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God-Centrism

**Translated from Russian
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This book is devoted to the methodology of spiritual development. In particular, it outlines the higher stages of ascent. It also indicates the possibility of errors.

Emphasis is placed on the fact that the theme of advancement on the spiritual Path can be expressed in terms of the replacement of the human self-centrism — to God-Centrism. Initially, this problem is solved on the intellectual and ethical levels: a) it is necessary to learn to live not for oneself — but in love-caring for others, b) then the Main Object of love-care of such persons becomes God. And only after that c) the adept receives from God the right to realize the aspiration to the fullness of cognition of Him in His different Aspects and Manifestations and to Mergence with the Primordial Consciousness. So there is the final realization of God-Centrism.

The book is designed for those who a) live according to the principles established for people by God, b) seek God and are willing to devote their lives to the Path in His Arms.

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Author's Preface

I am a scientist, not a religious figure. But I am writing, including, on religion, on God, and on our relationship with Him.

But I do not gather around me crowds of followers, do not organize any meetings, seminars, lectures, I do not belong to any organization. I only — humbly express my knowledge. And anyone can use or not use it.

Though God has done through me very much, I do not need honors for that.

Now I am 70 years of age, pensioner.

I formerly taught physiology for medical institute students. Years later, — developed and presented to people, including physicians, the system of *psychic self-regulation* with high spiritual significance. More years later — developed and tested the foundations of “Ecopsychology” [13].

Then God stopped me: “It’s enough to talk personally with the masses of people, you will have to learn a lot more that is now too much for them!” [11]

Now I have two main places of work: a) natural landscapes, where it is easy to communicate with the Holy Spirits, and learn from Them, and b) a computer workspace, which allows to fix the received knowledge — and give it to you.

Created with the participation of me the new branch of modern science called *methodology of spiritual development*, I believe, is sufficiently detailed in the published in Russian and other languages materials. It is available for the personal development of each person. Let every man take for oneself from this body of knowledge — as much as is currently willing and able to accommodate. This situation does not disturb the harmony of personal development of those who are not yet able to “stand on their own feet” on the spiritual heights.

Good luck to you all!

God-Centrism

“Man is the pinnacle of evolution!”, “All exists for humans!”, “Everything has to be in the name of humankind!” — so atheists claimed...

But the truth is the opposite to such primitive anthropocentric beliefs. An intelligent person should accept the knowledge of God-Centrism.

The truth is that the “Pinnacle” of the Evolution is God. And everything that happens in the universe, including our lives with all its nuances, exists for Him.

... God in the Aspect of the Absolute [13-14,19,24] is Macro-Being of universal scale. We — in Him — are similar to blood cells: moving, to some extent independently, but living only *in* Him, *for* Him, and are not capable of living outside Him.

And our goal is to not only accommodate this theoretical knowledge by the mind, but also to im-

plement it practically — with oneself as a developed consciousness.

How is it desirable to start with?

You can start with the broadening of your outlook.

... I remember, in my childhood, my parents with me went for the summer holidays to Western Ukraine. We stopped in a village house, where the landlady and her son about my age lived.

The next day after our arrival that boy came up to me in the garden — to get acquainted. At this time, I was shaving a stick.

He asked in Ukrainian, looking at the stick:

“Sho ty robish? (What are you doing?)”

... At that age, I knew only Russian words, so I did not understand him and asked to repeat.

“Sho ty robish?” — he repeated the question.

He, too, did not know how to express this idea, except in Ukrainian!

He repeated the question several times, louder and louder, thinking that this would be more understandable to me. But I did not understand... Then he started to cry and ran to complain about me to his mother...

This story had resolved only when our parents had explained to both of us that there are different languages. And that those who do not speak *my* language — are not at all bad people.

... Contacts with a variety of situations where people live, who initially were perceived as “others”, it is very useful, especially at an early age — for the proper development of the soul. Then the opposition between me — and “others” disappears. Man learns

to understand and love them such as they are. All are — initially — “friend of mine”!

... Although learning to divide people into different categories — it is necessary. But the criteria for such differentiation — are other. These are the levels of development of intelligence and spiritual advancement.

* * *

... In the “Soviet” years in Russia, a wonderful “Song about the motherland” often sounded on the radio (words by Vasily Lebedev-Kumach, music by Isaac Dunayevsky; I quote from memory):

Extensive is my native land:
A lot of forests, fields, and rivers!
I do not know another state,
Where breathes so freely man!

From Moscow — to the outlying districts,
From south mountains — to the northern seas
Man is walking as the free landlord
Of all this motherland immense!

Life flows freely, widely, and fully
Seems like Volga’s water quietly runs.
Youth has everywhere chances to develop,
Old men always have honor from all of us!

Over country wind of spring is blowing!
Every day is full of happiness!
No one in the world can know how
Better **than** us to laugh, enjoy, and love!

One cannot count towns and all cities!
 Our fields cannot be grasped by eyes!
 And the proud total word “tovarisch”¹
 Is more beautiful than any other word!

With this word — we feel all over at home!
 We are relatives with “black” and “colored”
 men!

This word — familiar for everyone and every-
 where!

With it — we find both love, and calm, and
 warmth, and care!

This song was heard by all — in a great perfor-
 mance! — almost every day. And thus its ideas were
 being imprinted in souls.

Although... all reasonable people could enjoy
 with such beautiful states of souls only, first of all, in
 short episodes of rest in the harmony of nature... Or
 — simply forgetting themselves in sweet dreams...
 Because some “tovarishes” of the Communist party
 and KGB assume the right to en masse taunt anyone,
 whom they do not like, and to kill them...

But still, it was a great song-meditation, which
 was allowing for many people to learn the functions
 of the spiritual heart and to expand the souls, con-
 sisting of the spiritual hearts! And it is one of the
 most important components of spiritual develop-
 ment!

Yes, on the Path to mastering the fullness of
 Perfection, we must learn to love both the nature with

¹ Comrade.

its creatures, and all the people living on the Earth (though in different ways, depending on their characteristics mentioned above) and the entire Creation as a whole.

And such love can be mastered not otherwise if possessing a developed spiritual heart.

But only a few humans have it “from birth”. For the rest — it is necessary to develop it (how to do this — is read in our books and shown in movies). However, it is appropriate for all to raise it: in fact, a limit of the improvement here does not exist!

... By the way, a feeling of the beauty and breadth of our native country — it is appropriate to recognize as only one of the initial stages of our development. Following then, it is necessary to embrace with the spiritual heart, its love — the entire planet, and then the whole universe, the entire Creation of God.

Let us remember: only if we have learned to love the Creation — we can learn to love the Creator!

* * *

... But many people feel the environment — as hostile to them.

They have — in addition to vulnerable to damaging factors egocentric “i” — also a certain feeling of a little “we”. But who are included in this “we”? It may be *my* dog, *my* family, *my* own criminal gang or sports team, *my* production or another team, the citizens of *my* nationality or *my* country, coreligionists, etc.

These people had not gone far in their development from the animal’s level. They, like those ani-

mals, quite often alienate and hate “outsiders”, defined by skin color or nationality, place of residence, by the specifics of religious beliefs, etc.

These people live in the emotions opposite to love but in hatred, anger, irritation, envy...

The severe manifestation of their ego-centrism is violence — the first of the hellish soul properties. Such people like to oppress others — according to their own whims. They delight for their own fun in humiliating others. They are ready to steal, rob, beat, kill... Jealousy — as also one of the clearest manifestations of self-centeredness — is their characteristic feature. They demand that people around do not live on mature reasoning about what and how should be done, but on the principles “so it is accepted!” or “so it is not accepted!”. They behave so, even if it is absurd in the changed historical circumstances. They hate other manifestations of healthy sexuality, especially in women. In conversations, they are rude, ready to shout, to interrupt others in every way, preventing them from expressing their views...

Such conditions lead to hell.

After parting with the material body, people fall in hell or in paradise not because they dress some-way their bodies, and not because they were members of a certain religious organization. But — thanks to the emotional states to which they accustomed themselves. Those who get used to the gentle and caring love — they are in paradise. Those who accustomed to rough emotions — they remain after the death of their bodies among souls of their own kind; this is hell.

* * *

But the meaning of our lives consists not in getting paradise, but in obtaining the spiritual Perfection, in joining with our common Creator — to enrich Him by ourselves!

God in the Aspect of the Creator (Primordial Consciousness, God-the-Father) is precisely the *United We* of all who have gained their Perfection for all the endless history of His existence [13-14,16,19-24].

Therefore, we should strive as much as possible to develop ourselves to a greater extent according to the criteria of Subtle Love, Wisdom, and Power. They are His main qualities!

* * *

Scrupulous study of the ethical principles and ethical self-correction must be obligatory for all striving to the cognition of the Primordial. If you continue to allow your ethical mistakes (sins) to manifest — the Holy Spirits will put obstacles to you on the Way closer to Themselves. It may be failures in “private life”, diseases, loss of already developed spiritual achievements...

In each of our books, we have discussed the ethical themes. So now, we will focus on the main thing: how to fight against our own ego-centrism.

That is, we must learn to live *for others*: for their sake, their evolutionary perfecting!

This should be done without coercion, but on the emotions of love and with respect for the freedom of choice of a way through life — for each person.

And let's not judge those who, *in our opinion*, take the wrong decisions. Because God will perfectly dispose of the fate of everyone — for one's good!

Living for the sake of other people and all kind beings, which inhabit our planet, we gradually learn to understand what it means *to live for God*, that is, God-Centristically.

* * *

People are able to kill flowers for the dubious pleasure to enjoy by their slowly dying. Also — can do the same with the “Christmas trees”. Also — killing (or complicit in the killing) of any innocent animals for the sake of eating their bodies... All those actions are also quite self-centered.

But taking God-Centered worldview and reviewed in this perspective the whole of one's own way of life, one can begin to act for the sake of God. And it is specifically expressed in helping people, humanity — by mainly the highest that one oneself can do. Dissemination of the knowledge about God among people, about the meaning of our lives and the possibilities of its realization — it is the highest form of service to God and people.

At the same time, we should not forget that the personal spiritual perfecting of each of us — also needed to God. And the Holy Spirits encourage each such step of every spiritual seeker, prompting, directing, flooding with the Supreme Bliss.

* * *

Let us feel ourselves in clear and calm weather — being gentle and pure souls — above seas or steppes, forests, mountains.

Then — above the surface of all foreseeable by the soul part of the planet.

Then let this feeling pass to the realization that this *is me!* “I am above all this!”

Then — “I am it all!”

All this is filled with God, Who is Love! And the direct perception of Him gives the bliss!

The criterion for success in this meditation is gaining the ability to look *from* the space filled with Him and me — to the direction of my body.

Thus, in particular, it may be the correct growth of me-consciousness, the main part of which is the spiritual heart.

And then — “there is only Him; individual separate me is not!”.

So we begin to gradually develop a state of being dissolved in Him.

* * *

But this — is not all that is possible to do.

The fact is that the Absolute is multidimensional.

The world of stars, planets and all the material on them — this is only a “manifested” (for the normal human perception) part of the Absolute.

And His Main Essence is to be searched and found in the *depths* of the multidimensionality: in the subtlest layer. (More on this — in [13-14,16,19-24]).

Having reached, by means of the methods of growth and refinement of the consciousness, we, if we are allowed by Him, — will be able to enter into the Mergence with Him, becoming a Member of His *United We*.

Ecologist Who Studied God

Ecology is a science of relationships of an organism with the environment. (Although in recent years the importance of this term in the mentality of many people, who are far from science, has unjustifiably narrowed to only the fight against environmental pollution).

Having bio-ecological university education and then the dissertation as part of the same subject, I was working in the future in different fields of medicine and biology (regularities of behavior under the influence of environmental factors, neurophysiology, sexology, obstetrics, psychical self-regulation, ecopsychology, etc.).

... By the way, today, most people do not remember that in the atheistic Soviet Union *was not* the word *psychology* that means the science of a soul. No souls existed in limited materialistic thinking! There were only bodies, which, for some reason, were born, and then, having lived, nearly die...

The word *ecology* — in those years, when I graduated university (1968), in the Soviet Union also did not exist officially; it was substituted with the term *theriology* — the science of the Earth from a purely materialistic sense of the word. I then, appar-

ently, was one of the first or even the first who dared to use the word *ecology*: it was included in the title of my university diploma thesis.

... Gradually, watching the growth of my potential as a scientist, God began to show me Himself. It started when I lived in this body already for 30 years. (This is discussed in detail in the biographical book [11]; you can see also [22]. But one needs to understand that many years have passed since the publication of both these books.)

I began to study this new for me information. I included God and non-incarnate souls of different quality — into the bio-ecosystem of each embodied being. For God and souls, though often invisible to usual human vision, — but, because they are *alive*, they can be studied as parts of *biology* — *the science of life!*

God — happily agreed and began to strongly encourage Himself to be studied!

I quickly realized that the approach to Him may be done neither by moving one's body somewhere (for example, to the "holy places"), nor through rituals, — but, above all, through the ethical self-transformation, to bringing ourselves into the quality in which God wants to see us.

Moreover, I easily took the Wish of God for me to gradually replace, in my feeling of the world, the emotions and actions of ego-centrism — to God-Centrism.

God is the Main Component of the *ecosystem* to every creature! And it is He Who disposes our destinies! (The "Law of karma" is the external manifestation of His educational work in relation to us).

It is also important to note that people aspiring to self-perfection and spiritual cognition of God, must abandon the “slaughter” food and other options of murder of animals or complicity in these killings.

... As well as the performance by myself and my companions on the ethical work on ourselves — God gave recommendations for the bioenergy cleansing bodies and further improvement of souls. (The most complete information can be found in my book [13].

After overcoming a variety of arranged by God test “filters” (up to the attack by a band of primitives of strange sects, followed by two clinical deaths, then — the hunt for years to murder me by the manic, the creator of one of the nazi parties), — I managed to pass the Path of cognition of God in His different Aspects. It helped me in this, above all, the knowledge of the Teachings of Jesus Christ. In particular, I then refused to be engaged in dialogues with all that abomination “in their language”. On the contrary, I just wanted to go further by the spiritual Path, without being distracted by the confrontation. Including — I renounced revenge on my killers.

As a result, God — in the Aspect of the Holy Spirit, and the Primordial Consciousness (the Creator, God-the-Father) — became perceived by me as easily as embodied beings. Mutual communication between me and quite recognizable Holy Spirits has become everyday practice. Studies from them are continued and will continue until the last days of my life in this body.

With the gradual cognition of God, an understanding has come that human prayers can have only a small positive value, strengthening the belief in the

existence of God. But, by and large, they are not needed either for God or for praying people. They give “a great benefit” only to priests... But God wants from us something quite different: us to become better — according to His Teachings! For the sake of this, He sends us to study to the Earth in material bodies!

The majority of “believers” are completely satisfied in their religious lives by references to the word God in one or another human language. But God — in reality — is not a symbol, but He is a living Organism of the universal scale! And the true faith must lead to a desire to cognize Him, to fulfill His commandments about how we can improve ourselves, also to an intense desire to serve Him and to merge with Him in love!

It may be a question: how? But it is now studied, and it is available for adequately developed intellectually people! (See our materials on web sites such as www.swami-center.org, www.spiritual-art.info, www.new-ecopsychology.org).

... The Path to God, for the past few years, was not only fully cognized by us, but also depicted in our many books and videos. Now everyone can easily obtain information from them about this Path — to the extent that corresponds to the personal needs and opportunities at present time.

Broadly speaking, the spiritual Path starts, first of all, with the adoption and implementation of ethical principles, taught by God — to us, embodied people. Then follow the steps of cleaning the body of bioenergy impurities, refinement and growth of the soul. Thereafter, the souls, refined up to the proper level and grown in quantity, infuse into the Ocean of

the Primordial Consciousness. Such a person acquires the ability to help other embodied people — from the Divine level of existence. (Details — in [8,13] and our other books).

The Holy Spirits repeatedly stressed for us that the established with our participation system of methodological knowledge is precisely Their creation. The role of embodied me and my colleagues was mostly only in perception, checking on personal experience, and design in a convenient form for human understanding — the knowledge derived from God.

Jesus, in particular, said it this way: “Let Our books be — as the open windows and doors into the Immeasurable Space of Light and Love, where God is obvious! All, who will read these books, — let them feel Me under every word of them!”

... Yes, we were able not only to cognize God but also to tell other people how to do this.

Since then, as this knowledge was published in its original form, it began to be expressed — by the creatively developed people — in the forms of artistic and philosophical literature, poetry, vocal-instrumental activity, through photos and film art. Enthusiasts began to translate them into different languages.

On the basis of this fundamental knowledge:

— The system of psychic self-regulation was developed. It became the top of ideas of ancient Hesy-chasts (see in the book [13]). The initial steps of this system were — over the years — taught to thousands of people; they acquired health, studied to regulate their emotional states without the use of any psychotropic drugs. No adverse events were observed at the

same time, except for a few cases, when few ones grossly ignored the commandments of God.

— The contribution to the science of parenting children was introduced (see the books [7-8]).

— The knowledge of psychotyping people was significantly complemented; I mean the study of the causes why people are so different.

— The principles of prevention of various diseases and the possible disposal of those chronic diseases, against which the materialistic medicine was powerless, became clear.

— The principles of the evolution of souls and of the Universal Divine Consciousness were explained. It became clear — why we are sent by God to live on the Earth, that is, the information on the meaning of our lives and of optimal variants of its implementation were presented in full. It saved so many people from suicide, drug addiction, and being involved on the way of crimes. On the contrary, many people rushed to get better before God.

— It became possible quite definitely to talk on esthetics: which of its trends are favorable to the spiritual advancement of people and which lead to the opposite direction. Works, subtling the emotional sphere, — lead to paradise and then to the Primordial Consciousness. The opposite works, programming coarsens, lead to hell.

Our emotions — are the states of us (as souls, consciousnesses). So, to what emotions we accustomed ourselves during the life in the material bodies, — in that state we continue to live after their death.

— The mechanism of repentance has been analyzed. It is intended not to beg forgiveness from God!

But we need to learn not to sin, that is, not to make wrongs before God. It concerns our emotions, words, and actions in relation to other beings.

For this we should remove the roots of our sins — vices.

— Looked at the role of sex in spiritual perfecting, it was determined, what should and should not be our sexual relations (see [4,8,23, et al.]).

— The information has been set out in detail, how we should understand the word *God*: because it has different meanings. This word should most frequently mark the One Organism of universal scale, Which inhabits the initial layer (eon, loka) of multidimensional space. He is One for all people. So it makes no sense for people to have enmity against others, who name God with other words. And there is no reason to insist on the supremacy of “our own”, “national” God or “gods”.

— The concept of the “Trinity” was explained in detail.

— It was explained for the first time what is behind the words of the Holy Spirit and Absolute. The photographs of *working sites* of the Holy Spirits — together with the Owners of these places — were published. On these places, Their disciples, worthy for this, can be taught by Them, in particular, the art of meditation.

— Much attention was paid by us to the explanation of differences between the true followers of the Teachings of God — and sectarians [11,20,23-24].

— Were first introduced to Russian readers, the competent editions of, in particular, such fundamental historical proceedings as “Tao Te Ching” [8,17], “Bhagavad Gita” [8,10], “The Gospel of Philip” [6,8].

Also the Teachings of Jesus Christ were analyzed and assigned thematic chapters — on the basis of the New Testament and some Apocryphal Gospels [18].

— Phenomena such as “dark matter”, “black holes” and so on, which are difficult and uselessly “rack the brains” of physicists-materialists, have become easy to explain: you only need to enter (by the developed consciousness) into the corresponding eon — and see all with own eyes of the consciousness. Now it is clear, also such oddities as “reversed time”, which is supposedly recorded by devices: in fact it was just a joke of the Holy Spirits on the negligent physicists-atheists!

And this knowledge must for a long time serve generations of people embodied by God to the Earth!

Seek for the Treasure Under the Pyramid!

“Hear and understand: the *Flame* is the Source of all things; everything existing is Its manifestation!

“... Hold your thoughts on uniting the Light with your human body!

“Light is the Source of all life; nothing can ever exist without the *Great Light!*

“Know that Light is the essence of any material object.

“Know that all space is filled with worlds within worlds.

“Deep under the image of the Pyramid, My secret lies. Seek and find it in the *Pyramid* that I have created.

“Follow this *key* that I left for you! Seek — and the doorway to the *True Life* will be yours! Seek it in My *Pyramid*, deep under it, and in the *Wall*².

“I repeat that it is through the *Pyramid*, which I have created, you will find the secret way into the *true Life!*”

Thus, among other ways, Thoth-the-Atlantean [8] depicted in ancient times the spiritual Path offered to incarnate people by God.

After reading these lines, atheists suggested excavating the sand under the stone pyramids of Egypt...

However, Thoth-the-Atlantean — the Representative of the Primordial — spoke about something completely different; namely, He spoke about God in the Aspect of the Creator Who is the real Treasure for people.

I have already explained many times about the structure of the Absolute [3,8,13-16,18-25, et al.], but now I will try to expound this knowledge from another point of view, that is, from the beginning of the process of the creation of our planet.

There are two basic states, in which God in the Aspect of the Creator resides: they are calm and activity. The first one of them is characterized by the tenderest Transparency (such Divine Teachers as Huang Di, Lao Tse, Elisabeth Haich, Apostle Philip, Bartholomew, Emil, and some Others prefer to be in

² *The “Wall”* is also one of the images of the highest steps of meditative practice.

this state, and They teach how to master it). The second state is characterized by an active glow, which can have different manifestations and vary from Light — to Divine Fire. The latter is very tender, caressing, and does not burn righteous people.

I hope that my readers understand that God in the Aspect of the Creator (the Primordial Consciousness) is not a personality, but the *United We* of All Those Who have attained the Perfection throughout the entire history of God's existence. They live being dissolved and merged with Themselves.

That is why it is correct to say that God in the Aspect of the Absolute and in the Aspect of the Primordial Consciousness is *One* for the entire universe.

Nevertheless, there are also personal Manifestations of God. They are the Holy Spirits, Who can proceed from the *United We* for some time. Perfect Divine incarnate Teachers are also personal Manifestations of God. They can be called Messiahs, Avatars, or Christs in different human languages.

Naturally, the creation of our planet did not occur in a few calendar days but in grandiose epochs (if we look at them from our human position).

It began from the Fiery — that is, Creative — state of God. To be more precise, the process of the creation was entrusted to a Holy Spirit Who calls Himself — Adler. Apart from the accounts of events of Adler about this process, we can find references to this in Tao Te Ching and Bhagavad Gita [8,10,17].

In order to comprehend the mechanism of the creation of the Earth, it is necessary to accept the knowledge about the real multidimensionality of space. These are not material universes inserted one

into another, as some people dream up, but energy macro volumes or spatial strata, which differ by their levels of *subtlety* — *density* and *subtlety* — *coarseness*.

In relation to this, we can speak about the *vectors* that transpierce these *strata*: one of them goes from the Creator — up to the dense matter, and another from the Creator — up to hell.

Adler showed us (and everyone, who learns to merge with Him, may be able to see the same) how He — from His Fiery Infinity — moved out some sort of “bud”, which was composed of a slightly denser energy state. This “bud” then started becoming covered with denser layers with the help of the substance from the eon of protoprakriti [3,13,19-24, et al.].

After this, thermonuclear reactions happened for a long time inside the terrestrial globe that was formed. Thus, all known elements of matter were created. Later, continents and oceans appeared, as well as organic bodies, which gradually evolved — under the supervision of God — and which were necessary for the incarnation of souls in them.

It becomes clear that the described multidimensional conglomeration is *one single structure*, a Part of the *One Macro Being* called the *Absolute*. (See the statements of Pythagoras on this topic in [8,52,61]. His basis is the Divine Fire.

One more thing: it is enough for the Creator to “extinguish” His Fire under some small or big part of the Creation — and this part of the material world disappears, its dematerialization takes place.

... What is a human being and what is the totality of all incarnate organisms? What is the meaning of

our common existence? Why did the Creator start all this?

The answer is quite simple: the evolution of the units of consciousness or souls takes place in the bodies of all beings, including our bodies. Its meaning is that those Humans Who attained the Perfection after numerous successful incarnations in the bodies of plants, animals, and humans, — flow into the Creator, enriching Him with Themselves.

It is also important to understand that the process of evolutionary development can occur only in the incarnate state, because a material body is a sort of “factory” that converts energy coming out from usual material food — into energy for the growing souls.

Now the evolutionary path, which every soul has to traverse to attain the Perfection, — becomes quite evident. If we “compress” this information to a significant degree, we can say that this is the path of a person up to his or her personal transformation into the Divine Fire and the Mergence with It.

How is it possible to achieve this?

Everyone should understand that his or her development is observed — in every moment! — by the Holy Spirits. If one is ethically or intellectually not ready to approach this Goal, the Holy Spirits deprive him or her of such possibility. If this person is ready, They give hints about how to develop oneself according to the psycho-energy line of the development [15-16,18-20].

... So, the creation of our planet began from its center, from its core. That is why one of the possibilities of practically cognizing the Creator is to “dive”, as a consciousness, into Him through the Earth’s

core. (Let me mention that the prophecies, received by Helena Roerich, speak about the same [8,15]).

Obviously, we do not speak here about the material component of the core, but about the core in its subtlest components of multidimensionality.

It is very hard to learn this and it takes a long time.

In particular, one has to become a powerful consciousness, but this power depends on the size of the consciousness, first of all.

In order to obtain the power of the consciousness, it is necessary that all main energy structures, located inside the body, be in a good state. These structures are chakras, dantians, and principal meridians [13,21]. We were taught this by Babaji from Haidakhan, Jesus, Yogananda, Sathya Sai Baba, Yamamoto, Lao, Han, Danish Lady Gott, Lady-Sufi, Yasin, Vasilyok, Ushastik, Borovik and His Divine Mother, Assyris, Radek Volynsky, and Rada.

The most effective technique for growing the consciousness is its expansion over open spaces like seas, steppes, and deserts, as well as from the tops of mountains.

We learned this, primarily, from such Divine Teachers as Adler, Pythagoras, Konstantinos, Larisa, Thoth-the-Atlantean, Ngomo, Ódin, Sathya Sai Baba, Babaji from Haidakhan, Krishna, Eagle, Yamamoto, Kayr, Helena Sabashnikova, Kurgan-Bashi, Sacral, Ptahhotep, Juanito, Lada, Boris, Maenuel, Eremey, Yasin, Bogatyr, Giant, Wrestler, Sophia, Thya, Hajji Bei Murat, Kim, Lorenz Byron, Konrad Lorenz, Sufi Grand Master of Sufism, Sulia [8,25,46,51,53-56,59-62]. Ask Them for help — and They joyously will help everyone who deserves this.

It is very important to stress that an individual consciousness can grow successfully only on the background of his or her progressive refinement, aligning towards similarity with the Divine Teachers. The attempts to grow oneself as a consciousness on the background of opposite states means to program oneself to move further away from the Creator. This is one of the typical serious mistakes committed by spiritual seekers who lost their way.

One of the meditative methods that contribute to the advancement on this stage of development is “jumps into a Fiery abyss”.

Another method, which one needs to master simultaneously, is the transformation of oneself as a consciousness into Light and Fire through the meditation called “Divine Sun” or “Sun of God” [8]. Adler, Jesus, Surya, Kayr, Sarkar, Assyris, Nikifor, Yamamata, and Odin [8,51,53,62] helped us a lot in mastering this.

It is possible to master these meditations only if the practitioner has already learned to be a developed spiritual heart. Additionally, he or she needs to carry out the bioenergy purification of his or her body to such a degree that the body looks completely transparent inside, if one looks at it with the help of clairvoyance from the sides of all the segments. Such purity is achieved through the methods presented in [13,21] and in our other books and films.

The meditations with the “jumps into an abyss” and with the “Divine Sun” are practiced and mastered on special *places of power: working sites* of Divine Teachers — Holy Spirits.

It should be noted that Carlos Castaneda inadequately described “jumps into an abyss” in his fa-

mous books. It happened because he did not manage, despite all his efforts, to transform himself into a developed spiritual heart. What he described in relation to such “jumps” — was nothing but his mystic fantasies.

This method was taught to us on different *places of power* by Kayr, Yamamata, Yogashira, Sathya Sai Baba, Nikifor, Adler, Thoth-the-Atlantean, Eagle, Eaglestform, Emil, Radomir, Yasin, Volhva, Sulia, Juan Matus, and Genaro [8].

I hope that my readers did not come to conclusion that such “jumps” are performed with a material body or that the “abyss” is filled with material fire. No, this is not so! The practitioner, himself or herself, as namely a consciousness (without body) “jumps into an abyss”. The main part of such a consciousness is the developed spiritual heart. The Divine Fire and the material fire have only visual similarity.

The next **stages** of the work in this direction are the meditations that can be altogether called “Pyramid”. They are “Pyramid” itself, “Volcano”, “Cone”, and “Temple”.

In contrast to the “Abyss”, these meditative structures have a closed horizontal space inside them (which, however, can be expanded by the practitioner). That is why such “pyramidal” meditations effectively help the practitioner (as a consciousness) to stabilize himself or herself in a certain amount of space. This, in turn, ensures the consecutive growth of the size of the consciousness.

The basis, from which the “Pyramid” comes out, is the Ocean of the Divine Fire, and the “Pyramid” creates an easy-to-use entrance into this Fire.

Thus, this Ocean becomes approachable. And the only thing that one needs to do is to learn to live in the Mergence with the Divine Ocean and then act from Him.

Adler, Thoth-the-Atlantean, Pythagoras, Cairo, Rossi, Eagle, and Khem taught us these methods most brilliantly.

* * *

This is a short exposition of the entire Path from the state of a human being — up to the Creator. You can find more details about this in our other books and films.

All people are quite different from the viewpoint of the processes of their evolutionary development. Not everyone, who desires this, will be able to traverse the whole Path in the foreseeable years. Only few will be successful. That is why, if someone has doubts or if he or she is not making any progress, it is better not to be in a hurry. For this person — for now — it is not necessary to strive to “jump into an abyss”! It is better to choose for yourself in this case a way of serving God that will be adequate to your wishes and possibilities [6-8,11,13-14,18,20,23-24,61]. You can also purify yourself ethically and in terms of bioenergy, grow yourself as a spiritual heart, and develop the arms of such a heart, so that they will become huge, loving, and tender! Then it will be much easier to advance further — from the stages that you have already mastered!

I wish success to all of you!

On the Path to Spiritual Perfection

“God is Spirit” (John 4:24). These are the words of Jesus Christ. This phrase has created the term *spirituality*.

Reasonable people understand that man can be called *spiritual* if he or she is fully and successfully striving to cognize God-the-Spirit — through, above all, the fulfillment of His Teachings.

Although there were and are other points of view...

For example, in the Brezhnev’s historical era of our country, the primitive and aggressive journalist of one of the newspapers tried to convince me that *spirituality* means “going to the movies”... [11]

In subsequent years, people like her in our country understood by *spirituality* — “urine therapy” (drinking urine is harmful to mental health), also the performance of certain traditional “religious” ceremonies such as dyeing eggs, jumping over campfires, etc.

Others, thinking, perhaps, that this is the way to please God, mutilate genitalia and “mortify the flesh” in other absurd ways...

In recent years — in an environment of similar stupid people — there was a sect calling itself “Neo-Advaita”. In it, the intellect is declared as an enemy of spirituality — and invented and practiced the special techniques of “modern psychology” for destruction of the ability to think...

Although the truth is that intelligence is necessary and should be developed in every way — and at the same time one should learn to manage it. Recently, it is simple and efficient to carry it out through mastering the art of psychic self-regulation [13 et al.].

Let us understand: God does not need fools! He wants us to become better, developing ourselves in accordance with His Will! This implies, in particular, intellectual improvement!

... The religious-philosophical concept of the *Straight Path* exists in primary sources [8 et al.]. What does it mean?

Straight Path means, first of all, a clear understanding of the purpose of our spiritual efforts and possession of methods of spiritual work. We discussed this topic in many of our books (see bibliography in the end of the book).

But there are also totally absurd views on this subject! For example, as follows:

There is God — and there is a material world. Each has the right to choose one of these two. How? Best of all — to reject the material world by committing suicide on a background of focusing the mind on God. By this, we use the most simple way and are guaranteed to go to paradise! And for greater guarantee — we should not only commit suicide, but take with us at the same time as many as possible “infidels”, that is, those who do not share this concept...

... But, by killing oneself and others, one does not fall into the coveted paradise! On the contrary, this burdens one’s destiny!

God does not give people the right to kill! Exceptions can only be considered, for example, in

cases when we are protecting others and there is no other way to repel criminals...

... Attempts to gain paradise through assassination or through the destruction of mental functions, also through drugs, etc. — these are the consequences of total religious-philosophical ignorance. Such conceptions sometimes are introduced by religious and political leaders: from those, who are called aggressive primitives!

... But the true *Straight Path* is radically different!

... Any adult reasonable person would have to muse: why God embodies us on the Earth? Is it only to sort then souls into two categories: the souls sent to hell — and **souls** to live in paradise? If to talk in earnest, this opinion (attributed to God) looks absurd! Why would this be needed for Him? Or He has such humor?

But God's intention in relation to us, in fact, is quite another!

He sends us on the Earth to develop ourselves here — up to reaching the spiritual Perfection, then to merge with Him — to enrich Him with ourselves!

This is why He created the material world and puts and continues to settle in it souls, blessing them to improve themselves!

It is through the development of souls, having been incarnated in bodies, — He evolves! Therefore, each of us must strive to the Perfection! And those, who do not do it, and, moreover, prevent others, — those are committing so serious sins. And they do not deserve the paradise!

I understand that to perceive the full picture of the Evolution of the Universal Consciousness — on

the base of only this article — it is very difficult. But the details on this can be found in the books mentioned at the list of recommended literature.

Now I will note only that the Path of perfecting souls consists of the stages of development. And for each person, it is appropriate to seek to develop oneself consistently. And also — to help others doing the same.

These steps are the following:

1. The study of the theory of spiritual advancement.

Ethical self-correction on the basis of God's instructions includes, in particular, the development of humility. [1-25,34,36,39-40,43-62]

2. Cleansing and development of chakras and main meridians, viewing and treatment of bio-energy "cocoon" surrounding our bodies, mastering the functions of dantians and "bubbles of perception" [13,21, et al.].

Start of refinement of consciousness through esthetic methods and control of one's own thoughts and emotions (that is, excluding coarse and encouragement of subtle ones) ([8,13-25]; see also our films and other illustrative materials).

This is achieved by mastering the initial basics of the art of psychic self-regulation [13, et al.].

3. The development of self-awareness (that is, of the localization of oneself as a soul, consciousness) as a *spiritual heart* in the chest, and then around the body, and further — away back and forth.

The development of *hands* of the spiritual heart.

The vast expansion of oneself — as a spiritual heart — in the clean energy space, such as over large bodies of water, etc.

Looking from there — to the direction of the body.

4. Meeting with the Holy Spirits. The development of dialogue with Them. Perception of Them as the very concrete Divine Teachers.

Creating our own Mahadoubles.

Merging with the Holy Spirits.

5. Development of the state of “non-I”. It leads to a loss of a strong self-centeredness, to a possibility to live with a sense of, where it is possible, the preferring of the objective interests of others rather than my own desires, to the life and work for the sake of other beings and for our common Creator.

6. Work with the Kundalini, cognizing the proto-prakriti and other constituents of the Absolute, with a focus on the states of the Transparent Calm of the Creator and His Divine Fire [8,13-14,19].

7. Mastering of Transparent Calm and Divine Fire — on a universal scale.

Substitution of energies and body’s matter with these two states. This gradually leads to capabilities of management of the matter of our bodies and other objects.

* * *

Why is in the spiritual field such a large number of false concepts and methods?

Let us see that, if there is not enough knowledge about the Aim of our spiritual efforts (that is, about God), but there is a strong tendency towards excessive “inventiveness” while the absence of a critical assessment of one’s own “inventions” — then in such a situation easily arise bad fantasies...

Example: There are seven colors of the rainbow, as well as — seven chakras... So, they say, there should be the color gamut to impose on the chakra system... Chakras have to be painted...

As a result... — dramatic consequences for the victims of that imagination...

In fact, all of the chakras should be transparent and white with a golden hue luminosity. And to imprint in them other (coarser) colors — this cripples them for a long time and seriously put obstacles in the way of practitioners in their further advancement.

Or — also the malicious bid to accustom ourselves to the concentration in the crudest and most commonly contaminated head chakra ajna. This “method” not only does not bring the slightest useful fruit, but coarsens consciousness, bringing **it** together with hell. And it also moves away from the real spiritual quest, that is, from the Creator, Who is precisely the Subtlest Consciousness.

“Ajnic” people become “hard to bear” in social communications. They also acquire a tendency to mental disorders.

Ajna chakra is one of the most difficult in the purification and refinement. Therefore, Krishna (through the Bhagavad Gita) offered to make special efforts to align its state on the model of Atmic Energy [8, et al.].

The latter should initially be cognized through communication with the Holy Spirits and through working with the Kundalini [13].

I also note that Hatha Yoga and other similar practices must not be carried out on the background of “killed” food (that is, with the consumption of animal bodies) because it leads, in particular, not only to

the accumulation in the body of rough energies but also intensifies the coarsening of the whole consciousness.

It's possible to give many more examples of similar damage to people, who are seeking a spiritual Path... They, in particular, are the following:

- deliberate destruction of a night's sleep,
- setting one's hopes upon the "protecting magic" that so often leads to the development of rough psychopathology (because concentration of the attention not on God, but on the creatures of hell, and the emotions of mystical fear — namely attract those creatures),

- drinking alcohol, as well as the use of other drugs, — to track the moment of separation of a soul from the body and attempts for self-awareness in the "astral" world (among other disembodied alcoholics and degenerates),

- clumsy attempts of working with the Kundalini — without even realizing that this Atmic Energy is not in the coccyx (as commonly believed) but outside of the material body [13]...

And all this and similar malicious pseudo-spiritual dirt is associated in minds of some people with the word *yoga*, creating to the true teachings of yoga an appropriate (i.e., negative) attitude!

Often these and similar distortions become popular — because of their extravagance — among young people especially. And some enterprising businessmen are beginning to sell such "methods", teaching youth for a considerable fee... All those "gurus" act not for God's sake, also not for the sake of spiritual help to people — but only for their own self-interest.

But right — to live and act just the opposite: by following God’s interest, taking active part (sometimes self-sacrificing) in His Evolutionary Process.

And He is always active in helping all those, who sincerely and selflessly serve Him, to satisfy their desire to get closer to Him.

In particular, He has led by the Straight Path of cognition of Him — the author of this book, who was able to ascend to the higher stages of spiritual growth.

Now — from the achieved positions — it is easy to see and distinguish between true and false trends in spiritual search and spiritual knowledge.

... Now it’s appropriate to ask the question to the author: how can we determine between new for us methods — whether they are true or not?

The first thing, I can suggest, is to consider the relevance of the proposed training — to the adducted above sequence of steps of the spiritual ascent.

For example, if a teacher does not take into account the ethical component of work and the necessity of following the Path of refinement of consciousness, if also there is no emphasis on the development of the spiritual heart, if the instructor systematically commits ethical lapses, if he or she does not understand the place of his/her proposed program in the general scheme of spiritual development — then I can advise to go away from this pseudo-guru.

In particular, I offer to determine the compliance of the proposed program to the ideas of the Hesychasm.

The essence of Hesychasm can be described as follows: aspiration to the cognition of the Creator, which can become effective only on the background

of inner peace. This peace can be found due to development of the spiritual heart. (More on this — in our books and films).

The term *Hesychasm* is of Greek origin: *hesychia* — means an inner silence.

But in the most detail, in a historical perspective of consideration, this subject was described by the Chinese Sage Lao Tse [8,17].

Hesychasm — as a Christian branch — existed in Eastern Europe.

But to develop effective methods of the namely modern Hesychasm and explain its methodology in a popular scientific language — God has entrusted to us: Russian experts in the field of spiritual knowledge.

I also note that throughout history of mankind on the Earth, God approached the worthy spiritual seekers — regardless of their nationality, place of residence, and the local culture — to the same knowledge, including the specific methods of the self-improving. (More about this can be read, including, in the book [9]).

At the present time, God asks to provide with this Knowledge the population of all countries of the Earth.

... But sometimes someone asks: why do you not publish a detailed sequence of not only primary, but also the higher techniques of self-improvement?

But this should not be done. The reason is that all people are quite different. And to read more about the application to them of the higher methods — it would be not useful for most of them: they — like little children — will not be able to properly dispose of such information.

And we must understand that souls differ not only in age and, consequently, the intellectual capabilities. But, more than that, because everyone, living in the material world, has accumulated certain virtues and vices — and it has become the quality of each soul. There are, in particular, hopeless degenerates — candidates for the destruction in hell. There **are** also supremely advanced souls, but these people usually do not remember, how they themselves were mastering the spiritual Path — and so they do not know how to help worthy incarnate souls...

For the same reason, do not seek to create large groups for studies on the mastering of high and especially the higher levels of perfection: a large number worthy of such assistance — at a particular time and in a particular place — never will be. Trying to “drag” onto the spiritual heights those, who are not intellectually and ethically mature, — this is nothing more than causing harm.

There is an optimal order for presenting the spiritual knowledge: those, who wish this, are provided with general information about the situation in which they reside, having been incarnated on the Earth, and what they can do in this situation. Plus — general “milestones” on the Path with warnings about possible errors. But the moving speed — it is determined by each person for oneself: according to their own needs.

A good illustration of this is presented in the book [46], where the author critically talks about how her basic vital interests changed: the stage of love for cats, then it was replaced by love for houseplants..., but for God... so long there was no place in her life...

But significant success on the spiritual Path can be achieved only when the focus will be — naturally, not forced and not “for the company” — entirely devoted to only one Aim: fully realizing the love for God. Such love is composed of a sincere desire for cognizing the main Beloved, for merging with Him and serving Him. But up to such a state the soul must grow in its development.

Therefore, I can advise the following: study the relevant literature and other useful materials, build for yourselves plans to work on, strive to implement them every day! Also unite in spiritual advancement with other seekers! Working together — it is always more effective!

And what is the most important — we must always listen to the instructions of God: He is the Main Teacher for all people, for each of us!

Comments from the Perfects

Adler [8]:

“There is only Universal God! The whole immensity of the universe is My One Organism!

“I am the Lord of the universe! I live in you and in each of you!

“This is the reality! Come into it!

“In the Greatest Silence of the Transparent Calm — cognize the Unity of the Creator!

“At the moment, there is no perception of anything other than God! There is only the Ocean of God — inside and out, above and below with respect to your body and your planet Earth!

“Germinate in the Infinity with a variety of Hands — caressing, loving!

“Then cognize how I live, going into each of the lokas of the Absolute, while remaining One God!

“Learn to work being the Mahadouble [13,15,46]! When you are connected with My Infinite Love, I feel that My and your Hands can touch any point on the Earth, and Love allows you to stand as the Mahadouble where, there is God’s Intention to carry out the necessary work.

“The embodied man becomes God when he or she joined him/herself with God in *One*.

“At the end of Kalpa all Holy Spirits move into Peace of Turiynity. This is the rest for Them, “Night of Brahman”, as Krishna said [8,10,13]. And the matter of the planet — disappears, because I ‘take out’ Myself from it.”

Sathya Sai Baba:

“There is the Primal Divine Ocean, not divided in the Divine Individualities. But each of the Great Souls that make up this Ocean, starting from Him, can say: “I am God!” — and shows the Power, Love, and Wisdom of the Whole.”

Silvio Manuel:

“The Absolute is a Single Living Organism! The highest achievement of the spiritual warrior is to become identical with His Power — the Power of all the Absolute, not of this or that Individual Manifestation of Him. Then — such a Spiritual Warrior is able to

manage any miracle: miracles — for turning in the faith the people of the material plane.”

Jesus Christ:

“God is behind every ‘door’ — right outside the gates of the spiritual heart. Here is the infinite Ocean of God, Inclusiveness of His Love!

“Learn — with My help — to knock on these ‘doors’: to the spiritual hearts of others. Those, who are ready, will hear and open! And then — I will manifest Myself to them, and I will do this stronger!”

Sathya Sai Baba:

“When you are in Me, and when We are *One*, — then you can help to do it for millions of souls! I and all of Us will do it together with you!

“I will be smiling from the pages of fairy tales — to kids!

“I will teach teenagers the kindness, care, and intelligence, awareness of life!

“I will tell to grown-up souls about the steps of the Path and lead them by the hand, and then — by Myself — to open a passage to the Primordial!”

Thoth-the-Atlantean:

“Sometimes you can see in a person the lack of “feedback” from other people. It is blossomed to full flower an ego-centrism. Such a person lives, manifesting the proud solitary “i” rather than to live for others, rather than to live, feeling them as myself.”

Jesus Christ:

“The acquisition of feeling others as myself — this requires sustained efforts!”

Ódin:

“Do not worry, if something goes wrong, as you think! Everything always happens as I want!

“Observe, what I do want to tell you by this, and learn to understand, what lesson you should pass! As soon as the correct understanding comes and your life begins to conform to this new understanding of yours — the situation changes. Or — it begins to please you, not to hurt.”

Babaji from Haidakhan:

“It so happens sometimes that the ascetic on the Spiritual Path “yields”, being just a few steps away from the Goal. He or she says something like: ‘I have done everything I could! If it longer does not come out — then it is not necessary for God. And it’s time for me to leave...’. And it may be when to the state of complete Unity with My Love and Power — a stone’s throw!...

“Leaving the body of each is determined by *Universal We*. This means that, as long as there exists life in a body, — there is also a task for which this life is given!”

David Copperfield:

“Anyone, who has a material body and at the same time can feel Us and interact with Us, — is very valuable! These people are able to bring light into the darkness of ignorance and suffering, in which most of humanity is submerged!

“Be Clean Lights of the Primordial — for His Love to be manifested through you, so that It could touch other souls and give them hope! Be an example to others, showing that you can live in a way of harmony with the environment: with the Creation and the Creator!

“God — a Real Living God — He is always here: in each moment of life of every being. He is — always and in all — helping, especially when He is called truly, by the spiritual heart!

“Give others the subtle and tender states that you get from Us! Be an example for them in this and in everything else!”

Kurgan-Bashi:

“The principle of man’s spiritual life is the following: to use every day of life in order to come closer to God and in each moment to grasp the time when you can substitute your shoulder to God in the evolution of consciousnesses.

“In other words, you should help others in everything good, especially in regard to the dissemination of spiritual knowledge!”

Sulia:

“Great feat is made by each who lives on the Earth for God’s sake! This was the Way of Jesus, Sathya Sai Baba, of Everyone of Those Who were standing and stand in front of you as the Holy Spirits!”

Babaji from Haidakhan:

“Full Unity with Me, Immortality, and the work ‘from My side’ — in the presence of the Deified body — it is a reality! And deeds ‘for you’ on the Earth in serving God and Evolution — do not count!

“Anyone who enters the Final Mergence with the Primordial at the moment of final separation from the material body — is dear to Me!

“But it is possible to do much more!

“Anyone, who dared to take this final frontier, still being in the body, is the Great Hero of the Spirit!

“God-Manifestation, showed through Him or Her, **W**ho have become the Avatars, walking the Path of the Heart, is priceless! Visible miracles are only a tiny part of the Manifestation of the Power! They are like the splashes of waves, but the Power is the whole Ocean!”

Adler:

“You are the bearers of unique Knowledge! You have contained in your understanding the entire Path from man — to God! And now it will be necessary to

give these treasures to those who want to take and can begin to execute it in their lives.

“Carefully, not ‘mixing’ steps, not dragging those who are not ready, — help all! For anyone who wants to get better in the Face of God — there is now such an opportunity!

“This knowledge should be available — as light, as air, and water! Do not worry if someone breathes — and does not notice it, drinks — and does not thank the Source...

“All Creation lives in My Light and is built by My Creative Fire!

“But not everyone can see and understand this.

“Such is — the natural course of the Evolution.”

Jesus Christ, the Apostles Mark and Matthew:

“You are instructed to continue on the Earth the Service of Jesus Christ! Do this so — that all people on the Earth could get to know about the current New Testament!

“First of all, it should be done through the publication and circulation ‘around the world’ of the most important of Our books. And many-many more should be created!”

Jesus Heals Now As Well

Jesus Christ healed incarnate people during His life in the body and He personally does the same right now.

For this, one needs, first of all, to become worthy of His help and, secondly, to know the methods of healing suggested by Jesus.

To become worthy, means to really fulfill the Teachings that God gave us through Jesus.

One can acquaint oneself with these Teachings — in their most exhaustive form, in my opinion, — with a help from the book [18].

We can see the opposite approach by observing the example of endless parasitic panhandling to Jesus by many people. They repeat: “Lord, have mercy on us! Lord, have mercy on us! Lord, have mercy on us!” and “Give us, Lord! Give!...”. Not only incarnate people, but also the Representatives of the Creator suffer from such humdrum. People, who live like this, separate themselves from God and move themselves away from Him by their own attitude and acts. Therefore, they should not expect to receive His Gifts!

In other words, my suggestion is to study the Teachings of Jesus as thoroughly as possible and change the life so that it will turn into a service to God within one’s powers. Only then one can expect to become worthy of direct communication with Him and of receiving His healing help.

While doing this, we must remember that there is nothing impossible for God! That is why, if we do not see real improvement in the situation with our diseases, we then have to look for the cause in ourselves. It means that we should again search for our imperfections, analyze them, and correct them.

... There are different possibilities of direct communication with Jesus. For example, one can do this inside His Mahadoubles. However, there is another method for beginners, the simplest one.

You need to print a real portrait of Jesus that is created on the basis of His Shroud and that is improved and blessed to be spread among people by Sathya Sai Baba in order to help them.

Yes, Jesus is like this now as well. He embodies Divine Love, caresses and gives Bliss to those who deserve this, shows the next stages of the spiritual Path, and teaches how to merge with Him and with the Universal and Only One God!

The size of the portrait should not be less than A4. You can get it from a calendar or from the cover of the book about His Teachings from our website: <http://spiritual-art.info>.

It is convenient to glue the picture, for example, to a piece of cardboard so that you can put it on the wall or hold it in your hands close to your body.

Then, first of all, you need to establish — through the Face of Jesus — personal relations with Him based on the emotions of love. These emotions are born in the spiritual heart. If you never worked with your own spiritual heart, I advise you to eliminate this defect immediately: this could **make possible to really come closer to God, Who is Love (1 John 4:7-8).**

If you are worthy of real relations with Jesus, you will necessarily feel the established “communication channel” between Him and the anahata chakra in your chest.

Let us try to make the stream of the emotions of love from me — to Jesus, and from Him — into my body.

**Let us kindle more and more my love for Him!
Let us learn to love Him!**

This emotional love should become stable, and then it will be possible to cautiously ask Jesus about healing, promising Him not to stray from the spiritual Path ever again.

If I see the positive attitude of Jesus towards me during the sequence of such meditations, I can start bringing His portrait to other parts of the body, not only to the chest, specifically to my chakras and dan-tians.

I wish all of you the success!

This Hurts God!

Holy Spirits — the Representatives of the Primordial Consciousness — say that They feel pain every time They watch how embodied people torture and kill beautiful animals...

But... everyone has the right to do one's own destiny, making righteous deeds — or sinning. Therefore, the Holy Spirits do not interfere in these events...

It would be useful for all people to know about this!

We need to understand that animals are settled by God on the Earth not for their bodies to become food for people! No: the meaning of their lives, as well as our own, human, consists in the development of souls — in the general stream of Evolution of the Universal Consciousness [1-3,7-9,11,13-25,34,36,39-40,43-62]!

God spoke about this enough clearly through the Bible: "... Behold: I have given you every herb

bearing seed, which is upon the whole Earth, and every tree, on which is the fruit yielding seed, — to you it shall be for food” (Genesis 1 : 29). And do not try to eat the flesh of those creatures, in whose bodies you see blood (Genesis 9: 1-4)!

But people-gluttons reinterpreted these words of God. They pretended that God, unlike themselves, is weak-minded, because He declares that the blood of animals... is “their souls”! And so, they say, it is necessary only to pour the blood out of their bodies to the ground — and then such bodies can be eaten. (Who is here an imbecile — let everyone decide on their own).

On the impermissibility of killing animals for food — talked and talk all embodied and non-incarnate Representatives of the Creator [8,15,19-25, et al.]. But gluttonous passion, composed in feasting on corpses, — now is for the greater part of embodied humanity more powerful than God’s opinion!

According to biological nature, man is not a predator. But most people make predators of themselves, thus separating themselves from being — at least in this respect — righteous before God. The results are the serious illnesses and rejection of them from God’s help in the most important aspects of their spiritual development.

Among the diseases striking these gluttons — atherosclerosis (clogging of vessels with deposits of excess cholesterol), podagra in its various manifestations (deposition of uric acid salts in the vessels of the brain, joint, and other organs), the malfunction of the digestive system by coarse bioenergies, the embodiment of the disembodied offended animals to the bodies of offenders that can result, in particular, in

cancer. Also — the inability to properly refine the consciousness; such subtling is necessary for the soul to approach God, and for direct cognition of Him.

Let us remember that each of us creates one's own destiny by, in particular, programming in it the pain and suffering, which were caused by me to other beings.

It's also important to emphasize that those people are deaf to the theme of compassion.

It is believed that Jesus in His Jewish incarnation necessarily, like all Jews of the time, used meat food, especially in the form of a “sacrificial” lamb at Passover. Most likely, it really was in His childhood. But He very soon abandoned His earthly family and left to wander. When He returned to Judea, having grown up, — He did not eat meat. Entries of Epiphany recorded the surprise-disgruntled reaction of Jesus when He was asked to taste the meat of a lamb at Passover (Epiphany, Jerez, 22:4) [8,18].

Sathya Sai Baba pointed out [2,8,34,43-44] that He does not want people to quarrel with each other because of differences in their nutrition: let secular people eat meat. But if you rise to the spiritual Path — the ethical aspect of nutrition has to be observed impeccably!

Yes, there are people who under no circumstances refuse their sinful gluttony, from delicacies that are made from animal corpses.

The compromise here can be as follows: to use as food (and for other purposes) — the bodies of those animals, which have already terminated their programs of their own evolution in these bodies.

Also, there should be no unnecessary doubts about the right to kill harmful and dangerous for people animals.

Or — for example, if you have nowhere to place some males of farm animals bred by people, in particular — bulls. For males are born about the same rate as females. And it would not be well to feed them for life! Or — to let them live “at will”!

But if the killing — it should be done in the most painless, gentle ways, compassionately.

By the way, long-ago, bull-calves were castrated in their childhood (to save them from aggressiveness in adulthood) and used in agriculture, as well as horses, as draft animals.

... Let us think, what **is** compassion? It is not crying over someone’s misfortune or death! But — maximum caution to not inflict on anyone, voluntarily or involuntarily, vain pain or other troubles. In particular — not to grieve anyone by my emotions, words, or other actions.

Let us understand that without developed compassion, it is not possible to fundamentally approach closer to Perfection!

Compassion is one of the basic qualities of the Holy Spirit. And They — as potential Divine Teachers for each of us — will not permit to be closer to Them those who have gross ethical flaws.

* * *

Someone, who never before thought seriously about food ethics, may ask: so what should I eat?!
I will answer briefly.

We need the following groups of nutrients: proteins, fats, carbohydrates, vitamins and minerals, as well as fiber.

Proteins consist of sets of various amino acids. There are among these some, which are produced in our bodies. But others — are not usually produced, and it is necessary to bring them in with food. Therefore, you should try to diversify the food intake. The ethically acceptable products, containing the complete sets of amino acids, are milk, dairy products, and birds' eggs. Also a lot of different amino acids are in mushrooms, nuts, soy.

But we must take into account that the majority of adults, unlike children, no longer produce the enzyme lactase needed to digest the milk sugar lactose. Therefore, adults often have digestive problems caused by milk consumption.

What concerns soy, it is useful to know that some products, made from it, cause a weak irritation in the intestine. It's a reason for each to search this problem by experimenting.

From vegetable fats, the least dense ones are considered as the most useful.

Butter — as an animal fat — is valuable, because it contains important for us vitamins.

If we fry foods (eggs, mushrooms), it is necessary to use the most dense edible fats, because their constituent elements are more resistant to rancidity (oxidation with the formation of harmful substances).

A curious fact, about which not many people know, is that the fats in the digestive system are first broken down into fatty acids, but then, if they are to be used in the body "in reserve", are combined again into the fat structure identical to the original. Such

structures — are species-specific. For example, if someone loves pork fat, it is swine fat that composes one's own body. In other words, the body becomes largely swine.

But our own human — in chemical composition — fats are formed from plant carbohydrates.

Carbohydrates — these are both sugars and starches. We get sufficient amounts of them from cereal seeds, vegetables, fruits, etc.

Fiber is also important, because it is conducive to the moving of food mass through the intestine. In medicine, cases are known when fans of the experiments on themselves, not having studied the scientific theory of nutrition, were trying to live on a diet with complete elimination of fiber. Such experiments often were fatal.

Knowledge is also needed about the compatibility of food components. Namely, when in the stomach are mixed large amounts of proteins and fats — with sugars, sugar fermentation begins. This leads to a so-called flatulence — gas-formation in the intestine.

As for vitamins, we need to ensure, especially, to get enough quantity of vitamin C. It is much in greenery, fruits and garlic. When they lack, one can buy in pharmacies the ascorbic acid (**that** is the vitamin C).

It is also desirable to have in the diet carrots and tomatoes (including, tomato paste and other products from them).

What concerns the full set of micro-elements, one **needs** not to worry, if **adds** clear sea water when cooking food. Or — to include **laminaria** **into the diet**.

* * *

I repeat that our ethical perfection before God consists, first of all, in not harming anyone, if **possible** not even upset **anyone** — but in trying to help everyone in everything good.

Let us live so as not to hurt anyone: neither God, nor the people, nor any other creature!

We must learn to love them all!

Sat — Chit — Ananda

Sat — Chit — Ananda (Sanskrit) is the formula that reflects the advancement along the spiritual Path. Its literal translation is the following: *Purity — Subtlety — Bliss*.

The spiritual advancement starts with *Sat*, that is, the purity and clarity in the understanding of the structure of the universe, of the meaning of our lives, and of the ways of its realization. Also — with the achievement of one's own ethical and bioenergetical purity.

As the result of such work over himself or herself, a practitioner, with the help of special methods of spiritual work, obtains the possibility to achieve *Chit*, that is, the subtlety of the consciousness (*budhi*). Among these methods, there is emotional merger with the subtle beauty of the harmony of nature, with respective works of art, with harmonious

and subtle people. To master the art of psychical self-regulation will also be of great help.³

Those, who have mastered everything mentioned, develop the ability to see the Holy Spirits, to communicate with Them freely, including verbally, and to merge with Them. The Holy Spirits in this case become the Divine Teachers of such spiritual practitioners and guide them along the Path of further personal development and cognition of God in all His Aspects and Manifestations.

After this, a direct communication with God, the further cognition of Him, and the Mergence with Him — give *Ananda*, that is, an increasing state of Bliss of the highest level, up to the states in which Those, Who have achieved the Divine Perfection, exist. Such the Perfect do not have to incarnate again.

What Do We Need to Become Divinely Perfect?

“... Be perfect, as your Heavenly Father is perfect,” — Jesus Christ taught (Matt 5:48). So He outlined the goal of human life.

“Sin! The main thing — then to repent! Sinning — it is necessary, because otherwise you become proud! And pride is the most terrible sin!” — Many people in Russia believe in such suggestion! And they, for some reason, consider themselves Christians... But, in truth, they are opposed to Jesus Christ!

³ See more details in our book [13].

We have considered in detail the Jesus' Teaching in the books [8,13,18]. But now we will briefly summarize our tasks for its implementation. These conclusions are based, in particular, on our own experience of communication with Jesus and other Divine Teachers (Holy Spirits) and study from Them.

So, we should work:

1. To understand what namely God wants from us. For this purpose, it is necessary to thoroughly study His Teachings. It is presented, including, in our mentioned books.

2. To clean ourselves ethically based on His Commandments [2-25,34,36,40,43-62].

Emphasis should be placed on the removal of coarse and egocentric emotions, thoughts, and actions.

It is necessary, in particular, to learn to act not for ourselves, but for others, helping them in everything good. Let it be perceived as our active input in service to God, as our small contribution to the progress of the Evolution of the Universal Consciousness. This Evolution is carried out, including, *in* each of us and *through* each of us [8-25].

Useful things for God can be both helping others in providing housing and food, and health care, and proper upbringing of children, and the protection of people against the encroachments of enemies, and which is most important, the spread of true spiritual knowledge, etc.

Jesus, having incarnated on our planet, was one of Those Who, by Their own lives of sacrifice, have shown us the perfect examples of lives dedicated not for Themselves, but for God.

3. To achieve the bioenergy purification by means, first of all, of the work with chakras, dantians, segments, and main meridians. Such method as “winter bathing” will help in this. Let the body be transparent when viewed with clairvoyance. [16]

This is achieved by, in particular, sinless lifestyle, including clear diet, full exclusion of coarse emotional states, converting oneself into pure love for other beings.

What does it mean “pure love”? This means — love devoid of greed and violence, including the tediousness.

Full restraint of one’s own emotions, management of them — it is achieved by mastering the art of psychic self-regulation [13].

“God is Love!” — Jesus taught us (1 John 4:7-8). We must therefore, rushing to Him, try to become, too, sophisticated and wise love.

It is also appropriate to remember these words of Jesus: “... The Heavenly Kingdom is taken by strength, and those, who use it, acquire It” (Matthew 11:12). Let me explain that the strength of the individual consciousness is directly dependent on the size of this consciousness. And this strength can be grown. Moreover, the benefit comes from only subtle strength; the rough strength leads to hell.

4. To learn to merge by soul in the embraces of love with worthy persons. Only after already having learned it in relations with incarnate beings, we will be able in the future to merge with the cognized by us Most Worthy — with God.

Embracing, and in many other situations, if we wish to be ethically pure before God, we must learn not to want and wait for love and other benefits *for*

ourselves — but we *give away* to others, living with a feeling of their real objective interests.

Life in the mode of donating becomes a transitional stage in the process of replacing a self-centrism — to God-Centrism.

Everyone must also learn to monitor and prohibit in oneself any ethically significant egocentric emotions, thoughts, and actions.

Only those who are namely truly giving away, but not pulling for themselves, are welcomed by God and receive from Him spiritual gifts!

5. To cognize God, with the assistance of, first of all, Those Who have already become *One* with Him. They are, first of all, the Holy Spirits. They are always ready to help all the worthy. And you can become worthy through the development of all said above.

God can be cognized in the Aspect not only of the Holy Spirit, but the Primordial Consciousness (in other words — the Creator, God-the-Father, Paramatman, *United We* of all Those Who have already entered the **M**ergence with Him) and the Absolute.

Cognizing God is done gradually, in stages, over years or decades of unceasing spiritual efforts.

Complete Mergence with Him — cognized — in reality is the cessation of feeling clot of me-consciousness in the body and around it — and the establishment of self-feeling as the Ocean of the *United We* in alternating states of: a) Transparent Calm in blissful co-dissolution with Those, Who also reside at the subtlest Divine state, and b) the Divine Light-Fire with Mahadouble, coming up to one's material body and including it in this Light-Fire.

One, who comprehended this in its entirety, — does not go out from the material body to the subtlest layers of the Absolute, but, on the contrary, comes *from* those layers into the material world. Then — it becomes possible to manage the matter.

So the state of Avatar is mastered. It is the existence as the Integral Part of the *United We*, with the possession of the material body, through which it is convenient to give the Truth to incarnate people.

This is the last and final step towards the development up to God-Centrism. But further work on self-improvement is a lot more.

And let us remember that the basis for the implementation of all the above consists in development of oneself as the spiritual heart!

Comment from Khem:

“Here is how to live happily on the Earth: feeling God, creatively interacting with God!

“And compare this with how almost all other people **live**! At first — the instincts and reflexes concerning food and reproduction. Then — diseases and the weakness of old age, which begins up to 40 years. Tuberculosis, cancer, and other human ills... And — suffering, suffering, suffering...

“But it is quite real the opposite pole of life: life as you live! And so — Our broadest Embraces, which take you and people like you in Our common United Abode!”

“Love for Creation you fully manifest!
 “All living — caress, love!
 “Live so — in God’s Love!”

(January 2015)

Come to Expanses of Mine!

Ódin

**Come out on My fields!
 Come out on expanses of Mine!
 There I expect you! I —
 The Boundless Ocean of Love!**

**See how nature is gentle!
 Already spring blooms:
 The sky is blue, the birds are singing —
 Carrying joy, happiness, bliss, love to you!**

**Come out on the expanses of Mine!
 Strong hands of the soul feel!
 Gently hug Me with them,
 Penetrating in Depths of Me!**

**And then, dissolving in Me,
 Shine with Divine Light!
 And Love of Me and you
 Give to the world around!”**

*(Recorded by Svetlana Kravtsova
 in April 2015)*

**Its light is saturated with Me!
Waters in transparent river
Sing songs, too, about Me!**

**Everywhere I am with you:
Loving, Gentle, your Own!
Open the heart — for Me,
Not missing a single day!**

**Remember: life on the Earth is short.
But between incarnations are centuries!
Learn to live only in My Depth!
Seek Happiness — only in Me!**

*(Recorded by Svetlana Kravtsova
in May 2015)*

What You Sow — That You Reap!

Lada

**Laws are easy for people on the Earth!
Causes of miseries and happiness — in you:
What you sow — that you reap!
Sow rye — rye you will reap,
Sow evil — reap multiplied evil,
Sow good — and rises it!
All this is very easy to understand:
In life — will you receive that
Which you give yourself, but not receive!
It is you — who manages your future!
You — the sower of your fate!
It is you who taste the fruits in your life:**

You sow anger — in it you live,
 You sow kindness — caress you receive,
 Offence — will return as offence,
 Love — also love in return you receive!

*(Recorded by Anna Zubkova
 in March 2015)*

Let Peace Be on the Planet of People!

Antoine de Saint-Exupery

I hug people on the Earth
 By radiant Light of my dream:
 Let be in each country — the peace,
 Let us live in love: both you and Me!

We're dwellers on wonderful planet of people,
 Planet, too, — of birds and mammals,
 Planet — of lakes, oceans, seas,
 Planet — of forests, flowers, fields!

We, people living here on Earth,
 Let each for each other become a friend!
 Let cease the cries and moans of wars!
 We're responsible for all this!

*(Recorded by Anna Zubkova
 May 8, 2015)*

Yogashira's Haiku

Morning

Dawn —
 By its tenderness —
 It kissed light white clouds...

And they turned pinked
 Also gently beaming
 In love to me-mate...

Spring

Spring came!
 With the beauty of blooming gardens
 The soul is full of love...

Sakura's affection
 With white-pink color
 Fills the hearts!

Summer, fall, winter are replaced...
 But, was born by Beauty,
 Let Love bloom eternally!

Light Is Waiting for You!

Light glows in the window.
 How it's lovely, if you know:
 You are waited for *at Home!*

Echo

“Eternal Life Power,
 “Singing a song of Love,
 “Where **are You** hidden?”

“Everywhere...
 “Everywhere...
 “Everywhere...”

“Eternal Life Power,
 “How in the soul
 “To awaken You?”

“Be in love!...
 “Be in love!...
 “Be in love!...”

“Who can cognize,
 “How to embody in life
 “These dreams of the Kindness?”

“You!...
 “You!...
 “You!...”

Silence

We are standing at a shore.
 Glassy surface
 Of lake...

Sounds disappear...
But *silence*
 Remains always...

It has blossomed,
 Like vernal flower
 In my heart...

In tender love
Silence connects
Our hearts!

*(Recorded by Anna Zubkova
in March 2015)*

About My Path

Lada

I have never worked with a “Pyramid”, I was led differently: through the Light inside the planet. We had to be this Living Light and fill with It our bodies.

Then — mastering the Fire of the Earth Core. And — even more deeply through **It** — submersion into the Ocean of Divine Fire.

*(Recorded by Anna Zubkova
in March 2015)*

On Love for Myself, Self-Hatred — and Love for God

Cair

In recent years, some members of the “modern psychology” began to widely implement the slogan: “Love yourself!”...

Interpretation of this topic may be: “If you do not love yourself, you will never love others!”, “Make love for yourself — and be happy!”, “If you do not

love yourself — you will not be loved by others!” And so on...

Such slogans permeated a lot of “psychological” practices and even penetrated into the advertising of cosmetics, food, clothes!...

But this is a total perversion of the very idea of love! This is the preaching of total self-centeredness! This is the direct opposite of what God expects from people!

... There is also the opposite version of self-centeredness. It is self-hatred for ourselves as we are: mired in vices and unable to cope with them...

We note that from hatred towards myself — hatred for others comes easily: it is based on envy other’s happiness and successes...

Hatred is the most coarse and pathogenic state of the soul. Hatred — in any of its versions — is destructive! In particular, it includes ‘a program of self-destruction’.

It is curious that, in order to “cure hatred”, now sometimes the “modern psychologists” try to apply the opposite vice: “love for self”. Yes, the “love for self”, displacing the emotions of hatred, allows someone for a while to get out of depression...

But it would be much more appropriate to send your love to others!

... God encourages people to love other beings in all forms of love, even if it is — as long as this is only the very first sprouts: such as appropriate emotions directed to plants, pets, family members, including children...

... Everyone has the opportunity to experience how God involves Himself in our emotions of giving love. To do this, you can at least try to perform exer-

cises such as “Giving away”, “Cross of Buddha” [13].

But love — it is necessary not only during exercise performances! Let love become a way of life!

Only by mastering it in relation to other creatures, which exist in Creation, we can learn to love also our common Creator!

And without the love for God — it is not possible to cognize Him!

... Even the initial emotions of love for God allow us to feel repeatedly the reinforced responses of His Love!

Unity with God is possible only through the developed love for Him!

*(Recorded by Anna Zubkova
in May 2015)*

On God-Centrism

Adler

It is a great happiness when over you there is no other lord, but God!

It is a great freedom and a great responsibility, when, knowing Him, and understanding Him — you take His Guidance in your life!

This achievement is one of the greatest victories on the spiritual Path!

* * *

To begin with, one needs to understand intellectually the subject of God-Centrism — and then take it as a task to implement in one's life.

It is possible to cognize the God-Centered states only through meditations of Dissolving in God, Merging with Him.

It is the love that allows for such a Connection and Mergence. At the same time, the human "I" becomes a Part of the Great Divine Love.

First, it occurs in brief moments, then — during minutes. And over time — in longer and longer durations.

Love for God levels the state of the soul to the Divine Subtlety. Such one feels the Divine Love, learns to love like God loves — so to learn *to be God*.

... Such one is realizing the first states of feeling God — as the greatest Bliss! (You may use to designate them a Sanskrit word Samadhi — in its meaning as Krishna understood it [8,10]).

One needs to learn to stay in these states for a long duration; it will take time to be mastered.

Here begins as if the next layer of the huge work for transforming oneself-soul. One needs — repeatedly — to carry the concentration of oneself into the Divine Consciousness, to learn to look at the situations in the material world through the Eyes of God, to think, to make decisions in Mergence with Him.

That's right so — gradually — one moves in his or her development to the Divine Perfection.

... From these states, the ascetic inevitably has to go back to the previous worldview. But each epi-

sode of being in Unity, adds to the personal experience new skills and knowledge.

At this stage, the danger of being trapped in pride increases. It occurs — when the Unity with God disappears, but there is a memory of it. Then many persons declare about themselves that they are already “enlightened” and cease efforts to further improvement. So a stop occurs in their development.

... Ethical work on oneself must be carried out from the beginning — up to the very end of the Path. Initially the rough layers of imperfection are eliminated. Then — more and more carefully, must be monitored and eliminated all that is not taken in the Light of Divine Love.

So — all evil qualities should be removed.

But one needs, too, to grow in oneself the new — Divine — qualities and skills.

Namely the aspiration by love to the Subtlest Center of the Absolute allows one to make the transformation of the me-soul. This permits — as a result — to flow in the *United We* of All Who have attained.

* * *

A start on the Path must be a disclosure and further development of the spiritual heart. The ability to love — is the key to the success! The soul must become the subtle, wise, and strong love! And the mind has to be immersed in the spiritual heart.

Head chakras should also be cleansed up and transformed.

... When a human soul becomes adequately refined love — there is an opportunity to combine the

refined consciousness with the Divine Consciousness of the *United We* of all the Perfects.

It remains to accustom themselves to live so — always.

Gradually, the perception of the state of the entire universe *from this Unity* — replaces the usual before perception of **oneself** as separateness, the center of which is in the head.

It is by such Path, the God-Centrism is mastered. This is the highest Nirvana — Life in the Divine *United We!*

These, Who have attained, manifest the Love of God, proceeding from Him, — and help on the Path the worthy!

*(Recorded by Anna Zubkova
in May 2015)*

Outcome

God created His Creation not for us. He created it for Himself.

Through the processes taking place in the Creation, He Himself is evolving. In this — His Life.

He — when viewed in this perspective — is the Absolutely Egocentric!

Therefore the man's ego-centrism looks naive, ridiculous!

Our task is, first of all, to realize our place in this God-Centered situation.

It is not He exists for us, but we exist — for His sake.

What is He waiting for from us?

On this subject, Jesus Christ said clearly: strive to become Perfect as God is Perfect (Matthew 5:48).

What for?

To become *One* with Him.

We have covered this topic in detail in our books.

So, let us discard the vicious egocentric worldview!

Let us see the absurdity of the situation, when God asks us to dedicate our lives to self-perfection — but people, instead, only repeat and repeat to Him: “Give us! Save us! Bless us!”...

Let each of us compose the plan for oneself of personal spiritual transformation. And — let grow spiritually, starting, of course, with the development of the ethical components!

It should also be understood quite clearly that both God and His Teachings — are one not only for all people on the Earth, but for even all beings throughout the universe! And people should not fantasize about “national Gods” and “national religions”.

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Video Films

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Antonov V.V. — Yoga of Don Juan Matus and Other Native American Spiritual Chieftains. 147 min., two parts (HD-video).

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Smirnova E.Yu. — Immersion into Harmony of Nature. Path to Paradise. (Slide-show). 90 min. (on CD или DVD).

Wildlife videos on www.ru.spiritual-art.info

Zubkova A.B. — Harmony of a Morning.

Zubkova A.B. — Family of Water Hens.

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