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The Master

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In this book, an experience of real progress on the Spiritual Path is described: not abstract reasoning on this topic, but the living experience of a particular person. This person is myself, and nothing that I have described is fiction.

For me, this book is a method of summarizing my experiences and a way of sharing with other people the knowledge and experience that I have gained. For those readers who are not yet looking for the Truth, this book can be a stimulus to think about it. For those who have already embarked on the Path, it can serve as a guide, which can also give warnings about the possible dangers that await spiritual seekers.

Table of Contents

On the Spiritual Path	4
My Life before Meeting the Master	10
Meeting with the Master	17
“The Clumsy Alien”	22
God is Pure! And what about me?	29
Amazement of New Discoveries!.....	35
Let Us Clear Our Path to God!	39
About “Earthly” — and Spiritual Love	46
Your Battle for Me	51
How Else Can One Accidentally Become a Devil?...	53
The New Pure Life.....	56
What Does the Master Teach?	56
Sayings of the Master.....	62

On the Spiritual Path

What is the “Spiritual Path”? Who can be called a “Master of the Path”? And whom do I personally call this?

Every embodied person, who has a sufficient level of intellectual development, in his or her time comes to realize the short-term nature of his or her earthly life and thinks about its meaning and aim.

When such a person realizes how foolish it is to waste his or her own allotted time on illusory earthly pleasures, he or she ceases to fall into those traps. And it becomes clear to them that only one Aim is true for them, which is God, the Creator. And the meaning of human life consists in cognizing Him and becoming *One* with Him. In order for this to be possible, it is necessary to develop oneself as a soul, to as close as possible in quality as the state of God.

This process of development of the self-soul, of the search and cognizing God is the Spiritual Path. People who enter it are called by different terms: spiritual ascetics or travelers, spiritual warriors, seekers of Truth, or monks... But the name of these people is not so important. The main thing is that their only Goal once and forever is God, and their whole life honestly corresponds to this Goal, without containing anything superfluous.

The one who travelled this Path to the end, having reached full Self-Realization in God, and then returned to people or remained with them for the sake of helping them, is a Master of the Spiritual Path.

Such Persons are also called Avatars, Christs, Messiahs, and Sons or Daughters of God. These words mean that these Persons are *One* with God, and that They speak and act not from themselves, but from Him, fulfilling only His Will in everything. To meet such a Person, and even more so to learn from Him or Her — is a rare opportunity, the highest gift that can be received by a good fate.

One can come to the Earth as an Avatar — and almost immediately correctly become aware of One-self and of One's own Mission. Such were, for example, Jesus, Babaji and Sathya Sai Baba. But one can also develop oneself to this state, starting one's personal spiritual Path from the standpoint of an ordinary intellectually developed person. Only those who also devoted their past earthly lives to the search for God can accomplish this in one incarnation.

Such a Master, after attaining Oneness with God, can retain His or Her material body. Thus, They remain on the Earth to provide spiritual help to people. They are well aware of human nature and know all the steps of the Path, starting from the very beginning, because They mastered it Themselves very recently. Therefore, Their help may be most effectively provided — if, of course, people accept it.

How to recognize a true Master? After all, so many people now call themselves spiritual teachers (gurus), and have hundreds or even thousands of followers. And all these “gurus” quite convincingly lie about their experience of understanding the Truth, and offer their own way of progressing to It.

Let each person decide for himself or herself in each case: to believe or not, relying on their life experience and personal beliefs.

* * *

My own case happened as follows. First, I got acquainted with the methodology of human progress on the spiritual Path through the book, “Ecopsychology”. It was written by the Man whom I call the Master. The material of this book was presented in a simple language that is understandable for most Russian-speaking people. It was immediately clear that this was the work of a scientist-practitioner, who devoted his entire life to this topic, and that it was not a superficial compilation of excerpts from different books on this topic. The clarity of the Aim of the Path, a clear, logical sequence of steps to achieve It, and the high ethical requirements for those who want to enter the Path, were the main criteria by which I recognized the proposed methodology as true.

It was also significant that the book was not based on any one religious doctrine, but contained the best that is in each of them. This gives everyone, without exception, the opportunity to study it, regardless of their initial religious beliefs, and without restrictions and discrimination.

Having studied the main spiritual books of mankind, the author of the book “Ecopsychology” came to the conclusion that basically all religious teachings are the same and do not contradict each other. There is but one Teaching of God, expressed in different languages, taking into account the different conditions of life of people in different parts of the Earth and at different historical times — about what God wants us to be and what we should devote our lives to.

... Then the Tao Te Ching and the Bhagavad Gita,

edited and annotated by the Master, were truly priceless to me! He returned them to their readers, having cleared them of the distortions introduced by the incompetence of former translators and compilers. The New Testament and the Quran also played a significant role...

In the subsequent personal interaction with the Master, it was important for me to see the conformity of His life to what he says and writes. This concerned both His habits and everyday life, His manner of communicating with people, His tender and compassionate relation to all the living, including plants, and the depth of the statements by Him on discussed subjects. But the main thing was His ability to show by Himself-Consciousness the states of God in His different Aspects. Equally important, was His ability to teach others first to feel, and then to reproduce the Divine States on their own. I'm talking about His ability to lead others to the main Aim. If someone just says that it should be done, but is not able to show — then such a person cannot be trusted, even if thousands of people call that man a *guru*.

Another important point is the ability of the Master to point out the vices and imperfections of a disciple in such a way that they do not take offense, do not leave, but manage to get rid of those vices. After all, it can be quite difficult to see one's own vices in oneself.

From the point of view of an "ordinary" person, to hear from someone about one's vices, which sometimes happens in a rather harsh manner, is unpleasant and makes one want to "get away" from the person whom points out such vices.

But for the spiritual ascetic it is happiness: in

this way, he or she gets the opportunity to be purified, and therefore get closer to God by the quality of the soul.

It is a feeling of happiness for the purification that accompanies the lessons received from a real Master!

Yes, it may be (for a short time) painful, but to get offended at the Master is out of the question! The very ability of a devotee to be offended — at some point disappears (must disappear)! There must be an understanding that this lesson is from God, and that He teaches it to me through the Master!

It makes sense to imagine yourself in the place of a Master and think: how does He feel? Is it easy for Him to know about people's terrible secrets, to see all their vices and ugliness of souls — and yet continue to communicate with them, to tolerate and forgive them, and even continue to lead them to God? Such is the work of a Master. And we should at least try not to complicate this work for Him.

... There is a different method of “combating vices” that is wrong. It should be mentioned here. It happens that teachers of spiritual practices have not yet got rid of their own vices, but in working with their students they act not from God, but from their own imperfect minds. By using the power that they have acquired over people, such “teachers” turn the process of “exposing vices” into a sophisticated mockery, thus satisfying their sadistic needs. This kind of “purification” causes only harm! Lessons *which are not from God, but from a vicious person, who imagines oneself to be a “Teacher”*, are difficult to accept: inevitably there is resistance, and therefore, one is unlikely to get rid of the vice that has

been shown.

Such treatment to students, among other things, is dangerous and can lead to the possibility of the student committing suicide, especially in regards to those students who have unstable states of mind and suicidal tendencies. Therefore, it is very important for everyone to learn to distinguish between true and false teachers before making a decision of whose hands to entrust one's development, life, and destiny.

Teaching spiritual practices is incompatible with the personal enrichment of the teacher ("Freely you have received; freely give" (Matthew 10:8). It is also incompatible with any other manifestations of his or her own egocentrism.

The energetic purity of the teacher is as important as the ethical component. After all, during common meditative work, the energies of consciousnesses of the participants are united. The teacher, who has a coarse and dirty consciousness, "pours" this dirt on students — both on souls and bodies. The result is that "suddenly" and "as if from nowhere" diseases come — both physical and mental.

Physicians in such cases can only shrug, asking themselves: "How to treat it all?"

After all, without understanding the mechanism of occurrence of such diseases — it is impossible to get rid of them!

To cure this or that disease, it is necessary to know its causes and to withdraw from the pathogenic source! But it happens sometimes that such a source is... the "teacher"...

My Life before Meeting the Master

Looking back from the new pure life, either given to me by You, or won back by You for me — what do I see?

A helpless wandering in the darkness, a persistent and painful search for Truth, a search for a way out of the impasse of ignorance and my own compulsively repeated mistakes... I see a lie that penetrated deep into my very essence, permeating it through and through... I see a longing, an urgent need to be cleansed of this lie! To be cleansed — at any cost, at any cost! And for only the *essential* to remain! And, even now, it is still necessary to understand: what in my life and in me is *essential*?!

What I write is my way of expressing my gratitude to You! Although, I know that an adequate expression of gratitude and love must be given not with words, but with life itself, which I will live, fulfilling everything that You have taught me!

* * *

I remember that as a child I felt as if a sad, useless creature, mistakenly got into this family and to these people. I felt: “I shouldn't be here!”.

My parents, both from “dysfunctional” families, who each had their own troubles, “coped with life” as best they could. And they gave me the best they could. It wasn't their fault that it wasn't what I needed. They could not give me what I needed, because they did not know how to love. And, after all, do many people actually know how?

Acutely sensing people, their pain and evils, at

some moment, I started to perceive the entirety of human life as a nightmare, from which it was necessary to bail out others and to escape myself.

But this viewpoint was a consequence of my misunderstanding of the laws by which the universe is arranged.

In particular, “what you sow, you reap!”. And have we sown rightly, if we have to reap pain as a result?...

As a child, at the age of five, I had an incident that probably predetermined my future life. Our neighbor, an elderly woman, was cooking something in the kitchen and went out into the yard, leaving the pan on the fire. Either the door slammed, or her granddaughter, two-year-old Yulka, locked the latch from the inside as a prank — but, in any case, her grandmother could not get back into the house. The contents of the pan were on fire, and the kitchen and gradually the whole house filled with smoke.

Our grandmothers — mine and Yulka’s — found a way out of this situation: I, being a suitable size, had to slip through a *fortochka*¹ and open the door from the inside.

I remember how my body sank forwards, down into the frightening unknown, searching for a foothold. And how, at long last, it finally hit something. It was probably the windowsill. The gloomy, unfamiliar room was filled with thick smoke. I passed through the kitchen, and then the corridor, where, because of the smoke, there was almost nothing left to breathe and nothing could be seen. My trembling hands fum-

¹ A *fortochka* is a small ventilation window found primarily in Russia and other post-Soviet states (Note from the English corrector).

bled for the door latch — it felt like an eternity...

The latch was finally found, the door swung open, and I stumbled out into the blinding glare of the sunny day. Light — from yellow leaves, the blue sky, and the sun! Fresh, lively air! And I could breathe! And — see!

Since then, countless times, I have had to fall into some kind of despair again and again, frantically looking for a way out of it. It even seems that I myself purposely got into such situations. And only recently, I am now 37, did I begin to feel that this is too much for one person! That it's too much for me! And that I cannot do it alone! I need help!

And there was a way out. And I was not alone! I will never be alone again!

* * *

At a very young age, I learned to read. And books were everything to me: friends, teachers, and often a refuge. One of the traits of my character was an insatiable desire to learn: to learn new things. Hence the impatience to get to school, then to university, and then to the so-called adult life. And this impatient aspiration of mine was consistently broken by reality: both at school, and with students, and at work. And the realization very quickly came that they were teaching the wrong things, and that everything was backwards, and not as it should be!

But where to find the *truth*? And how to live further?

... During my school years, our family spent every summer in the countryside, in a rural house on the bank of a big river. Here, the wind would run

through my hair while riding on a bike, and move the feather grass of the steppe like waves of the sea. And no matter how long I looked, I just could not get enough. There was clean and tasty water in our well, quiet sunsets, and open sky everywhere you looked: overhead, and reflected in the river. During those childhood years, all of this gave me an understanding that this is the real life. And each time it was unbearable when it seemed to end, and it was necessary to return to the city for the beginning of the next school year.

It was in the midst of the open expanses and freedom of childhood that what may be called the ability *to feel God* was born in me. All the adults around me were far from religious. And I, being by nature reserved, did not dare to ask them about it. Therefore, I did not have a clear image of what He is, where He is, and what He wants from me. I had only one certainty and that was that He, of course, exists, and that therefore it is shameful to act badly.

I found the prayer “Our Father” in a magazine, cut it out secretly and kept it under my pillow until I learned it by heart. For some reason, it seemed to me that everything connected with God must be kept secret.

Was it not more appropriate for a child to listen to the evening silence, to admire the dawn mist over the river, or to breathe the scent of flowering acacias?...

Indeed, all of this was also a part of my childhood. As was also a sense that these words, albeit incomprehensible, were correct and good, and that they needed to be remembered and cherished in my heart. In the future, this feeling helped me more than

once, by allowing me not to pass by the right and good words, books and people, even if at first I did not understand something and did not agree.

After graduation, I left my parents' home and the city to study further. In the freedom that fell upon me from the variety of choices of opportunities — I decided to do journalism. At the time, it seemed to me that there was so much injustice and grief around because everyone was only aware of their own troubles. But if as many people as possible were to find out about various issues, they would not stay away and would definitely come and help...

Working first for a newspaper and then as a reporter on a television news program, I grew, like a snowball rolling downhill, into stories of human misfortune. This “snowball” got bigger and bigger, picking up speed and taking me further away from my goal of helping people. In my blindness and stupefying daily routine, I did not at all notice that what I was doing was very superficial, and that the troubles were not becoming less. If I was able to help someone, then this help was momentary, situational, and nothing in this person's life changed.

It took me almost ten years to understand the obvious: talking about helping and actually helping — are two different things. It is like talking about life, without really knowing anything about it. I could no longer remain in the profession which I had chosen so rashly. And I decided to finally find out: what is life?

After trying different types of activities, I settled on the teaching of foreign languages to adults and children. It was in the interaction with children that I managed to find something real, alive, and sincere that brought satisfaction and joy. And although I

constantly had reflections on the topic: “Who am I to teach?” and “What can I teach them? What do I myself know?” — this work made sense. I could see the results! And regular long-term communication with children and their families taught me to understand people better. It taught me that most often the cause of one’s own troubles and misfortunes are in oneself, in one’s actions. And until one understands this and changes oneself, no one will be able to help.

* * *

As for the main thing — the search for God — I was not original, starting to search for Him in the Orthodox Church. I myself was from a family in which my relatives did not adhere to the traditions of the church. In my student years, I tried to communicate with those friends and colleagues who had the opposite situation. These were those who called themselves “believers” and who, from childhood, were brought up in the traditions of the church. I tried to spend as much time as possible with such people, observing their lives, trying to learn from them and to comprehend their beliefs.

And here is what I understood: those “believers” did not know God! And they, like me, had no answers to the main questions of life! They lived like everyone else: either calling themselves Christians, or not calling themselves this. The only difference was that the “believers” went to church on Sundays and holidays and sometimes fasted. But all of this was as if separate from everyday life, somewhere far away from it, and there didn’t seem to be any clear reason why this was the case. I also lived like them

for a long time, believing that it should be so, and that nothing more is needed...

But soon, I needed more — like air! And this need led me further.

The experience of the sacraments and sometimes even prayers at home allowed me to touch higher states, which were something amazing that exceeded my capacity to hold. And, although these states could not be kept for a long time, they made it possible to feel the reality of the existence of God and they encouraged me to keep trying.

For this, I am grateful to Orthodoxy. But at some point, it became obvious to me that in its modern form it only leads away from the Truth, hiding the Teachings of Jesus by many obscure and often contradictory words, strange rites, rules, and superstitions. And, it leaves unanswered questions, which are keys to any religious concept.

“Love your enemies” (Matthew 5:44). But how to learn this? After all, to love even your neighbors does not always work!

“Be perfect as your Heavenly Father is perfect” (Matthew 5:48). But is this achievable? And, most importantly, how to achieve this? And the church calls the desire of man to become better... — pride...

“Your Father...” — so is He my Father too? And is the statement, “I and the Father are *One*” (John 10:30) also possible for me? And again — how?

And most importantly, who is this Father? And where to find Him? And what do these words mean: Son, Holy Spirit, Resurrection? What is the meaning of human life, if only one fate awaits everyone — the death of the body? And what happens to the person next? There are no intelligible answers in Orthodoxy!

I was also embarrassed by the church's proposed way of communicating with God: to constantly ask Him for something: "Give, Lord!", "Lord, have mercy!". But I wanted to learn to personally see and understand God! And again — how? Without these answers, religion is simply a set of rites of protective magic... And, probably, the majority of people adhere to religious rituals precisely in order not to be so scared to live and die...

Why should I live, work, or learn something? Why give life to children if they, like me, are doomed to one thing: an inevitable death? And, unfortunately, very many people go to extremes when making such conclusions, voluntarily leaving life... Only by a happy coincidence, did I not become one of them. And maybe also because I, as a soul, always knew: there has to be some answers to these questions, I just can't find them right now!

It was You who found these answers for me and for everyone!

Meeting with the Master

For me, my acquaintance with You took place not this summer in the train, when You put your hand on my shoulder in greeting and sat down opposite, but earlier. When asked if I had been in Your city before, I said Yes, I had visited once on a school camping trip as a child. And for some reason, I began to tell about my class teacher, who was remembered due to her words: "I will destroy you all!" and "I will teach you to live beautifully!". And You recalled your grandmother, who also was a school teacher and

hated children and all people in general. Then, you mentioned something described in Your autobiography, “Essays on the Main”, and other books.

I knew it was a kind of test: had I read those books? And though I had read almost everything You wrote, I was in a state of total loss of memory: I could not recall anything at all from what I had read! I honestly answered that I did not remember. Situations like this usually leave me embarrassed and confused. But at that moment, for some reason, I felt... absolute peace. I was looking at You, at Your enormous backpack, shabby jacket, many years-old sneakers in patches and understood, and felt that here I was at home, and that everything now will be just fine!

And it became so! And so it still is!

In spite of the fact that during our first personal meeting I forgot, it seemed, everything that I had read in Your books, I consider my acquaintance with those books to be my first meeting with You. That was three years ago, but it seems like millennia ago.

That meeting happened during a book festival in a southern city by the sea. One of the books titled, “Spiritual Work with Children” stopped me in my tracks and did not let me pass by. At the time, I was just starting to work with children and acutely realized that knowledge of the subject and pedagogical techniques alone was not enough. The most important thing was missing, and without it any approach to teaching and raising children can’t be integral and, as a result, successful.

That was the main thing I was looking for!

But, instead of reading this book first, I started by reading “Ecopsychology”. I didn’t even read it, but drank it in like a person who had long been parched

with thirst. At the time, much in it seemed incomprehensible and strange to me. However, there was a realization that all of this was the truth, extracted and tested by life experience, and fulfilled and implemented by the author of this book. Here they are — simple and clear answers to all my questions! Here is — God, and He is like this! And direct cognition of Him is the meaning and purpose of life! He is cognizable and it is possible to merge with Him, to enter Him! But to make it possible, one needs to change oneself, to correct one's own life, and remake oneself. And here are the answers, step by step: what to do. And I, after believing and accepting this knowledge, began to do all this, as I knew how and by trying to do the best that I could.

No less important than this book, was my acquaintance with Your disciple. He didn't speak either about himself, nor about his own accomplishments, and he didn't glorify himself, like so many whom I had heard before. And there was so much love in his words about You and about the work of Your life that I believed those words, or rather, the love contained in them. And I started to learn from him. I used to visit him for a while every few months: to learn new meditative techniques from him. Later, I worked on them on my own at home.

But, the most important thing that I learned through him was to love. And I... fell in love with him the first time we met. And for the next three years I tried to cope with my feelings, considering them almost a nuisance on the way to God, blaming myself for them.

* * *

My personal meeting with You came at a turning point for me. My strength — both of the body and soul — was exhausted by a struggle with a disease, which had lasted for six months. I tried many remedies, which were offered by different doctors one after another. Each of them gave their own explanation of what was happening to me. But none guaranteed that the disease would recede. I was hinted that its next stage may be cancer.

Such a situation is always a serious signal to man from God; and even more so — for one who follows the Spiritual Path. I was trying to understand: what was my mistake? What did God mean by it? But... I couldn't figure it out.

As is often the case, it is during the most difficult moments of life that God offers us to pass a test of our ethical worthiness. After all, no matter how hard things get, we cannot betray Him by leaving the state of love! That's what most of His lessons are!

I didn't pass that test from God and... I gave up...

I've been knocked down by difficult circumstances before; after all, this was not the only exam of His that I had "failed"! But before, I always managed to find the strength to stand up, correct the mistakes that I had made, and move on. But now, probably for the first time in my life, I gave up for real and just stopped fighting. I felt that I had no strength for anything else and that I had to honestly admit that this was the end... and that I would never be able to get up again!...

The hardest thing for me then was... the shame.

I was ashamed before God and before You. It was as if I had simply blotted out and nullified all that I had learned thanks to You, and thanks to the Knowledge that was so hard for You to obtain. Perhaps it was this feeling of shame that became my request for help. For if I still had this feeling, then there was hope...

And You immediately responded to this request, which I had not even expressed aloud, by inviting me to come to You! You picked me up like a child's paper airplane that had landed badly, fixed me up, and sent me flying again. And now I can fly again! And how grateful I am to mine and other people's mistakes! They brought me to You, to where You are.

*** * ***

Whatever we did together, whether it was walking through the woods, riding trains to places of power, meditating there, learning new (for me) Divine States, warming ourselves by the campfires, drinking coffee, eating macaroni with mushrooms directly from the frying pan, reading, or listening to music, I just could not get over the fact that such simple actions could be performed by a Man who Himself had found God and showed people the straightest and shortest Path to Him, bridging the gap between two worlds, which we — people — had made separate: the Creation and of the Creator. He also gave others the possibility to touch God and to cognize Him, giving them the opportunity to come Home.

Everything You did was never personal. Everything was just a manifestation of God, and so everything was a lesson to me, even washing dishes at

home. Not to mention how You live: what clothes You wear, how You treat people and things, and how You spend the limited time that we each have in this world. Will I ever understand all Your lessons? To begin understanding became possible for me only when I learned to perceive You as Love, and when I realized that, consequently, everything You say and do is necessary in order that, in due time, I can also become such Love.

* * *

I often heard from different people: “Write a book!”. “First I need to live it!” was my usual answer.

It was not until You Yourself told me about it, that I decided to write. And so, here I am writing. And I, indeed, had to live it first.

If it weren’t for You, my life would have been a few chapters shorter. And I would have never known what a happiness it is to talk about the Path to God.

Now, looking back at everything that has been left behind, I try to analyze and comprehend all the stages of the Path that I have passed.

It is so important for me to understand: why, when the time came for a real battle, did it turn out that I was not ready for it?

“The Clumsy Alien”

The beginning of the Path was such a happy time for me! I was overfilled with joy like never before. After all, I was beginning my search for God! And, if I had already met people who had found and cognized

Him, and know Him, then I would certainly find Him too! I had no doubt about it: I *knew* that.

First, I mastered a short course of exercises on psycho-physical self-regulation and on opening the anahata chakra, in which the spiritual heart originates. It was interesting to master meditation, that is, the work of consciousness. And how great it was to see the results of this work!

The implementation of such seemingly simple exercises led to enormous changes both in self-awareness and in my attitude to people. At first, it was unusual to look at them and at all living beings from the spiritual heart. Feelings of warmth, kindness, and compassion for everyone appeared in me. And the world, which to me had seemed so hostile before, as if... was replaced. “Suddenly”, it turned out that it was so beautiful!

Mastering the Pranava and Latihan meditations gave the bliss of the first contact with God as the Holy Spirit, thus far without division into His specific Representatives. An acquaintance with Them still lay ahead.

What a miracle it was for me to feel the Love of God — Living God — and to learn to love Him and everything that He has created.

It seemed: what could be more natural for a person than to live in love? After all, we, humans, were created by God precisely for this... But I just had to get used to living like that! I had to get used both to the fact that I myself love, and to the fact that I’m loved by others. And, for some reason, the latter was the most difficult for me. I had an impression that I was adapting to life on a new (for me) planet, where everything is unusual, and where I myself was a

“clumsy alien”.

At first, living with the concentration of self-consciousness in the anahata chakra was only possible for me for short stretches of time. This skill, so easily achieved in meditation, immediately “disappeared” under adverse conditions. I had to constantly be on my guard, tracking whether I was in anahata or whether I had habitually returned to the head chakras.

Determining this became clear based on my reactions to stressful situations, especially to the injustice manifested in relation to me or other people. Usually, I reacted to this very sharply and rudely. Confident that I was right, I didn’t even think about whether I had understood the situation correctly. After all, according to my own understanding of justice, I was the only person who could be considered right!...

I noticed that from the spiritual heart, I accepted any circumstance calmly, while maintaining the understanding that everything that happened was from God. Also, I was able to keep a benevolent attitude even towards those people who behaved in an incorrect manner. If, however, I did respond to someone’s aggression or hostility with my own irritation, anger, or resentment, then this meant that the stability of myself as a spiritual heart had not yet been achieved.

And God has provided me with a lot of opportunities to learn this, and at each next stage of advancement there have been completely new situations.

* * *

My meditative trainings took place mainly among wildlife. I began to spend a lot of time there and was surprised to realize that I had hardly noticed its beauty before! And if I had, it must have been a very long time ago — in childhood... How much richer my life became when vast coastline expanses, rivers and lakes, the silence of the forest, the tenderness of flowers, the strength and purity of trees, and birds became an integral part of my life!

Thanks to this, I made another discovery, namely that I was ignorant about many aspects of nature! I now realized that I was living in a wonderful world created by God for everyone, including me! And that I didn't know anything about it! What is the name of this flower? What kind of mushroom is this? Which bird is singing so beautifully? Whom should I ask?... In order to overcome this ignorance at least a little, I began to search for information on the internet and watch films about our planet and its inhabitants.

It was a joy to learn to communicate with wildlife: to tune in and merge with its beauty, to master its silence — so that gradually they could become the beauty and silence of myself as a soul. All this helps to refine the consciousness, for without doing so it is impossible to approach God — the Subtlest Consciousness in the universe.

By aligning ourselves with the best that is in His Creation, we learn to feel Him, becoming more sensitive to His Thoughts.

Merging with the beauty of the Creation is the first step towards Merging with Him. And He appears before us first as the Holy Spirits, and then as Their

***United We*, which we call the Creator, God the Father, and other appropriate names.**

God is great! He is infinitely huge! And He is Love!

In order to make communication and Mergence with Him possible, we also need to become huge and pure souls, turned into the same Love.

Is it possible for the soul to become so? Yes! Although it is difficult, and it will take years, and even an entire life. And maybe — even more than just one.

First, the soul needs to be cleansed of all the dirt of vices that has stuck and soaked in it, disfiguring it, fettering it, and taking away its right to love.

*** * ***

When I began my own long journey of purification, my body was in a deplorable state. The list of chronic diseases was long. And I didn't really try to fight them: either I was tired of this, or I simply didn't have the habit of caring for my body's health. I looked at it as something "secondary", and even as an "interference". I saw it as an unnecessary "distraction" from a "spiritual" life!

But is a serious spiritual advancement with a completely sick body possible at all? For some reason, it took me a very long time to understand this obvious fact...

The cleansing began for me with the understanding that the cause of the disease is the energy pollution of my body, which is a consequence of my ethical mistakes in the past, including, first of all, the consumption of non-vegetarian food. (I remember how much I sobbed, horrified to realize that because

of me, animals had been killed and died in agony and that this couldn't be rectified!) Other causes of energy pollution include: living in negative emotions, and close communication with energetically coarse people; which is especially true with regards to sexual relations.

The stage of Raja Yoga provides opportunities for combating the energy pollution of the body. At this stage, the cleansing and development of the energy structures of the body — the chakras, meridians, and segments — take place.

For me, very good results at this stage were achieved by cleansing the chakras with the help of using the image of a tetrahedron, “winter swimming”, and meditative running. During training, I listened to the audio recordings of the instructions given in “Ecopsychology”.

Before this time, I had very rarely systematically engaged in sports training, and doing so had always been hard for me. It was also impossible to have called me a hardy person: back then, I used to catch a cold from every cool blow of the wind. What a surprise it was when it turned out that I was able — in any weather, even in the cold — to run for several hours! Running — with pleasure and without fatigue of the body!

Due to meditative running, my health significantly improved. Such training also contributed to the mobility of the consciousness. I learned how to easily move around with the concentration of the consciousness, first within the body and its energy structures, and then beyond it. In addition, such meditations as “Cross of Buddha”, “Giving Away”, “Pranava”, “Latihan”, and working with the image of a tet-

rahedron — when performed while doing meditative running — were more effective and brighter than when they were performed in the usual way. I managed to feel God better and better!

Mastering “winter swimming” was much more difficult. I have always had a difficult relationship with the cold. Somehow, I can freeze even on a sunny summer day on the beach! So, when I first had to step barefoot into the snow and plunge into the icy water, I had great doubts that my body would survive after that. Probably, I made all possible mistakes then — because instead of the joy and bliss that I had read about, I had... the opposite state as a result...

With time, I have started to learn how to swim in an ice hole correctly: to enter the water in a “dissolved” state of the spiritual heart, being filled with peace and love. Under such conditions, both joy and bliss became the effect!

Swimming in ice water helped me to gain a foothold in the new states of consciousness, acquired at the previous steps. And also, it taught me how not to lose these states in extreme conditions for the body. And I stopped visiting pharmacies as often as I used to, because my body — what a miracle! — was almost no longer ill! But I noticed that when I stopped systematically swimming in ice water, due to a job change and a new schedule that did not leave me with any free time or energy, that the state of my health immediately worsened.

It is very lucky if you can live close to a body of water that is suitable for winter swimming, especially one which does not require a long travel time using public transport. And how stupid it is not to use such an opportunity!

Probably, many people do not dare to start “winter swimming”, which is such an effective and affordable way to gain health, because of fears that it will be too hard for them. They think that only extremely heroic people can plunge into a hole in the ice. However, I hope that my own example can prove the opposite; after all, if such a frail, weak and, to put it mildly, not very brave person like me could manage, then this is possible for everyone!

* * *

During the initial stages of Raja Yoga, I made a “discovery” which is almost comical for me to recall: “it turned out” that, upon moving to each next step, I need to cleanse the body again and again — working with the increasingly subtle quality of energies of each new level. And I had thought that it was enough to just do a “spring cleaning” only once. But the situation can be compared to what would happen if one were to put one’s home in order only once and never take up a broom and a rag again. Or — just once in a lifetime brush one’s teeth...

The work of maintaining the energy purity of the body initially takes a lot of strength and seems very difficult. But, as the volume of consciousness increases, it becomes easier.

However, what really is not easy is the achievement of ethical purity.

God is Pure! And what about me?

The Holy Spirits, Which in Their totality consti-

tute the Creator, are called Holy because They have attained complete Purity: both in terms of the ultimate refinement of Self-Consciousnesses and in terms of ethical impeccability.

And we must always remember that we are all embodied by God in our present material bodies with the very aim of trying to become like Them.

No less important than to clean and tidy up our bodies is the need to cleanse souls. Or, more correctly, to purify ourselves (as souls) from ethically significant mistakes made in the past. Penitential work (a *recapitulation*, using the terms of Juan Matus) is what allows one to move further along the Path of spiritual perfecting. And if there are stops and delays, dead ends, and wrong turns, then this is a signal that one is not all right with ethics.

So, what is penitential work? And how to repent?

The experience of repentance in Orthodoxy only prevented me from learning this! There, after all, I (as a soul) seemed to be “cleansed”... magically, thanks to a spell performed by the priest. The confessor seemed to magically relieve me of responsibility for my sins, but this was not true. And even if my repentance and desire not to repeat my mistakes were often very sincere, why — for years! — could not the desired purity be achieved?

The following case weaned me from such “repentance”. During the confession, it turned out that I was dealing with a confessor, who was himself very vicious! Based on the questions that he asked me, it became clear that he was not interested in my conscience, but in something completely different. I went to him to discuss sexological topics but he was using the platform of confession to satisfy his un-

healthy curiosity... And, instead of help and advice, he just yelled at me, being not at all embarrassed by his expressions, even in the presence of other people...

But it can happen that a person comes to confession, seeing this as the last hope of finding a way out of an unbearable, seemingly hopeless situation. And depending upon the words that he or she hears in response, they will either continue to live, or they will make the irreparable mistake that very day... Not everyone has the intelligence to understand immediately that, in this case, the solution should then be sought elsewhere and that other people should then be asked for advice!

And, even better, one could ask God! Who better than Him knows how to get out of a situation that He Himself has sent into one's destiny for educational purposes? And, maybe the very reason that He did this was so that one could finally turn to Him...

Can one actually speak with God?... Yes, it is quite real! However, it is only possible when we are already sufficiently close to Him by the quality of ourselves as souls. In the meantime, we should read His words and advice in certain worthy books!

* * *

What, after all, should be repentance? And is anyone, besides oneself and God, needed for this?

I did not immediately manage to realize that the main goal of repentance is precisely *to lose the very ability to sin!*

And it's not enough just to remember one's mistakes and "ask for forgiveness" — at least mentally, if

there is no other way — from those to whom one is guilty. And then, what is most important, is to never again repeat such mistakes!

One method that has helped me to learn this is to mentally “relive” each situation in which I behaved in an ethically incorrect manner. While doing this, I try to make the correct ethical decisions.

This allows me *to get used* to doing the ethically correct thing.

I confess that lying and not always being true to my word was a habit I had had since childhood. Nevertheless, I still somehow always managed to consider myself an honest person!

For a very long time, I did not have anyone who could have pointed out this blindness of mine!

It is good to have someone with whom to discuss particularly difficult scenarios in which one does not know how to act ethically! It is even better if such people are fellow travelers on the Path; after all, they may have had similar life experiences. A joint search for solutions can be useful to everyone, expanding their horizons.

It is also helpful to talk about such situations aloud to a friend or one’s friends. Sometimes this alone already helps one to deal with something that previously could not be understood.

It is probably only in such cases that another person is needed *for recapitulation*. For all other situations, this work should be independent, one on one with God.

When I can’t remember my mistakes myself, I turn to God for help — to one of the Divine Teachers — the Holy Spirits. At the appropriate time, They show me what I had done wrong and how to fix it.

Such answers from God come as if “by themselves” — when one has let the matter rest and is no longer preoccupied with determining the answer. After all, sometimes it takes time and soul-strength to cope with the knowledge obtained in this way.

Why does one need to do all this? Because God is pure, and it is right to meet with Him being pure too! Otherwise, He simply “will not open the door”!

* * *

Penitential work, as well as maintaining the energy purity of the body, continues throughout the Path. At each new stage, layer by layer, an ever deeper purification of the soul takes place.

The battle against my vices — their search and eradication — has been and continues to be one of most difficult tasks for me. After defeating some vices, others were immediately revealed to me, the existence of which I did not even suspect! Sometimes, it seems that they have no end! And sometimes this drove me into despair, causing me to ask myself, “Will I ever overcome all of them?!”

I remember how incredibly difficult it was for me when I started to wean myself from my usual emotional and behavioral reactions to adverse situations. And there seemed to be more and more of such situations! This went on until I finally realized that they were tests from God that He was offering me to pass after every next developmental step that I had taken. After understanding this, I began to face them accordingly: preparing myself to “pass” each of these “exams”; otherwise, I would have to “retake” it if I didn’t manage “to pass it at once”. In my case, this

happened very often!

No matter how well, it seemed, I had learned the theory, learning how to apply it in everyday life was never simple.

With the help of such tests, God checks how much one values such states and whether or not one has truly made them one's own.

It is very easy to be peace and love, being among the peace and beauty of nature or in a circle of like-minded people. But it is quite another thing to remain so in the hustle and bustle of a very crowded city, in which one is often surrounded by aggressive people, difficult material conditions, and the necessity to communicate with colleagues and relatives who do not share one's values.

I did not immediately manage to accustom myself to constant self-control and vigilance. And I did not immediately understand that the reason for the undesirable events was not due to the other people, or to the fact that they were "not what they should be" — but due, namely, to myself.

At present, I cannot say that I no longer make ethical mistakes. But at least now I notice them and immediately try to fix them.

*** * ***

It is good if there is time and an opportunity to "retake the failed exam from God". But what if such an exam takes the form of, for example, a painful violent death at the hands of villains who "do not understand what they are doing"? Who guarantees that one won't have to go through this?

And who, in this situation, can remain as love, accepting what is happening calmly and with humility — and forgive the offenders?

You can, my Master! You've done it so many times already...

Amazement of New Discoveries!

My life was gradually becoming meaningful, and I was aware of its meaning. It contained more and more happiness from the presence of God.

The main qualities of God are Love, Wisdom, and Power. And in order to become like Him, we need to develop all these qualities in ourselves.

The first and most important of them is Love.

In the following pages, I have included descriptions of some meditations that I performed that helped me to master this quality through learning various skills and states of the consciousness. I have also included some notes that were made at different stages of my spiritual progress. Writing down one's meditations, experiences, and feelings can be a very useful way of tracking one's progress along the spiritual path. And I hope that the following descriptions will be helpful to others.

* * *

Dazzling sunshine floods the front wall of the anahata, the front channel, the body segments, and the whole body. Glitter of waves, white clouds in the sky, flowers of lilacs and apple trees, the joy of a touselled starling wet from morning dew, the wind in the

grass: all this fills me from inside, like a balloon. I swim in the common stream of spring, life, exultation, and love... I dissolve in it...

*** * ***

I am at the top of a mountain. The heavens of the sky and mountain peaks are everywhere, as far as the eye can see. I spread, open my arms of the consciousness, and turn them into huge powerful wings. I settle into a thick, transparent, luminous peace and then I fly. I fly through the space both inside and outside of the Creation.

*** * ***

Silence. Peace. An understanding of the essence of the Evolution of Consciousness. Liberation from false patterns of thinking and behavior, from erroneous goals and a vain sense of guilt... Acceptance of my fate: how beautiful it is, in comparison to everything that just yesterday seemed terrifying to me. An understanding of why everything happens this way. Gratefulness to the Creator!

*** * ***

Endless warm Tenderness and Love of the Holy Spirit.

I embrace and envelop with myself-soul everything that I see, everything that is below me: trees, grass, flowers, birds, and other animals... I pass through the surface of the Earth like a subtle *light*. I approach — with the palms of the consciousness — from below to the trees. I rise, becoming light, along

their trunks, branches, and leaves. I blossom with fragrant flowers. I embrace a person who burrows their face in these flowers. I love everyone and everything!

I approach trees, flowers, and grass, from below, nourishing them with my power of love and then become them — refined and tender, sprouting and blossoming! It is so nice!

*** * ***

I am a dandelion with ripened seeds: white, fragile, simple, probably needed in this grass. A gust of wind tears its seeds off. Now I am — one of them: light, weightless! Without regret and easily, I fly away and swim in the warm sunlight: to where the wind carries me, to where I need to be! I am filled with Trust in the Love of God!

*** * ***

How to find a way to express my love? There is so much of it! I am now accustomed to love, to being love, to giving it to others — to everyone, even to those whom it wasn't easy to love before! Sometimes it seems that I have always loved so. But no! Yet, I cannot get used to the fact that I can be loved too! But an avalanche of love, tenderness, and warmth falls upon me — from people and from God!

I don't know what to do with it!...

*** * ***

I'm dissolving in peace. It is deep, gentle and warm! This warmth fills all the space around. And my

body is lost, it has disappeared from perception. But I remain, perceiving myself now as the sea of this warmth, this peace, and this silence.

* * *

On the way to a *place of power* that I had not visited before, I listened to a recording by the Master. In it He talked about the application of all the commandments of God to oneself.

Oh how far away is impeccability for me, how infinitely far away it is! I do not understand how such wonderful treasures of God for the soul could be given to me — with all my shortcomings!

I am engulfed in the immense Divine Fire of God! His radiant Love, with Its innumerable variety of shades and edges, fills me and sweeps away the boundaries of what I am used to calling myself. Oh how I wish this state of being did not stop!...

* * *

I recall the words of God that were once said to me: “Is it — all THIS — really not enough for you? Am I MYSELF and everything I’ve given to you — not enough?! Do you really need anything else?”

These words bring about a deep understanding that now I really do not need anything else except God! I’m no longer defending myself, not waiting, not afraid! I live with You! And there is no “me” anymore. Instead of me — now We are!

* * *

I asked God: “What do You expect from me?”

What do I need to do to express You through myself, through my life?”.

The answer was unexpected: “Love!”.

*** * ***

I am learning to live alone with God, to carry His Silence within me, to feel Him, to listen, and to rejoice when I understand Him.

Almost every day, I experience the quiet amazement of new and wonderful discoveries! And there is no one to share them with...

Let Us Clear Our Path to God!

Interaction with God, which gradually becomes (and should become!) almost continuous, is the best way to learn His Wisdom. But in the meantime, while there is still no strong connection with Him, our own mistakes become our “teachers”. In my case, this is exactly what happened.

Talking about my mistakes seems important to me. Perhaps this will help some of the readers to not make the same ones. Although I myself have read and heard about many of them many times, I still have not been able to avoid them. Why? I found the answer from the Master:

“One of the typical mistakes in the ethical work of beginners is that the reader agrees with everything written, but does not attribute this to oneself. And then, this person makes exactly the same mistakes that he or she read about, and which they saw in others, but did not think about the possibility of making

themselves.” (V.Antonov. “How to Merge with God?”/“Life for God”, 2014)

Once, I received the following advice from God: “Look at the person — together with Me, through My eyes! And then you will understand that person!”

At the very beginning of the Path, I did not know this. Therefore, I really didn’t understand even myself, not to mention other people.

* * *

My life back then was not holistic. It was, as it were, broken up into separate components that were almost completely unconnected.

Most of it was dedicated to my own development through meditation, reading books, and ethical self-correction.

I also had a job both in order to have a livelihood, and for the realization of the personal ambitions and aspirations that I still had back then. For example, it has always been important for me that my activities benefit people. For, in this case, I feel as if I “do not live in vain on the Earth”...

But did I understand what was actually beneficial for these people?

I tried to find a way to “incorporate God” into my professional career. However, I did not come up with anything better than — regardless of the situation — to tell almost everyone about the methodology of understanding God. And I did this without taking into account the willingness of people to perceive this information. It took me a while to learn discretion. That is, it is inappropriate, and sometimes even dangerous, to reveal the features of one’s life to certain

people. In addition, one can harm someone if, before the right time, one “brings down” upon him or her knowledge that is overwhelming and not yet needed. This can cause such a person to turn away from their own future search for Truth.

However, one way in which it is possible to appropriately share the knowledge that one is cognizing is to every day come on time to work and fulfill one’s duties while being in a state of love. Truly, wouldn’t doing this be enough? After all, anyone who has experience working with children understands how difficult it can be to maintain an appropriate emotional state...

And in order to tell people about how to cognize God — besides first determining whether or not such an action is appropriate in each particular case — one needs to have the right to do so. After all, if one’s own life still does not correspond with what is being taught, does one even have the right to teach? In such cases, it would be better to remain silent.

* * *

Anything that does not help one, who aspires to God, is a hindrance, a delay, and can even make one fall off the Path. This applies to everything: life, social environment, and lifestyle. To “ordinary” people, this approach may seem unreasonably radical. But the seeker of the Truth sooner or later understands the significance of this rule, having once seen how serious the consequences of its violation can be.

For me, the “revision” of life began with my everyday life. I never aspired to either excessive comfort or the accumulation of things that are usually of

great importance to people. But even so, it turned out that the whole space in which I lived was littered with excess! A mountain of unnecessary clothes and utensils, household appliances that I never even turned on, books I had read long ago, home plants, and, for some reason, an aquarium with fish and much, much more. All of this took up space not only in my house, but in my life!

A lot of time and energy is wasted in dusting, watering, feeding, treating, and transferring something from one shelf to another for the thousandth time with the thought that someday it might come in handy. Indeed, the implementation of all these actions requires a lot of time that could be spent on work for God!

And to water the flowers on one's windowsill is important: these are living beings, for which one is responsible. However, for a spiritual seeker, isn't it more important, for example, to read something useful, to master a new meditation, to gain a foothold in what has already been completed, or to help someone? It is important to ask oneself, "How am I spending my time?"

And where to put all these items of "wealth"? There will always be people who can benefit from something that one no longer uses. There are many charitable organizations that will gladly accept this. As for pets, including plants, one can find new suitable owners.

When finally, at my disposal, only the essentials (those things which one really cannot do without) remained, it seemed that even breathing in at home became easier! This kind of order in one's environment helps to clean up one's thoughts! It also helps

one to no longer be distracted from the Main Aim!

Another factor that distracts from this Goal is idle communication with people who for years have remained in our lives by inertia, and not because of common interests or spiritual affinity. When I critically looked at my surroundings, I realized that none of these people (and I considered them to be “close”!) were really my friends. After all, they did not choose God as their friend! So, why were we spending time together? What to talk about? Gradually, only my closest companions on the spiritual Path have become my friends. And fellowship with those who need God, is one of life’s greatest joys.

*** * ***

When false friends leave the life of a spiritual seeker, a place appears in it for the Faithful Friend — God, Who at the beginning is perceived as Holy Spirits. Communication with Him becomes an integral part of life. The very possibility of this may seem like a miracle for a beginner. But a person eventually gets used to this kind of communication... even taking it for granted that such communication was once deemed impossible for oneself.

Holy Spirits are non-embodied Representatives of the Creator, Who became *One* with Him during Their incarnation on the Earth. Maintaining Unity with God, such Holy Spirits (“the Holy Spirit” is Their collective denomination) come to the Creation with the goal of helping incarnate people to move towards the Perfection.

In order to be able to most effectively receive Their help, one must learn to see and hear Them.

What does this mean? We are used to perceiving such words materially, i.e., to “see” with the eyes of the body, and “hear” with the ears. But there is sight and hearing of the soul. They can be developed in oneself. In this way, the ability to see the essence of what is happening inside and outside oneself is acquired.

God is omnipresent! And it is not difficult for Holy Spirits to manifest Themselves anywhere. But, in order to make it easier for us to perceive Them, especially at the beginning of the Path, They create special places on the surface of the Earth for meditative work and communication between us and Them. These are special places of power. One can learn to feel them with a developed consciousness.

Holy Spirits appear in such places, usually assuming an anthropomorphic form, with those traits that were inherent to Them during their last incarnation. The common name for such anthropomorphic forms is a *Mahadouble*.

But They can also take other forms: for example, a mountain, a volcano, a pyramid, or a dome. This depends on the meditative goal that the seeker faces in each particular place of power.

The work on places of power provides the richest opportunities for the development of the consciousness. It would be impossible to list all of them! However, to list a few, such *places* help one to: take on different forms by oneself-consciousness, develop various functional states of God (the Divine Light or the Divine Peace), refine and grow the consciousness, and gain gradual cognition of the structure of the Absolute. First, we learn to fill the Mahadouble of the Holy Spirit with ourselves as consciousness. And

gradually, this Divine Teacher allows us to cognize the Depth from which He or She comes to us, manifesting Himself or Herself as a kind of Staircase that consists of increasingly subtle “steps” that can be “passed” according to the degree of one’s own refinement and development on the spiritual path.

Such work opens up a whole new world that needs to be studied. Gradually, this world becomes close, understandable, and familiar.

For me, the most interesting thing was to learn to distinguish and recognize the Divine Teachers by one or another of the qualities inherent in Each of Them. One might think now: what can be the differences between Them? After all, They are Love! Yes, this is true. However, Love has a huge number of different facets and shades, which are the qualities of the Perfect Beings of both sexes, who have become Parts of the One God, thereby enriching Him. These qualities became inherent in the Holy Spirits during Their life in earthly bodies. It makes sense to try to “attribute” Their Divine qualities onto oneself, as if “trying them on”; in this way, such qualities become our qualities too.

But how?

This happens gradually. As a soul, we can hug the Divine Teacher and, by doing this, we dissolve in Him or Her. Who, then, remains? Only He or She. And even if these states are short-lived at first, as a result of such meditations, they lead to the fact that the consciousness imprints and makes the Divine qualities of the Teacher one’s own. That is how a spiritual seeker, step by step, approaches God by the quality of the soul.

* * *

To gain the ability to communicate with non-embodied Divine Souls and see Them is one of the most important achievements! At the same time, it makes it possible to perceive embodied people as “naked souls”, seeing all the good and bad that is within them. And that means to see their true essence. If people could just look at each other like this, and not at facial features or clothes, their attitude towards each other would change so much! Oh how the world would change!...

About “Earthly” — and Spiritual Love

When people hear the word *love*, what comes to their mind? Mainly — it’s a relationship of sexual love. But for the seeker of Truth, the meaning of this word is broader, more comprehensive: after all, God becomes (or should become) the Main Object of one’s love.

According to the opinion of some perverted sects, there is no place for so-called “earthly” love on the spiritual Path; they even call it “a sin”. However, this is not true. After all, such love can teach us the all-encompassing spiritual love and, thus, help us to advance on the spiritual Path. Furthermore, how can anyone love the “faraway” and “uncognizable” (in their opinion) God, if he or she does not know how to love even a person with whom he or she is close? How to learn to accept the Will of God, if in

relations with another person it is so difficult to compromise and stop insisting on one's own opinion — even regarding things of little importance? And how to learn to give one's love, without egocentrically waiting for it to be returned by the other person? How to learn tenderness, affection, and care, if there are no situations yet in which this could be learned?

Relationships of sexual love contribute to ethical and intellectual excellence. In particular, it is useful for everyone to honestly ask themselves: what is my primary objective: to receive pleasure — or to give it to another? Do I still have the ability to harm my partner in any way? And — if it were to happen — would I have the courage to take responsibility for the consequences?

It is also important to form an appropriate attitude to “group sex” and other “innovations” that are now being cultivated for allegedly “developing the power of consciousness” (“personal power”). They invite everyone randomly, inviting even those who do not have a permanent partner to find him or her directly at such a “spiritual retreat”.

There is a term called “adultery”. What does it mean? It means an excessive passion for sex, in which God, as one's Primary Purpose, disappears from sight. He is replaced by sexual fantasies and the majority of one's concentration on sex and on sexual partners. In addition, mutual caresses with such partners do not contribute to the development of refined emotions in oneself. And what about the development of “personal power”? Yes, it happens, but in this case coarse “personal power” is developed, which brings one closer to hell and not to the Creator. This is the result of “mixing the gunas”, that is, com-

binning and mixing the energies of people with fundamentally different levels of energy on the “scale of subtlety — coarseness”. People with unrefined energy are the main participants in such “retreats”: spiritually advanced people will never take part in such events!

And let's not forget about the threat of the spread of relevant diseases.

This is the opinion of the Master, as well as mine.

What happens between two loving people is an intimate matter. Only one witness is appropriate in such cases — God, who created people, in particular, for such love — for the sake of developing different shades of big love in them.

Everyone who has entered the spiritual Path should find an answer for oneself to the main question posed by the situation of falling in love with a person: is my love for him or her greater than my love for God Who created us all? Is he or she a barrier between me and my Main Purpose? And if the answer is yes, then am I really, in this case, a seeker of Truth?

I was looking for the answer to all these questions. And — I found them.

* * *

Parenting and raising children is another way to develop the ability to love. One can probably call it the most severe school of love. Indeed, true love requires all the strength of the soul! However, very often it is precisely an incorrectly understood “love for children” that ruins their fate. In such cases, they become selfish and cannot adapt to “adult” life. And

what kind of child will such “adults” bring up in turn?

By immensely spoiling and “pitying” children, agreeing with their caprices, we do them a disservice, making them incapable of coping with life. One of the motivations in raising children should be a constant memory that, sooner or later, they will have to face life on their own. What will they do then? And what will one answer to God, who entrusted one to raise them — His children?

We all — each of us — will have to answer Him for what we have done with His many other children: animals, plants, and the whole planet on which we live. How many people, sincerely believing that they “love” animals, are capable... of eating their bodies, which were killed for our gluttony. And even after people learn about the terrible conditions of their murder, they continue to enjoy the taste of their bodies.

And why is this happening? Because “everyone lives like that”! We have all been taught since childhood that killing... — is normal! And doing so, we all consider ourselves and each other to be... “good people”! But God has a different opinion. And He is trying to explain what someone else’s pain is, by giving those who have lived in sins an experience of their own pain — through illnesses and through a difficult death.

On the spiritual Path, it is very important to learn a caring, affectionate attitude towards all (non-aggressive) living beings. The one who really loves is not capable even of “just” picking a blade of grass or a leaf! Such a person feels someone else’s pain as his or her own. Having become a developed spiritual heart, he or she perceives everything that surrounds

him or her — as their beloved.

Gradually, it is revealed to him or her that our planet Earth itself was created by the Love of the Creator! It is the Part of God in the Aspect of the Absolute!

* * *

Only if one looks at all living beings as the Creator looks at them, does one understand that to love is to spiritually develop oneself and help other embodied souls in this.

The life of God is a constant development! It is for this, for His own Evolution, that He created His Creation. Therefore, from the point of view of God, to love a person means to help him or her develop in himself or herself all the best and get rid of what is bad and superfluous.

* * *

You have always, for as long as I have known you, remained Who You Are: Love and Light. You have won all the battles!

You didn't step back even when the darkness surrounded me, when it seemed that there was nothing else except it and that there never would be!... You resisted even when it happened that I myself became... this darkness...

You showed me then what it meant to love a person! You showed the true, highest meaning of these words!

Your Battle for Me

It is hard for me to write these words now! It's as if I have to live through everything once again.

Reading these lines can also be difficult.

But how much more difficult must it have been for You, in whose arms I stopped breathing so many times, to see all this?...

You saw me walking, staggering, and holding on to the wall so as not to fall, but, nevertheless, my body still fell to the floor when I lost consciousness. You saw as I tried to eat and could not even hold the spoon: my hands were shaking so hard. And You saw as I began to suffocate and scream, writhing in pain. It must have been difficult for You to answer me with an honest "I don't know..." when, for a short time upon regaining consciousness, I asked, "When will it end?"

... I could not remember how long this hell was going on, how much time had passed — hours or days? I could not even remember what day, month, or year it was then. It was... all the same for me...

"Let it all just finally end... so that it will not be necessary to open my eyes anymore and again — for the umpteenth time! — live through a painful death." — I thought on more than one occasion.

And, what was even harder, was to open my eyes without knowing... who opened them: me or... *some other people!* And... how many of *them?!...* What do *they* want from me?!... And if *they* are here, then where am I?!

Where is God? Why did he leave me? Or maybe, I did it myself by turning away from Him, not even thinking about Him, and forgetting to ask Him: what

do I need to do, what do You expect from me?

I felt all alone — face-to-face with this horror...

But I was not alone! You were next to my dying body!

And what must it have been like for You to see that it was not me anymore, but someone else, who was looking at You through my eyes? How did You make *them* leave — one by one? What did You Yourself have to go through when You were looking for me in the depths of hell? When You realized that I had lost the battle that exceeded my ability to fight, then You made it Your battle and won it for me! Then You opened my eyes so that I could understand how it happened that I ended up in hell — while walking along the Path to God! — and became one of *them*. Then You found me and, holding my hand tightly, led me out of there. Then You told me: “Get up and walk!” — and miraculously it became possible. You also healed my body, which was already almost completely destroyed by the disease. You gave me the strength to tell others about it so that no one else would have to go through this!

After all, so many evil acts are committed by people only out of ignorance! And what kind of person must one be to continue doing so while *knowing*?

How are You now? I hope that this situation hasn't harmed You...

* * *

Then the Master explained to me the mechanism of what had happened: it was not me who fell into hell myself, but I was immersed there by my former friend, who went astray from the Path and turned into

a “devil in the flesh,” looking not for God, but for “earthly” comfort and that same “personal strength” mentioned previously. And, in his polemics against the Master, he insisted on his right to that very “mixture of gunas”...

Coarsening of consciousness, devilization — usually occurs gradually and imperceptibly. And in order to prevent this from happening, we must constantly compare our condition with the Divine Standards, which the Holy Spirits represent for us.

... And, it must be noted, that my “friend” didn’t drive me to hell intentionally. No, he just remembered about me, began “looking” at me mentally, and “covered” me with a black cloud of devilish consciousness. And my fault was that I allowed myself to tune in with him, not suspecting anything bad. I didn’t manage to notice his coarseness while maintaining friendly relations with him. Gradually, I myself — as a consciousness — became coarse. And to refine oneself as a soul again requires new intensive efforts and time.

How Else Can One Accidentally Become a Devil?

The three years that passed between my initial acquaintance with You through books and our personal meeting, was a difficult but very happy time for me: a time of searching and discovering, in which God — one by one — entrusted me with His secrets, allowing me to submerge deeper and deeper into Him. He revealed Himself before me in various Aspects:

first, as the Holy Spirits, then, in His highest Manifestation — as God the Father, that is, the universal *United We*. He gave me as much Knowledge and Love as I could carry, and even, it seemed, much more than this. All that was left to do for Oneness with God to become stable, permanent, and independent of external circumstances, was to gain a foothold in the higher states that had already been cognized. It would seem so simple: to make just one more step.

* * *

A significant event on the Path for me was receiving the knowledge about my previous incarnation. It was revealed to me at the very beginning of the Path. It was not easy to cope with this knowledge. It helped me, and, at the same time, hindered me.

It helped, because it made me aware of the tragic fate of the man that I was in my previous earthly life. He also searched for Truth, but did not manage to find it; although he came very close. During the challenging moments of the Path, the memory of him helped me find the strength to cope with difficulties and — to move on, more for the sake of “him” than for “myself”, so that “his” search, “his” Path — could be completed.

However, this knowledge also hindered me because at some point I was too carried away by my “past”: searching for coincidences and connections between it and my current life and destiny. This was especially true when I began to “recognize” people from my previous incarnation around me. Thus, I turned the important knowledge, necessary only for

self-analysis and the possibility of correcting my ethical mistakes of the past, into... a detective story, a game. And it took me a lot of time to stop playing it. It was necessary to leave this “luggage” where it should be — in the past.

But to “leave” it there is sometimes not so easy! In addition, such “games” can be dangerous because there, in one’s own past, hell with its inhabitants can be found.

Moreover, it can happen that the soul, which used to be close to one in the past, can be incarnated now. And it is possible that right now that person is nearby: precisely because one has been looking for communication with him or her!... Often, one strives to continue the old relationships that one inherited from a past incarnation. Such feelings leave a deep impact in the soul — and sometimes one can even continue to blindly “love”... a hellish creature! And, day after day, one adopts his or her qualities and becomes... the same! Without even knowing about it!...

Incarnated hellish souls, i.e. coarse people, can be met without “traveling” into “past lives”. There are quite a lot of such people in any society: it’s unavoidable. It is important, especially for those who are walking on the spiritual Path, to learn to recognize them in order to avoid any kind of relationship with them: sexual, emotional communication, or situations of joint meditations. In this case, a “mixing” of consciousnesses happens. We become *one* with everyone with whom we attune and merge with ourselves-souls! And all the qualities of each of us (as souls) — become common!

The New Pure Life

My new pure life — what is it like? It is quiet, deliberate, filled with awareness, peace, and work. And I no longer postpone anything “until later”, understanding very well that this “later” may cease to exist. Everything in my new life is truly new: starting from a toothbrush, all the way to... the town in which I now live. Moving to a small quiet town had been my long-standing plan, which had been waiting for this “later” for so many years!

I walk along streets now that are still unfamiliar to me, appreciating the sun, the calm sea, and the people I meet. Once again, I am... an “alien” in a world that is still new for me. I need to cognize it and make it understandable and familiar, learning thus to live with God... among people.

What, among all that which I have experienced, will remain in my memory, perhaps, after many years? With the help of which words will I tell other people about You? It is probably best if these words be Your own words, Master.

What Does the Master Teach?

Sometimes, He was asked, “What is Your Teaching?” On such occasions, He answered, “But I did not create any new Teaching! I just summarized and logically arranged what was already known. I also included what the Holy Spirits offered during the last years of my own discipleship with Them. And it really works!

“This is not my Teaching at all, but the Teaching of God.

“It contains Knowledge about the meaning of human life on Earth and about its implementation. And the peak of its realization is direct knowledge of God and Mergence with Him into One.”

So, Who is God?

The word God itself has several meanings:

- The Creator (The Primordial Consciousness, God the Father, Tao, Ishvara, Allah, Svarog, etc.),**
- The Absolute (The Creator, coessential with His Creation, “having given birth” to It from Himself),**
- and numerous Holy Spirits, Each of Which are consubstantial with the Creator.**

The Absolute is multidimensional. It consists of layers with different levels of subtlety (eons, lokas). The subtlest of them, abiding in the very depths of the multidimensional space, is the Primordial Layer. It is *one* in the whole universe (in the whole Absolute).

One of the main qualities of God is continuous development. The entire Creation was created by the Creator for the purpose of His own Evolution. For this, souls are embodied by Him in material bodies: first plants, animals, and then people. The task of man is to become a Part of God by merging with Him.

But for this one needs to become Perfect.

In order to approach God by the quality of oneself-soul and merge with Him, thereby enriching Him with oneself-consciousness, one needs to live many earthly lives. The transformation of a primitive, ego-centric being in a human body — into a person who is rich in mind, kindness, and love, who selflessly serves people, and whose Goal is Mergence with God, is very gradual.

The reason for the striking differences between people in any society is that all people (as souls) are currently at different levels of their evolutionary development. The peculiarities of their behavior depend on which stage of personal evolution they are at: the initial, only beginning to master life in a human body, or the more advanced, having had many successful incarnations in the sense of spiritual advancement.

The conditions of earthly life in which each next incarnation takes place do not depend on the “position of the stars” at the time of his or her birth and not on the “whims” of God, but on the person, himself or herself. Each of his or her ethically significant actions predetermines his or her future fate — and not only in the current incarnation, but also in subsequent incarnations. Unfixed ethical vices continue to exist in many incarnations — until one defeats them in oneself. People themselves build their fates — in the literal sense of these words.

A difficult fate is an “educational measure” applied by God: so that people — on themselves — feel what the victims of their crimes (including killing animals or complicity in such murders) felt, and learn compassion.

An incarnation in conditions favorable for spiritual development is the result of one's unabated and persistent search for Truth both in past earthly lives and in the present. This is an opportunity to successfully complete one's personal evolution, having reached Perfection and having merged into the *United We of the Holy Spirits*, becoming Its Inseparable Part. Then one can proceed from the achieved Oneness — already as the Holy Spirit: for the sake of helping embodied people in their spiritual develop-

ment.

Perfect Souls can do this work while also being embodied in material bodies. In this case, They are called Avatars, Messiahs, Christs, and Sons or Daughters of God. These words mean the same thing in different languages. Such a Soul is a Messenger of God the Father to the Earth and fulfills His Will in everything. His or Her Mission is to convey to people the true Doctrine of God, which has been lost or misunderstood by people, and to bring those, who are currently ready for this, with Him or Her to the Goal.

Throughout the history of mankind, God has repeatedly sent His Children to the Earth in order to teach people His Main Quality — Love. Why, for millennia, have people, for the most part, rejected His Teaching? Why are there always those who “re-frame” it to their current selfish needs?

The Creator is the subtlest Consciousness in the universe. He is infinite in size. He is Perfect Love, Wisdom, and Power. The path to the Creator is, first of all, a continuous approach of the self-soul to Him through refinement and purification of oneself from ethical vices.

An Avatar helps people by, among other ways, pointing out people’s vices — so that they can get rid of them. After all, people do not always manage to discover their own vices.

An Avatar does not contain anything personal in Himself or Herself, being only an instrument in the Hands of the Creator. He or She speaks and does only what God wants to happen or be uttered at any given moment.

* * *

The main steps on the Path to Perfection are the following:

— a true understanding of what is God, man, and the meaning of our earthly lives;

— the development of oneself-soul (consciousness) as a spiritual heart; the first step to this is the purification and development of the anahata chakra, as well as the other energy structures of the organism, including the chakras, dantians, meridians, and segments. Together with this, one must also include the ethical work on oneself: rooting away vices (anger, irritability, violence, jealousy, envy, deceitfulness, resentfulness, laziness, etc.) and the development of positive qualities: tenderness, refinement of consciousness, humble wisdom, decency, goodwill towards everyone, the desire to give love, and the willingness to help those who need help;

— the achievement of inner silence (“silence of the mind”, hesychia), which allows one, in the future, to learn to perceive the direct guidance of God; the path to this begins with gaining the ability to live with the concentration of oneself-consciousness in the anahata chakra;

— refinement of oneself as a consciousness through attunement with the best manifestations of nature and art, adequate and impeccable (in ethical terms) sexual relations, communication with Divine Teachers;

— the development of intelligence through reading worthy books, various activities in society, helping certain people, creative activity;

— the development of the power aspect of the

consciousness, which is carried out with the help of special meditative techniques and necessarily — only after reaching the appropriate level of purity and refinement of the consciousness; it is important to remember that strength should be developed precisely in subtlety; our intermediate task is to become huge loving spiritual hearts; the development of coarse force leads in the opposite direction from God;

- direct cognition by oneself-consciousness of the multidimensionality of the Absolute;

- mastering the Divine States of consciousness and gaining a foothold in them (the criterion for achieving complete success is the acquirement of the ability not to lose them under any circumstances, even in situations of threat to the life of the body);

- mastering the “non-I” state of consciousness (“total reciprocity”) and other meditative techniques that allow one to merge (by the developed consciousness) with the Primordial Consciousness;

- and assistance to worthy people in mastering all that which has been mentioned above.

Appropriate places of power can successfully help one to master each subsequent stage of meditative improvement.

More details on the system of spiritual perfection created by the Master can be found at www.swami-center.org.

I consider this system, which includes the ethical, intellectual, and psycho-energetic components of perfection, to be the peak of development of all such directions of spiritual thought as Hesychasm, Sufism, and Yoga. Everyone can get acquainted with the materials on this topic and make a decision for themselves.

Sayings of the Master

There is such an Orthodox prayer to the Holy Spirit: “And cleanse us from all filthiness!” But no: it is we who must cleanse ourselves of the filthiness in us!

To whom does God offer His maximum help? To those who have become almost the same as He is, according to the qualitative criterion. This allows such people to merge with Him, to become Him. To do this, they have to gradually grow themselves to a size comparable to the size of the Holy Spirits, having cleared themselves of ethically incorrect deeds and of all the filthiness of their own vices. Theoretically, everything is simple...

Let us try to embrace God with ourselves-souls — and then we will successfully grow.

* * *

Why are we given incarnations? Namely, in order to try to get as close as possible to the state of the Creator by developing in ourselves the missing qualities and getting rid of unnecessary ones.

* * *

Let the cognizing of God and mergence with Him, as well as our help in this to worthy others be a common goal of all our actions on the spiritual Path.

The program minimum is to become like our Teachers — the Holy Spirits. The program maximum is to merge forever with God in the Aspect of the Creator.

* * *

The spiritual revolution on the Earth is accomplished by the efforts of heroes!

The image of such a hero is Danko from Gorky's novel, "Tales of the Old Woman Izergil". He, at the cost of his life, illuminated the Path for people. This is what real heroes do, who do not let in themselves the fear of darkness. They lead those who are currently ready to go!

Where to get the strength for such feats? God gives it. We then work together with Him.

It is necessary to achieve a steady state of unity of the Self of God with the "I" of man. Then the real joint work of God and man on the Earth can be accomplished.

* * *

A very promising meditation is "Holding everyone on the palms of love." From the Light, I fill all living beings with my tenderness and love, holding them on my palms.

What is the result of this? The center of me moves to the Light-Fire United We of the Holy Spirits. And I dissolve in It.

One can cognize Its size.

* * *

What are the basic rules of behavior for the seekers of God? Namely, freedom from worldly hustle and unpretentiousness. What did Jesus have while traveling? A cloak to hide from the rain and

cold. And He would lay His head on a stone for the night. Through this example, He showed us that this was enough! Also, food is needed.

*** * ***

It is necessary to see that the basis of human vices is egocentrism!

*** * ***

People often live “clinging” to memories: how someone once did something bad to me, etc. If the self-consciousness is coarse and large, then such memories fill the whole space with evil, both inside and outside of the body. Such coarse energy is pathogenic, especially for other beings that get caught up inside of such an energy field.

Therefore, one needs to live not in one’s past, but in the present, filled with the search for God and serving Him!

And if it doesn’t work out right away, get involved in the mastering of psychic self-regulation according to the methodology described, for example, in “Ecopsychology”.

*** * ***

And what is God like?

“Tao is a Tender Being.” (see “Tao Te Ching”)

It is necessary to turn on the hearing of the soul in order to be sensitive in the spiritual world: what does God want to tell me at the moment? What does He want me to do?

* * *

“Breathe the freedom!” — this is what Babaji offers us. — “Breathe the aroma of the forest together with Me, inhale it and Me!”

How freely live those who have cognized God! They are no longer confused by the hustle of this world!

* * *

What is the purpose of our lives as long as we have living bodies? It is the direct cognition of God!

Meditatively we have traversed the entire Path: from an ordinary person to the Creator. One of His most important qualities is the desire to give Love and Knowledge.

And how can we, too, do this?

* * *

All people who embark on the spiritual Path must learn to selflessly give their love: tenderness, light, and joy! Knowing what, when exactly, and to whom to give — comes with experience. We must become like the Holy Spirits in this regard!

* * *

The purpose of life of a spiritual ascetic is God, and specifically, the Holy Spirits, including the form of Their *United We*. One must refine oneself to Their state in order to easily perceive Them.

* * *

While communicating with us, our Divine Teachers often joke. Why is this so? This is because They were — in Their past — also just “ordinary” People Who developed Themselves during Their lives in bodies to the *Divine Perfection*.

How do we differ from Them? After all, Their states are already familiar to us. We differ only by the absence of our stability in these higher states.

* * *

The main rebuke to you is that you act on your own, not coordinating your actions with God.

How to perceive the Will of God? If the question is asked to a certain Holy Spirit, and not “into space”, and you feel Him or Her, your mergence in love takes place, you become One with that Holy Spirit, and then — the answer will be true.

You need to learn this, it comes with experience.

* * *

People, when they find out that it is possible to hear God, think that He says something continuously. But this is not so. God abides in Peace and speaks only when He needs to say something.

It is not possible to make Him speak.

* * *

Over time, communication with the Holy Spirits will occur even more naturally than with embodied

people. Suddenly, you realize this.

However, one can quite easily lose this state.

The world of embodied people is life "among objects." And when you learn more about the world "on the other side of death", then that world becomes more apparent and familiar. And you even need to make some effort to switch to the world of embodied people.

* * *

During meditation, I perceive only the world of the Holy Spirits, becoming One with Them, becoming Love and giving away the Love that I am. It is necessary to capture, to remember this state, and "imprint" it into the soul, in order to be able to reproduce it in any situation — even in such cases when people of evil torture and kill my body.

If God creates such a situation, I accept it. This means that I no longer need a material body. I need only God!

The experience of meditation completely casts out the fear of death: after all, with the death of the body, I do not cease to exist!

* * *

Speaking about places of power, it is necessary to distinguish: among them there are places that arose naturally, they are created by the Holy Spirits where, for example, They liked to work or rest with students during Their lives in bodies.

And there are "artificial" places of power created by Them in places convenient for Their embodied students to help the evolution of those souls, that is,

precisely for a particular meditative work.

There are also negative places of power. They can be created by hellish souls.

*** * ***

For what reasons are predators necessary in nature; and not only among animals: among people, too? This is to teach promising embodied souls discretion: to teach them either to avoid danger, or to accept their fate.

*** * ***

Why do the righteous meet evil in other people? Namely, to learn to discern evil and distinguish between people.

In the Russian translation of the New Testament, the words representing the idea that God-the-Father gave Jesus the ability to distinguish between people were translated as “to judge people.”

Thus, Jesus was “turned” into a “Monster”, which sends people to hell for insignificant or even imaginary misconducts.

But behold, Jesus came to us as soon as we spoke about Him! And, oh, how gentle He is!...

*** * ***

On the spiritual Path, all of us have times during which God is testing us and we do not know where to go next. In such cases, we need to refer to our own previous notes. And we suddenly realize: “Here it is!”

* * *

God is the Purpose, the Teacher, and also the Tempter.

By means of temptations, He checks the readiness of each student to move on.

* * *

The right decision of a spiritual warrior is to perceive the world as a battlefield with his or her own vices, with his or her own ignorance!

* * *

You say that there are not enough words in the human language to describe your "excursions into the Kingdom of Heaven". Yes, there are not enough words. But, in spite of this, we have arrived!

And there are Others who also have arrived — long ago or recently, and we communicate with Them. You are a witness of God!

* * *

And how insignificant now seems everything, which was a part of our lives before, in comparison with our resurrection in God! And how important it is to get a foothold in this state! And — to help others to cognize what we have cognized!

But, first of all, we must focus on helping the most worthy ones!

* * *

**How to preserve the right states on the Path?
Hold on the Straight Path!**

That is the general answer. What else can be done for this purpose? Let everyone decide for himself or herself.

* * *

The Straight Path is for all people, regardless of differences in nationality, faith, gender, or other insignificant differences.

And the one who is perfect, who has entered the Abode of the Creator and maintains this state, will remain with God forever.

That's all! It is so easy to understand!...

* * *

The path is wide and beautiful, if you understand God's plan! The “eye of the needle” is for those who accumulate earthly riches that cannot be taken with them when moving to the “other world”.

* * *

One can only respond to love with love! However, one must also respond with love to all other emotions as well!

* * *

Every word should be weighty! Do not pronounce insignificant words!

You must not lie: there must be absolute purity in words, deeds, thoughts, and emotions!

The one who lies loses the trust and respect of both embodied people and the Holy Spirits.

Lying is allowed only in exceptional cases: for the sake of saving worthy ones.

*** * ***

What was promised must be fulfilled! Breaking a promise is a sin before God!

*** * ***

Attention should be distributed between the Creator and the Creation. Neither one nor the other should be forgotten.

*** * ***

We need to learn to look at the fates of people — from God's perspective.

We must not interfere with His plans — for example, by our pity for someone.

In order to teach people, He sometimes has to hurt them.

*** * ***

God gives people the feeling of falling in love with each other.

He also takes away this feeling, separating existing couples, when it becomes reasonable for each one to develop further in other conditions.

* * *

Love has many aspects: love-tenderness and affection, love-compassion, love-admiration... There is also love-gratitude and love-selflessness to help others.

Do not forget to thank God for His help to you!