypes.¹⁹

According to it, in the beginning one is aware of oneself as of a material body only. This takes place both in psychogenetic and in ontogenetic youth. And this is necessary: a child has to learn first living on the Earth, on the material plane, developing through this. Children should not be taken away from the material plane by teaching them, for example, complex meditations. They also should not be initiated to the religious truths too profound for their age.

Let me repeat once again: any individual, first, has to gain strength in interactions with the material plane – to gain intellectual power, knowledge, experience in solving arising problems. Only after this, one can safely engage in serious spiritual practice! Only those who have learned to stand firmly on their feet can be selected for such practice.

So, man on the first stage sees only the material plane and perceives oneself only as a material body.

The second stage is called the *astral plane*. On this stage, people start to understand and feel that there is more to the physical matter. They begin to feel non-identity with the material body, make attempts to gain better understanding of this by means of mystical practice, among others. They are not capable of perceiving the Divine levels of consciousness yet, since they are not subtle and therefore cannot enter these levels. Thus they often get involved in relations with non-incarnate beings of the coarse spatial dimensions and sometimes consider them as their “teachers” and often as “God”.

The cosmic *astral plane* is the abode of less developed, less evolutionary advanced non-incarnate beings, including people.

It is the state on the *subtlety-coarseness* scale habitual during the life in the body that defines where the soul finds itself after death of the body – in hell, in paradise, or in the Creator’s Abode. That is why the salvational tendency to avoid gross emotional states and to make the consciousness more subtle is of so great importance from the evolutionary standpoint.

Hell is the coarsest non-material layer of the multidimensional universe. It is the destiny of those who have developed hellish qualities in themselves during life in the body. This can result from neglect of fighting one’s own vices, active cultivation of them, as well as from attunement with inhabitants of hell.

This is why it is most advisable for everyone to “pass” the astral stage of the development as quickly as possible, since it is very easy to slip off to hell on this stage. For this purpose, one has to pay the most serious attention to ethical work on oneself in accordance with the commandments of God.

The evolutionary stage following the *astral plane* is the *mental plane*. People come to this stage when they begin a serious intellectual search for the Highest Truth and develop the intellect through this. Specifically, one has to understand that on the Path to God, to happiness, ethics should be given the most serious attention. A person who is mentally preparing for further spiritual work is a representative of the *mental plane*.

¹⁹ Let me note that there is no correspondence between the stages of development outlined in this scheme and the planes of the multidimensional universe.

I draw your attention to this because this error is typical of beginner spiritual seekers.

Those who have achieved a high stage of ethic purification, who have cognized the subtle states of the consciousness, and have become steady in them – those are on the next stage – on the *supramental plane*.

The next stage of development is the *subdivine plane*. It is the stage of true spiritual leaders.

After this stage, man ascends to the stage called in Sanskrit *Brahman*, or the *Holy Spirit* in English. Who are they who have attained this stage? – Those who have entered with the consciousness – developed both qualitatively and quantitatively – into the Consciousness of Brahman, and accustomed themselves to living in this state.

Through further efforts on self-development one can reach the last stage – to settle with the consciousness in the Abode of the Creator and merge with Him. Thus man finishes personal evolution, personal ascent, and then learns to live in the Abode of the Creator and to act from it.

* * *

According to another scale of psychotypes, in the beginning of the spiritual Path man is a disciple.

Then man has to become a householder – a *grihastha*. In the narrow sense, a grihastha is one who has a family and has learned to support oneself and other people. In other words, a grihastha is one who has developed oneself to such an extent that he or she is capable of doing this. In a wider sense, a grihastha is an organizer of people working on the social scale, for example, a good manager, a political leader, etc.

The grihastha stage incorporates two stages of the varna scheme of psychotypes: vaishyas and kshatriyas.

The next stage is sannyasa, when one has to abandon the “fuss”, in which he or she has been developing up to now, and has to stay face-to-face with God, being busy only with spiritual service and with further self-development.

There are some religious trends where people believe that it is enough only to pray day after day using a few standard prayers, to lament over one’s own faults, to take part in some religious ceremonies – and that is all. They even bar children from sports, from reading books other than religious ones, from going to the cinema, from watching TV... This perniciously affects the children’s development. Why? Because man is represented not by a single growing feature but by a great number of them. Every sprout is a feature, a quality. And every one of us has to come to Perfection not through one feature, but through the entire field. Each good quality has to be grown to maturity, and all the weeds have to be rooted out.

Only complex development allows one to quickly advance on the Path. This is why one has to know sexual love, maternity or paternity, to change as many jobs as possible – in order to learn more, to travel on the Earth – to observe the life of other nations; one’s body has to be strong and developed, for it is only in a harmoniously developed body that man can go successfully through the stages of the Spiritual Path.

This is why sport is essential for a person, especially when the body is young.

One also needs to go through dynamic, rhythmic dances at a young age, because they help to develop the ability to be vigorous.

People lacking this ability cannot succeed on the spiritual Path, for they have no inner power.

And one's education has to be broad as much as possible, since the development of Wisdom starts with accumulation of specific knowledge.

When people asked me: what should we read? – I answered: everything! Read even the leading articles of the *Pravda*²⁰ newspaper – to learn to distinguish false from truth, to develop in oneself the capability for critical evaluation of information. Through this one develops Wisdom.

Wisdom is a) possession of a large amount of various kinds of specific knowledge, including the supreme one, plus b) the ability to use and integrate it, and the ability to create intellectually. Each one of us has to become a creator! This quality is mastered on the stage of grihastha. It is not possible to become Brahman without having become an intellectual creator on the grihastha stage!

Let us note the fact that the technically and scientifically developed modern society provides its members with the richest possibilities for developing the intellect! There is no doubt, that the progress of science contributes much to the evolutionary process!

* * *

And now let us discuss the psychoenergetical aspect of spiritual development, spiritual work. It consists of three stages:

Among the tasks of the first stage there are the initial efforts of putting the body and its energies in order. This helps to get rid of some diseases. These tasks can be accomplished by the methods of hatha yoga and, for example, with the help of dynamic exercises of the Chinese gymnastics, or some European gymnastic systems, and so on. Yet, without ethical self-correction (it concerns the subject of nutrition as well) one cannot achieve success.

The second stage, that of raja yoga, implies special work on cleansing and developing specific energy systems of the organism – chakras and meridians and also refinement of the consciousness. Among other things, one has to learn:

– to move with the lump of consciousness from one chakra to another. The criterion that the exercise is done correctly is the ability to look from the chakras. The main emphasis in this work has to be put on the chakra anahata.

– to work with the *microcosmic orbit*; this facilitates cleansing and refinement of the energies inside the body and the *cocoon*.

– to make sushumna and the middle meridian clean [22].

If the student has mastered this and is ready to come to the next stages (by the intellectual and ethical criteria; this depends to a big extent on the student's psychogenetic and ontogenetic age), then the student's development can be continued with the help of buddhi yoga. It consists of the following stages:

– Withdrawal of the consciousness from the body into the *cocoon*, distributing it there and then – dividing the *cocoon* into two parts – the upper one

²⁰ *Pravda* was the official organ of the Communist Party of the Soviet Union (note of the translator).

(the region of the head and neck) and the lower one (the region of the trunk and legs).

– Development of the *lower bubble of perception* in the scale of the planet by filling the planet's form with oneself as a subtle spiritual heart.

– Cognition of Nirvana, including its dynamic aspect. Mastering the state of Nirodhi through the meditation of *total reciprocity*. At that, one achieves the stage of “non-I”. All this and the subsequent can be achieved only through transformation of oneself as a spiritual heart, and doing it on the scale of the planet.

– The advanced consciousness established in the state of the subtle spiritual heart – easily merges with various Manifestations of God. Having cognized empirically the entire structure of the Absolute, such a spiritual warrior is accepted by the Creator into His Abode, gradually becomes accustomed to the state of Mergence with the Creator, and then acts from the Abode in the world of evolving purusha. The latter is possible both from the non-incarnate state and from the state of possessing a material body.

* * *

So we have considered the place of raja yoga and buddhi yoga in the Evolution of the Universal Consciousness. We started this analysis from the point when individual forms of life come into being and traced their development to the very end – that is when they lose their individualities in Mergence with the Creator.

This is the Evolution of God. And this is our place in it.

About Meditation

Meditation is the highest method of religious practice in various directions of religion.

It is meditation as a method that allows one to cognize Living God and – at the very end – to come to Mergence with Him.

Meditation is work of the consciousness. The mind occupied with worldly concerns has to be silent in meditation, and there are special techniques that help one to learn to stop the work of the mind for the time needed for meditation. This is called mastering the *mental pause*. [22]

A consciousness (in fundamental psychology) is energy aware of itself. This is a human being itself, in the embodied or unembodied state. A synonym of the word *consciousness* is the word *soul*.

To any reasonable person it must be clear that such expressions as “my (his, her) soul”, say nothing of “to lose soul” or “save our souls” are wrong and caused by misunderstanding. I repeat: soul is a human being itself.

As for the mind, it is a function of the consciousness; thus a person who parted with the body due to its death still possesses the mind and the memory.

But the mind of an incarnate person works in connection with the brain.

A consciousness can be developed from tiny sizes up to the cosmic sizes. The process of such development of the consciousness is called *crystallization*. It is meditation and *crystallization* that Jesus talked about when He said “God

is Spirit, and they who worship Him must worship in spirit and in truth” (John 4:24). That is, one must perceive oneself not as the body but as a spiritual substance – consciousness – and one, as a developed consciousness, has to aspire to the Consciousness of the Creator, Who is Spirit, the Most Perfect Consciousness.

Man can go through the initial stages of the development in raja yoga.

The further advancement is realized on the stage that Krishna called buddhi yoga – the yoga of actively developing consciousness.

In the classic scheme of advancement through the stages of spiritual self-perfection developed by Patanjali [22], meditation (dhyana) is on the seventh place. It is preceded by learning ethical principles, rules of hygiene, bringing the body into a healthy state with the help of special complexes of physical exercises (hatha yoga), cleansing and developing the chakras and bioenergy channels, learning to control the mind, and many other things. In the Patanjali’s scheme, meditation leads to Samadhi, where large work with the help of the methods of buddhi yoga takes place.

Sathya Sai Baba says the following about the highest stage of mastering meditation: “The correct meditation is mergence of all thoughts and senses with God,... when all actions originate from God’s Consciousness and not from the mind of man” [20,60].

There are three aspects of Perfection: Love, Wisdom, and Power.

The three corresponding directions of spiritual work, which help one to master these aspects, are ethical, intellectual, and psycho-energetical directions. The priority should be given to the two first directions. Meditation is the main method of the third direction. It is in this way that all true spiritual schools work.

About Love

To approach God we, first of all, have to possess the developed ability to love “from the heart”.

What can unite one consciousness with another? – Only love!

It is love that unites man with man and man with God! Therefore, it is most essential to develop the ability to love!

In order to come to the Creator one first has to learn to love the elements of His Creation: people, all living beings, and all other components of the manifested world.

First learn to love Me in My “manifested” (in the material Creation) form – God teaches us in the Bhagavad Gita.

Start mastering Love through loving people – all of them, as they are – and only after that will you be able to love God – emphasizes Jesus Christ.

It is impossible to start loving God at once. First, we have to develop in ourselves the *capability* of cordial love.

Moreover, we have to learn to love passionately! We have to be able to fall in love – so that at some time in the future we become capable of falling in love with God!

Being in love with God is the essence of Sufism, the highest bhakti yoga, and the foundation of all sound religions.

Yes, we have to be capable of being passionate! We develop this ability here, on the Earth – in a dramatic and long way. We love each other, love our cars, our academic papers, worldly titles and degrees, etc. Objectively, this is not bad (as a temporary phenomenon, as a stage of development), though quite painful, because the fruit of earthly passions is suffering.

Earthly passions are rajas. But it is impossible to enter the sattva guna without going first through rajas! Only that sattvic state is firm and steadfast which is based on personal power developed in the rajas guna.

Let me draw your attention to the fact that Krishna considered as righteous the following four categories of people: those striving to break away from suffering, those seeking knowledge, those seeking personal achievements, and the wise. That is, people of the first three categories are not wise yet, but unlike people of demonic nature, they are also on the path to Perfection.

So we have to become passionate in our love so that when we mature, we can redirect this passion towards God. “To mature” means to reach that level when work at the stage of buddhi yoga becomes possible for us. And then the techniques of buddhi yoga will allow us to really turn towards God. And our passionate love for Him will enable us to become firm in this state and to advance further.

Various religious books deal with dispassionateness. The Bhagavad Gita also pays particular attention to this idea. But in Sanskrit this word bears a somewhat different meaning as compared to the Russian language, for example. In the Bhagavad Gita, *dispassionateness* implies, first, elimination of negative emotions, such as various kinds of anger, grief, etc.; second, abandonment of lust, i.e. sexual passion²¹ that enslaves man; third, refraining from fervent expressions of positive emotions (for example, exultation); one should maintain an even, positive, and loving emotional state. This is one of the intermediate goals on the path of spiritual transformation of oneself, which is quite difficult for a beginner to achieve.

The question may arise: what is this needed for?

It is needed for directing one’s entire love-passion, all the power of one’s emotions, without wasting them for other things – to the Main Object of one’s love – to the Creator.

There are many esoteric methods for preparing oneself for ascent to the highest stages of religious practice. They are asanas, pranayamas, work with images refining the consciousness (visualization), special kinds of dancing, meditative running, yantras, etc. Ignorant people combine all these under the term *yoga*. But this is incorrect. Even the one who diligently practices the asanas of hatha yoga is not necessarily a yogi, because occultists and even black magicians can practice them too.

So who can be called a true yogi? What are the criteria?

The criteria are two. The first one is religiousness. Yoga is the Path to God, to Mergence with Him. The second criterion is love, an aspiration to cultivate, to develop it in oneself.

²¹ Sexuality becomes vicious if it is of an egoistic character. Concrete manifestations of such egoism can be any form of sexual violence, sexual harassment, causing excessive pain during defloration, causing unwanted pregnancy, or disrespectful, non-tender attitude towards the partner.

Those practicing asanas, pranayamas, and so on for the sake of spiritual self-perfection, with the aim of approaching God, – those people are yogis, though their task for now is rather minor – to improve their physical health. But those who do the same exercises, but do not meet the criteria mentioned above, – they can be called occultists, magicians, sportsmen but not yogis. Yoga cannot be atheistic or without love.

Mystical non-spiritual pseudo-yoga can result in the gravest spiritual degradation. Such pseudo-yogis can be easily recognized. Their characteristic feature is coarse, harsh bioenergy radiated by them and, as a rule, cultivation of ethical vices. These are demonic people in the literal meaning of these words, because they are preparing themselves for hell, for the role of demons.

Let us remember: only if everything that we do in our everyday life and in special esoteric systems of training is inspired by love and aspiration to God – only then this is the true spiritual Path, only then this is yoga.

Development of the spiritual heart located initially in the anahata chakra (in the middle dantian) is of primary importance on the path of mastering love. First, this “organ” of emotional love must be cleansed and developed within the body, then – as *crystallization* of the consciousness proceeds – one should learn to expand oneself as a spiritual heart in the surrounding space both around the body and in other – higher – spatial dimensions. God calls the latter *Correct Meditation of Eternal Peace and Dissolution*. It is only by means of this meditation that one can perceive, having entered the higher spatial dimensions, not empty space (emptiness) but the Divine Consciousness abiding in them, and later – to master Mergence with It.

In this way one can cognize God in *one’s own spiritual heart* – in the heart expanded in the Abode of the Holy Spirit and then in the Abode of the Creator as well.

* * *

We have already mentioned that self-development of a person is conducted along three major lines: ethical, intellectual, and psychoenergetical ones. At that, the ethical one is the most important.

As Juan Matus put it [20], God provides according to our impeccability. In other words, He allows us to approach Him, to experience increasing joy, happiness from contacts with Him, and the bliss of a spiritual life – as we proceed in terms of our ethical self-perfection.

Per Juan Matus, impeccability means ethical perfection, i.e. correctness (objective correctness from God’s point of view) of our actions, words, thoughts, and emotions.

It is also essential to understand that advancement along any of the three mentioned lines of development contributes to mastering the other two.

But it is the understanding and observance of ethical principles that serves as the foundation of all the practice. Ethics is the core of the spiritual self-development. It is around this core that forms and grows everything else that makes up the essence of the spiritual seeker: knowledge, skills, psychoenergetical abilities, and other qualities. The height and durability of this core is what the success of one’s spiritual efforts depends on. It is with this ethical core that

we grow towards God. And God allows us to approach Him according to the degree of our ethical perfection.

The basis of ethics is love: love primarily in the aspects of compassion, ability to forgive, tolerance, tenderness, self-sacrifice, etc. Love has many aspects: we must remember that and make sure we cultivate all aspects of love.

We can develop “cordial” love in two ways:

The first of them can be called exoteric, i.e. natural. For example, through motherhood, raising children, sexual relationships, love for nature, for animals, etc.

In order to succeed, we have to learn to do everything not out of our self-interest but for the sake of others, i.e. not in an egoistic manner but in an altruistic one.

If one’s love is directed in this manner, one has a chance, instead of getting deeper into the mire of sufferings caused by a growing burden of unsatisfied desires, to advance towards increasing happiness, which is a natural consequence of spiritual growth. In this case the exoteric options of development create opportunities for natural growth of the “organ” of emotional love – the spiritual heart.

When there is an organ – there is its function. The system “organ – its function” can develop through regular functioning of the organ, or it can be developed by means of direct training of the organ.

The most illustrative example is our muscles. One can make one’s body strong by performing physical work. In this case one develops organs (one’s muscles) through letting them function – as a result, the entire system becomes more efficient.

But one can do another thing – go to the gym and work out in order to “pump up” the muscles by lifting weights – this may seem to be a rather dumb activity, which brings no evident economic benefit. But one’s muscles become stronger as a result. And after that they can be used in order to perform useful work for other people’s benefit. This is an example that explains the meaning and the essence of esoteric, i.e. in this context – “artificial”, “unnatural” approach to development of the “organ – its function” system.

This is the approach used by esoteric schools in their activity aimed at spiritual development of a person that consists in the usage of “artificial” methods of development of psychical “organs”.

In esoteric spiritual practice, among such organs the primary importance must be given to the main organ of emotional love – to the anahata chakra.

Exercises for development of the spiritual heart and its functions are the fundamental ones on one’s Path to God, on the path of service, on the path to happiness.

* * *

Passing from rajas on to sattva, man enters the world of tenderness, bliss, and peace. But peace is not laziness and idleness. Peace has to do with intensive spiritual doing in the state of inner quietness – *hesychia*.

The word *hesychasm* originated from the Greek word *hesychia* – *inner quietness*. No spiritual work on the advanced stages is possible unless one has mastered *hesychia*! Only when we have stopped boiling inside from various anx-

ieties and emotions, when we have eliminated internal dialogues and monologues, when we have learned to refrain from “shooting out” with the “tentacles” of our senses – indriyas – at objects of the material plane, when we have learned to live without a TV or radio set being permanently turned on, without ceaseless chatting with other people “about anything” – just for the sake of chatting, – it is only then that the real religious practice can become possible for us to perform. In order to actually direct one’s look – the look of the consciousness – towards God, in order to strive for the Mergence with Him, we first have to acquire inner peace.

There are various techniques for attainment of the inner peace. One can start with doing hatha yoga exercises, Chinese dynamic gymnastics Tai Chi Chuan, or practicing similar systems. But the radical solution of this problem can come only through shifting the concentration of the consciousness from the head to anahata, followed by expanding the spiritual heart beyond the body in the subtle and subtlest spatial dimensions.

We know from history that Greco-Slavic mystics (Hesychasts) were doing something like this. I am talking about the technique known as the *Jesus Prayer*.

Let us look: who was Jesus to the early Christians? He was their Savior! In what sense – *Savior*, how should we understand this word? It is not only because the name Jesus is translated as *Savior*. Jews had many Jesuses, but only One of them is known as the Savior. Jesus Christ was the Savior, because He gave His saving Teachings to people! He gave them Teachings that people could follow and thus be saved from suffering both now and after the death of the body, could get closer to Perfection, to the happiness of cognizing God-the-Father, to Mergence with Him! Jesus brought Teachings which were principally new for that region of the Earth – the Teachings about the saving power of love, the Teachings that declared that it is love that saves us from suffering and degradation in spiritual darkness!

But various myths sprang up immediately that Jesus “descended” not only to earthly hell (i.e. to crowds of sinners here, on the Earth) but also to the hell of the netherworld, and that He took all its inhabitants out of it, that He delivered all Christians from all their sins in advance – with His Death on the Cross, etc.

Everyone interprets the same event in their own way, according to the level of their intellectual and ethical development. If one is intellectually mature, then one is capable of understanding the Teachings adequately and applying them in one’s own life in order to become better. But some other people make an idol out of any spiritual leader right away and start praying to him, asking and demanding material welfare for themselves..., instead of practicing his teachings!

But, be that as it may, historical facts say the following. When persecutions of Christians began in the Roman Empire and authorities began to massively crucify Christians along the roads – Christians started to give themselves up to be crucified so as to become similar to their Teacher at least in this!..

The name of Jesus Christ is sacred – as it has been and will be! For all developed people it is a synonym of Love. Jesus not only preached love and did deeds of love, be it caressing a child or working wonders. He also deliberately went towards His Death on the Cross for three years, knowing that this kind of

destiny awaited Him if He continued to fulfill His Mission on the Earth! He sacrificed Himself for those whom He loved – for people, for us!

The image and the name of Jesus invoked sincere gratitude, compassion, and admiration in His true followers! His image and name were associated with the concept of Love itself!

So, a technique emerged that consisted in pronouncing the name of Jesus in the anahata chakra, using it as a mantra.

In Orthodoxy there is an acathistus called *To Jesus, the Sweetest. The Sweetest* – in the old Slavic meaning – is “the most beloved one”. Let us address Jesus:

“Jesus – the Sweetest! Jesus – the most Beloved! Come to me! I love You! Help me, oh Lord, to know You, to know your Love! Help me, oh Lord, to become better! Help me to learn Your Love!”

Hesychasts would repeat this appeal to Jesus, first in their mind – for a very long time, dedicating their entire time to this. If this method was practiced with the due emotional mood, with time (sometimes, after years) this prayer, as Hesychasts said, “descended into the heart”: when the emotion of love for Jesus was reaching its peak, the concentration of the consciousness of the seeker shifted to anahata.

From this moment on, the whole world was different for such a person! It was as if the person started to see everything through “rose-colored glasses”: it was not a hostile and frightening world any longer, which one had to fight and fear, but a world full of harmony and love!

Such a person gradually became a true torch of Love, producing the corresponding emotional-bioenergetical field around himself or herself. The attitude of other beings towards him or her dramatically changed: they responded to love with love!

These are facts, which we have observed numerous times: relationships in families, at the workplace, in a communal flat – change; children are attracted to such people, adults seek their company just because it feels good to be around them... Such a person becomes a source of an auspicious bioenergetical field – and the attitude towards him or her changes whether people understand anything in bioenergetical matters or in religion or not. Almost all people (except a certain category of them) respond to love with love!

The university students who attended the groups that I was conducting asked me how they could use this knowledge at exams. I recommended that they look at the examiner from the anahata during the examination. Later, after the exam, they recalled, laughing, how the examiner had answered all the questions instead of them and gave them the highest grade. Why did this happen? One has to understand the examiner as well! It is not easy for this person to conduct the examination when every new student who comes adds the next portion of his or her anxiety, exhaustion, and other negative emotions to the state of the examiner! The examiner grows exhausted in this stressful atmosphere – but then, suddenly, a person comes whose presence feels good to the examiner! How can he or she offend such a person by giving him or her anything less than the highest grade?..

... In the early 80’s, when we were just starting our activity, when it was forbidden to talk about God – we taught people how to work with anahata, and the effect was remarkable: people transformed, they started to search for religious books, whole groups of students accepted Christian baptisms...

Even anahatas of stubborn atheists would “open up”, but in their case, the effect could not be lasting, of course. For example, I knew a psychologist who considered himself a “fighter” against other people’s vices. He would “crush” their vices in a fierce and violent manner; when he was leaving the place, people hoped they would never see him again! But he believed that it was the task of a true psychologist...

I tried to teach him to work with anahata. He achieved the effect – and was staggered by the fact that he suddenly experienced love for people, whom he had hated and despised before. He was surprised so much that he even woke me up in the middle of the night, came over to my place, told me how it had happened! It astounded him!

But what happened next? He played with this wonderful method for some time as a psychological game – and then reverted to his previous state: his outlook and aspirations remained the same, he even became a member of the Communist Party – right before it collapsed...

The following intellectual resolution must form first: “I want to become better; I know that in order to do it I have to learn to love!”. Only in this case will the methods of esoteric psychology be helpful! Only then these exercises will become a step on the big stairway of spiritual ascent.

Schizophrenics and Others

Spiritual work with people turned out to be a remarkable psychiatric practicum for me. Fortunately, I had studied psychiatry before!

For example, schizophrenic women, at least two times, included me into their astral sexual adventures. At first, they enjoyed it, but later suddenly decided that I “drew their energy”; then their love turned into hatred. Of course, I was not aware of it, until learning from rumors about their afflictions.

In similar ways some male instructors got into trouble.

What is the cause and mechanism of this phenomenon typical in psychiatry?

The cause and mechanism lie beyond the framework of the materialistic psychiatry. The cause here is ethical, and the mechanism is mystical. The cause is lust, which got manifested in this case in the form of sexual fantasies with the use of a particular image. In such a case this image gets used by spirits, and it becomes really animated for the sick person. Those women “played” not with me, but with demons.

And schizophrenic men came around me with dowsing rods, which were controlled by demons, claiming that I “paved the road to hell” by doing that which is not prescribed by the Russian Orthodoxy.

Schizophrenic “mages” started “astral fights” with me and with some other instructors. As a response, we submerged into Pranava opposing them with love.

The schizophrenic husband of one of my female students attacked the instructress accusing her of draining energy from all members of the group. The reason for this accusation was the fact that his wife after taking the class came home tired and always slept off for a few hours... But it is hard work to give classes! Such meditative and bioenergetical work is very tiring! And it is the in-

structor who gets tired more than others. The tiredness of the instructor, when he or she gives to the group the exercises on cleansing the chakras, for example, is much higher than in other cases! Usually, beginner instructors fall sick as a result of such an overload! Their work is heroism, self-sacrifice for the sake of the students' good!

Once, a young woman-instructress got an inflammation of the genitalia and urinary bladder. She asked me: "Why?! I have had no contact..." I saw with clairvoyance a dark energy "hose" running to that part of her body. I cut it with an image of a sword, and the pain disappeared immediately. We traced this "hose" – one of the students in her classes turned out to be a sexual maniac! It was enough to burn the head-sucker of this "hose-tentacle" and the sickness went away completely.

I remember also the following case. A "veteran" schizophrenic person (registered in the mental hospital) came to know my students. His face was like a mask already – like those of the heroes of old horror movies.

In the past he was engaged in *exorcism* performed for the possessed in an Orthodox church and developed a belief that he was a "Messiah". Some "voice" convinced him that his task was to ensure the advent of the Lord Maitreya – a new Buddha.

This required, firstly, an accumulation of the necessary amount of energy. What kind of energy? The energy released by irritated people! To make them release the energy, he "irritated" them: brawled, broke windows, did not let people sleep by calling them by phone... If they beat him, he was glad: he took suffering for the sake of "saving humankind".

The second part of his "mission" consisted in begetting the Lord. The mother necessarily had to be one of our School's students. He even made attempts of rape. But his face was so terrifying and he was so disgusting that his victims could collect enough strength to oppose him.

Strikingly enough, he managed to make up a group of disciples-"apostles", which included two of my former disciples – a student-physicist and a student-medic. Later, the former became an Orthodox priest, and the latter repented of this, telling me: "Why didn't I recognize it?! We studied all this in psychiatry!"

Fortunately, the acts of the "Messiah" did not last long: he was attacked by a similar schizophrenic who committed suicide in the past. The deceased began to "suck energy" from the "Messiah" and drove him to jump out of a window...

... Yes, Gorbachev liberated the people of the Earth from the atheistic "infection". Among other things, he gave people the freedom of talking and listening about the non-material phenomena, about religion. However, in our country there was almost no true spiritual culture, no true spiritual preachers! And when the freedom of speech was proclaimed and people got the possibility to preach the mystico-religious ideas, then this field was immediately occupied to a large extent by the ignorant seeking glory and fame and also by mentally ill people.

... Once in Saint Petersburg an alcoholic appeared who proclaimed himself a prophet. Of course, some people immediately became his followers, and he taught them. The basic idea of his course consisted in living in two opposite regimes alternately: two months – according to the "yes-program", then two months – according to the "no-program". This meant either accepting all offers and actions of other people or rejecting them...

On the “yes-program” he mangled, at least, two young women I knew.

The first of them met a drug addict, abandoned her family, and got completely immersed in drug addiction. (Apparently, she never recalled the “no-program”).

Another woman, immersed in the “yes-program”, got into the following situation. Once, a group of guys seeking sexual entertainment approached her and asked whether she wanted to spend time with them. “Yes”. Let’s go out of the city? “Yes”. Get into the car (“Yes”); they came somewhere. Now, undress!... At that point she got completely confused: it had to be “No!”

She tried to resist. They, of course, got angry: they had spent so much time on her, and now she “poses”. They beat and raped her, and even wanted to kill her...

She described all of this to me two months later: complained about total disorder of the activity of all the organs of the abdomen. I looked with clairvoyance – her abdomen was filled with their devilish black malice...

... I also remember very well the first conference on bioenergetics arranged in Moscow,

Some of the speakers demonstrated photos with defects, which appeared as a result of bad development of the film (bubbles which were not shook off from the film produced light spots), and presented these defects as an “instrumental registration” of invisible aliens who control us...

Another speaker dedicated all of his speech to praising himself impudently. Though, it was unclear – for what?

Someone argued that he was a reincarnation of Jesus Christ. The proof: making mathematical manipulations with the number of his passport and numerical values of the letters in his address results in a cross (?)..

Someone began his absurd speech by proclaiming pathetically that he was the best psychic in the world!...

Another “best psychic”, seeking a seat for himself in the auditorium, simply threw a younger person off the chair that he wanted...

It is interesting to note that in our country two subjects became the most popular among the mystically inclined part of the population: urinotherapy and vampires.

* * *

Urinotherapy is the use of urine with therapeutic and other purposes. In our country, it started with a “boom” around the silly book titled *The Water of Life*, which became paradoxically popular in a certain group of society. And many people began... to drink urine, to wash themselves with urine, etc.

Yes, the urine of people who consume a lot of salt can give the same healing effect (when used externally in the form of lotion, compresses, or rinsing) as a hypertensive solution of common salt – a preparation well known in medicine, which is used for relieving edemas and inflammations, including purulent ones.

Yes, a one-time use of urine or a short course of taking it inside causes a physiological stress in the organism, as a reaction to the poison. This stress activates the protective systems of the organism, which, after being activated,

eliminate some inflammatory processes in the internal organs of the body. There are cases of such recovery.

Yet, for many people excessive and constant use of urine became a kind of means for total rejuvenating of the organism and... for spiritual self-development...

I remember the following instance: in the room of a single woman advanced in years, a member of a "juvenology club" (juvenology is the science about rejuvenation), in the "front corner" on a shelf above an icon-lamp there were two icons: *Mary the Mother of God* and *Vladimir Lenin* in identical frames. In front of them, a jar with urine of that woman was being "sanctified".

I was invited into that club to give a lecture about rejuvenation. I had been telling them for a long time about distressing, about the role of the chakras in regulation of emotions and work efficiency, about efficacy of winter swimming and meditative running, about meditative mergence with the light of the rising sun and attunement to the songs of robins...

After the lecture one woman stood up and said to me; "But you haven't told us about the main thing. We waited for your advice concerning how we should drink urine."

I was perplexed.

I did not know the specifics of this club. And I answered, "But do you need to drink urine? One mustn't do it at all!"

This resulted in a lot of agitation! The women surrounded me: "How can you say things like that?! This professor advised us to drink urine, and that doctor gave us a lecture, and he, too, drinks urine!"

... But doctor Evgeny Schadilov [51] writes about many cases of resuscitation of people who were too keen about this perversion.

I observed stable intellectual degradation of virtually all people known to me, who drank urine for a long time.

Two of such acquaintances of mine were even registered in the mental hospital as ill with schizophrenia.

When I came to know about their hobby, I tried to persuade them to give it up, but it was too late...

He... proclaimed himself a genius and even invented a machine for development of anahatas...

And she... talked about wonderful states of easiness, divine joy and about flights with angels to other planets that she experiences after each good dose, recited the charter of the Communist Union of Youth and the Program of the Communist Party...

She got registered in the mental hospital not due to the latter, but after the following case. In the state of psychic disorientation, she went to the forest, walked there the whole night, lost her clothes, and in the morning came to town naked and plunged under a bus...

There is another illustrative example. We gave a psychological seminar. Several hundred people came, and among them there was one insane woman physician from another town. She heard a voice, which told her to stay after the seminar and promised that Antonov would accept her as a student if she showed enough persistence.

And for about 40 days she fasted and slept on the grass in a garden pleading the grace of Antonov who did not know about it at all...

Her husband came to look for her. For several weeks he walked in the city hoping to meet her, informed the police, and they began searches...

At last she, beaten, with a blue-black face came to a barbershop. They informed me, I informed the police, and they sent her to a mental hospital...

Since that time, I took an oath to never arrange such seminars again...

But this does not end here. One year later her colleague and student, also a doctor, came to me. She could not remember even the simplest information... Even attempts to write it down were of no success: she forgot everything immediately! Yet she told me about a plea from that first woman to display mercy and allow her to come to take our courses... My refusal bewildered her: that woman was the leader of their spiritual "School"; she was a highly respected person and did so much for the entire town' she initiated such a strong spiritual movement...

I asked what their spiritual work was about.

"Why, urinotherapy of course!"

... The main preacher of Russian urinotherapy, who contributed a lot by his many books to the spreading of this disaster in our country, also has been drinking urine for a long time. And for cleansing the kidney, he recommends drinking one's own urine or either... the one from wild boars. Clever doctor Evgeny Schadilov [51], who has never drunk urine, asks about this: how can you make this wild forest animal urinate in your jar?...

* * *

... Now let us talk about vampires and vampirism.

In ancient time, people, in their folk tales, called by vampires those "arising from the dead", werewolves, etc., who allegedly attack ordinary people and suck their blood. Such vampires became heroes of many horror films.

Among "ordinary" people, there are also some who like to drink blood coming out from a wound of their victim. I knew one personally.

But with spreading of knowledge about relationships between people, this term – with a different meaning – became very popular among schizophrenics and those disposed to schizophrenia. By this term they began to denote incarnate or non-incarnate people, animals, and even plants which, allegedly, hunt for other's energy.

It is interesting that very often it was physicians specialized in psychiatry who became the preachers of mystical fear of vampires in those years in Russia. The subject of their passionate appeals to people was the means of defending oneself from vampires by creating around the body protective energetical shells, capsules, etc.

One such physician wrote an article where he claimed, for example, that vampires are especially dangerous at night. It is at night that one has to exert the most efforts for keeping integrity and resistance of these "protective constructions" of oneself...

Such physicians produced so many patients for their colleagues-psychiatrists!

Yet God suggests that we learn love rather than fear, and that we keep Him rather than our enemies in the focus of our attention!

Yet bioenergy vampires are not mythical but real – they really exist. Anyone who wants something strongly from another becomes a vampire!

... There are people whose characteristic feature is the need to serve others, to share with others, to give oneself to others.

And there are people of the opposite kind – people-parasites living in constant wanting of something from others – money, boons, care, attention, “emotional warmth”, sex, etc.

Their emotional wanting is really bothering and sometimes even destructive – for their victims. Why, because bioenergy is driven into motion by our emotions!

People who radiate, give their love to others have the possibility for intensive spiritual self-development.

People-parasites, who drain love and power from others, do not have it.

These traits are not inherent, but are features of the character; and whether they are good or vicious depends on the person possessing these traits.

This is a paradoxical and important fact; it is people-parasites who are disposed to blaming others for vampirism; they always feel bad, because they waste their energetical power in their own negative emotions, but believe that someone “steals” it. And until they transform by their own efforts from parasites – into those who give, from those who want love – into those who give it, they will not achieve relief!

And if someone indeed falls under the influence of a real bioenergy vampire, as it happened to me many times, then the following advice may be useful.

First of all, we have to remember that all difficulties, which fall on us, are created for our own good by our Highest Teacher – God. Why? In order that we become better!

The true victory in all earthly difficulties is not victory over one’s enemies, but victory over one’s lower self!

Thus, if we find ourselves in a difficult situation, it makes sense, first of all, to ask oneself, “Lord, for what purpose did You do this? What kind of answer are You expecting from me?” And then seek the answer with His help.

* * *

Now let me say a few words about schizophrenia in general. One has to distinguish its true form from the diseases with similar symptoms which in the materialistic psychiatry are also called schizophrenia.

The mechanism of the main form of schizophrenia is always possession (i.e. control of thinking and behavior of the sick person by a spirit or spirits who entered the body of that person). Such spirits can be people or animals according to the last incarnation. This is their work: everyone in the non-material world works by the qualities which they developed in themselves during the life on the Earth.

But the activity of all spirits – both good and evil – is controlled by God.

Symptoms similar to the main form of schizophrenia (mental confusion, non-adequate behavior, hallucinations, and so on) can be caused by other factors: such as intoxication of the brain by poisons, for example, those contained in urine (if the kidney’s work is deranged, or the ureter is damaged, or if one

drinks urine; this is called uremia, which may lead to decease), also by tumors of the brain or by the consequences of its traumas.

In all such cases, this is the destiny (karma) of the diseased person defined by his or her mistakes in the current life or in the past lives. In the latter case, one gets not the illness itself, but a predisposition to it.

But the most clear and bright analysis of the cause-and-effect relations is possible in the case of the main form of this disease. God sends it if one insists too much in such vices as:

- a) mystical fear;
- b) anger of judgment or jealousy;
- c) being too obsessed with sexual fantasies;
- d) excessive fear about one's own material well-being and health of the body,
- e) conceit (pride and vanity).

God warned us about this in the Holy books. Therefore, deeply religious people who possess strong intellect are not subject to schizophrenia.

On the contrary, atheists and those of weak faith sometimes get sick with it. And it is especially peculiar to those who fall under the influence of perverted religious organizations or occult schools where the followers are introduced into the mystical world without acquainting themselves with the rules of conduct in it and without understanding the essence of some of its manifestations.

Dangerous schizophrenia-like inadequacy of thinking and behavior, which sometimes leads to real schizophrenia, can arise in the case where a person has an intellectual overload that is too strong for them. It happens, for example, when children are initiated into meditative techniques inadequate for their age or when their attention is focused on demons, aliens, *astral travels*, and so on.

Not even all adults can withstand such trials.

For example, I heard such a story. The mother of a girl who was made famous by journalists for her "travels" to other planets decided to follow the daughter's example. Once standing on a tram stop, she was emotionally "talking to herself". A policeman approached her:

"I'm sorry, are you all right?"

"Stay away from me! Don't interfere! Don't you see? – I am talking to aliens!"

He apologized, went away, and called an ambulance; they took her to the mental hospital.

If such people are not isolated and are not calmed down with the help of drugs, they can become socially dangerous. It may happen when they receive orders from "voices" or when they believe that they are not shown enough respect for their "special cosmic role" or something like this.

For example, the mother of one of my acquaintances, when her daughter asked her not to speak so loudly when "talking" to aliens aloud, got angry, beat her, and threw her on the street in winter without clothes...

Sometimes it can even be worse...

Of the utmost importance on the spiritual Path is the intellect of the seekers. It is the intellect that defines to which step of the spiritual stairway man can safely ascend in this particular moment of the personal evolution.

Spiritual leaders who use esoteric techniques must understand this very well! In particular, it is inadmissible to teach only psycho-energetical techniques, even in the form of the best meditations! Supplementing the energeti-

cal work with lectures will not be enough as well. One always has to test the intellectual abilities of each student. And at the first symptoms of inadequacy of learning, students have to be given other – *strengthening* – techniques or the whole group has to be disbanded.

Many times in different towns, I observed situations when instructors gave their students methods of inadequate complexity. Those instructors did this for the sake of keeping their status as a spiritual leader or for the sake of raising their own authority (Wow! Look at this instructor who knows so much!).

Yet, poor is that instructor who works with people for the sake of himself or herself rather than for people's sake! In such a case he or she surely harms them!

* * *

There are three lines of spiritual development: intellectual, ethical, and psycho-energetical. They result in the development of the three aspects of Divine Perfection in man in a series of incarnations: Wisdom, Love, and Power.

The psycho-energetical aspect in no case should be developed before the other aspects! Let the best followers learn by heart the Holy books, as is customary in many religious confessions. This is much more useful and safer than involving them where there is the risk to go insane!

It is also unwise to grow in the students the psycho-energetical power that they cannot adequately use.

Let me give the following example. Let us see what happens in prospect with those who achieve a large amount of success in psycho-energetical work without paying enough attention to the other two lines of development. I personally knew five such persons, who in their past lives “pumped” huge *crystallized* consciousnesses. Lacking true wisdom and love, they again found themselves on the Earth. In the current incarnation all of them at a certain moment gained “instant enlightenment” experiencing themselves not in the material body but in a giant energetical one. But none of them had cognized the Creator... Moreover, they had no clear idea of where to seek Him...

Some of such people become false gurus, who think only about personal well-being. Such a guru collects around himself or herself a lot of followers and is interested only in personal fame and money...

Other such persons, feeling their large strength and power over people, turn into successful criminals...

Others yet, out of good intents, try to help people to become like them. But they do not remember the path of the previous life, nor do they have methods, nor understand the true needs of other people with *non-crystallized* consciousnesses... And thus, such help turns out to be incompetent and ineffective...

Let us remember that having magical power without intellect and love is a very dangerous situation on the steps of the spiritual stairway!

I want to address once more all the instructors who teach esoteric techniques: you must take into account the psychogenetic age of the students! Man in an adult body can be younger by the age of the soul than another person in a child's body! The criterion here, first of all, is the level of the development of the intellect.

The second important criterion in choosing students is the ethical one. One must not teach power to ethically defective people! I will illustrate later the consequences of such mistakes.

* * *

A moment ago I received a telephone call. A woman asked me:
“In a few hours, a comet is going to hit Jupiter. What meditations would you recommend to do before and after this catastrophe?”

“Nothing.”

“So, you believe that Jupiter does not influence us at all?”

“It doesn’t.”

“But you taught all of us meditation!”

“But what has Jupiter to do with this? There is God!”

“Well, God... He is far...”

... I also recall a TV-interview with a satanist – a killer of two Orthodox monks. He voluntarily decided to serve the devil, listened to his voice and fulfilled his orders. When he was asked why he chose to serve the devil and not God he replied:

“God is far... And the devil is always near...”

For some people the devil is closer than God, for others – Jupiter. And all this is their truth...

But to me the closest one is God!

* * *

Now let us dwell on an important question: how does one not mix the voice of God with one’s own fantasies or with voices of demons, for instance?

People make a lot of mistakes in regards to this matter.

One wicked doctor in Saint Petersburg began to teach methods of listening to the “voices” to a completely unprepared audience. Many indeed began to hear them. And some even started to speak in the voices of demons: to croak inadvertently for example...

One of my former students who came to these classes was warned by the “voices” that it was dangerous for her to stay in the city, that someone was “hunting” her, and that she had to escape to Riga.

She went to Riga.

But where could she stay in a foreign city? The “voices” told her the address and names of the owners of some flat. She went there; the owners’ names indeed were as she was told.

She asked them to guard, to save her, insisted that she had to stay in their flat... to live there.

The owners were bewildered...

Naturally, this story ended up in the mental hospital.

Of course one can laugh at this case and say that probably doctors treated her and now she lives as a common materialist...

Unfortunately this is not the case. It is not so easy to break free from the fetters of the inhabitants of hell with the help of drugs. One can only weaken

for a time the outer manifestations of the illness, and then the sick is sent home.

I met this woman many years later in winter in a market where I came with a rucksack to buy potatoes. Without a smile she approached me, but I did not recognize her. She told me:

“At last I meet you! Give me a kiss on the cheek!”

And she put her cheek out.

I kissed her in order not to offend her: in case she was one of my acquaintances, one of my former students. I had many of them and naturally cannot remember all of them by their faces. But I also started thinking that maybe this is an alcoholic woman seeking a man for the night; her face was so awful and she was so coarse energetically.

“How are you?” she asked me,

“I’m fine.”

“I don’t see that!... Why are you in a hat?! Why do you wear a rucksack?!”

“What?”

“Why do you wear a rucksack?! No one wears rucksacks now!”

At this moment I understood that she was an aggressive insane person.

“You,” I told her, “go! Go!”

And I slightly turned and pushed her to the exit. She submitted, but turned her head and shouted as if threatening:

“I will go! But it will turn out worse for you! So you do: with a rucksack!...”

My body got filled with her low-frequency vibration, which is peculiar to agitated schizophrenics.

Only by entering the meditation of *total reciprocity* did I manage to restore calm inside my body.

It is only now that I recall who that woman was: one of my former students whose harmony gladdened me and others... The link established with the owners of those “voices” had turned her during those years into a coarse, dull, aggressive being similar to them...

And all of it started with the “classes” of that doctor...

... So many people fall into a trap by believing the information received from the “voice” that they are a reincarnation of “Jesus Christ” or “Mary the Mother of God” and so on!

One of my acquaintances once asked for my opinion about the idea of arranging a “conference” for all the “Jesuses” and the “Maries” known to him. He intended to invite all such persons as for an individual appearance for giving a holy sermon to the needed... And see what will come out of it... Ha ha ha!

I objected that it would be cruel. These people believed in it sincerely...

But there are more simple cases. To one of my Orthodox acquaintances – a drunkard and thief – once “God’s angel” came and told him:

“Take a crowbar and destroy the guests of your wife!”

(The guests were decent people sitting at the table in the next room).

He took a crowbar and went “destroying”. As a result his skull was crushed by that very crow-bar. After months spent in the hospital, he suffered headaches for a long time, sought healers... But he did not become a Christian.

Or I was told about the following case. “Jesus Christ” started to come to a young beginner mystic. “Jesus” complained that he feels so bad, so bad... He asked to give him some energy. Then again and again... And then “Jesus” told

this mystic that now it is over and that he is all right. And that as a reward he gives to this mystic the ability to fly! Just jump out of the window and fly!

The mystic jumped out the window and... fortunately it was a lawn below, not the pavement...

... And to one of my acquaintances “Jesus Christ” dictated the “New Gospel”. The work continued for months; a lot of paper was used!

And then with large pomposity the “chosen” were collected who were allowed to become acquainted with excerpts from the “Holy Message”.

It was written in an amazingly beautiful language; just the rhythm of this prose gave bliss.

But its meaning...

One of the chapters, for instance, was about the “karma of stones”. It was said that the life of stones is also subject to the *law of karma* – the law of cause-and-effect in formation of the destiny...

Thus it means that stones form their destinies themselves? But the destiny is formed on the basis of ethically important decisions that one takes...

Probably I was the only one in the entire group who understood that all this was absurdity, a joke!...

Sometime later “Jesus” commanded to burn all this down.

This joke was intended by God as a “test on intellectuality”, which only I managed to pass.

Sometime later through the same medium the “group of chosen” received “top-secret information” that the “Second Advent of Jesus” was starting and therefore...(!) the north part of Europe would submerge into the ocean at the specific date... The “chosen” were given a chance to save themselves.

For this purpose they were divided into groups which had to move to various south cities.

Those who believed sold everything they could and went away... Yet, the “Flood” did not happen. They had to come back...

... There are different mechanisms of receiving information from non-incarnate consciousnesses.

About “technical means” used for this purpose we talked about already; there is no point in repeating it. Let us discuss the possibility of the direct perception.

So, the most common means is to hear a voice or to perceive a thought against the background of *inner mental quietness (hesychia)*.

There are also means of the *laya* kind (*laya* means *dissolution*, see [25]) when against the background of *hesychia*, the mediator “gives up” to the spirit or to God his or her hand with a pen which begins to write, or his or her speech apparatus which begins to speak. The mind of the mediator in the process of receiving the information does not play an active role: the mediator observes with interest what his or her hand writes or what his or her voice says. It is also interesting that in psychic writing the mediator writes not necessarily with his or her own handwriting; in the process of writing a foreign handwriting can change to another – also foreign. By this means whole books were written in the past (for example – Elsa Barker *Letters of a Living Dead Man* [28]).

The same principle is used in the so-called *meditative painting* and *meditative music playing*.

There is a similar phenomenon – *laya dance* – when one surrenders the body to God for dancing.

That psychic who wrote the “New Gospel” and organized the “Flood” used the means of giving up her speech apparatus. The quality of her ability of psychic perception and her honesty was not to be doubted. But what was the problem?

Of course, there are apparent liars disguising themselves as psychics (mediators of communication with spirits) or prophets (mediators of communication with God).

There are people who just want to become such mediators and probably sometimes they succeed in this to some extent... In both such cases one cannot expect trustworthy information.

Sometimes “failures” in contacts happen in the case of beginner mediators when it just seems to them that they hear something...

But normally expert psychics and prophets receive information correctly.

There is another point – by whom was this information given?

And this depends, first of all, on the person who receives it.

If that person is like a devil (as that one with a crowbar, for example), then only devils and demons speak through such a mediator.

But if we go the true path, then as we master subtler and subtler states of the consciousness and learn to enter into subtler and subtler spatial dimensions, the circle of our interlocutors also changes to better.

I should note that God, when necessary, can give information through any psychic. It is another point that for the receivers of this information it will be difficult to discern it.

When the spiritual warrior enters Nirvana with confidence, then he or she prophesizes with the same confidence.

It is important to know that God sometimes likes to joke or to teach His students by giving them wrong information. In the Quran it is said about this: “Allah is the best of schemers” (3:47) [20].

He taught me about this feature of Himself a long time ago, before I had read the Quran. It happened in the following way.

Once He told me to go to the forest for a four-day “seclusion”. It was in the beginning of May; at night the temperature was below zero. The condition of this seclusion was to spend nights in the forest without a tent or a sleeping-bag.

I spent the whole day meditating, stored enough firewood for the night, built a fire, arranged a “wall” of a piece of canvas, and lay on dry branches between the “wall” and the fire.

I slept, but from time to time it was necessary to wake up: sometimes a piece of burning coal came off the log – and my jacket began to smolder, sometimes I had to move or add firewood.

On the next day, I felt myself broken, sleepy. Meditations were not successful.

On the second night it was the same.

The third day after bad sleep was even worse.

And the third night was coming.

The third day I spent in bewilderment: what was the use of such “seclusion” if I lost my meditative ability?! This was just a waste of time!

Yet God demanded to keep to the plan.

By the evening I developed a neurotic state! It seemed to me that I lost the ability to hear His voice!

At the end I took the decision:

“It’s enough! This is absurdity! I am going home! I will sleep enough and tomorrow will be able to meditate again!”

At that very instant I heard a very clear and tender voice:

“It is this decision that I was waiting for from you! It is for the sake of this decision that I arranged this ‘seclusion’! Remember the rule: ‘Rely on God but do not blunder!’”

... Many times I observed situations when young beginner mystics who had not developed the intellect tried to switch it off by relying completely on the Intellect of God. What was the mistake here? It was that their intellects stopped developing. But the Creator does not need such “feats” at all: He does not let in people who have not developed in themselves the aspect of Wisdom; He does not need them in Himself!

And in order to teach them He begins to play jokes on them – first gently, then, if they “don’t get it”, – harder and harder.

Let me give the following example.

A young woman was mastering *laya*. On a lonely field she took off her clothes and “surrendering herself to God” went far along a road among fields, among singing of skylarks and fragrance of flowers, under the tender sun and blue sky. Paradisiacal harmony!

Then she went back.

Suddenly a group of villagers appeared on this road going towards her. She saw them, but submerged more deeply into *laya*. And God led her body forward!

The villagers saw: a naked woman firmly walking right towards them... She is insane! What if she is going to attack us?! We have to run!

They ran over the field to the forest and walked far around the “insane”...

This case convinced her even more that “with God one has nothing to fear!”.

Then once in the city, standing in line in a shop, she began to whirl softly and fell down...

Or once her colleagues came to work and found her sitting under a table...

And no one reproached her; they pretended that nothing strange happened...

They behaved like this out of pity for her, fearing to harm her with an embarrassing word or gesture; they hoped she would recover some day...

But she... interpreted their tactfulness in a wrong way and became more convinced that she was on the right “path”...

Then one day God made her look at this situation “from the outside”: she understood and... suddenly recovered.

* * *

How can one distinguish a true prophet from a false one?

The first criterion is the quality of the energies of the person. Man with the non-refined consciousness cannot be a prophet. (Say nothing of a drunkard who crosses oneself and utters something).

The second criterion is the intellectual level. God would not say wise things through a fool person: the fool cannot correctly use the received information.

For example, people with sectarian thinking cannot be counted wise.

Differences between people who started the Path in different religious systems disappear when they achieve significant spiritual heights. And they understand each other very well.

The lower people are on this stairway, the more significance they attach to unessential differences and the more enmity, condemnation, and hatred are in them.

The third criterion for differentiating true prophets from false ones is the quality of information they pass.

In common language, people often confuse two concepts: *prophet* and *foreteller*. In reality prophets and foretellers are opposites of one another.

In the Bible and in the Islamic Sunna there is reproaching of those who listen to foretellers. Why? ... Because interest in foretelling is a vain and useless interest of non-spiritual people. Truly spiritual people do not look to the future, but work in the present: they perfect their knowledge, bodies, energy; they help others, meditate...

They who fill their sermons with foretelling are not prophets. They can either be ignorant, liars, or schizophrenics.

A prophet preaches about that which was taught by the Highest Teacher through all the Messiahs and prophets of all times and nations. Briefly and clearly these principles were formulated by Avatar Babaji: Truth – Simplicity – Love – Karma yoga (Service) – Abandonment of the lower self for the sake of merging with the Higher Self of God [20].

Prophets also impart to people concrete and personal recommendations on spiritual development and service.

* * *

God warned us then:

“Keep this in mind, all who pass information from Me! None of you should insist on acceptance of what was said through you!

“Everyone has their own free will and their own intellect. Everyone is free to use the received information according to their abilities and aptitudes.

“No one must impose on other people their interpretation of God’s opinion. What one person accepts as a law, another may view as a mockery.”

* * *

The main principle of healing – both for bodies and souls – do not harm!

Everyone can make mistakes due to young age, out of lack of knowledge; Babaji said the following about this: “There is no saint without a past; there is no sinner without a future”.

But if one violates the principle “do not harm!” out of selfish motives, then this is a crime!

* * *

Once I had a misunderstanding with one of the instructors, and this slightly agitated my emotional sphere.

Suddenly I heard the voice of my father who departed from his body a long time ago. He was exasperated by the lack of intensive emotional reactions from my side.

I objected:

“This is a trifle, dad! Cling to God!”

He replied sadly-perplexedly:

“But where is He, your God?”

I completely entered into his spatial dimension and said:

“Look! Let’s do it together!”

And I submerged before his eyes into the depth of the multidimensional Ocean. I repeated it again and again inviting him with me. But every time he... just lost sight of me and looked around in confusion...

Thus I became convinced in practice about that which I read and supposed before: spirits cannot enter spatial dimensions which they did not master in their past lives. They spend time between incarnations in that dimension to which energetical level (on the *subtlety-coarseness* scale) they accustomed themselves to.

And no prayers or other kinds of help can change this situation!

Moreover, God remains an unsolved mystery for those who have not cognized Him during the time of incarnation.

* * *

An Orthodox old woman fell sick and “went to church” to light out a candle for Nicholas the Wonder-worker.

“Why not for Jesus?”

“But Jesus died!...”

“Haven’t you heard that He then ‘rose from the dead’?”

“Really? But how should I light out a candle for Him then – ‘for peace of the soul’ or ‘for well-being in life’?”...

Women

When I began teaching spiritual science, some women began to hate me – those of them who came to me without the purpose of approaching Perfection, the cognition of God. As one of them said to me later, all that they really wanted was to improve their “family status” by using me... But I did not yield. Perhaps, in most cases I even did not notice such desires: I was already “betrothed” to God and did not want to betray Him.

However, once I was officially registered in marriage. That woman had no place to live, and I invited her to my flat. We had to make this acceptable for other people around us including my parents and neighbors in our communal flat. When the situation changed, we got “divorced”.

And I had no children (in the direct sense) – I was immersed into caring for many adult spiritual children of mine and could not imagine weakening my care for them, in case of switching to only one of them.

And even to trust the raising of my child to some woman, who wanted to become a mother, I considered unfair and absolutely inadmissible.

Though, in an indirect way I gave birth to some children, because a few women were indeed healed by me of infertility and successfully became mothers with the help of their husbands.

... The beauty of women... It is so easy, due to lack of experience, to confuse it with spiritual prospectiveness! But God helped me to understand this. Once, when I dreamed about involving young women with beautiful bodies into spiritual work, He told me while pointing at them:

“They are ready for reproduction...”

Thus He gave me a complete answer: exquisite physical beauty is given according to one’s karma for the sake of creating the best conditions in the matters of earthly love. And the spiritual beauty, which is also reflected in the beauty of the body, is received during the process of spiritual work, when the spiritual heart blossoms and especially when the fire of the Light of Atman begins to shine “through the pores” of the matter of the body.

... Among my students, women always constituted the majority. They – on average – are much more sensitive and receptive to subtlety and purity, and therefore they are closer to God. But they have to be led, since they do not know the Path. In order to seek and find the way, the male type of character is needed: energetic, unsatisfied with the achieved, strong...

I remember very well the words said by Indira Gandhi, which are addressed from all women seeking Light – to spiritual leaders-men: “You take me with you – and then I will show you what I can do!” And I always happily took them with me and gifted them all of myself: all that I had and knew, even my *personal power*, the energy of the consciousness, i.e. “myself” in the very direct sense.

And once, when there were only female students around me, I joked:

“What if God sees that only women are around me – what will He think of me!?”

We all laughed, and God laughed too.

... But my students were successful to a different degree. This depends not only on the readiness to give oneself completely to spiritual work, but also by the potential that was accumulated in the series of past incarnations. The latter also predetermines the intellectual abilities and the amount of accumulated energy called *kundalini* [22].

Which one of my disciples achieved the biggest success in those years? Let me describe in a few words their previous incarnations:

– A direct student of the spiritual School of Assyris, who lived in the fourteenth century in Russia.

– A boy who lived in Burma and was successfully educated in an Indian Buddhist School, where God was substituted with a lifeless “void”; God disembodied him at that time when his further education in that School became dangerous for his future destiny.

– A king of one of the countries of South-East Asia with religious traditions in Buddhism and Hinduism; he ruled righteously but yielded to regale himself

with “killed” food. Because of this, in the current incarnation he suffered stomach derangement, according to the law of karma.

– A samurai who perfectly mastered martial arts and taught it to other samurais at the Emperor’s court. He lived that life in harmony, wisdom, love, and calm. In this life in Russia, he again was attracted a lot to oriental martial arts. His former Emperor (now Divine) led him to our School. And now, the Divine Emperor guides His faithful samurai in this life. Several times He gave him directions through me and congratulated him on the success.

– A successfully working Catholic nun. In this incarnation her life turned out to be full of problems caused by primitive people. She asked me, “Why it is so?” I found out and explained to her: you yourself asked God to create conditions for further mortification of your “I”! Now – endure, resign yourself! She understood, accepted it, and submitted.

– A powerful healer in one of the past incarnations. However, he did not manage to cognize God. In the next incarnation – from childhood he was aware about his superiority over people and, as a result, developed the desire to humiliate them. He became a robber-“revolutionist”. Then there was an incarnation in Scandinavia; his profession was a boat constructor; he actively studied religion under the guidance of a wise Lutheran Pastor, Who attained Divinity in that incarnation. That Pastor led this person through the present life, directed her again to the path of healing, then brought her to me, and began to help all of us. Then she got the possibility to “open” the reserve of the Atmic power of kundalini, which was accumulated in the past...

All the listed above, except for the samurai, are incarnated now in female bodies. They are the best of all whom I managed to help. Even on the color photographs, if their bodies are photographed during meditation, one can see nim-buses – the aureoles of Sanctity. Or Light is so intensively radiated through their faces, that one cannot distinguish the face on the photograph: there is only the body against the background of the forest, and instead of the face – only a beam of Light...

... But in the past, among the women who came to the School there were some completely deaf to the word *God*. They were only capable of thinking in terms of sex.

There were also those who, being “raised” by me on the spiritual Path and gained *crystallization* of the consciousness, all of a sudden manifested themselves as “werewolves”. For example, they began to slander me publicly, with the only purpose of raising other people’s opinions on themselves: look, how bad he is, and because we condemn him – we are so much better than he is!

There were those who having no positive experience of previous incarnations could not master the spiritual matters, however hard they tried. They either left the School themselves or switched to more “slow” programs of other instructors, or, to my regret, I had to exclude them softly from the work.

I also met bright diabolic women. One of the members of the gang, who tried to kill me later, sent me letters afterwards. I never read them, immediately throwing them away or burning them. It was impossible to read them: they were so full of strong diabolic energy, that it was enough to take them into the hands – and this energy began to flow into the body, and the body became full of its black dirt; it began to shiver... After one of her mails, which I just held for some time before throwing it into a trash can, I had pain in all muscles of my body for several days...

... Drunken women, women consisting of the sole hatred...

My former neighbor of the communal flat – with a Ph.D. degree – when coming back home from work, every day squealed for a long time in her room when sharing her impressions of the day with other family members. Her squeal was very similar to the squeal of pigs (pigs can grunt and squeal). Then, after squealing, she came to the kitchen with her face red of hatred, angry eyes, blowing sides and nostrils. At night, a dense valerian smell emanated through the door slits of their room into the corridor.

She was an orientalist by profession. Studying the East for many years, she remained an atheist.

Sometimes guests-colleagues visited her. Having gotten drunk, they yelled songs with drunken voices and made puddles on the floor in the toilet... Such were our “orientalists”...

... God showed me the whole spectrum of human abilities: from Divine – to diabolic. They are characteristic both to the female incarnations as to the male ones...

* * *

In the middle of the 1980s I, being guided by Jesus and Babaji, began to introduce spiritual nudism (apparently, I was the first in Russia to do it). It was not just about *naturism* – aspiration for becoming “closer to nature”, but about swimming naked as one of the methods of liberation of the meditating consciousness from the bondage of the material world.

This is achievable only for those people who have perfectly mastered, at least, being able to stay with the consciousness in the anahata chakra. In this case, “sexualization” of the meditators does not occur. (This nuance is not understandable to those who have not mastered the functions of the spiritual heart yet). On the contrary, the sexual attitude towards a naked body of the opposite sex is substituted with *caring tenderness*, which is very important on the way of refinement of the consciousness.

“I am not the body; I am not among material bodies! I am a pure consciousness! My attention is directed towards purifying and perfecting myself as a consciousness, towards the cognition of God!”

It was still the period of tyranny of the Communist Party and nudism was officially forbidden (since 1936), although very few people in the USSR knew about this fact or about nudism at that time.

At that time we began our out-of-city training in meditative running [22]. It was a hot summer; without swimming it was unreasonable to run for many hours. I planned the course of the run between several forest lakes. When coming to the next lake, we undressed and plunged into the water. Then, having cooled our bodies, we dressed and ran further. It was very blissful swimming!

I coerced no one into undressing. Simply, when for the first time we came as a group of about a hundred people to the first place to swim, I declared: let’s swim undressed! Then I undressed and plunged into the water.

Not everyone could follow this; about half the people swam dressed: it was too unusual at that time.

But at the second time almost all the people undressed: they saw that nothing wrong happened to them!

The only person in the group who did not swim naked was the head of a department of the discreet Communist Party committee: he was afraid of being dismissed. But all of us understood this, and no one bothered him. Moreover, he became a very good person under the influence of our work.

... During the classes of meditative running, we were organized very strictly, and no incidents occurred. But it was different in the forest when we stopped and had spare time! My female students who enjoyed the “naked freedom” walked in the forest to eat berries, taking no clothes with themselves! I was nervous, ran after them, scolded, arranged special discussions and explained that this is not only unsafe but also tactless in regard to other people who could meet us... They unwillingly submitted to me, but...

Later, rumors reached me that they began to “try themselves” outside of our classes by swimming naked on the public beaches...

It turned out that to “dress” women is much harder than to “undress” them...

... My numerous followers, who in later years introduced the technique of the meditative running together with “naked” swimming to the various parts of the USSR, did not strictly observe the rules of decency in regard to other people, and sometimes this resulted in incidents.

In the end, I read with pleasure in the paper *Evening Petersburg* of 24 July 1999 that in 1995 Russia was officially accepted into the International Federation of Nudists at UNESCO...

“Big” and “Small” Souls

Our work was successfully developing; no one chased us, no one spied on us: Perestroika began; the Communist Party and the KGB were abolished.

From the Ashram of Babaji in India, a woman came: Babaji sent her to Russia to seek His School. She found it! She brought photos and the shroud in which the body of the Divine Teacher after His departure was wrapped. The shroud shined with Divine Light invisible to the material eyes.

Babaji sent her to study what He taught us. Yet she did not want to accept this and started teaching herself, trying to instill Shaivistic pagan ritualism in Russian lands, where there is plenty of native paganism. It turned out that she understood the Teachings of Babaji only as ritualism; though it was used by Babaji in order to please “adult children” around Him, but at the same time Babaji laughed at it. She could not realize that for her the Path must be to work with the consciousness and not at all feeding statuettes of pagan “gods” with milk...

At that moment, we had been in contact with Babaji for several years. For the first time, He began showing me new meditations for *crystallization* of the consciousness by changing my perception of one of His photographs. In this way, I received new valuable methods.

Later on He continued taking part in guiding our work, but only by showing something without saying anything.

The first word, which I heard from Him, was said in English when I was relating to the guest from India the history of our apprenticeship with Babaji. He said then in English:

“Agreement!”.

I did not know the meaning of this English word; I just repeated it, and others translated it.

Later Babaji began to speak with us in Russian as well.

At approximately the same time, we had our first direct contacts with Sathya Sai Baba – another Great Avatar (Messiah) living in the body in India in our days.

These contacts began with my discovering of the most interesting kinds of *places of power* where there are passages through the body of the Earth to distant places on its surface – sometimes to very distant ones – to the Himalayas, Tibet, Arabian deserts, and so on.

For example, on the bank of Dnieper in Ukraine, I found passages to the ashrams of Babaji and Sathya Sai Baba.

And Sathya Sai Baba, when He was not busy, right from His room in the Indian ashram showed me new methods of meditative work. One of those meditations I managed to master only after several years...

And later They – together or individually – met us on certain *places of power* in the Saint Petersburg region and gave instructions and pieces of advice, for example, about the students.

Another important event for us was the acquaintance with Huang Di – one of the first Avatars of the Earth, the founder of the Chinese spiritual culture.

He only worked with us on His favorite part of the forest near Saint Petersburg. There He showed us meditations, narrated about His Incarnations as an Avatar, and about the technique of dematerialization of the body.

For example, He said that the book Tao Te Ching [20] was dictated by Him to one of His Chinese Disciples, whose name was Lao Tse.

It was also He Who taught the art of dematerialization of the bodies to don Juan and His companions described by Carlos Castaneda. It was He Who played with the Naguals (leaders) of that Indian School by appearing to them either in a male or in a female body of the *tenant* and teaching them ethics, wisdom, and meditation.

... And God taught me the following:

“I am always with you – wherever you go.

“Your every step has been foreseen by Me.

“You yourself have to submerge into Me completely. These steps, that you have to make, are also predetermined by Me. So, don’t worry. And grow your roots into Me!”

“Lord, how can I overcome death and dematerialize my body?”

“It is I Who will do it. Don’t hurry: you only impede the process by this. Become Me!

“There is the tiny Earth in the Ocean of the universe. On it, there is an infinitesimal point – a body called Vladimir. It costs Me nothing to dissolve it and the Earth, too, – as it will happen some day. I easily densify and dissolve any Part of Myself. For you, the most important thing is to become capable of entering the Highest Abode, to love the Creator, to always aspire to Him!”

“Lord, is there something more that I have to know about You?”

“No. You know everything you needed to know.”

“What do I have to do?”

“Find peace and comfort in Me. Become One with Me! Not only the gunas but the Earth itself has to disappear for you now! The peace for you is only in God!”

“Will You advise me how to live on the Earth: it’s uneasy, cold here!”

“Try to dematerialize your body sooner, as I demonstrated it many times when visiting the Earth! In order to approach this goal, you have to learn not to leave the higher meditative states. Never!

“I don’t forbid you to stay among people, being helpful to them. Yet, I forbid you to go on the path which those people walk! Walk the Path of God – then you will attain Me fully, and I will finally merge you with Me.

“Now any of your activity, other than the life for God, is not needed to anyone, including Me. So, don’t think about that which is worldly! Renounce yourself for the sake of life in Me! So does everyone coming to the Kingdom of God!”

“Lord! I want to be closer to You, to merge with You!”

“I understand. But your path will not go as you wish so soon. I play with you! I play with those who are not One with Me yet! And with every round of the spiral, I take new people with you to Me. And I put aside the old ones, so that they may go their paths – also to Me. So be happy that I send to you My best sons and daughters!

“In the center of Brahman, it is warm and cozy! Here I meet guests; from here I offer to them the further Path. Invite here all of those who are ‘large’!

“Souls can be large, small, and intermediate.

“In order to become a large soul, one has to have a positive experience of the previous incarnations.

“In the beginning of this earthly life, you grew among small souls, because you yourself were a small soul. But you had a good growth tendency: you grew as a kshatriya²² – a kshatriya of good!

“Only in this way can one become good enough for becoming closer to God (I bring people closer). It is intermediate souls that are kshatriyas of good.

“There are also unkind, evil souls – they also can be large or small. Evil small souls are demonic ones. Evil large souls are diabolic.

“You have earned peace! The Earth is not yours anymore! You are Mine! Die for the world²³! Live in Me! Find peace in Me! Be conscious, aware of yourself as of a part of Me! Become One with Me! Act from within Me through your body! Then we will take your body here²⁴ too.

“That which I have given you is not for three or four or five people; I have given it to you for the all of humankind on the Earth! I am glad that you have established on the Earth a foundation of the spiritual discipline!”

“Lord! I want to feel You as You feel Yourself!”

“Amen! Tomorrow I will tell you how to do this!”

“Lord! What do I have to do to make this happen sooner!?”

“You love God, love Him stronger!”

²² Warrior.

²³ For that which is worldly.

²⁴ Dematerialize it.

* * *

What is the meaning of life for every one of us? It consists in qualitative and quantitative growth of the consciousness.

In our bodies, the evolution of lumps of consciousness takes place under the guidance of God. As the ultimate result, they will either attain Perfection and infuse into the Consciousness of the Creator, or, due to their worthlessness, will be cast “to the outer darkness where there is weeping and gnashing of teeth” (in the language of the New Testament) and will perish, in the direct meaning of this word.

What do we have to do in order to avoid going to the *outer darkness*?

We have to refine ourselves and grow ourselves – as souls, consciousnesses – to the sizes of the planet and more. And in the end, we have to abandon our separateness from the Creator by learning to merge with Him. In this case after the death of the body, we will infuse into Him and become His Part.

But in order to traverse this Path, one needs not just a healthy body with the properly functioning energy structures, but also a developed intellect capable of comprehending everything described above and of ensuring advancement along this difficult and long Path. This constitutes the main difficulty of the progress on this Path: everything can be developed relatively quickly but the intellect! Yet, without a developed intellect one cannot comprehend and solve even ethical problems.

This is why God always recommends paying great attention to intellectual self-development!

But even with a developed intellect, one cannot approach the Goal by oneself. It is only God who decides who can approach Him and to what degree. People with defective ethics, for example, are prevented by God from further advancement and stay on the current step of the Path for working on their defects.

The first preposition for beginning the conscious advancement on the Path to the Creator is faith, which transforms with time into love for Him. Only passionate love for the Creator is capable of ensuring the intensity of aspiration, which is needed for overcoming the difficulties of struggle against one’s own imperfections!

By the end of the Kalpa, when prakriti, initially condensed to the state of dense matter, dissolves again, only those souls who have managed to attain Mergence with the Creator or with the Holy Spirit remain to live forever. The others perish.

Our development is possible only during incarnations, because growth of the consciousness is ensured mainly by the energy which is formed in our bodies from food.

So let us ask ourselves: do I want to walk this Path now in this body? Or do I want to be born on the Earth again and again – every time with a new childhood, with new ignorance, with unavoidable mistakes and suffering, with possibility of choosing, out of ignorance, the path of degradation?

Or it is better to try to develop in oneself a definitive intent to complete everything here and now?

My Mistakes

At that time in Moscow we called ourselves the *Center Vajrayana*. *Vajrayana* means *Straight Path – Straight Path* to Mahanirvana, to Mergence with the Creator.

The School was growing in the form of a pyramid consisting of storeys of equal height. These storeys represented the courses. On the lower storeys there were thousands of students. The higher was the storey, the fewer students were on it. Everyone had to take of our knowledge and methods not more than he or she could encompass without harming themselves. Only a few students could reach the top of the pyramid. And the top was also moving higher; the pyramid was growing.

Yet God did not give me students who were really mature in the psychogenetical aspect: such mature people had to create their own Schools-pyramids.

... Everyone has their own speed of advancement along the spiritual Path, which is predetermined mainly by one's achievements in the previous incarnations. Therefore, when suggesting to the students accelerated programs of learning psychoenergetical techniques, one has to take into account together with their degree of aspiration to self-development and their ethical and intellectual levels also their potential formed in the past incarnations. This potential can be evaluated both from looking at the last incarnations of the student and from the amount of the student's kundalini energy.

I had two best students in Moscow (not taking Galina Vaver into account: she had her own Center). I appointed one of them as the director of the Center, and another one – as a senior instructor.

Though they were undoubtedly the best ones in the intellectual and psychoenergetical criteria, the former of them had traits of irresponsibility, egoism, falsity, and even stealing. He could also slander, betray anyone, even his own wife – not with some great purpose but just for the sake of convenience in a conversation... When I would point out his reprehensible deeds, his typical reaction “for the public” was the following: “Look at him! How perversely he perceives everything! He draws conclusions only from rumors! Why doesn't he ask me first?” Yet he only lied and lied...

Many times I pointed out his vices to him; he repented, promised to reform himself, said that he had reformed already... Thus he created an impression of sincerity and for a long time deluded me. His words of repentance also were a lie; he decided that it was easier to live lying...

Our work relationships went in the following manner. For example, we discussed a plan of further events in our Center. After discussing it, everyone agreed. Then I said:

“Now I'm going to leave for two weeks. And in that time you should do this and that. Agree?”

“Yes.”

Two weeks later:

“Have you done it?”

“No.”

“Why?!”

“I forgot.”

“... Here, I will give you a notepad! Write on it all your tasks! Write right now: to do this and that! I will come back in four days. If you do not do it, our plans will fail!”

Four days later:

“Have you done it?”

“No.”

“...?”

“I forgot.”

“But you had a note in your notepad!”

“I forgot to look into the notepad...”

... Here is another example. He and the senior instructor came to me in Saint Petersburg to work on *places of power*. In the morning, I had many things to do: to cook breakfast, to feed them, to prepare food for our forest trip, to take care that there would be a meal for us when we come back from the forest, to wash the plates after breakfast, to sweep the floor, to check that they had all the necessary clothes for the trip, and many other things... In other words, I had many concerns including not missing our train.

And during all this time, they were sitting on the sofa and chattering. To be precise, he was chattering – prolixly, obtrusively – and she was enduring this. This continued for an hour, while I was preparing everything for our trip. From time to time I reminded them how much time we had before going out...

In the end I said:

“It’s time! Let’s go! Have you gone to the toilet?”

“No! We will go now!...”

As a result, we were in a hurry and nearly missed our train...

Later I heard their “deep” conclusion:

“He lives in such a fuss!...”

... When a group of other “best students” would come to me from Moscow, they would finish my several-months reserve of food in one week. And when going back to Moscow, they would leave a small bag of sweets for me as “gratitude” for my help.

... At that time, I did not pay attention to this; I just gave them my knowledge and everything I had because I loved them... I did not understand that they did not deserve such love... Seeing near me no one better than they, I believed that with my love I could change them...

... I was not a person who counted the cost of food eaten by guests. On the contrary: I was always glad at the good appetite of my friends, because the energy of food is necessary for the growth of the students’ consciousnesses. And this was the main thing for me: service to the cause of the Evolution through increasing the common subtle energy of the consciousnesses of all people, especially of those entrusted to me by God.

But... analyzing it now, I see the following: God through the Bhagavad Gita [20] suggested the following law: the one who receives gifts and gives no gifts in return is verily a thief...

* * *

Once I had to go up a long stairway to a railway station with a heavy backpack full of books on my back and with a handcart with books in my hands... I

felt that I was about to faint from overstrain... And she was walking nearby not carrying anything and, seeing that I was at the limit of my strength,... just “encouraged” me by saying:

“Come on! Come on! There is just a little longer to go!...”

* * *

I tried to transform her from an indoor creature with chronic rhinitis and three-weeks-long menstruations – into a spiritual warrior; in the spiritual aspect, before coming to me she was well satisfied by the only fact that she was acquainted with an Orthodox pastor...

She got healed but did not become a spiritual warrior.

With her higher philosophical education, she was capable of successfully teaching the methodological part of our program for some time. But she never gained the ability to fight for the good of others, to oppose the evil. Her ability to take care of others was almost zero. She always fled from the battlefield having encountered a brute force. On the other hand, she tried to assert herself through petty whims in her relationships with me.

... Once I was leading a group of students by a forest trail to a place of power. She complained:

“Why do we walk this trail rather than that one?!”

“Because that trail is now covered with puddles. It was raining all night. I have known this place for many years.”

“No, there are no puddles!”

“Well, let’s go and see...”

We moved to the second trail and continued our walk through large muddy puddles...

But this was a trifle. Much more important was the fact that she ceased to take my opinion into account with regard to teaching the students. We were about to split...

* * *

Boris Grebenshikov sang in one of his songs: “... When I decided that there are no humans among pigs and fish...”

... Once in summer we were walking on a forest trail along a river.

We already had a break in our relationships because she deviated from the methodology of teaching accepted in our School. She wanted to have many students, wanted to experiment with people. I, judging from my experience, understood the danger of her intentions and insisted that she kept to the accepted methodology tested over the years.

My objections irritated her, inflated her desire to contradict.

She wanted to walk barefooted and took off her shoes.

I warned her that she could wound her feet on a small piece of glass or wire in the earth. She replied:

“No! Everything will be fine!”

And immediately she stepped in a large pile of feces. She tried to clean her feet with a dry twig, but it broke and she dirtied her hands also...

I took her to a river so that she could wash her hands and feet.

The shallow part of the river was full of fry.

I told her:

“Don’t make the fish dirty too!...”

She washed herself but did not heed me.

And later – by her betrayal of the work of God – she caused a lot of harm to people (who entrusted themselves not to her, but to me as the leader of the Center).

* * *

Her typical features were a lack of organizational skills and of a caring attitude towards others. For example, she paid no attention to a fused bulb and the broken latch in the only lavatory in the place where they held classes.

A woman naturally learns caring – one of the main aspects of love – through the upbringing of children. But she did not have children both in this life and in the past one.

* * *

In the past life, she was a Buddhist monk in a Tibetan monastery.

He was a rowdyish pseudo-sufi mage called “Man-bullet”.

My attempts to help them become better – with the help of soft suggestions, by giving examples of other people – at first were received positively but then caused only irritation in them: why do you edify us? – we can meditate as good as you!...

* * *

The Moscow center of our School was collapsing...

In the body of the director I once noticed a “settler” – a spirit-monkey. And he developed a new behavioral feature – aping and grimacing. It seemed funny to him... but looked strange to others.

Also, a spirit disguising himself as Babaji began to look after them. They could hear him but could not see him. He was sent to them as a joker-tempter. And she – instead of working on self-development – got captivated by listening to his tales about her allegedly being embodied together with Babaji in many past lives...

At first, it seemed to me for a long time that I could help them significantly to approach Perfection in the intellectual and ethical aspects of development. I entrusted important work to them: I gave them the methods of teaching, assigned them to leading positions, helped them to write scientific articles, etc. Once I even added their names as co-authors to one of my books – in order to increase their prestige in the eyes of other people...

But she turned out to be a soul too young to be able to love, taking care and fighting for those whom you love. And he was so deeply immersed in his vices of laziness, falsity, meanness, readiness to betray that he learned to disguise them very well.

At that time I could not discern it. Moreover I did not want to see it, when God directly pointed out for me their inadequacy to the roles of instructors of the School.

God had the intent of preparing Avatars with my help, rather than creating one more “large and friendly family” of frolicking children playing religion.

For this purpose He needed to teach me much more but in a different environment – away from the crowd. And I did not want to see this – and opposed His will.

Then He commanded to close the Center Vajrayana. He told me the following:

“The center Vajrayana has come to its end. I will close it – with the help of brute force if you do not do it yourself! Classes in their previous form are not needed anymore! They will be continued on a different basis. You may consider that there is no Center anymore: I have closed it. Consider it closed from this very moment! You will later see many of your mistakes – on the subject of attachments to that which is worldly. From this moment on, there is only I – the Center of all souls aspiring to Me! You do not need any formal organization on the Earth anymore!”

And after some time I came to know what was taking place in the Center lately which was kept a secret from me: “sexual seminars” for everyone desiring to participate – with collective undressing and painting of naked women’s bodies in different colors – the breast painted by black color and everything below it in red color...

By this time, Canadian filmmakers came. They were making the film *Spiritual Life in Russia* and shot this disgusting episode...

The singing activity in the Center was reduced to praising fictitious “gods” from the Indian pantheon, instead of praising God as it was intended in the beginning...

All this was done with talks about Babaji and about opening a “Center of Babaji”...

Thus it became not the Straight Path to God, not Vajrayana.

I told them that it was time for us to split and that in the future they must not use either my name or the name of our School.

But they concealed the fact of this talk from the students and tried to keep the Center and their leadership in it without me, though assuming the right of inheritance.

I knew that I fulfilled my mission for other Moscow students by giving everyone what they could encompass at the current stage of their development. I just had to draw the conclusion.

I decided that it was my duty to collect the Moscow students and to tell them about my attitude towards these events.

I said in particular:

“The center Vajrayana is closed. I am not responsible for any future actions of the instructors who want to go their own path. From now on they can arrange classes even on ‘meditative masturbation’ or ‘group bestiality’ – but with their own responsibility before God and people, without using the name of Babaji or my name as a cover for their activity...”

* * *

This story demonstrates well that success in psychoenergetical training does not ensure the removal of one's gross ethical vices.

Then (too late unfortunately) I saw the vanity of my efforts to reform these ethical vices of the students with the help of serious esoteric work: in reality, one's ethical purity must be a prerequisite for such work, a "permit" to it.

God told me the following concerning this mistake of mine:

"You tried to bring all kinds of garbage into Me!"

... On the other hand, it was He who personally blessed me to begin every new stage of working with them...

The reason for this seeming disagreement consists in the following.

First, with the help of these lessons He taught me to understand other people better. Moreover, now I can share this experience with others.

Second, I would not have been capable of walking successfully the spiritual Path if I had sought it only for myself. I paved a way for my students. And one of the main stimuli to my efforts was love for them.

Retribution

My last speech in Moscow was recorded on an audiocassette, which I brought to Saint Petersburg and gave it to other people who were involved in our work in this city.

I also gave it to a young woman, a university student, who took classes arranged by one of my former students. Why did I give it to her? In order to stop her obsession with sex, because I saw an increase of this tendency in her.

From this audio record she learned that God gave people an opportunity to feel the joy of the harmony of sexual relationships and to develop subtlety, harmony, emotional love through this. Nevertheless, He also commanded: "Do not commit adultery!" – that is do not be obsessed with sex, do not make it the main thing in your life!

The reaction of this woman was completely unexpected to me: she felt so offended that she decided to take revenge on me. She spread slander about me among her friends in the group; this slander was so awful that afterwards I could not even repeat her words for a long time. She told them that I allegedly raped her...

Naturally I did not know about this deed of her.

I arranged in Saint Petersburg a meeting with the members of the School in order to tell them about the events in the Moscow Center and to discuss it.

In the morning of the day of the meeting, I went out from my flat with a heavy backpack with books. Suddenly on the first floor I was attacked from ambush. A two-meters-tall guy attacked me and knocked me down, giving me no chance to take off the backpack attached to my body with the waist straps. He demanded that I let him into my flat. I could not allow this: in the flat there was my mother with other old women. I managed to take off the backpack and punched him in the chin. He flew back to the wall and grasped at a radiator pipe. I could strike him again in the head but I did not do it: I am a very peace-

ful person and any violence is absolutely alien to me; with my first strike I just wanted to stop him and to save other people. I rang the doorbell of another flat and asked to call the police. He sprayed nerve gas at me, and my senseless body fell to the stone floor from a height of about 2 meters.

I came back to my senses after approximately ten minutes. My first thought was: “Has it really happened to me?!” I touched my head: luckily the head leaned against the wall when I fell down, otherwise I could have broken my skull. I stood up and went to my flat.

Soon, the police and medical emergency service came. The police began an investigation of the case.

And several days later... the organizer of this crime came to me. Full of pity for herself for being “so emotionally disturbed”, she told me about the reason for this attack... Her intellect was so primitive that she did not understand that she was subject to criminal responsibility for this deed!

... I did not want to take revenge. First, revengefulness is a quality too distant from Divinity. Second, I understood that since it happened, there must be a deep meaning behind this – a meaning for me. So, I began to think about how I could help these criminals to reform, to become better.

Having considered this situation, I decided not to tell the police the names of the criminals: it would be better for this student to finish university, and for all others it would be better to repent out of prison. I explained to the police officers that I wanted to bring these criminals to repentance instead of avenging myself. The policemen agreed: yes in prison the methods of education are ruder than yours...

In my intent with repentance I wanted to rely on the leader of their group; she was my former student and a good friend as I believed. When these events happened, she was out of the city and did not know about them. I sent a letter to her.

She came back, met her students-criminals, and... in her response-letter she justified them and slandered me...

I understood that she hated me because some time ago I was forced to dismiss her from studying because she was not able to go further...

And I never received from the members of this gang either apologies or gratitude for the freedom given to them.

... I remained with a concussion of the brain, broken teeth, swollen face resembling a giant cancer tumor, broken backbone which was swollen like a hump, broken ribs. I refused to go to the hospital and decided to rely on God, to wait for explanations from Him.

And He began to speak to me:

“You will be grateful to Me for this!

“It is Me Who punishes all criminals. You should not do it.

“Find calm and coziness in Me! The body should be nothing to you now! Why do you worry so much about it? There is God – everywhere and in everything! Everywhere! Do you understand?

“I give you My promise that it happened for the last time to you. Next time you will die to rise in God! In case of an attack, you have to accept death as your destiny. Remember about Me everywhere!

“Why do you attach so much importance to the body? Be in the universe! The body is nothing! You have to be ready to die anytime – so have no unfinished work on the Earth!

“It is Me who kills bodies when the time comes! It was Me who made harm to your body yesterday! And I will cause even more harm if you do not understand Me!

“There is almost no freedom of will for you! It was Me who ‘yielded’ you, so that you could become better, so that you could understand this! Accept it – and then I will have no reason to do it again!”

“Was I right when I struck him?”

“Yes, it was Me who struck him with your hand in order to stop him. He wanted too much.

“Don’t worry about your body! What is the body for you now? Death is a good end for you: the Eternity of life in God! Be ready to die every day!

“Remember: you have to become absolutely free from everything that holds you here on the Earth!

“We are developing a program for you of how you can act from my Abode while living in the body on the Earth.

“You can become the first person in this country to reach the goal of ideal dissolution in Me.”

“Will You teach me dematerialization of the body?”

“Yes, of course.

“And now – the happiness of being in Me has to become a foremost duty for you!”

“Tell me, what is the reason for bringing the body into You through dematerialization? After all, Krishna, Gautama Buddha, Babaji in Their last Incarnations – They all departed without performing dematerialization of the bodies.”

“The attachment to the body is the problem! You get rid of this attachment by striving to perform dematerialization. In this way – in this process – you merge with Me. But, in general, one can come to Me without dematerialization as well.

“Your main problem is your separateness. Be rid of it – and you will become Me! Be rid of it – and I will let you in without a problem! You will come in yourself! Come in!

“One cannot get rid of the separateness after the death of the body! In this case one has to incarnate again into a new body!

“You have cognized Me. And now there must remain only I for you!”

“Lord! What does one need to do to master dematerialization?”

“It is a difficult and complex process. First one has to prepare the body. Then with the help of special methods, one has to bring the consciousness to the state when it becomes capable of accepting the entire control which belonged to the body. After that, the consciousness becomes free.

“And then the consciousness has to find a new foundation for itself – God.

“As you know now, this is an extremely difficult process.

“And when the consciousness merges with God instead of with the body, then the goal is realized.

“Yet one intermediary process remains unfinished... One must not hurry in dealing with it. I will explain it to you later...”

“... It is a pity that you have not managed to bring Me a bouquet of flowers from the Earth! But it is not your fault: such is the climate on the Earth now...”

“... Your time on Earth comes to an end. You have reached the threshold after which there is only the sea of Divine Fire. Dematerialization of the body in it – this is the goal which I deem highest for man!

“There is only I! Become Me!

“And dissolve in Me all deserving people whom I bring to you!...”

*** * ***

Of course I thought about the personalities of these criminals.

What kind of people formed this “spiritual group”, which transformed into a criminal gang? And what did they study?

It was a case when a former instructor had no students given to her by God, yet she could not imagine for herself a social role other than being “a spiritual leader”.

Yes, she was taught spiritual knowledge, including serious methods of psychoenergetical work on places of power.

And she tried to teach her students this knowledge except for the most important thing – the ethical aspect. What kind of students did she accept? – anyone wishing to join her group. Her purpose was to be a leader among them.

Thus, one of her students was a man who could speak better by the fists rather than by the organs of speech, to whom violence was a quite natural state... Another student was a fat woman typical of our communistic past – an irritated person boiling with hatred towards anyone who dared to criticize her. I tried to dissuade her from psychoenergetical work, suggested to switch her to intellectual work but did not manage. She was the one who became the organizer and a participant of that crime... Another student was an egoistic, capricious, infantile woman... There were others like them...

Once I asked that fat woman: what spiritual practice did they study in their summer course? The only exercise she could recall and was delighted of was the following: one had to walk holding a coin between the buttocks... They called this exercise “geisha gait”...

But what does one need this gait for? Is it easier to enter the Heavenly Kingdom with a coin between the buttocks? Does God like us more for this? Does spiritual work really consist in this?

... I knew another exercise invented by this instructor. I saw it when I was present in the end of a class given by her. The students wagged their buttocks. They called it “wagging the tail”. In this way the group expressed gratitude to the instructor in the end of the class. And since they had no tails, they wagged the buttocks.

And I thought that they were engaged in religion...

*** * ***

Thus God explained to me that this was the only possibility to make me switch to a new way of life, to make me abandon my unceasing striving to care about the students, abandon the work to which I used to dedicate all my time. He explained that my further growth could continue only if I live the life of a monk-hermit with all attention directed only at Him – at the Creator, at the Highest and Ultimate Goal of every man.

I agreed with this reason. Yes, when you are on the top of the pyramid, it is hard to become detached from the entire pyramid: I felt myself one with my creation. And my love for its every element consisted not in an attachment to

this particular element or wanting something from it – but in making the interests of the work more important than my own interests.

It is such an attitude that brings one to the dissolution in the object of one's love, to the state when there is only the object of love and there is no me.

When such a love is directed towards the Creator – then its owner dissolves in Him, merges with Him, and becomes Him.

And God wanted this very thing from me.

But what was I to do with my body maimed and incapable to live? For four months after the attack, unceasing pain did not leave me. For example, how can one stand, sit, or lie if any movement of the backbone or simply a pressure on it causes severe pain?

For four months I dreamed about only one thing: to die sooner!

And God gave me such a possibility: He gave me the possibility to experience clinical death.

It happened due to an overdose of one of my medicines.

I suddenly experienced myself as a giant lump of white light high above the body. I felt that there remained a connection with the body, but after a few pendulum-like movements the connection with the body broke and I moved into the deep stratum of the Holy Spirit and merged with Him. It was very close to the Abode of the Creator, where I had been many times in meditations – it was just one step away. But I could not make this last step: after the death of the body one appears in that spatial dimension where he or she used to be during life in the body. I knew how to enter the Abode of the Creator, but it had not become a Home for me yet.

Yes, I found myself in deep Divine Love and Calm. But I aspired to God-the-Father rather than to the Holy Spirit!...

And I made super efforts to return from this desired death – back to the body filled with pain ...

Later I had one more experience of death...

* * *

Months passed. I continued to learn, continued to master the role of a monk-hermit. And I continued to merge more closely with the Creator.

Eventually I achieved the state, though not firmly, which Jesus described with the following words: “I am in the Father, and the Father is in Me”.

Then God gave me a possibility to experience death again.

This time it happened against the background of a most acute pain in the backbone, summer heat, and extreme fatigue from meditations.

I laid my body on the bed to have a rest – but suddenly I fell into the multidimensional depth of the Absolute. There was a sound of thunder like the one produced by an aircraft breaking the sound barrier. It seemed that this thunder was produced by a break of as if a membrane separating the Creation and the Creator. And I found myself in full Mergence with my Beloved...

... The next day the pain in my back disappeared, though no physiotherapy, ointments, or pranayamas could cure it. I was even confused: for seven months I used to live with pain.

... But suddenly I felt pain in the joint of the big toe of my foot. I recalled that I struck it in the wall of the room during sleep...

“Lord! Why did this happen?”

“Now you can’t go out from your home... Therefore, sit down and write a book!”

I sat down and wrote what you are reading now.

* * *

“You will be baptized with the baptism I am baptized with”, Jesus Christ said to His close disciples (Mark 10:39).

Thus ended my “Calvary” that I was coming to since my prayer in the Tretyakov Gallery.

The Lord helped many people through me. Then I was betrayed and executed by those whom I dedicated my life to, whom I helped and saved from hell.

I died two times and rose to life in the body again.

And as a result – I achieved Mergence with the Father.

The Terrible Grin of Death

Instead of me, my mother died then.

First she had a heart attack after seeing the maimed body of her son. This time I managed to give her the strength to survive.

But her health was broken, and she began to fade.

... God said to me then:

“I am going to show you the terrible grin of death...”

I did not understand Him; I thought He was talking about me – and began to wait...

But it was she who was dying. She was dying without pain and suffering, with the awareness that she was about to depart, without sadness because she was well prepared by me through my books. Several times she wrote to me farewell letters thanking me for caring.

But she exhausted me!

For about one month, I and our neighbors in the communal flat had to hide matches from her, because her behavior became inadequate.

Then she could not even stand up from the bed and all the time called me: for example it seemed to her that guests had come and she had to dress up, to prepare meals...

... I took all the worries on myself – both before and after her death...

... I myself carried the urn with the ashes of her body from the crematorium to the cemetery in a bag on my shoulder. I felt this as a symbolic paying of my son’s debt: many years ago she, too, carried my small body in her hands...

... But what did God mean by the phrase “terrible grin of death”? From outside this death did not look terrible: many people die in a more terrible way!

But I understood Him very well. He wanted me to make the decision: I do not want to die like this! By this, it was as if He urged me: go faster and let the Full Victory be more desirable for you!

* * *

Sathya Sai Baba said:

“Every person has two main milestones on the life path: God and the death of the body.”

Yet the majority of people do not want to hear, to think, and to know about this...

In Saint Petersburg about 25% of all people die of cancer.

But they could avoid such a destiny.

They live their lives like foolish children.

It is not only death of the body that awaits us! It is also old age, the dementia of old age. And then we can lose even that little which we have managed to accumulate in the soul during the earthly life...

* * *

An adult son warms up a meal in the kitchen. His old mother comes to him:

“What are you going to do?”

“I’m having dinner.”

“Tell it louder! You know that I do not hear well!”

“I’m having dinner!”

“Why can’t you answer clearly and loudly so that I can understand you?...”

“I’m having dinner!!!”

“How do you dare yell at your old sick mother?!”

* * *

One can completely overcome death by mastering dematerialization of the body. Jesus Christ told about the mechanism of this phenomenon in *The Book of Jesus* [32], and now this ability is demonstrated by David Copperfield.

The Reasons for Our Calamities

God created us for His sake, not for our sake.

We are evolving parts of consciousness, and according to His Intent we have to achieve Perfection and infuse into Him, thus enriching Him with ourselves.

The followers of religious trends where this knowledge has been lost do not have chances for a quick spiritual growth.

In mass Christian sects, among others, this knowledge is missed; it was not included into the New Testament by its compilers [17], though Jesus Christ taught this [17,20].

I do not know what is better: to be atheists – or to believe that God is... our servant, who has to provide us with various things; such an attitude exists in these sects.

In order to advance on the Path intended for us by our Creator we have to fulfill, among other things, the following:

1. To learn to love, in order to be capable of falling in love with Him.
2. To substitute our egocentrism with Godcenteredness.
3. To strive to cognize Him and to merge with Him in love, to refine ourselves as consciousnesses (because the Creator is the most subtle Consciousness) and to develop ourselves – as a spiritual heart – in the quantitative aspect with the help of corresponding meditative practices.

Only by doing this can we cognize Him and merge with Him.

“Truth – Simplicity – Love – Karma yoga (that is service to God through service to all people in everything good, in everything that contributes to the evolutionary progress) – Abandonment of the lower self (i.e. primitive egocentrism) for the sake of merging with the Higher Self of the Creator – this formula of development was suggested by Avatar Babaji.

“Sexual passion, anger, and greed – such is the threefold gate to hell” – said Krishna in the Bhagavad Gita [20]. And it is easy to see that these three vices are the main manifestations of human egocentrism.

The Teachings of Jesus Christ are also dedicated to this [20].

And the same knowledge is brought today to modern people by our contemporary Messiah Sathya Sai Baba [17,20-22].

Human destinies are formed depending on whether people walk the Path to Perfection or go in the opposite direction. Some live in ever increasing happiness of cognition of God and feel the joy of communication with Him. Others live in suffering and prepare themselves for hell – for the “cesspool” of the Evolution...

Take for example the problem of nutrition. Through many Messiahs – Gautama Buddha, Jesus Christ, Babaji, Sathya Sai Baba, and Others, God suggested to people to give up nutrition based on meat, which is harmful to our health and makes us more distant from the Creator.

Moses also received from God the precept: “Do not kill!” Yet people who consider themselves religious have never applied this rule either to animals or to people.

Let us imagine: if children had been taught since childhood to respect others’ lives, had been taught about the rule of non-killing (except for the cases of self-defense or defending others) – then how much more ethical the entire society would have been!

There is an interesting phenomenon: in the folk there is a tradition of dividing animals into “eatable” and “non-eatable” (though the life of every one of them is sacred!). Black grouses, ducks, hazel hens, capercaillies can be killed and eaten, because they are “food”. As for crows, magpies, jays, rooks, woodpeckers, hawks – one cannot eat them. Geese can be shot and eaten, but their relatives swans cannot be. Why? There is no objective reason for this; this is just a foolish tradition.

Yet this tradition has a very harmful ethical effect. At a certain moment, growing children learn the same principle in relation to people: these are “ours”, and those (based on the national or religious distinction) are “strangers”; one can and should kill them!

For example, in the Soviet Union crows were declared “enemies of the forest fauna”. Hunters were required to shoot them; they had to report the results by the number of cut-away legs of these birds. And their hatred towards crows sometimes made them cut away the bird’s legs and throw the bird to die in suffering: “You, wretched, deserve it!”

But what is the reason to hate them? These animals live and evolve according to their specific biological peculiarities. They were created such by our common Creator! They feed in the way they are supposed to – contrary to many people! Yet there was an order to kill them, a corresponding tradition was created – and people began to hate and torture these birds!

There is an analogy with one's attitude towards human life: the aggression against the people of Afghanistan, then the genocide in Chechnya... Hundreds of thousands of Russian men during these wars were lead to believe that these "blacks" are our enemies; one should hate and kill them. On radio there were citations from the classics: "He is not a Cossack who has not killed a Chechen!"

Fascists began to write on the walls: "Kill blacks!", "Kill Caucasians!". And many people in Russian cities were beaten or killed just because they were dark skinned!

Some of those who underwent this brainwashing forever abandoned the rule of non-killing people. They became accustomed to fulfill their whims through unrestrained violence.

... I read in a newspaper about the following case: a young man harassed a girl in the street, but she refused to have sex with him. He stabbed her with a knife, took her dying to his flat, raped her, and then fell asleep near her corpse...

How many murders and beatings are committed by these dregs of the society with the purpose of robbing their victim or with no purpose at all – out of being drunk or just out of the custom...

Trying to enslave other nations, the former rulers of Russia spiritually destroyed– in the eyes of God – the people of their own country...

... Yet it is not only war that develops such an awful egocentrism in people. One of my acquaintances became a follower of a religious sect. In this sect they taught that every wife is a slave of her husband. And he developed such an attitude towards his wife. She tried to divorce him and to go away – but he did not allow her. She tried to escape, but he captured her. She tried to jump out from a window – he held her. She tried to drown herself in a bath – he took her out.

I asked him:

"Why are you doing this?! This is your awful egocentrism! Let her go away! Divorce!"

"But I love her!"

And he burned down all of my books he had... as a sign of his "divorce" with me...

... Another acquaintance of mine suffered threats of being killed from her husband if she tried to leave him... She managed to escape and has been hiding for a long time...

... There are so many murders in Russia caused by sexual infidelity!... And the reason here is one's attitude towards the partner as towards one's own property!...

... By the way, shouldn't one seek the reason for a partner's infidelity (or a partner's leaving) in one's own attitude towards the partner?...

... I have already related about my killing: it was just a change of mood that caused one of my murderers to change her gratitude for my help – to yielding me to violence...

... This is another example from a newspaper. A girl wanted new shoes. She called her friend; they took a can of gasoline and matches and went to seek

shoes... They took off shoes from a girl on a beach in the evening. And in order to avoid her reporting them to the police, they tried to kill her with a stone, but did not succeed. They then put gasoline on her and burned her...

... A group of young men went for a walk in the forest. A small dog went with them. They made a fire and began to fry meat. The dog also wanted some, asked for meat. They decided: "We will burn you for this!"

It was interesting to them to see how the dog would die when burned alive. They bound the dog's legs and put it over the fire. The dog began to cry unbearably for them. Then they just went away...

... Other people crucified Jesus Christ. They, too, wanted to look at how He would suffer dying...

... Then people crucified the Apostles Peter and Andrew...

... Then the "monks" of Christian sects in Europe and in Russia tortured and burned alive hundreds of thousands of infidels [17]...

... But if these people had been taught since their childhood about the evolutionary importance of the life of every grasshopper, spider, ant, flower, about the sacredness of every life...

* * *

Yet it is not only the perversion of the Teachings of God but also false psychological concepts that contribute to the growth of egocentrism in people.

This tendency began from the atheistic psychoanalysis of Sigmund Freud. He suggested that people seek the reasons for their problems and calamities not in the incorrect understanding of the meaning of life or in the wrong (egoistic) attitude towards the world around them including people and other living beings – but in the deep erotic experience that allegedly took place in childhood and resulted in the formation of pathological complexes in the subconscious.

Thus physicians and psychologists who follow this tradition lead conversations with the patient, sometimes for months, taking more and more money from him or her – just to tell them in the end that the reason for his or her problems is his/her mom or dad. Thus the reason of the problem is shifted to another person, "there is someone to blame", and allegedly the patient should feel better after this...

As a result, the victims of Freudian and other similar psychoanalytical concepts dig deeper and deeper into their egocentrism and ethically degrade themselves in the eyes of God.

But the correct solution to this problem is to develop altruistic cordial love and to perform a penitential analysis of one's own mistakes – in order to avoid making them again.

... Another very harmful absurdity of the contemporary psychology is the suggestion "to love oneself".

It is suggested to admire one's own reflection in a mirror – instead of helping others and forgetting about one's own interests.

Yet it is the latter that is only valuable for the evolution of the soul!

It is this love that God teaches to us!

And this is the dilemma: love for oneself – or love for others, which is transformed with time into love for the Creator and lays a foundation for cognition of Him and Mergence with Him!

On the contrary, development of egocentrism and love for oneself leads one away from God, leads one to suffering and hell.

This modern absurdity is taught to many students in medical and psychological departments of universities. And they will continue to bring it to others...

In contemporary Russia there is another school of absurdity that has captured many young people with its lies. It came to us from the East, from India. This school teaches that one has to seek God not in the developed spiritual heart expanded to the entire multidimensional universe but in a point above the head...

The main method of spiritual work in this sect is a control over the mind. It can be allegedly achieved not by moving the concentration of the consciousness into the expanded spiritual heart as it is suggested by God – but by tracing the roots of one's own thoughts...

It is clear to an expert that this perversion disguised as religion leads to the development of egocentrism, to the degradation of the intellect, and to the development of defects in the ways of thinking...

The methods of some other sects of Indian and Tibetan origin working in Russia are also based on this absurd concept – on seeking God above one's head, where one has to come by exiting with the consciousness through the sahasrara chakra. The leaders of these sects proclaim themselves spiritual Masters and even Avatars... Though their level of understanding is limited by the wrong interpretation of the tasks of raja yoga, which is the stage where one performs work inside the energy structures of the body and the cocoon²⁵.

But the truth is that one can cognize God in the aspect of the Creator not above the head but inside the spiritual heart, the heart developed to the sizes exceeding the size of the body by millions of times...

... Psychologists also invented a division of people into extraverts and introverts, and acknowledged that both are a norm. These terms mean that the attention of the formers is directed outside, and the attention of the latter – inside.

Yet this “classification” is so incomplete that it can lead only to confusion.

For example, it regards extraverts as people who cannot live without a radio or TV turned on, without unceasing chattering about anything. And the same group includes... those Great Souls who have dedicated Themselves to the good of other people, who live in constant love-care for others!

The former of the above mentioned live by their upper chakras; the latter live by the developed spiritual heart. From the position of the spiritual evolution, the former and the latter reside on completely different stages.

It is the same with introverts. There is a principal difference between those living in total egocentrism and digging into their intellectual filth, immersing themselves completely into it inside their heads. On the other side, there are those who immerse themselves into the developed spiritual heart and strive to expand from it to the entire multidimensional universe studying it and cognizing the Creator in it.

... If psychologists do not have a correct understanding of the evolutionary meaning of human life and do not have knowledge about the multidimensional

²⁵ By exiting with the consciousness through the chakra sahasrara, one achieves just some degree of cleansing and expansion of the middle meridian in its head part. This is too small an achievement compared to what one has to accomplish.

structure of the universe and of the human organism, then they cannot help others. In this case, their “psychology” remains barren or even pathogenic, contributing to the development of psychopathology.

Well, what should psychology teach? How should it help people?

The main scheme of such help should be the following: a) full explanation of the meaning of human life, seeking together with the patient mistakes in his or her worldview, ethical mistakes, seeking ways of correcting them, b) development of the spiritual heart and mastering its functions through love-care for other evolving beings; thanks to this, one can get rid of the lower egocentric self.

The self-awareness of a person walking the spiritual Path has to “dissolve” in the objects of his or her care, which are represented by the elements of the Creation, and then it has to dissolve in the Creator.

Let me stress that everything said above is not just “a juggling with abstractions”, but a concrete and well-researched Path consisting of stages described by us [22].

* * *

Let me conclude this chapter with a joke.

Probably you know that dogs of both sexes usually urinate often and in little quantities. This is one of their languages of intraspecific communication. In this way males mark their territory, i.e. the territory which belongs to them or to the entire pack. Females also leave marks by the smell of their urine; by studying these marks males can determine whether the female is in heat and is sexually receptive.

It means that males tell by urinating: “This is mine!” And females tell: “This is I!”.

... As for us, people, aspiring to spiritual Perfection – we should not have such life purposes. We have to come to Godcentredness!

It means that there is only His “I”, there is only He. And everything belongs to Him!

Of course, in this matter, as in everything, one has to avoid foolish exaggerations and extremes.

New Blessing

Several weeks passed since the events of the attack on me and my death. The time came for me to begin to realize the directions of God cited above. I had to reduce the intensity of my efforts on helping others. But how should I live on the Earth then? I was not used to laziness!

And God told me:

“Did you want to die? Now you have died: now your ‘I’ exist no more; there is only the ‘I’ of the universal God.

“Do not desire the death of your body anymore! It would be wrong to depart from the earthly life right after you have cognized Me! You have to continue to experience the state of Mergence with Me in all its aspects!

“You are only one – among many incarnate people – knowing the secret of the passage to Me. Behind you there are millions of souls who can come through this passage! Try to help them! Just do what is needed by Me, what I want. And remain free at every moment! Many people will understand everything just from your smile! And their advancement in life will go on quicker.

“Do not try to drag anyone into Me! Everyone has to walk with their own speed of advancement. Just explain My nature – this is the true means of helping others, the true method for showing them the way!

“To study the Path one has to walk it. And the one who walks it guides others. But you have come, and your role now is to explain the Path!

“And to explain the Path to seekers you have to stand aside from the worldly fuss.”

Multidimensionality of Space

In this life I had no incarnate spiritual teacher. Non-incarnate God became my Teacher; I learned to communicate with Him thanks to my aspiration to Him.

He guided me by giving me just the basic guidelines and by creating situations where I had to learn to make correct decisions myself. This was very hard and long! On the other hand, this allowed me as a scientist to deeply and fully study the nuances of this Path: what one should or should not do, what happens as a result of certain mistakes, etc. Eventually I had managed to build a system of many practical methods: a way to go from the knowledge of matter – to the knowledge of the Creator. In the process of this work I – as a scientist-experimentalist – wrote down all observations, all experiments performed on myself, all directions of the Teacher, all conclusions, all the discovered regularities.

In the most concise form all this can be expressed as follows:

Space is multidimensional not only theoretically but also in practice. Yet its multidimensionality cannot be studied with material tools: material tools can receive only information coming from the material world.

But multidimensional space can be studied by the consciousness of the researcher. For this purpose such a researcher has to work on the two following directions: a) refinement and b) growth of oneself as a consciousness transformed into the energy of the spiritual heart.

Success in this work can only be achieved if the researcher is ethically and intellectually mature.

In the case of success, such a researcher can cognize what exists in all the spatial dimensions including the highest dimension – the Abode of the Creator.

Therefore God is cognizable but only for worthy seekers of Him, for those who dedicate their lives to searching for Him.

An incarnate person can also cognize the abodes of non-incarnate beings, the abodes that are called paradise and hell in religious traditions. This subject needs to be discussed in more detail, because I have never seen an explanation of this phenomenon in literature, an explanation that can satisfy an intellectually developed person. Also, there was no correct understanding of the reason why people go to hell or to paradise.

In order to understand this, one needs to explain what spatial dimensions are.

Let me note straight away that full understanding of the multidimensional nature of the universe cannot be received just from words: it can be gained only through personal experience of direct cognition.

So let us look at the following analogy:

Let us imagine an aquarium filled with water. The glass of its walls, the water, the sand on its bottom are the objects representing the matter of the most dense spatial dimension. Yet in the same volume of the aquarium there are also radio waves, light, magnetic and gravitational fields, etc. And all of these manifestations in usual conditions do not interact or interact slightly with each other.

It is the same with the real multidimensional space: emanations in spatial dimensions differ as intervals of the scale of *subtlety-coarseness*, as different states of life peculiar to different “stories” of the “building of multidimensionality”.

The energies of the densest dimension are relatively stationary; they are dense matter. On the other end of this scale, there is the Primordial Consciousness, the Creator. In between them, there are layers-“stories” inhabited by spirits of different levels of development: more subtle spirits are closer to the Creator, more coarse spirits are farther. The former abide in paradise; the latter abide in hell. Everyone resides among others similar to them.²⁶

Therefore one can define two vectors of the two scales of multidimensionality: between the Creator – and the matter, and between the Abode of the Creator – and the boundary with hell.

Are there places of accumulation of non-incarnate souls in every dimension, i.e. places of their localization? Yes, but this is not what is principal. The principal thing is that in paradise there is only love, harmony, subtlety, tenderness – that is the qualities which the inhabitants of paradise developed in themselves during their earthly lives. While in hell the dominant states are anger, hatred, violence, pain, terror; these are the qualities developed by the inhabitants of hell in their lives on the Earth.

It is the level of the subtlety of the consciousness peculiar to every particular person that determines in what spatial dimension this person will stay until the next incarnation if it happens. And the length of staying in this dimension can be hundreds of years...

Let everyone make corresponding conclusions for themselves!

Destiny and Repentance

There exists an opinion that people go to hell or paradise due to their decisions or deeds. This is true but with another hell and paradise – hell and paradise in a figurative sense: as what will happen in one’s next incarnation. That is, this concerns the destiny which everyone builds for themselves by their ethically significant decisions and deeds. Depending on this, the Supervisor of our

²⁶ A graphic scheme for studying the structure of the Absolute was presented in [22].

destinies – the Holy Spirit (Brahman) Who controls all spirits – chooses for every person a corresponding place of the next birth and corresponding parents, chooses a body and illnesses for the next incarnation, will make this person meet certain people – either good or evil, clever or foolish, etc.

And if at present we have vices which allow us, for example, to cause pain and suffering to other beings – then in the future we will find ourselves in conditions where we will experience the same suffering – in order to learn through our own pain to be compassionate to the pain of others.

Thus by causing physical pain to others, we program it to our own destinies; by stealing now, we build our destinies so that we will be robbed in the future. And the only way to avoid such consequences is sincere repentance – to the extent when we rid ourselves forever of the ability to perform such deeds!

And those who have learned not to cause suffering to other beings – their destinies become much more auspicious.

There are also such vices as laziness in spiritual efforts, egocentrism, attachments to that which is worldly. They, too, compel God to cause pain to us in order to force us to develop faster.

In particular, getting rid of the worldly attachments, including the attachment to one's own body, can be very painful if we ourselves do not begin to struggle with them.

In addition to this, there must be a process of developing a higher attachment – the attachment-love for the Creator. And this can become possible only thanks to psychoenergetical work on oneself: only a consciousness developed both in qualitative and quantitative criteria can approach the Beloved and cognize Him.

Intensive work on struggling with worldly attachments is suitable only for those who have come to the top of the stairway of the spiritual ascent. For others such work is not advisable. On the contrary, good worldly attachments of love contribute to one's development by fostering, for example, the ability to sacrifice oneself for the sake of helping others.

... One of the powerful methods of getting rid of vices is repentance.

But the form of repentance suggested to believers in Russia is not effective and does not lead to success. This form is the following:

In general it is bad to sin, of course. Yet we are all sinners; we all commit sins, and we cannot avoid sinning anyway. Moreover: those who do not sin become proud! And pride is the most terrible sin! God is merciful; He forgives us our sins. All you need to do to receive His forgiveness is to come to confession to a church and to report to God through a priest all of your sinful deeds. After that you can commit sins again – why not? God is merciful; He will forgive you again if you do not forget to come to confession of course...

In the Catholic Church in the Middle Ages this tendency was developed to absurdity: one could pay beforehand for the sin he or she wanted to commit and even get a receipt of payment called indulgence.

It is then that in Western Europe the Protestant movement arose, which protested against such a practice of defiling religion and deceiving believers. Thus the Protestant Churches were formed, which called people to establish personal relationships with living God without incarnate and or non-incarnate intermediates. [20]

The truth about repentance consist in the following: the main essence of repentance is an intellectual analysis followed by remorse, the emotions of re-

morse rather than a “formal” report or formal “apology”. The essence of remorse must be compassion – not towards oneself on the grounds that God will punish me – but towards the victims of my misdeeds. In general, the meaning of repentance is to get rid of concrete vices (traits of the character, features of the soul) which result in concrete manifestations called vices.

Correctly performed repentance yields good fruits even if we do not address God but address the victims of our vices with the purpose of making amends for our misdeeds. If one cannot do this, for example because of the death of the victims, even in this situation one can repent before them: spirits of people and animals can perceive very well all addresses from incarnate people to them!

By developing or destroying vices in us, we ourselves build our destinies – both for the current and for the future earthly lives.

* * *

Once, a student of mine with very poor eyesight asked me to lead him to a forest lake. It was about five kilometers away from his country house.

We walked trails in the spruce forest. Around us there were huge anthills, and all the trails were full of ants. I walked carefully trying not to step on them. But he could not see the ants, and despite all my warnings about places with many ants and attempts to lead him around them, after his steps many ants remained maimed, writhing in pain on the ground...

We swam in the lake and came back home. He was very grateful to me and asked:

“When will we go to the lake again?”

“Listen: this walk took the lives of many thousands of ants and many others suffer of mutilation now!”

“So what: can I not go to the lake because of them?”

“What do you think?”

He felt so offended that he discarded from his life all the good that he learned from me. He even began to eat pork...

... Soon a car struck him. The driver brought him to the hospital, apologized, worried about him. He survived, but for a long time suffered from the broken bones of the pelvis.

Though this accident was his fault, he decided to sue the driver to take revenge on him.

... I could imagine how his ego writhed when he learned that I had refused to punish my murderers...

... He did all this despite what he knew about God. I had read many wise books to him...

... Let us recall the parable of Jesus about the Sower who went out to sow...

So few people prepare themselves as the good soil for receiving the Seed of Truth!...

* * *

A hard-working spider for a long time builds its net – an architectural masterpiece!

And it is so easy for us to destroy it with a single movement and thus to deprive this (useful for us) animal of the means for living!

We build our bad karma in this way as well. And if some day God deprives us of our property, let us then recall about the nets broken by us (intentionally or unintentionally) and repent!

But it is better to repent beforehand and never offend anyone undeservedly!

The Meaning of Life

What is the meaning of our life? It consists in qualitative and quantitative development of the consciousness. We have to become as perfect as God is perfect – this is our task according to Jesus Christ. Then we enter His Abode and merge there with Him to live forever.

The qualitative component of the development has three directions: an ethical direction, an intellectual direction, and the refinement of the consciousness.

The Creator does not allow ethically imperfect people to approach Him; they doom themselves to flounder in the sea of suffering of earthly lives.

The intellectual development is also necessary for the confident and quick ascent. A person with an undeveloped intellect is not capable of sorting out the many problems of spiritual work; having gone up the stairway of spiritual development such a person unavoidably falls down, and it can be very painful.

The intellectual aspect of development is the hardest and the slowest to realize in the process of one's evolution. Yet this aspect is the decisive one on the spiritual Path.

The Creator possesses three main qualities: Love, Wisdom, and Power. And we, too, have to master them on the Path to the Creator.

Multi-aspect Love – which includes compassion, caring attitude, tenderness, the capability to sacrifice oneself, etc. – can be developed, first of all, thanks to ethical work on oneself.

One begins to gain Wisdom by receiving education, through creativity in various areas of social activity.

Power – the power of the consciousness rather than the one of the body – reflects the level of the *crystallization* of the consciousness. The term *crystallization of the consciousness* introduced by G.I.Gurdjieff denotes the growth of the amount of the energy of the consciousness of a person.

This is hard to understand for people raised in an atheistic environment, because the term *consciousness* was reduced by materialists to a synonym of the term *mind*. But in the spiritual tradition this term denotes the self-aware individual himself or herself – as opposed to the body.

Man Is Not a Body

Man is not a body. Identification of oneself with the body is an unavoidable mistake that all incarnate people make in the beginning of the earthly life.

But with time some of them – under the influence of religious traditions and initial spiritual practices – begin to understand their non-identity to the body. This can become a beginning of the interesting spiritual work on transformation of oneself – not as a body but as a consciousness.

On this Path one begins with bringing oneself in accordance with the ethical norms suggested by God. In addition to this, one seeks spiritual knowledge – the knowledge about God, about the meaning of life, about the evolution.

In the beginning, the consciousness of man can be of the size of a tennis ball and is firmly established in a certain chakra. The initial psychoenergetical practices consist in learning to move this ‘lump’ of the consciousness within the body – from one chakra to another, through the main meridians, etc.

The use of the methods that allow one to be conscious of the entire body simultaneously, gradually results in the growth of the consciousness to the size of the body.

Then one moves the consciousness outside of the body – into the bioenergetical cocoon which surrounds the body, and then moves it even farther.

At this point a very dangerous stage of work begins, which only a few people can withstand ...

... A person who has never been involved in such practices is usually hidden in the body from the non-material world inhabited by non-incarnate beings. But when the body dies, such a person remains completely ‘naked’ among the spirits of that spatial dimension which he or she deserved during the incarnate life. And one cannot hide anywhere in this situation.

... The same thing happens to the mystic who has learned to exit from the body, though this state is not irreversible.

If such a mystic appears in the hellish strata, then hellish spirits begin to pursue, threaten, and deceive him or her, to tempt him or her to do foolish and unethical deeds. The established connection with the spirits of hell remains when such a mystic hides again in the body. Moreover, after many exits from the body, the connection of the consciousness with the body becomes weak, and unintentional exits from the body may happen. This situation gets worse in dreams, under the influence of alcohol and other psychedelics. Such a person becomes dependent on the spirits, begins to confuse information coming from different spatial dimensions, and his or her behavior in the material plane becomes inadequate... This is a typical development of psychopathology of the schizophrenia type.

Therefore the methods of training that allow separating the consciousness from the body should not be used by people who have not established themselves in subtle states of the consciousness and are not ethically and intellectually mature yet.

... So with the use of such practices one can exit from the world of dense matter. And what does one do then?

The correct decision consists in directing all efforts to merge with the Divine Consciousness. But this requires that man already has an intensive aspiration to the Creator, a powerful emotion of love for Him, which is based on deep knowledge about Him...

Are there many people among esotericists who have it?...

And what if one does not have it?...

If one does not have it, then such a person becomes lonely and lost between the matter and God, unable to come back to the ordinary life of ordinary

materialistic people and not capable yet to come to the eternal Embrace of Love of the Creator... This situation causes the feeling of loneliness, depression, despair – and provokes a psychical breakdown...

In order to avoid this, one has to remember: the highest stages of the spiritual ascent are not meant for everyone but only for ethically and intellectually mature spiritual seekers. Every instructor of esoteric practices has to take this into account.

And those students who really deserve the highest initiations are capable of doing such things on the spiritual Path that the majority of other people cannot even imagine!

If adepts become firmly established in the higher spiritual dimensions and have a strong attraction to Mergence with the Creator and a deep understanding of everything that we discuss here – then with the help of special methods, such people can grow themselves as consciousnesses to sizes equal to the size of the Earth and then much larger. They become omnipresent on our planet in the dimension of the Holy Spirit and then merge with the Creator and with the Absolute.

Why Did God Need My Death? God and Devil

Thanks to hard work during the years prior to my killing, I managed to traverse a considerable part of the Path. I was not completely free from everything worldly: behind me there were many students-followers – both in Russia and in other countries. I felt myself one with this system and could not imagine myself separated from it. This hindered my further progress towards the Unity with God.

The Creator suggested me to part with them and to leave them alone, because I had given everything to these students that they could encompass. None of them could follow me further. Yet the very idea of ceasing my service to people in its usual form was so alien to me that I could not even understand this suggestion from God.

... This is the paradox of evolution: what is good at one stage of personal development turns out to be bad at the next stages because it hinders one's further development.

... So what could God do in this situation? Since I could not understand Him in a normal way, He was compelled to force me – for my own good.

And then He sent a devil against me.

... For the majority of people, God and the devil are nothing more than abstract ideas. People know that one should believe in God and be afraid of both of them: God can punish you, while the devil... – what is the devil? – “a fallen angel”... who seduced Eve, Eve seduced Adam... But how is it related to us?

The devil and God are not abstractions. God is One, though this word sounds differently in different languages and though there are many of His Individual Manifestations. As for the devil, there are many of them. The legends of the Old Testament describe one of them, but they just explain the essence of

this phenomenon: i.e. from where devils come and what their relations with God are. The Quran also tells about devils (in plural form).

In reality devils are inhabitants of hell more powerful than demons. They are more powerful because of their high degree of *crystallization* of the consciousnesses. They achieved this in their earthly lives – probably with the help of esoteric practices learned in special satanic black-magic schools or as a result of learning from unwise instructors of esoteric techniques.

Devils sometimes incarnate on the Earth. From childhood they exhibit striking aggression and inclinations to other vices. Having grown up, they behave as powerful “destroyers of the perishable world” (Bhagavad Gita, see [20]). In the language of psychiatry, they behave as excitable psychopaths and aggressive paranoiacs. They can even become prominent political figures...

... But devils are powerless to seduce the righteous: wise and ethically steadfast people are not capable of performing evil deeds however hard one may try to tempt them!

Therefore, for bringing me to reason God chose an esoteric group where its instructor – a former student of mine – used the methods of work with the consciousness learned from me to grow such devils. Desiring to remain a “spiritual leader” by any means, she enrolled in her group anyone wanting to learn from her without judging whether they were worthy or not. They – ethically and intellectually primitive people – learned the magical power from her. And, as a result, they developed the feeling of being chosen and super worthy, the feeling of their all-allowance.

And they, being guided by a devil, made up an accusation about me for a deed which I was not capable of doing. They got beside themselves with rage against me, passed sentence on me, and executed this sentence without even letting me know. I described this already.

... I recall now with an ironic smile how I was perplexed by the absurdity, insanity of their deed – for a long time I did not tell their names even to my closest friends. Thus I, dying, tried to save them from disgrace: I thought that they would come to their senses and then apologize and repent... But this has never happened; they turned out to be people of the pole opposite to me; they had learned only to lie, to hate, to use violence.

... But my victory was predetermined by one more trial: by the fact that the destiny of these criminals was in my hands... I knew their names and addresses – both of the organizer of this crime and of the leader of this gang. I could give this information to the police – and then they would have been arrested and imprisoned...

... Yet I did not want to take revenge on them. I knew that I was not a victim of professional killers or insane people who should be isolated from others; they were just primitives who should be pitied... And they could not avoid karmic consequences of their criminal deed...

I began to look at this situation from God’s standpoint: what is better for the universal Evolution – to send them to prison for many years or to try to reform their souls here in freedom through repentance?

I chose the second and tried to direct them to this with the help of their leader. I asked the police to put this case on hold.

I remember that one of the policemen asked me: “Don’t you worry about your own safety?” No: it was not me who had to be afraid, but they – to be

afraid of meeting me, meeting the police, meeting God if some of them became believers.

But my intention with their repentance failed: their leader could not explain to them what repentance is, and she herself urgently left Russia having registered a marriage with a foreign person.

Yet I do not regret that I forgave them. At least I benefited from the case.

If I had given their names to the police – I would have spent too much time and effort for participating in this process as the injured party!

Instead of this, during the months of dying I managed to write and publish four new books, and to draw conclusions from everything that I had done and cognized.

Moreover, I managed to learn to enter the Abode of the Creator and to become so established in it that after the death of the body I naturally appeared there.

... Now it would be appropriate to include my observations of the after-death experience – everything that I personally observed.

First: loss of consciousness and clinical death are completely different states.

When loss of consciousness happens then indeed self-awareness and self-consciousness disappear.

As for death, if it happens immediately without an intermediate unconscious period, then it is felt (by a developed consciousness at least) in a completely different way. When it happens, there can be or not be a time interval during which the process of the separation of the consciousness from the body takes place. Such a process took place in the case of my first death: the consciousness, that is I, in the form resembling a giant balloon, moved up and began to make oscillatory movements as if trying to become separated from the body. This went on for several seconds. Then the separation happened – and I found myself in the Calm of loving Consciousness-Light.

In the case of my second death, there was no such intermediate stage whatsoever: everything happened instantly.

It is also important to talk about the mechanism of transfer of the consciousness after its separation from the body.

At the moment of death, the “drop” of the individual consciousness is very quickly and unintentionally transferred to the spatial dimension that corresponds to this “drop” as if by specific weight. This transfer happens automatically, and immediately one comes to the stable state of dwelling in the corresponding stratum of multidimensionality. This is a completely predetermined transfer to the corresponding dimension, and there is no doubt about the futility of efforts to change the situation after this transfer has taken place. Therefore the Buddhist, Catholic, and Orthodox ideas about the possibility to change the place of after-death dwelling of the soul – thanks to passing through “purgatory”, or thanks to “prayers of saints”, or thanks to one’s own efforts, or thanks to the help of an experienced mystic who can “lead” the soul to paradise – these ideas are nothing but myths. They are harmful myths, because they damp the believers’ ardor and give them a hope that now they can behave wrongly or be lazy – and then others will pray for them, will help them – after all, there are our patron saints – and everything will be good...

After going to the predetermined stratum of multidimensionality, an individual consciousness can assume a form resembling the form of its former body

and continue to exist in this form. This happens, most likely, to the majority of people.

But I have chosen and will choose in the future to refuse to be separated; I choose the state of Mergence, which requires that one prepares oneself beforehand with the help of special meditative trainings.

* * *

For several years, I felt an unbearable back pain every time when there was a heavy load on the backbone. This problem of the backbone seemed to be irreversible, and I must confess that sometimes I had a thought: “Was I right to miss the chance to punish the members of that gang by sending them to prison?” But immediately I would check myself: would they become better from this? – No! Most likely they would get worse... Therefore it was right to forgive them!

... My characteristic feature that was formed in the past life is that I do not get involved into long conflicts with people. The aspiration to my goals always made me go forward and discard everything that hindered me from going on.

This is not the same as cowardice. No. Even in school I always defended my peers if someone offended them. In the university I publicly began to oppose Komsomol and was nearly dismissed from the university for this. In the years of spiritual service, when the KGB required me to stop my teaching, I also struggled and insisted on personal arguments with those who demanded it. They avoided, and I could win time to fully give a class program...

And every time when the struggle was over and I was dismissed from the work – I never demanded justice. I had been simply finding a new job – and continued my spiritual work...

I never required satisfaction from people who attacked or slandered me...

In the end, I came out as a winner: I have achieved the Highest Goal instead of being completely absorbed by conflicts. As for them, they stained their destinies with vices...

Good and Evil

Once I was asked the following question: “Do you know a method of diagnosing evil – so simple that any person can use it?”

I replied:

“Evil is too multifarious and has too many manifestations to be distinguished by a single test.”

The brightest evil is aggressiveness, malice, coarseness. There is also selfishness, falsity, inclination to betrayal, cowardice, haughtiness, absence of care, and many more: for example, dangerous manifestations of foolishness, possession, drug addiction, etc.

Therefore, it is much easier to distinguish Good in the entire chaos of evil in people and to help it to grow.

Those who have developed clairvoyance can see evil directly – as darkness of the soul and of the energies of the cocoon. (But one has to take into account

that acute diseases like flu can also cause darkness in the cocoons of normal people).

Whereas, the purity of the soul and a developed spiritual heart, seen by clairvoyance, are a reflection of good in a person. (However, this is not an absolute criterion, because some of such people also have the qualities of falsity, foolishness, etc.).

Therefore the most important thing is to develop oneself. And in the process of personal growth and accumulation of personal experience of providing spiritual help to others, one gains the ability to distinguish people.

The summit of evil is the devilish status.

The absolute Good is our Creator and His Manifestations in the form of Holy Spirits and Messiahs.

But in order to comprehend this more deeply than just in words – we have to grow in the direction to Divinity.

One also has to understand that our encounters with evil are necessary for our spiritual growth. In that sense it is correct to say that “everything is good!”.

The process of our encounters with evil and good is controlled by God.

And all this happens inside the Universal Body of the God-Absolute. We are in Him.

Monasticism

So the program of my personal evolution was over: I had achieved the Abode of the Creator and learned to merge with Him. This conclusion was confirmed by my experience of death.

I could end everything at that point...

Now that I had been resurrected back into my body, I thought about what to do further in my life. What purpose should my earthly existence now serve?

Before I used to live in unceasing care about my numerous students, to write books, to aspire in meditative work to the Embrace of the Creator. And now... all this as if remained behind: there remained no worthy disciples, and all books had been written already... I had only one task – to continue to strengthen myself in the Abode of the Creator. And I began to do it: I could not live without work, without dedicating myself completely to work.

Now I began to live in full monasticism.

... It is interesting what you, my reader, have just thought about these words? That I mean something related to sex? That I restrained myself from having sex with women?...

For some reason the majority of people in Russia relate the idea of monasticism only with sex.

But one should relate it with God.

Monk is a word of Greek origin. It means *singleness*. (The Sanskrit analogy of this word is *sannyasi*). This is the state of being one-to-one with God, when all the attention of the consciousness is directed only at Him – at the Universal Consciousness dwelling in Its Abode – in the primordial spatial dimension. The necessity to do earthly deeds on providing for the life of the body is felt as an annoying distraction and acts of self-sacrifice.

Only those can become true monks who have cognized God-the-Father and now make their connection with Him stronger.

As for those who try to imitate the life of true monks – they only cause harm to themselves by wasting their time. Such people have to develop in a completely different way: usually through one or the other form of social activity.

In order to become a monk, one does not need to perform any ritual, does not need to accept a new name or wear special clothes: such things are nothing but games for people who are far from God. They are games that people play before each other.

The true monasticism is about one's relationships with God. And it does not require rituals or new names or special clothes.

Truly monastic work implies – at the beginning – directing the vector of the attention of the consciousness to God-the-Father. One has to remain one-to-one with Him and then in Him.

No one of the mass forms of Christianity has tried to realize the Precept of Jesus Christ about directing the attention of the followers to cognition of God-the-Father! And the result of this is that even the best fruits of the activity of such confessions correspond only to the initial stages of spiritual advancement (strengthening of faith, beginning of ethical purification, studying of Holy scriptures).

But in order to go further, the followers have to find God not in icons or in temples, but inside the multidimensional universe. And they have to learn to love Him there – in His Abode. This is a truly monastic deed, a deed of true monks.

... As for sex, in true monks who have fallen in love with the Creator the sexual attraction indeed dies out in a natural way.

David Copperfield

One day a turning point came to my development: there appeared a new horizon, a new plan of further work, a prospective to realize the program-maximum. This change in my life happened thanks to David Copperfield.

... Before this point, I had working relationships with several Divine Teachers: with Jesus Christ Who in the beginning blessed me to start my spiritual service and then gave me many important recommendations, with Babaji and Sathya Sai Baba Who initiated me into higher meditative techniques, with Huang Di Who was the first of non-incarnate Divine Teachers to explain to me the general principles of work on mastering dematerialization and materialization; I also had meetings with Krishna Who helped me with making a correct translation of the Bhagavad Gita.

... It would probably be appropriate here to give some explanations concerning the relation between One Universal God-the-Father – and the Greatest Divine Teachers working on the Earth.

Let me first remind you that the term *God* has different meanings.

The first and the most important meaning of this word is the Primordial Consciousness of the universe dwelling in Its Abode – in the primordial spatial dimension. In different languages He is called differently: Jehovah, God-the-

Father, Allah, Tao (in the Taoist meaning of this word), Ishvara, Addibuddha, etc. He is the Highest Teacher, the Goal, the Final Asylum for all beings.

The second meaning of the word God is the Absolute (Absolutely Everything), that is the Creator and the Creation – as one System of the multidimensional universe, as One Multidimensional Organism.

There is also the Brahmanic Consciousness (Brahman), Which is also called the Holy Spirit; He permeates with Himself the entire Creation and represents the Creator of the Earth. This Consciousness controls most of the situations on the Earth and other inhabited planets, including the development of all incarnate beings. Brahman is also the final stage in the development of all positively evolving individual consciousnesses – before their coming to the Abode of the Creator. In the Christian tradition, He is regarded as a Part of Triune God (Trinity).

Who are Messiahs or Avatars? They are Those Who had achieved full self-realization during Their past lives in the body – and then came from the Abode of the Primordial Consciousness in human bodies to help incarnate people. They are Parts of God-the-Father, representing Him and coessential to Him. They all teach the same things, though They retain some individual features.

* * *

... One day I felt a desire to switch on the TV, though usually I watch only the evening news program. When I switched it on, I understood that it was He who made me do it.

On the TV, a show of David Copperfield had started...

... I had not met any person – though had spoken with many – who had understood His Divine Essence.

But I immediately understood everything. I had received prophecies from Jesus about His Coming; I even recognized His face.

The next day I established a direct contact with Him. It was not hard to do: He is omnipresent in the Brahmanic dimension, which I, too, could enter.

Since that moment whenever I called Him, He immediately replied: "I'm here!".

And He began to teach me what I asked: how to become like Him.

This turned out to be a new epoch in my life. The difference between Him and myself was like the difference between a newborn baby (that is me) and a mature man. Again I felt myself small and powerless, but the awareness of my powerlessness just gave me strength to begin a new stage of intensive work – in order to traverse that part of the Path as quickly as possible.

* * *

In His Divine Shows, He appears on the stage not as everyone does: He does not come to the stage from a side scene, does not come from the auditorium, does not descend from the ceiling on a rope... He appears before the audience by materializing His body. Or He flies in to the stage. He flies without the use of any technical means. He flies by the power of the Consciousness. He levitates.

He flies over the stage in the vertical or horizontal position of the body, with the head or the feet forward; He does somersaults. He does it very gracefully and artistically!

Then He hovers over the stage in an elegant pose – as if lying on a sofa. His assistants pass hoops around His body – to demonstrate that there are no invisible tools supporting Him. He easily flies into a sphere formed by large spinning burning hoops. And then He flows out from it. Or He floats in a large transparent box closed from all sides by the walls and lid.

He is not a ghost. He speaks smiling at people. He even flies with a female volunteer from the auditorium holding her in His hands...

He goes through walls – both through small partitions on the stage and through the Great Wall of China. How does it look? He comes to the wall, submerges His hand into it, then submerges His entire arm, then His entire body; after that His body gradually appears on the other side of the wall: first, His hand; then the entire arm...

He dematerializes and materializes all kinds of objects – both small and large, even an airplane or a railroad car... He also does it with His own body and the bodies of His assistants.

Dematerialization and materialization performed by Him can be either instant or done step-by-step.

For example, He materializes the body of a woman. The body is living; it moves and smiles. Then He dematerializes it, part after part: first her arm, then her leg, then her hair... The woman, at that, smiles and nods to the audience: it's all right, I feel good! Then her entire body disappears completely; she turns into a spirit.

Sometimes He Himself disappears from one place and appears in another, demonstrating slow dematerialization. For example, it happens on a steel plate residing on an openwork support. The plate is covered with a cloth. The task is: He has to materialize His body between the steel and the cloth. The openwork support is needed so that the audience can see that He does not come, for example, from beneath the plate through a hole in it.

... Suddenly the middle of the cloth rises slightly, and something resembling a lying embryo appears under it. It grows larger and larger – and then David Copperfield throws off the cloth from His elegantly dressed body!

Sometimes He in one instant appears at the place where His female assistant was standing, and she appears at the place where He was standing a moment ago. Laughing joyfully, He asks the audience: “Well, did you like our trick?...”

Dematerialization and materialization of His own body and the bodies of His assistants are a usual element of His show.

It is the same with objects. For example He throws a cloth in the air and makes it hover – and then the cloth gets dematerialized.

Sometimes He dematerializes a ring borrowed from a volunteer from the audience. Then He materializes the ring threaded on a shoelace or on the narrow middle part of a sandglass...

He tears paper into pieces, then puts these pieces to each other, and they knit together. Nothing but folds remains on the paper in the place where it was torn. “It's okay, I will smooth it now!” He says, and smoothes the folds with His fingers as if with an iron. And the folds get smoothed out completely...

He draws on a paper an image of a pack of cards. He makes a movement with His hand... and a card moves out slightly from the pack. One more movement, and the card moves out from the pack by half...

He laughs: I make miracles before the audience, but they tell Me: “This is special effects!...”

He is tired of making miracles “in the pure form”. He begins to joke and pretends that He failed to do the trick; He hems and haws... but suddenly makes a new stunning miracle of this (planned) situation!...

He makes different plots for His show. For example, He allegedly “summons spirits” and they in one instant put a jacket on His body with His arms tied; in the same manner, they instantly take the jacket off... But it is He Who does it in reality, not spirits.

Sometimes He tells a story of how He was a little boy and had a granddad... He shows an old video recording from His childhood... And then a small boy from this video recording gets materialized on the stage at the place where a moment ago David was standing... And David in His next new body comes out from a side scene... David-adult and David-boy as if they meet each other and look at each other... But this boy has a completely different shape of the external ear as compared to David: this feature cannot change with age... What does it mean? It means that this boy is not David-child; David just needed a story for demonstrating His next miracle in an interesting way...

He has absolute control over matter, including the matter of His own body. He can give any shape to His body to make it look of any age...

Concerning cutting His body or the bodies of His assistants into parts – He does not cut living bodies. He just replaces them with others that look similar but are made of indifferent matter. And He makes parts of this matter move...

He possesses Absolute Divine control over matter, the ability to disembody and embody Himself and other people, to die and to rise numerous times!

The only thing He cannot do is to quickly make people perfect. Because no one can do this, not even God! Only people themselves can do this if they want it strongly and steadfastly...

And there is no sense in asking Him: “Make me perfect!” He would not even try to do this.

He helps people by demonstrating the human capabilities, by inspiring, by showing His example.

He likes to dance – and dances with His female assistants which He materializes on the stage. The theme of their dances is the emotion of tender, caressing, harmonious love between people.

He preaches love by His own example!

What Jesus said in words – David says through dance, through the shining of His smile, through love for everyone who addresses Him!

Jesus taught about love, taught that the Path to God-the-Father goes through love for people, taught that the main quality of God is Love. God is Love – David illustrates this principle by His example; He, too, calls people to enter the Path of Love!

... What does He say about Himself? He says that He was born in 1956 in the USA, in New Jersey; that He lives with His parents, and that His mother was born in Kiev. When He was a boy, His family always spent winter in Florida, where snow is very rare, but He wanted to see snow. He wanted it so much that one day He Himself made snow fall... And while He is telling this story, material-

ized snow begins to appear from His hands, and then snow falls on the audience for some time ... – this is again just a story needed to show His next miracle of materialization! ...

It was His granddad who taught Him magic. The first magic tricks mastered by Him were tricks with cards... – when telling this story on the stage, He makes cards disappear and appear again...

I already mentioned the story of David-boy with the ears' shape different from the one of David-adult...

What is the truth here and what is just a story – how can one distinguish? And does one need this? Is it important in what city and in what year He appeared on the Earth? Another thing is important – how can we become like Him...

He does not say a word about His Divinity. On the contrary, for foolish people He intentionally does special numbers in His show to make them convinced that all His miracles are nothing but tricks.

Let us take, for example, the trick with a “disappearing egg”. He makes a female volunteer who sits near Him on the stage not see what the entire audience sees: that the egg does not disappear but falls on the floor, or that He passes the egg to His assistant who comes quietly from behind... From outside it looks as a demonstration of the manual dexterity, but in reality this is a magical influence on the perceptual ability of the volunteer.

He does not tell the audience about God, about His Own Divinity.

Why?

Why does God not use this situation to convert many people to faith?

Why don't You, David, tell people the truth about who You are?!...

... But what would people do if He told them about this?

Would they believe Him? No!

There are a few who understand this even without words. Who are they? They are those who know what is God and what is Divinity.

But the enemies of God would be beside themselves with rage! After all, in Russia someone killed Vyacheslav Tsoy who was one of the organizers of a David's tour in Russia...

And what about the masses of believers? ...

Does David need millions of followers who would be crossing themselves, bowing to Him, and asking blessings from Him?...

Of course, He does not. He wants to serve reasonable people, first of all...

And what about the existing religious confessions and Churches?

What would their hierarchs say if David declared to them that He is a new Messiah, a Messenger of God-the-Father? Which one of the mass religious confessions would agree to accept Him then?...

No one!

Fyodor Dostoyevsky in his book *The Brothers Karamazov* wrote: the Churches do not need a living God! He is unfitting to them because He would say things completely different from what they teach!

Jesus, for example, gave up His life in order to convince people to love God-the-Father, to make God the center of their attention, to make people aspire to Him... But which one of today's Churches considering themselves Christian realize this precept of Jesus?

And the human crowd... hates and kills God's Messengers.

Krishna was killed due to a damnation of an unwise woman.

Gautama Buddha was poisoned.

Jesus was killed.

There was an attempt to poison Sathya Sai Baba.

The same thing happened to Rajneesh...

What makes primitive people kill Those Who come to sacrifice Themselves for the sake of helping people? What is the reason for this hatred?

Why, for example, did the crowd hating Jesus yell to Pilate: “Crucify! Crucify Him!”?

Jesus healed their bodies and worked wonders. He did this not only out of compassion for them but also in order to make them listen to Him.

But the true healing consists not in the healing of bodies but in the healing of souls from vices and in developing virtues.

Nevertheless, these people only demanded from Him that He heal their bodies.

He told them: it is enough, you have to work on yourselves, you have to aspire to become perfect as your Heavenly Father is perfect! You can come to the Heavenly Kingdom only thanks to efforts – your personal efforts! – rather than efforts of others or My efforts!

However, they only wanted Him to heal their bodies or to make them rich, but He did not want to do this... So they began to hate Him...

Great spiritual Masters come to people to teach them to heal the soul; They try to give them the confidential knowledge about God, about the meaning of life on the Earth... But people... ask Them only to heal their bodies or materialize gold and money...

What is the reason for this? Is it enough to call these people degenerates and be satisfied with such an explanation?

No, the reason is deeper, though indeed there are many degraded people on the Earth: they are those who have turned away from God and His Messengers, and develop vices in themselves.

But the main reason is different.

What is the difference between people? Let us try to see that the main difference is not sex or age of the body, not the color of the skin or nationality. The main difference is the age of the soul.

... What would happen, for example, if a teacher from the university came to the junior grade classes of an ordinary school and began to teach the university course of higher mathematics to children? Children would not understand anything. And after some time from the beginning of the class, they would begin to play pranks, and those impertinent would begin to attack the teacher...

It is the same with the age of the soul. Independent of the age of the body, people with young souls are not capable of comprehending higher knowledge! They can only think about very primitive things: health, money, primitive animal sex, primitive entertainments which are often cruel – like hunting animals or even people...

And only in the process of a soul’s maturing in a series of incarnations, will their intellects become capable of comprehending more complex problems. This is why only a few can understand God in all His fullness.

... Jesus, too, regretted that even His closest disciples could not understand Him.

And several centuries after His death on the cross, people calling themselves Christians began to damn and kill each other during schisms; they launched wars against the Muslims during the Crusades...

Another example: Christianity, the religion that God gave to people through Jews, was declared by the Russian Orthodox Church as “indigenously Russian”. And this Church started a campaign of hatred and persecutions against Jews. There were an anathema from Church (damnation) and pogroms of Jews...

Like Jesus, Rajneesh looked sadly at the crowd of His frolicking students... To help them not fall asleep during His lectures, He had to interrupt His philosophical discourses and entertain them with anecdotes which He read from a special book...

After Rajneesh had left His earthly life, a lot of His pseudo-students came to Russia and to other countries. The basis of their teachings was a total allowance in smoking, drinking, and sex. Is it really the Teachings of Rajneesh, Who preached the path of subtle love, harmony, beauty, and complete dedication of oneself to the spiritual Path? He probably feels sad observing all this today...

I, too, was perplexed when I learned that the majority of my Moscow students forgot about the Path to God and became involved in sexual games when such a temptation appeared...

I am far from condemning and denying sex. On the contrary, with the help of the sexual aspect of love people who seek God can help each other to achieve harmony and purity of love at certain stages of their development. But this has nothing to do with substituting the work on growing oneself to Divinity with primitive sexual entertainments!

This is one of the laws of the Evolution of Consciousness: everyone is capable of comprehending from the higher preachings only those levels of information which they have grown up to.

Thus, for some people religion means fanatical hatred towards everyone not belonging to their confession.

For others, religion means primitive entertainments suggested to them in a religious form.

For others yet it means the practice of touching sacred objects.

And for still others it means attempts to study religion, efforts on changing themselves in accordance with the Will of the Creator...

In this sequence there are those who have already traversed some part of the Path – small or large... And the higher one’s level on this stairway of spiritual ascent, the smaller the number of people present on it.

Those who have reached the end of this stairway do not come back: they achieve full Self-Realization, Divinity.

And David Copperfield realizes His mission on the Earth understanding this principle very well.

* * *

David came with His show to Russia; He had a performance in Saint Petersburg.

We were at His performance.

He did not bless us to come to communicate with Him with our bodies after the show.

But right after the end of the show, He came to us (without a body) to a square near the concert hall – and for more than an hour we could not leave: so strong was the bliss that He immersed us in!

... When His next coming to Russia was planned, I asked Him: do we need to try to meet Him in the body when He comes?

He answered:

“Why? The way we meet each other now is well enough!”

... This was a wise answer. We do not have to aspire to communication with material components of the Absolute – even with the best ones! But we have to strive for Mergence with the Subtlest Components of the Absolute; we have to learn to live in these states! In the Abode of God-the-Father we become One with all the Divine Teachers. And this is the highest happiness!

... I regretted the first refusal of David, because I wanted so much to embrace His body! But this time I calmly received the same answer: we had had so many blissful moments of merging the consciousnesses that there was no need anymore to hug the bodies of one another!

* * *

In His show in Russia, David demonstrated before the audience (including me) levitation, cutting His body with a saw, dematerialization and materialization of objects and human bodies...

Several months later I received a letter from a woman. She wrote to me concerning my book about Him: “How can you believe in this if you consider yourself a scientist!? It is nothing more than video tricks!...”

About Magic

Magic includes first of all bioenergetical or psychoenergetical influence. The latter of them is the influence by the energy of the consciousness, contrary to the use of the organism’s bioenergies, which can also be controlled with magical purposes. Other magical phenomena include the following:

- the use of stones, water, or other objects possessing significant energy with the purpose of healing or putting a curse,
- control of the outer energies which do not belong to one’s own organism,
- cases when the influence is exerted by spirits or by God at the request or order (to spirit) from a person.

Yes, some powerful spirits are capable of exerting an impressive influence on material objects. Such an example is the well-known phenomenon of poltergeist, when in a house objects begin to fly, to disappear and to appear, to catch fire. Such things happen not only in Europe: many such cases are described, for example, in the remarkable book *Gods of Tropical Africa* by B.Olya [37].

Warlocks, shamans, and priests of various religions are not necessarily magicians: they can be subdivided into those who just perform rituals (which very

often are meaningless and useless for the participants) and those who indeed have mastered magic.

In magic, one can use supplementary or camouflaging methods – mantras, incantations, prayers, gestures, music, dances, rituals. Yet these do not work by themselves: when they are used by different people or even by the same person yet in different emotional states – the effect can be quite different.

For instance, by making the sign of the cross, one can give bliss and healing – or cause harm. And if one performs the same action without a pronounced emotional attitude, then it produces no effect whatsoever.

For example, I knew a sorceress who believed that she was a warrior of Nicholas the Wonderworker. She, hating all non-Orthodox believers, struggled against them in the following way. She came to an Orthodox temple during public service, stood behind the praying people, looked for “suspicious” strangers, and began to “test” them by “imprinting” energy crosses of her hatred into their bodies. She sincerely believed that the sign of the cross could not harm a righteous person. Her victims always felt sick and went out of the temple. This made her believe in the effectiveness of her “service” and inflated her ardor.

Sometimes she did the same thing outside temples. For example, she came uninvited to a celebration of someone’s marriage together with the crowd of guests, sat together with everyone at the table, and...

Many knew her as a sorceress. And one day someone shot her dead. After disembodiment, she became a demon and continued her activity of harming incarnate people; but now she does it from the non-material world...

When she was embodied, she hated me and even attacked me with her sorcery because I – at her request – tried to help her get rid of her awful energetical coarseness. After my influence she felt that... she became weaker in her magical affairs...

... Once I had a conversation with her, after her disembodiment. I was curious to know why she was not hostile towards me at this time. She answered:

“Now I know that you are from God...”

... While I am writing this now and thinking about her, she has come again.

Yes, it always happens like this: when we think about God – we attract Him to us, when we think about devils and demons – we attract them...

I asked her: what are you doing now? (Many years have passed since our last conversation).

“I release the insane people from seals”, she answered.

I understood from that that she releases feeble-minded people so that they can participate in the socio-political life...

... Yes, it seems that her team has been working for a long time...

On the other hand, it is thanks to the struggle with evildoers like her that true heroes develop virtues on the Path to Perfection! How would they develop if there were no feeble-minded directors and other incarnate evil?

Verily: “Everything is boon”!

* * *

The hypnotic influence in any form and independent of the intentions of the hypnotist is magic, though hypnotist-materialists do not know this. The essence of this influence is that the strong soul suppresses the weak one. Verbal

formulas of suggestion for the patient to fall asleep and the influence causing tiredness of the patient's vision, which are used by hypnotists, are nothing but methods for strengthening the suppressive effect. The strongest magician-hypnotists do not need them at all: they can paralyze and enslave the consciousness of the patient just by their psychoenergetical influence.

The latter was demonstrated very brightly in the show with non-verbal suggestion by Albert Ignatenko. After selecting the most suggestible persons from volunteers, he demonstrated on the stage the following miracles:

He asked a young man:

"What is your name?"

"Yura."

"How old are you?"

"Nineteen."

"Tell me once again: what is your name?"

"Igor Petrovich."

"How old are you?"

"Fifty eight."

"Once again, what is your name?"

"Maria Ivanovna."

"How old are you?"

"Ninety."

"Maria Ivanovna, what is your name?"

"Yura..."

Another miracle with another volunteer:

"Can you imagine that a glass wall appears right here on the stage in front of you?"

"No."

"Are you sure?"

"Of course!"

Ignatenko clapped his hands – and this man began to touch perplexedly the wall which only he could see, to knock at it...

Another miracle:

A young man sitting on a chair on the stage began to make strange movements with his hands.

"What are you doing?"

"Don't you see?"

"I see, but could you tell it to the audience?"

"I am milking the goat!..."

Ignatenko demonstrated in his show these and many other similar numbers with volunteers who were not put into the hypnotic state by some method noticeable to the audience. This is one of the Manifestations of the power of a highly *crystallized* consciousness! This is a mysterious problem for materialists!

* * *

Magic can be white, black, and just magic.

White magic implies doing good (with the help of the mechanisms described here). One of its examples is healing.

People practicing white magic develop in themselves such aspects of Love as compassion and care; they also develop themselves in the psychoenergetical direction and learn to give useful recommendations to very different people. If such magicians hold the interests of others above their own interests and do not become tempted by money or glory, then they are on the true path.

Black magic implies making harm to others with the help of magical methods independent of the motives for doing it. And the motives can be very different: from hatred towards everyone – to a desire to avenge someone, to rid the society from a villain, etc.

Motives can be different but the result for the magician is always the same: development of malice and coarsening of the consciousness, which ultimately leads one to hell.

This is why God teaches us: do not judge, do not condemn, do not get angry; on the contrary – forgive and be compassionate! Remember that the destinies of all beings – both good and evil – are controlled by Me, God! It is I Who allows calamities that come through villains – for teaching the righteous!

“I control all! Do not get angry with anyone!” – thus He told me when my body had been maimed by a gang of students of a pseudo-spiritual school. I refused then to avenge and to hate them, and accepted this episode as God’s pointing out to me the necessity of radically changing my life– and I benefited much from this. As for them, who have not repented, – He will judge them. He is the supervisor of our destinies – both of those who go to Him and of those who become the waste of the Evolution.

By the way, I was told that my main killer after his attack on me had a severe pain in his hands – the hands by which he was killing me; he even was in the hospital. Another member of their group, the woman who spread the slander against me, suffered a gang rape afterwards... But it was just hints to the necessity of repentance; the rest awaits them in the future: according to the law of karma, the retribution has to be adequate to the suffering inflicted on the victim.

... Episodes of white or black magic can be intentional or unintentional.

A person full of Love does deeds of white magic even unintentionally, for example, by healing, harmonizing the souls of suffering beings.

For instance, I had the following case many years ago. In the early morning on a holiday, I went to a bakery. There was no one in the street; only a dog was running on three legs with the fourth leg tucked up, probably because of pain in it. I asked: “Lord! Why does this dog suffer?! People suffer because of their vices, but this dog...?! Could you heal it!” My emotion of compassion was very strong.

When coming back from the bakery, I saw this dog again: it was joyfully running on all four legs!

I was amazed by this miracle! And afterwards I was many times amazed by the miracles of my own healing influences – which were conscious. The emotion of my amusement was so strong that the dog even looked back at me...

Many people living in negative emotions, unintentionally become a source of discomfort and illnesses for others. People say about them “evil eye”.

The most striking examples of such people are drunkards who use the foul language and hate the entire world around them.

* * *

Those striving to help others seek and use methods of refinement of the consciousness. This allows them to help others better; this also contributes to their progress on the path to Perfection.

The people of the opposite pole are those filled with hatred, irritation, self-conceit, striving to subjugate, to suppress others. Some of them understand that the coarser their energies – the stronger their aggressive emotions and the easier they can achieve success in social contacts. Such people begin to seek special methods for developing these qualities in themselves – for the sake of more effective influence on others.

Sometimes they even organize their schools. For example, the members of one of such schools in Moscow learned to “shoot” with black energies from the chakras. The instructor sent them to Orthodox temples to master the methods which they learned in classes – to “shoot” at praying old woman like at targets...

I was told that the leader of another Moscow black magic school used the following method for developing his abilities: he would fast for several days and then would quit fasting with meat and alcohol...

All such people have an undeveloped intellect and perverted ethics. It is interesting that their magical abilities become manifested – as inborn qualities – even from young years of their earthly lives. This indicates that in their past lives they did similar things. It can be that they entered on this path of self-destruction in psychoenergetical schools where the instructors did not take into account the rule of non-teaching magic to people who are immature ethically and intellectually...

... Adepts of white magic develop themselves in Love, Wisdom, and Power; they accumulate a positive potential in their destinies and get ready for higher stages of development.

Adepts of black magic develop the worst qualities and prepare themselves for hell and future incarnations in bad conditions. But their activity on the Earth is also necessary: God uses their wicked intentions and abilities for teaching the righteous.

Apart from white and black magic, there are also magical phenomena which have no ethical qualities and therefore cannot be related either to white or to black magic. Such, for example, are psychotelekinisis, levitation, dematerialization, and materialization.

Such miracles were demonstrated by Jesus Christ, Babaji, Juan Matus and Genaro described by Carlos Castaneda [52-59,61]; miracles of psychotelekinisis were performed by Ninel Kulagina and Valeriy Avdeev; God created many such miracles around Uri Geller [30]; our contemporary Sathya Sai Baba easily materializes various objects [17,20,34,42,60]; also David Copperfield, a Messiah Who came to the Western world, easily and gracefully demonstrates all kinds of miracles to the public.

How Can One Come to Perfection?

We have already discussed that the evolutionary process of development consists of three main lines: intellectual, ethical, and psychoenergetical ones. The first two have to be mastered first. As one masters them – God opens for such a person the stages of psychoenergetical work.

But if one interferes with this process and tries to drag ethically and intellectually immature students to higher stages of psychoenergetical work, violating thus the laws of the methodology of spiritual development, – then this may result in strengthening of ethical vices of the students and even in gross psychical disorders of schizophrenic or paranoiac types.

In the psychoenergetical aspect, work with the spiritual heart is favorable and suitable for all people independent of age or way of life, of course if one desires it. This level of work, which ensures the development of the bioenergetical organ responsible for the production of the emotions of cordial love, is useful and safe for everyone.

As for higher stages of psychoenergetical work, here one needs to select students more carefully. For such a selection, in addition to personal conversations, one can suggest to the students to make reports on meetings or to fill in a questionnaire. The questionnaire can include political questions about the student's attitude towards certain party or political leader (in this way one can distinguish, for example, politically immature aspirants); there can also be questions on everyday matters.

Let me give some examples of the latter:

“What would happen if one stirs sugar in tea using a knife?” The correct answer is: “Sugar will dissolve”. People of lower intellectual development can respond in a way typical of them (at least in Russia): “The knife will become blunt”.

I also used ecological tests on intellectuality. For example, we were walking the autumn forest. It was the time of leaf fall. At one place, there were about twenty oak leaves lying on the ground, but there was no large oak tree nearby. I asked the group: “How did these leaves appear here?” Everyone looked up but could not see any oak tree: there were only birches and spruces. They began to suggest silly things, like: “Someone was carrying them and dropped them”, “A bird brought them here”... But the answer was simple: they fell from a small oak tree 50 cm tall and were lying near it. But this stereotype of thinking did not allow one to find such a solution: an oak has to be a big tree with a large trunk! Thus the students could not recognize an oak in a small tree without leaves.

For anyone experienced in spiritual problems it is clear that people who have not learned yet to think critically and independently cannot sort out numerous nuances of spiritual advancement. Such students will unavoidably be tempted by pseudo-teachers and pseudo-teachings!

There are many such examples.

Take for example the case of Aum Shinrikyo. Its leader declared that he would make everyone who follows him perfect... A reasonable person understands that no one can make you perfect. Only you yourself through your own efforts and super-efforts can come to Perfection!... The tragic end of this sect is well known: the giant amount of money collected from fooled followers was

used by Asahara for buying and making weapons for mass destruction of people. Paranoia? Most likely, yes. Personally to me it was clear that he was a false teacher from the moment when I saw his photograph in a magazine for the first time: his energies were not like energies of an Enlightened One. I warned everyone who became interested in his advertisement about this... What more could I do? Try to publish my opinion in the newspapers? But who of the newspaper editors would believe that one can make such a conclusion from a photograph?...

Another example is well-known in Russia fascist “White Brotherhood” with the cult of “Maria Devi Christos”. It was enough for their leaders to dress themselves with eccentric clothes, proclaim themselves Divine, and begin to conduct mass mysteries and initiations which were completely useless – and immediately masses of spiritually blinded young people came to them. And no one of the followers could see that the teachings of their leaders did not contain anything Divine but consisted only of primitive slogans...

What is the solution to this problem? What can one recommend to those who seek to begin walking the spiritual Path but do not know how to do this, where to find a true Teacher...

The answer to this question was given by God through the Bhagavad Gita, Quran, Bible: seek God, worship God, study God, love God, take Him as your Teacher, Helper, Father, Goal, strive to communicate with Him, to merge with Him! Do not seek this in people! And everything will be good then!

Avatar Babaji once laconically and precisely explained about how we should organize our lives on the Earth:

Truth – Simplicity – Love – Service – Struggle with the lower self for the sake of cognition of the Higher Self and Mergence with It.

Everyone desiring to begin one’s own Path can start with attempts to realize these principles.

For beginners the books [19,24] can be very helpful.

And for those who want to more deeply study the Path I can recommend books [20,22] and the books listed in the bibliographic section of this book.

* * *

It is necessary to know that all people traverse the largest part of their personal evolutionary path (it can happen only in this way) by developing themselves intellectually and ethically in usual earthly conditions. Their main task on this stage of development is to grow to the level where they can understand what is God, who are people, and what is the Will of God for us?

And only then one gains an opportunity to overcome many distorted and perverted ideas about the religious Path – and become oriented to living God, Who exists not in temples and not on icons but in the universe. Then such people begin to turn away from worldly interests and switch their attention to the Creator.

Only after that the time will come for them to begin intensive psychoenergetical work, which should result in Mergence with God and then in the personal Manifestation of Divinity.

If this sequence is violated, then unnecessary difficulties arise.

People seeking to become spiritual leaders have to accept the principle that there are never many students ready for higher spiritual initiations; such students are always a few.

Only knowledge pertaining to the initial stages of the Path can be imparted to masses.

Let me also note that none of the Highest Divine Teachers on the Earth have ever revealed the higher psychoenergetical techniques to masses of people, though They knew such techniques for sure. They dedicated their preachings mainly to ethics and to a general outline of the Path. They gave higher initiations only to a few disciples.

I heard such an objection to this: God brings students to esoteric groups and He will lead them out when the time comes; the task of the instructor is only to impart knowledge.

Yes God does this, protecting His most deserving students. And He allows instructors to make mistakes with other students and thus He gives to the instructors the freedom of will, the freedom of choice – to harm or not to harm people. Why? So that instructors themselves may see that they are wrong.

In a similar way He allows people to violate other laws, not only the laws of the spiritual development. People violate them and thus affect others' destinies and build their own destinies.

Therefore all instructors of esoteric techniques have to learn to observe the main ethical principle: "Do not harm others!"

* * *

Originally primitive or degraded with time religious movements consider people and God as two forever separated poles. We are sinful and powerless: our task consists only in avoiding going to hell with the help of prayers and sacrifices (sometimes bloody). And God is a distant and incognizable frightful creature (sometimes depicted by fantasies in the human body or in a body of some animal) who punishes people and struggles more or less successfully with the universal evil called devil. This creature can give or not give worldly boons to us. In hope that he will give, one has to beg him, for example in this way: "Lord, give me this! Lord, give me that!"...

People with such an outlook cannot understand the desire of God that we should aspire to Mergence with Him by making efforts on self-perfection and by developing love for Him!

Yes this is an interesting paradox: the majority of believers cannot understand what one has to do in relation to the fact that there is God!

The first thing they should understand is that the truth is opposite to the consumerist attitude towards God. There is no truth in believing that God is our servant who has to give His grace to us! On the contrary: we, people, have to regard ourselves as servants of God and have to serve Him! It is we who have to learn to love Him for our own good! And there is no sense in asking Him to love us: He loves us anyway!

But in order to realize this, one has to accept all the knowledge expounded in this and other books about God, about people, about the meaning of our lives and the laws of our development.

We have to serve God! But how?

The majority of people who think about this decide that to serve God means to bow as a sign of their submission and worship, to praise God in songs.

Of course, this is better than panhandling something from God all the time! Because it strengthens one's faith and helps one to lay the foundation of love for Him.

However, God wants more than this from us...

He wants us to develop ourselves on the Earth through work.

It is called karma yoga: developing oneself by working for the good of God, to be more precise: for the good of the evolution of people on the Earth; personal interests in the result of such work must not play a leading role in this activity.

One might ask: why is this needed? Isn't it true that we have to become engaged in the higher forms of meditation and to try to merge with Him as quickly as possible to leave the Earth forever? Wasn't it taught by Gautama Buddha and Jesus Christ?

This is a serious question that requires a detailed answer. Krishna spoke a lot about this. His answer consists in the following:

Only those become free from service to people who have cognized the Atman and found the meaning of life on the Earth in further mastering of the Atman and then of Paramatman (God-the-Father).

How many such people are on the Earth? Very few, a few out of millions.

Krishna said: submerge yourself as a consciousness into Me – and live thus in Me!

But let me repeat: only very few can realize this precept right now.

Krishna said that they who cannot realize this precept should develop themselves through the art of meditation.

Yet, as we have discussed already in this book, very few can successfully practice meditative techniques. The majority of people need to become mature and strengthen through karma yoga. It is labor – physical and intellectual – that prepares the body and the mind for ascending effectively and safely to the stages of higher meditative practices, which are the “homestretch” to Merger with the Creator.

Therefore everyone has to work, dedicating work to God and denying the principle “I work for myself”!

Krishna called this path – “a path where there is no loss”.

Selfless service, which includes also feats of arms in struggle for the true monotheistic worldview, was proclaimed by God through prophet Muhammad. God suggested through him the following slogan: *There is no life but the life to come!*

Karma yoga – as the basis of self-development – was proclaimed in the twentieth century by Avatar Babaji.

The same is taught by our contemporary Avatar Sathya Sai Baba.

This is how we should live!

* * *

The most correct and powerful stimulus for spiritual work is love for the Creator.

But what if one has no such love (and how can one fall in love with Him who has not been cognized yet, who is too distant to be understood?) – in this case good motives can be, for example, the following: the desire to help people, to strive to develop oneself, to gain knowledge, to realize recommendations about the necessity of constant work on oneself given through Krishna, Gautama Buddha, Jesus Christ, Muhammad, Babaji, Sathya Sai Baba and through other Divine Messiahs and prophets, aspiration to achieve Divinity, to become like Them...

But let us check ourselves once more: is my knowledge that profound, shouldn't I first make it deeper?

For example if you believe:

– that it is okay to sin; one just needs to go to a church afterwards and to confess to a pastor,

– that Jesus Christ remitted all our sins; we just need to believe that He is the Son of God and then no efforts are necessary,

– if you know the teachings of one religious confession and deny all other teachings, –

then you should not start psychoenergetical work now.

Intellectual readiness implies the steadiness of one's views. For example, what happens if someone, having learned about your practices, begins to yell at you: "You want to become a saint!?! This is the vice of pride! Repent immediately!?!"...

... The foundation of ethical readiness is observance of the principle of Compassion.

But if you, for example, use bodies of killed animals for food and thus participate in the killing of them,

if you have the habit of picking flowers, leaves, grass and throwing them, and thus you have not due respect to the lives of vegetal living beings,

if you are capable of stepping on ants,

if you believe that you have to avenge anyone who offended you with words or deeds,

then serious psychoenergetical work can only be harmful for you.

If you have not given up smoking and drinking – then you do not have the willpower and aspiration that are needed to withstand in the struggle for your Perfection. Then it is better for you to develop yourself in righteous earthly work for the good of others and in strengthening your faith!

If your sexual partner does not want to walk together with you on the path of purifying the organism and refining the consciousness – then all your efforts on developing yourself in the psychoenergetical aspect will be in vain. Because every sexual contact unites the energy systems of the partners and this results in "averaging" of the quality and quantity of the partners' energies...

But if everything said above is not true for you – then you can begin. But what should one start with?

First one has to read a lot. One has to think about everything said by God to people in different times; one has to become acquainted with the concepts of various spiritual schools and to understand their advantages and mistakes.

In the ethical aspect, we can use the literature as follows: to make a selection of quotations from different literary works; the quotations that we find most important. Then during weeks in a quiet environment we read them time and time again and think about them, thus "imprinting" them in ourselves. In

this way we “adjust” ourselves to the sample of Perfection. The number of most actual quotations grows smaller with time: some quotations become imprinted in the consciousness and the corresponding result is achieved. Then we continue working with the remaining quotations.

It is good to commune with living nature, to attune with its harmony and beauty. Quietness, calm, subtlety – we can learn these states from it.

Works of different forms of art can also be very helpful on this Path [35,36,49].

One also has to refuse to participate in the earthly situations that coarsen the consciousness. First, one has to become strong in subtlety – and only then one can be in the company of anyone without being afraid of becoming attuned with coarseness.

Let us watch our emotions. One has to refuse all coarse states and to live only in subtle states! Care and tenderness in relationships with each other are also very helpful. “Be brotherly loving to one another!” (Rom. 12:10) – this is written in the New Testament.

The psycho-physical exercises described in [22] can be very useful for correct orientation of one’s own emotional activity.

It is also useful to master several relaxation exercises and pranayamas. And then one can begin to work with the spiritual heart [22].

* * *

Further psychoenergetical work including exercises on cleansing and development of the chakras and meridians, meditations at places of power on entering higher spatial dimensions and growing the size of the refined consciousness – all these are described in the book [22]. In the same book one can also find a general scheme for studying the structure of the Absolute, the principles of full cognition of It and exiting from the Creation into the Consciousness of the Creator. Information about this is presented also in the books [20,21] and in our films.

One can describe in general terms the methodology of spiritual self-realization of man as follows:

1. First, one has to learn to concentrate the consciousness in the chakra anahata inside the material body – and to interact from within it with the outer environment.

2. Then one learns to expand the spiritual heart outside the body – in larger and larger volumes. One trains oneself to flow with the consciousness developed in this way – into more subtle dimensions and to dissolve oneself there.

3. As soon as one has mastered this – the consciousness becomes developed so that it gains the ability to enter the Abode of the Creator and can begin to settle there in Mergence with Him.

It is very important to stress that the Creator allows us to approach Him and lets us into His Abode only if we come to Him in the state of an impeccably developed spiritual heart. Any other variations are excluded, because He Himself is the Universal Spiritual Heart. And He lets into Himself only those similar to Him.

In other words, we can enter the Abode of the Creator only through the development of the middle dantian. But the structural-functional systems of the upper and lower dantians can also be pulled there after the middle dantian. Therefore, nothing valuable is wasted – including the mind and the accumulated knowledge.

All this is not hypotheses of fantasies. This is a Path that we have traversed.

But before starting to master the methods necessary for working with the chakras and the further steps of the psychoenergetical “stairway” of spiritual ascent – I recommend that you study and accept the intellectual information and ethical principles presented in the books listed in the bibliography.

Atman and Paramatman

Atman is not some structure of the organism. Atman is a general term denoting the Main Essence of man. In the literal translation, Atman means non-darkness, that is light. Atman is Brahman: the subtlest Divine Fire-Light, Divine Consciousness acting in the Creation. Sometimes the term Atman is used to denote the Creator in His Abode. There is also the Atmic energy called kundalini; one has to become acquainted with it in order to learn to merge with the Atmic Consciousness [22].

There is also the word *Paramatman* – the Highest Atman, i.e. the Atman of the Absolute. It is the Creator.

The lower self and the Higher Self

When an ordinary incarnate person says “I”, he or she means his/her mind or body. After the disembodiment, such a person (if he or she was not too primitive²⁷) retains the awareness of oneself – as a lump of the consciousness resembling in form the former body.

²⁷ After the death of the body, people maimed by atheism or by primitive religious concepts continue to identify themselves with their dead decaying bodies. This is the reason why there are so many spirits at Russian cemeteries.

Many years ago I witnessed the following case. An old woman died, who worked in the same institute with me. I, as the head of our labor union group, was sent to participate in the ceremony in the crematorium. Her relatives and I were standing in a corridor and waiting for the beginning of the ceremony, when a coffin with her body was brought in. Suddenly she appeared before me (without a body of course) and cried:

“Vladimir! Vladimir! Are they going to burn *me*?!”

She continued to identify herself with the body despite the many days that had passed after its death.

... Sometimes in the vicinity of the crematorium, I saw perplexed spirits rushing away from it: they used to live clinging to their bodies, but now the bodies had been burned...

But more miserable are those who continue to identify themselves with... the stinking, decaying flesh of their unburned bodies.

Independent of the size, power, ethical and other qualities of an individual consciousness, such a consciousness belongs to the group of lower selves.

The Higher Self is the Creator dwelling in His Abode – in the most subtle spatial dimension. In order to become Him, one first has to learn to enter His Abode, then to become established in Mergence with Him to such a degree that one is capable of saying “I” on His behalf, experiencing oneself as Him – as opposed to all the rest.

If we manage to habituate ourselves to this state during the life in the body, then we continue to live in this state after the death of the body.

I Had Only One Thing on My Mind

Whether I was eating, talking with someone, working as a scientist-mystic, walking in the forest, giving classes – I always had only one thing on my mind – the aspiration to cognize God in all His fullness and to merge with Him, also to help others in this task.

I saw other aspirations in people, including people involved in religion. Whatever they did, they sought material wealth or fame; in religious groups many of them could not find anything for themselves but sexual amusements.

... It is important to understand that the reason for this is misunderstanding of the meaning of life by people.

We have to realize that we are all “in a trap”. And the only correct choice for us is to aspire to Mergence with the Creator.

We were born on the Earth with the only purpose of advancing in our personal evolution as much as possible to this ultimate Goal. If we use our freedom of will to move away from God – then we doom ourselves to suffering.

Unfortunately, one of the reasons for the abundance of human suffering is sectarian perversions of the Truth in those organizations where they do not preach, do not explain, do not practice the Path of Love, the Path of the spiritual heart, the Path to cognition of the Higher Self and to Mergence with the Creator.

... “Believe in Jesus Christ – and you will be saved!”, “Perform a suicide attack against infidels to destroy them for the sake of Islam – and you will go straight to paradise!”, “Get baptized, visit the church, participate in rituals and ‘sacraments’ – and paradise is guaranteed for you!”, “Worship that person, and he will save you!”, “Learn to plug the lower foramens of your body to avoid falling through them into hell, and then paradise is yours!” – I hope the readers of this book who have accepted what is written in it about the true Path understand the falsity of such ideas.

Only through the practice of love can man fully develop the organ of love – the spiritual heart. And then the consciousness transformed by this organ can infuse into the Creator with the help of meditative training. This is the only true way for us!

Books

I, as a scientist, grew in libraries, among other places. I used to read all the available literature on every problem I studied. I visited libraries in Saint Petersburg and Moscow, ordered books from the USA and Great Britain. And I know well the value of books for the development of people.

This is why I write books now.

I understand very well that my books cannot become bestsellers: they are textbooks for a few: for those who have grown up in their psychogenesis to have a serious attitude towards God.

These textbooks require that the readers make their own efforts on becoming better! But how many people are ready to make such efforts?

Moreover, because of my books I suffered persecutions from the Soviet authorities, received letters with damnations; there were also phone calls with threats to punish me.

But now I am glad looking at the spiritual growth of some of my readers who have grown up to be able to perceive the Teachings of God!

I serve God, serve the Evolution. I remember that “there is no life but the life to come”! And I entrusted the destiny of my body to Him.

* * *

Once I became a character in a book of an American author-anthropologist. It happened like this.

Russian immigrants in the USA told him about me. He contacted me, introduced himself as an experienced writer-esotericist, and asked me to work with him, to show him Russian places of power. I gladly agreed.

But when he came..., it turned out that his esoteric experience consisted only in smoking a narcotic grass, and his outlook in esotericism was limited to the books of Castaneda and stories about Slavic fairy tale characters...

Moreover, he drank alcohol and did not keep to the killing-free diet. And what kind of serious esoteric work is possible in such a case?

But what could I do in this situation when he had come already, had paid much money for the air ticket? I could not refuse him!

After long doubts I decided to increase his sensitivity in an artificial way. I set a condition for him: to follow strictly the killing-free diet and to refuse alcohol and smoking. I also asked Galina Vaver to cleanse his chakras and main meridians.

He did not expect such a turn of events but understood that he had no other choice but to accept my conditions...

... Thus he gave up drinking, smoking his grass, and eating bodies of animals. Galina Vaver cleansed his chakras and meridians and cured him from his diseases. For the first time he experienced all the power of a white mage, when he nearly fell down from the influence of her energy waves...²⁸

²⁸ Unfortunately, Galina Vaver is not my companion anymore. After a certain moment, she became too concerned with money, developed a streak of haughtiness – and quite quickly she lost all of her spiritual achievements, even the ability to live in anahata... My attempts to help her were not successful: her reaction was only annoyance...

... Then we began to travel in forests.

... I remember such a case. I brought him to a place of Babaji, where many beginners had received Revelations for the first time. I explained to him that one should write down all the received information immediately, because the next portions of information erase from the memory the previous answers received from God.

And he, convinced that everything here was indeed very serious, followed my recommendations as exactly as he could.

He stood at the place pointed by me, put a notepad with a pen on the ground before him, “assumed a posture” for listening to God – and began asking Him questions.

I went twenty meters away in order not to disturb him and observed from a distance the comical scene of how he, after receiving each next answer, immediately took up the notepad with the pen and very quickly wrote down everything. Then he would put down the notepad on the ground, would assume the posture for asking the next question, and after receiving the next answer would take up the notepad again... This series of stereotype movements of assuming a posture and taking up the notepad continued for about twenty minutes – until all his questions to God were answered.

Then for a long time he could not come to his normal senses: it turned out that God does exist!... And one can even talk with Him!... Therefore mages and God are real?!... Therefore Castaneda also did not make up all the miracles described by him?! Therefore David Copperfield indeed can fly?! It is not video tricks?!...

... We had a good time in our trips in the forest! I suggested that he should write down all our dialogs and all his impressions for his book without postponing it to the evening. I also suggested that he should not miss a chance to describe situations that could look funny to the readers.

He did as I recommended. With good humor he described how he fell into a Russian swamp and I had to pull him out from it, how I put him on the trunk of a fallen birch and he fell out from his body into the other worlds, how his body began to dance by itself on the place of power for the development of the spiritual heart, how he suddenly became a *birch of power* when I suggested that he press himself to its trunk, how I promised to lead him to a swamp with real mermaids but suddenly so much snow had fallen that the path to this place was blocked...

I enjoyed reading his book²⁹ when he sent it to me.

... But...

Suddenly I found in the text a strange word that I allegedly often used in our conversations: “dzhivot”... I had never met such a strange English word... I could not find it also in dictionaries... Only after some time I realized that he introduced into the English text the Russian word *zhivot* (belly) transliterated with Latin letters to add color to his book.

We did so much good work together in the beginning of the Path! But everyone has the freedom of will, including the freedom to go forward or backward...

²⁹ Kenneth Johnson – *Slavic Sorcery. Shamanic Journey of Initiation*. “Llewellyn Publications”, St. Paul, 1998.

Thus it turned out that I taught him to merge with the birch through... the belly, to perceive with the belly the entire world with its multifarious manifestations, and to interact with the world by the belly...

But in our work with him I never said this word either in Russian or in English... On the contrary, I told him mainly about the spiritual heart located in the chest, about its function – the cordial love...

Then I discovered in the book that he called me... a representative of the Slavic Pre-Christian shamanism... But I taught him completely different things...

So it turned out that even before coming to Russia he already had a draft for a book describing various Russian fairy tale spirits who interact with the world by their bellies... And he adjusted all the information received from me to this template. Thus he retained the liveliness of events and dialogues but distorted the truth...

Soon I began to receive letters from people in America asking me to take them as students... and to teach them the Russian Pre-Christian shamanism... I had to write in English long replies and explanations: that this was a mistake and that I suggest that they revise their views and direct their attention to cognition of God...

... I had a strong desire to republish in Russian the part of the book that described our forest adventures – after editing it and supplementing with a commentary.

But God said to me firmly:

“No!”

“Why?”

“You have to write different books! I wait for textbooks from you! Do not squander your time on trifles! And do not try to attract people by ‘cheap stuff’!”

“But this book can become a bestseller like the books of Castaneda! Its publication can make the readers interested in my other books!”

“... Well... if you want it so much... – try... and see what happens...”

I found a translator who could make a translation on a computer.

Also, in order to republish a book of another author I needed written permission from him.

I sent him a letter to the USA but did not receive any answer. I sent a telegram asking him to call me, but he did not answer. Then I called him but could not reach him – there was only an answering machine telling something in a quick voice that a Russian person could not understand.

... I came to the translator at the appointed date. He confusedly told me:

“I finished everything yesterday. And today I wanted to copy it to a diskette but erased the file by mistake... I will type it in again and will give it to you next week!”

The next week I came to him and found him in panic:

“It’s a very strange thing! The same thing happened as the last time: the file disappeared! But now I know the text almost by heart! In three days I will type it in!...”

After three days I found him completely confused. He could hardly speak:

“It happened again... I will do it quickly...”

... I understood everything and canceled my order...

And I began to write the books *God Speaks. Textbook of Religion and Spiritual practices. Training Aid.*

And this poor translator quit working and disappeared. I have never met him again.

Sorry, brother!...

... The moral of this story is the following: one should not entrust describing confidential knowledge to people like journalists who study the problem for a short time and from one side only. Such work can be entrusted only to those who are 100% competent in the subject.

* * *

... I came to this earthly life not as an Avatar. On the contrary, in my past incarnations I was never involved in serious spiritual work. Everything I have cognized in the field of psychoenergetics, was cognized during this life.

On one hand, this is very good for my readers and followers: I tell them everything about the Path to God from the very beginning rather than from the middle or from the end. On the other hand, I could not avoid making some mistakes.

For example, in my first book *Art of Being Happy*, due to inexperience I repeated the foolish idea, widespread in the occult literature, that the energy contained in the chakra muladhara is the kundalini energy. Only much later God showed me that the true kundalini is an Atmic energy residing not in the body but far outside it [22].

Other mistakes consisted in a non-accurate description of the higher spatial dimensions in some of my first books: after all, there was no correct description of the structure of the Absolute made before!

Concerning the general methodological line and concrete methods, I can assure you that everything was described very accurately. It was given to me by God!

Our Teachers

Communication with Divine Teachers became a natural constant state for me. For example it is enough for me to think about Sathya Sai Baba – and immediately I hear His voice: “I am here!”, and I see His smiling Face before me. At any moment I can ask Him about anything and receive His answer. But of course I have never bothered Him with trifle questions. I asked only about how I can help a particular person, about the best dates for doing certain work, etc. I also was always heedful of His hints about how my companions and I should develop further on the Path.

My communication with Sathya Sai Baba had different forms:

Sometimes He told me something when I was in my body in the usual anahatic state.

Sometimes I invited Him to enter my anahata. Then His Face would appear inside my chest. He talked to me, and I could ask Him questions from my upper dantian. There was a time when this means of communication became the main one for me; in this way I listened to Him and “relayed” His speeches to my friends.

The third means was based on my full exit from the body. Then I could communicate with Him when we both were in the state of Mahadoubles.

... And when my companions and I had mastered entering the Abode of the Creator – then all the questions that we wanted to ask God were solved as if by themselves. And our communication with Sathya Sai Baba and with other Divine Teachers here – in the Creation – consisted mainly in exchange of the emotions of love and happiness of our meetings.

But my former stereotypes of asking advice from Him remained.

I recall a funny case. It was the time when I started to work on the book *Spiritual Heart* [17]. I did not even have a draft version of it: there was only a general plot of the book and some chapters describing the role of the spiritual heart and the methods of working with it.

That morning we were meditating on a forest glade. Suddenly David Copperfield came to us. I asked Him: what would You recommend us?...

But He said with a mischievous smile:

“I have read your book... and did not like it...”

And He suggested that I enrich it with historical material.

And I did this.

My first contacts with Divine Teachers began a long time ago.

... In the beginning, our teacher was a Himalayan hatha yogi, who was not Divine. I mentioned him in the beginning of this book. Having done his part of work with us, he passed us to Divine Ngomo. He was an African from Congo in His last incarnation when He achieved Mergence with the Creator. (You can find more details about Him and other Divine Teachers in [20,25]).

I ceased my contacts with Ngomo when Jesus Christ became real for me.

Ngomo reminded me about His presence only tens of years later: when we were mastering the methods of entering the Abode of God-the-Father. He told me then:

“Now I have fulfilled My promise given to you when you were a boy in religion...”

... What did He promise me?... I do not remember... Probably He promised to bring me to His Abode, where I have learned to enter now... Most likely I did not pay attention to these words from Him and forgot them soon. How could I dream about such a thing at that time?! The limit of our dreams then was to develop the chakras...

... In literature one can find all kinds of foolish ideas about the chakras! For example, on the schemes of chakras location the manipura chakra is depicted at the center of the belly, anahata (heart chakra) is depicted at the place of the stomach. It is clear that if one tries to develop the chakras in the wrong places of their location – this cannot bring positive results!...

I also heard about the classes of a foolish mystic from Saint Petersburg who taught his students to develop the anahata... by looking into it... While in reality one should learn to give love, to perceive the world and to expand the consciousness from this chakra outside, not the other way around!... This mystic caused a lot of harm to his students! Some of them went crazy; one jumped out from a window...

... And I chose God to be my Teacher, as Jesus Christ suggested! God taught me. I passed His Teachings to people sent to me by Him. And I have never called myself a teacher: our Teacher is God!

I knew this very well from the Teachings of Jesus Christ. It was Jesus Who personally brought many people to my classes. This always happened in the same manner: in a dream Jesus would tell the student where the classes of His School took place – and then the Visage of Jesus would transform into another visage... When this person came to the classes, he or she recognized me as this second visage...

... On the stage of Buddhi yoga, I and all of us learned a lot from Babaji. I came to know about Him from the autobiography of Yogananda [63].

Yogananda, Yukteswar, and Lahiri Mahasaya also became our Teachers. At one of Their forest places of power it was very easy to perform an important element of Their kriya yoga which allowed one to move the consciousness to the Brahmanic level of existence and then even further...

... It is interesting how God showed me this place of power.

It was a long time ago. It was a hot dry summer with many cases of fire in the forest. Because of this, it was forbidden to go to the forest.

One day I was in my flat when suddenly God told me:

“Dress yourself and let’s go!”

“Where?!”

“I will tell you later.”

I dressed myself and went out.

“Turn to the right!”

I turned and came to a bus stop.

“Wait here! You should take the second coming bus.”

“And when should I get off?”

“I will tell you.”

I took the second bus.

“Get off on this stop! Take the first coming bus of another line when it comes.”

And so on. In short, He led me out of the city to a forest, which was about three kilometers away from a highway. I entered the forest and discovered that there was fire in it. The fire just had started. But there was no water nearby, and I could not extinguish the fire. If this fire had not been stopped, then many kilometers of the forest would have been destroyed and many plants would have died!

I went to the keeper’s hut of a railway crossing nearby and asked them to call the fire brigade. The fire brigade came quickly and extinguished the fire.

I was going back through this forest and suddenly near the trail I found a big boletus mushroom, which was probably the only one in the entire forest! It weighed about two kilograms, and there was not a single wormhole in it! But the forest was so dry that no mushroom could have grown in it!

... I took it, brought it home, and fried it, anticipating its delicious taste...

But it turned out that it was completely devoid of the mushroom’s taste...

I understood that God materialized it as a reward for me but forgot to add the mushroom’s taste to it...

I jokingly pretended that I felt offended by such a reward and told God:

“Make another one like this, but with the taste of a mushroom!”

“Well, go to this place again!”

I went there again. And again He led me through the forest. Yet this time He brought me not to a mushroom but to this remarkable place of power, which turned out to be much better than any mushroom: it helped me to understand

many things; it also helped many hundreds of people that I brought to this place during the following years.

... In the process of my attempts to understand the essence of the Bhagavad Gita from several poor translations of it which were made by incompetent translators – Krishna Himself became real for me.

He showed us His favorite place in the Karelian Isthmus. There one can meet Him always. On this wonderful place He acquainted us with the Divine Fire in the Earth's core and with the method of exiting – through Mergence with Him – outside the Earth and everything earthly.

By the way, the Visage of real Krishna does not resemble the portraits of Him distributed by the Society for Krishna's Consciousness³⁰: they show His child's face combined with an adult body, which looks like a picture of a toy...

In reality His Face resembles in general the features of the Face of Jesus: straight shoulder-length hair with ringlets at the bottom.

From a certain moment, Krishna began to meet us at the commuter train station every time we came there to visit Him on this place of power in the forest.

There are favorite places of Jesus Christ, Sathya Sai Baba, Babaji, Huang Di, Assyris, Chaitanya, David Copperfield, Ptahhotep. On these places one can always meet Them.

... They all like to laugh and to joke – among Themselves and with us. Their usual state is blissful joy! They are never harsh with those who sincerely aspire to become like Them by realizing Their precepts. Each and every One of Them, are not our wrathful Judges: They are Love, They are examples of subtle, tender, wise, caring, joyful-blissful Love!

... When I began to study the Teachings left to people by Jesus Christ, I became personally acquainted with Jesus. When I worked with the Bhagavad Gita – I became acquainted with Krishna. When I worked with the Gospel of Philip – then the Divine Apostle Philip provided His help and friendship. When I studied Taoist alchemy – I got acquainted with Huang Di, Who contributed a lot to the development of our School. After I had read the book of Elisabeth Haich *Initiation* – Ptahhotep showed us a very important element of meditative work necessary for gaining a full understanding of the structure of the Absolute. And the Author of this book, Elisabeth Haich, behaved as a Divine Mother towards me. She told me that She was my physical mother in one of our past incarnations... It turned out that She had been visiting me for a long time: I knew Her Visage already when I came to know who She was.

One can achieve Divinity not only from male incarnations but also from female ones. Apart from Elisabeth Haich, I know other female Divine Teachers – Sulia, Surya, Lada. Annie Besant once also came to us when we were having difficulties with mastering one of the meditations of merging with the Divine Fire. In a jocular manner She showed to us how to do it, and with Her help we mastered this meditation easily! Another Divine Teacher Who helped us a lot is Danish Lady Gott. She was embodied the last time in Denmark. Of former Russian women, we know Divine Teacher Helena Sabashnikova.

The practice of our School clearly demonstrates that the entrance to the Abode of the Creator is open both to men and to women! Come in!

³⁰ This is also the opinion of N.K.Bhaktia [28].

From Conversations with Sathya Sai Baba

Sathya Sai Baba once said to one of us (to Anna Zubkova):

“When you are in Me, when we are coessential – then your body and your ‘I’ of the consciousness cease to exist separately from Me. Then they become manifestations of Me, manifestations of My Higher Self. Then there is no other you but Me!

“This Coessentiality has to become a natural, constant state of the consciousness.

“This is what Enlightenment is.

“You ask: what can you do with the earthly plane?

“But everything taking place in the Absolute is I!

“If you immerse the arms of the consciousness into that which is worldly, then you get attracted to it and suffer from worldly problems; then your small ‘I’ cries: ‘I cannot withstand it! Let me into Your Abode!’. This is the separateness that you yourself create.

“... Nothing can oppose Me! Nothing can hinder Me!

“Everything that happens – happens only by My Will!

“When you immerse the arms of the consciousness into Me – they become free from the worldly concerns. Then they turn into My Arms.

“When you immerse your eyes into Me – they begin to see the Truth because they become My Eyes.

“And when you immerse yourself as a heart into Me – you become Me, you become that United Self, that Divine Love that cannot be shaken by anyone or anything!”

Faith versus Knowledge

The foundation of faith is our trust in what we have heard or read. This concerns, among other things, religious subjects.

As for knowledge, it is acquired through one’s own practical experience first of all.

There are a number of kinds of religious faith.

Religious knowledge, on the contrary, is one and common, though there are different levels of profundity of this knowledge, and there can be errors of particular spiritual seekers.

It is personal cognition of oneself and of God that allows an intellectually developed person to gain the higher and highest spiritual achievements.

* * *

Faith is needed at the early stages of spiritual development, because it lays the foundation of one’s aspiration to cognition.

Church ritualism is the most common socially-established form that contributes to gaining and strengthening of faith. The religious rituals can be more or less reasonable and effective. Some rituals help one to feel the presence of

God. Others can be regarded as felonious; such are, for example, those related to bloody sacrifices or aimed at harming other people (rituals of black magic).

One also has to take into account that against the background of ritualism, the believers are always offered some kind of ideology peculiar to their religious movement: from true Teachings of God – up to hatred towards human-kind disguised as religion.

But even in the case of the best religious rituals, at a certain stage of development one begins to understand: God has never taught people ritualism! It is people that invented rituals and imparted them to the next generations!

Moreover, God does not need rituals! He needs something completely different from us: He needs us to develop ourselves (as souls)! And the “daily bread” that Jesus suggested to ask from the Father is not food for our bodies but higher spiritual knowledge, spiritual guidance from our Creator!

* * *

Let every reasonable person think: what does God want from me?, what does He want me to be?

Jesus said: “Be perfect even as your Heavenly Father is perfect!” (Matt 5:48).

And: “I have known the Father” (John 17:25). “As the Father knows Me, even so I know the Father” (John 10:15). “I and the Father are One” (John 10:30). And: “Learn (this) from Me!” (Matt 11:29).

What does the Perfection of the Creator consist in?

In order to find the answer to this question one has to understand first of all that God-the-Father is not an old man riding a cloud, as He is depicted sometimes. He is an infinite in size Ocean of the most subtle Consciousness abiding in the multidimensional depth of the Universe.

He also is absolute Love, Wisdom, and Power.

It is this that we have to learn from Him! And it is in the task of this learning that we have to ask for His help!

* * *

This learning from God has to begin with studying the ethical principles suggested by Him and with changing oneself in accordance with them.

It is also important to gain understanding of what God is, what man is, what is the meaning of human life on the Earth, and the ways of realization of this meaning.

Then one can use the methods of cleansing the body and its energy structures from energetical contamination and begin work on opening and further development of the spiritual heart. The latter allows worthy spiritual seekers to realize the precepts of Jesus Christ mentioned above.

Those wanting to walk this Path can find help in the materials (books, films, etc.) available on our web sites:

www.new-ecopsychology.org

www.aquarian-age.org.ua

www.path-to-tao.info

www.pythagoras.name

www.atlantis-and-atlanteans.org
www.swami-center.org
www.philosophy-of-religion.org.ua
www.spiritual-art.info
www.encyclopedia-of-religion.org

Our books and films can be ordered online from:
<http://stores.lulu.com/spiritualheart>
<http://www.amazon.com/Vladimir-Antonov/e/B002BM5BF4>

We Will Help You

We help you now through our books and films, through the Internet. At present, we have no other possibilities to provide help to you.

And after the death of our bodies we will help those of you who are worthy – especially if you develop with the use of the methodology and methods described in the books of our School.

If you make the necessary spiritual efforts, you will be able to see our faces on our Mahadoubles in any part of the Earth.

Purify and refine yourselves! And then call for us! We will come and help you to advance further.

Now let me stress once again that one can approach the Creator and enter His Abode only in monasticism. Are you ready for this?

We live a monastic life, but our monasticism is not the same as what people, who are ignorant in religion, believe monasticism to be. Such people believe that monasticism implies a corresponding uniform, monastic names, life in monasteries, sketes, or caves. Monasticism is also related quite often to a parasitic way of life...

But we know that the true monasticism implies full dedication of oneself to God, to service to Him, to performing only that which is needed to Him, which is suggested by Him.

People who desire a personal profit cannot be called monks even if they belong to a certain religious movement. In monasticism there is no place for any manifestation of egocentrism. In monasticism there can be only God-centrism, the Centrism of the Creator!

Let me repeat that the latter can be achieved through the development of oneself in three basic directions of spiritual self-perfection: intellectual, ethical, and psychoenergetical ones. The latter implies, first of all, the development of oneself as a spiritual heart – first inside the body and then in larger scales, up to the scale of the universe...

When we try to feel the entire Creator in His Abode with the help of the spiritual heart developed to such an extent... – then we gradually dissolve in Him and become Him.

And this results in the replacement of the personal “I” – with the “I” of the Creator.

Those who achieve the state of God-centrism to such a degree – become a part of the Creator.

Afterword

The autobiographical genre has a shortcoming: it creates an illusion to the readers that after the events described by the author nothing has happened in his or her life. But, of course, this is rarely true.³¹

It is the same in my case.

The main part of the materials of this book was published for the first time in 1995 under the title *Mergence with God*; then the book was significantly modified and supplemented with new material. Its previous edition (with the same title as this one) was published in 2002. But now it is 2007! And I will live in this body some more years, as our Teachers told me.

... What has happened in my life during the last years? Many things... For example, there were threats to burn me alive...³² But this is not the main thing!

The main thing is that I have become more firmly established in *Mergence with God* and have managed to do a lot to help you. And I hope to do more!

I wish you success!

³¹ For example, from reading the autobiography of protopope Avvakum the reader cannot know that he was burned at the stake by Orthodox inquisition.

Also, one cannot know from the works of Hesychasts that many of them were burned at the stake or tortured to death in Orthodox monasterial prisons or imprisoned for life there...

³² One can read about it in [18].

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³³ Unfortunately this article was distorted by the editor of the journal.

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