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To Understand God

(collection of articles)

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

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

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

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

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

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

God

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

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

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

However, to perceive only the material world is an error. The truth is that everything inside the

¹ More details in [3,6,10,14-19, et al.].

universal multidimensional space is energy, and this energy differs according to its quality.

Some types of this energy are studied by physicists materialists.

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

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

God is Consciousness as well, the Supreme Consciousness.

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

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

However, in recent years we have examined this theme many times in different publications [10,12-13,16,18], for this reason we will not repeat this information right now. I only want to emphasize the most important aspect, from a methodological standpoint, of this theme. This is about the *subtlety-coarseness* scale, which reflects the principle of the distribution of diverse energetic objects in the

multidimensional space. The Primordial Consciousness occupies the subtlest level on this scale, while hell, the “garbage dump” of the Evolutionary Process of the Primordial Consciousness, is found on its opposite extreme.

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

Evolution of God

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

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

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

The Creator allows those who have obtained the proper subtlety, who, as a consciousness, have grown up to a large size, and who have developed

the ability to live in union-love with similar consciousnesses — to approach His Abode, to cognize Him, to learn to interact with Him, and then to merge with Him thereby enriching Him with themselves. From this moment on, Such People, from Their Divine level, will help incarnate humans in their development.

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

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

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

God is Tender Love

So, God in the Aspect of the Primordial Consciousness (or the Creator) is not a monster who punishes sinners. On the contrary, God is the *United*

We That stays in the subtle states of tender Love and Care. This *United We* is composed of the Perfect Ones, that is to say, it is the sum total of all those people of different sexes and nationalities who have successfully developed themselves spiritually.

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

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

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

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

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

I am reminded of the words of a little old lady who at one point in time took a class from me on these methods [7]. She told me that the most important thing that had happened to her was that she began to sincerely love her neighbors in her communal apartment²! Whereas before, she hated them merely because she had to see them every single day!

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

Now our books and movies serve the same purpose.

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

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

Where Should One Seek God?

God in the Aspect of the Primordial Consciousness (or the Creator) and in the Aspect of the Holy Spirits does not live in “some distant place”. Therefore, you do not have to say prayers to Him as

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

loud as possible so that He may hear and come flying to listen. No. The infinite Ocean of the One Universal God can be found *beneath* every cell of the body of every one of us. He is always very close and, at every moment, sees and hears everything that we do, say, and think! He perceives our emotions.

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

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

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

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

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

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

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

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

Another important element of the spiritual work is to make reports about what has been done. These reports have to be made for oneself and for God,

Who is the permanent Witness of all our mental processes.

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

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

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

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

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

Love is Mergence!

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

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

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

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

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

Let us remember that mergence is the culmination of love.

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

So, how can we learn the mergence of souls?

The Role of Ethics

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

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

follow? This does not concern me, since I have already risen above the primitivism of the crowd! I am free from all these human conventions!”

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Psychical Self-Regulation

I will once again mention that there currently exists an efficient and scientifically grounded system of psychical self-regulation developed by us that enables one to rapidly learn to control one's own emotions [13 et al.]. This system is based on learning to use the functions of the chakras and principal meridians of our organisms. In this learning process, the emphasis is on the development of the anahata, the pectoral chakra, *in which* and *from which* the spiritual heart can begin to grow.

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

An anahatic person transforms himself or herself gradually into a fountain of the emotions of goodwill and love, radiating these states to the surrounding space. Such a person literally converts himself or herself into love thus resembling God, Who is Love (1 John 4:8,16).

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

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

The Choice between Hell and Paradise

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

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

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

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

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

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

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

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

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

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

On Monasticism

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

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

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

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

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

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

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

*** * ***

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

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

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

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

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

*** * ***

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

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

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

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

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

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

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

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

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

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

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

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

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

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

³ Harmonious, pure, and subtle. More details about this can be found in the Bhagavad-Gita [4,12] (note from the translator).

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

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

A Few Words about Sex

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

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

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

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

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

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

Many women can reach an orgasm if a man merely caresses their clitoris with his hand. (There are different types of orgasms among women. The most common ones are clitoral, vaginal, cervical, and just under the pubic bone in vagina).

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

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

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

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

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

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

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

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

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

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

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

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

The Creator and His Creation

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

To kill animals for the sake of eating their bodies or using their skins does not correspond to the principle of Love, declared by God through Jesus Christ and other Divine Messengers. For this reason, God does not expect that people who do not correspond to His ethical ideas will be able to reach His Abode in the foreseeable future (more detail in the book [13,18]).

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

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

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

God, on the contrary, suggests the opposite thing to us, namely, not to judge, not to condemn, to avoid any conflictive situations and corresponding coarse emotions and instead dedicate ourselves to the internal self-perfection in the first place, i.e., to the development of ourselves as souls or consciousnesses. Jesus Christ, Lao Tse, and Sathya Sai were the Ones Who taught this to people most vividly [2,5,12,14].

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

I will answer from a bigger scale of view.

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

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

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

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

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

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

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

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

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

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

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

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

I told him about his trouble.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

So I will briefly explain this.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

I wish peace to all of you!

On the Subject of the Reform of Spirituality in Russia

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

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

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

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

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

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

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

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

So, I suggest the following:

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

— Not all who are in the list of Orthodox saints deserve it. It is so because true saints are only Those Who have attained Divinity in Mergence with the Creator.

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

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

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

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

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

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

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

On Violence

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Aggressiveness, violence, and the emotional coarseness that accompanies the first two are qualities that are opposite to the qualities of our Creator, Who is the Subtlest One [12 et al.], Who is Love (1 John 4:8,16)! That is why, the future destiny of people who have these qualities and who oppose themselves to God is “the outer darkness, where there will be weeping and gnashing of teeth” (Matt 8:12).

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

“How did this happen?” they asked.

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

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

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

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

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

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

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

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

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

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

To practice different methods of self-development, such as Hatha Yoga or martial arts, is not bad on the early stages of ontogenesis! However, it is *not bad* only if such activity is accompanied with serious work on studying and mastering the ethical laws established for us by God [10-14, et al.].

* * *

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

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

However, there are opposite examples as well.

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

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

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

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

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

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

leash, he manifested his aggression by spitting at people... That is why he also had a muzzle on his face...

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

Almost every one who was inside was shot down.

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

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

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

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

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

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

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

* * *

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

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

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

There are also others who cultivate aggressiveness, anger, and violence.

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

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

* * *

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

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

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

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

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

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

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

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

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

*** * ***

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

Here are several examples:

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

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

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

(You can read about how Holy Spirit Adler, evaluates the activity of Napoleon in the book [12]).

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

God Himself is Love (1 John 4:8,16) and gives Himself-Love only to those who come closer to Him by growing themselves as love!

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

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

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

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

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

While doing this, we need to understand that the fundamental principles of the methodology of spiritual development are common for all people who were settled on the Earth and on the entire universe by One God. [12 et al.]

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

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

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

In those years, it was popular to call the newborn boys Adolphs (Adiks, in short), but then... they were massively renamed Ediks (Eduardos)...

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

However, it is appropriate to think over the following statement of the ancient Chinese Sage Lao-Tse: “The victory has to be celebrated with a funeral ceremony.” [5,12]...

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

me!", but then people started to hate him and damn him.

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

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

* * *

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

But what does the Old Testament teach us?

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

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

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

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

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

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

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

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

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

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

I believe that it has only historical significance.

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

We spoke in detail about the beginning of this religious movement in the book [6]. So now I will only limit myself to the following thought: quite soon after

the accomplishment of the great spiritual feats by Jesus and His Apostles, Christianity was turned into something completely different, although it maintained the same name. I mean the “Holy Inquisition”. In order to “whitewash” the history of Russia, Russian historians emphasized that the annihilation of heretics, including by burning them alive, took place only in Western Europe. But no, the same thing happened in Russia right up to the Lenin Revolution of 1917. (You can find more details about this in the relevant historical literature [6]).

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

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

In my younger days of this life, when I conducted a spiritual search, I did not manage to find any organization among those which call themselves Christian where the Teachings of God, presented to us through Jesus Christ and His Apostles, were seriously studied! Therefore, God Himself offered me to make a literary analysis of these Teachings so that this analysis would be handy for studying. You can read about this in the books [7-18]. And because I was the first person who used this analysis for oneself’s own development, Jesus and other Holy Spirits helped me to cognize God in almost all His Manifestations.

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

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

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

* * *

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

*** * ***

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

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

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

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

How Should We Live?

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

What are the reasons for the creation of these perversions?

These reasons can be:

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

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

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

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

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

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

— Is it the tenderness or coarseness and violence?

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

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

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

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

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

“Lower I” and “Modern Psychology”

The “lower i” is a set of nesting in the head chakra ajna perverse egocentric senses of oneself and the corresponding emotions — such as pride, vanity, arrogance, selfhood, contempt, intolerance, violence, resentment, desire for gain to the detriment of others, etc.

In contrast, it can be said about the “Higher I” when one — by the well-known now spiritual efforts

— has realized oneself as the Divine Light, the only state of Which being reasonable altruistic Love presenting Itself. This state is achieved through ethical and bio-energy cleansing of oneself, plus the development of oneself as a spiritual heart.

To learn more about this topic, you may use the materials in the list of books and films mentioned at the end.

... Psychology is the science of the soul.

What does it mean? And what, more specifically, can this area of science explore?

These are the following topics:

— What is the soul?

— What is the meaning of the existence of souls and incarnate beings? Souls' relation to God.

— How are souls born and evolve? What conditions are necessary for their proper development? What causes lead to the distortion of soul's development?

— What are the principles of multi-aspect interactions of souls in different environmental (including social) situations?

— How can one try to correct the pathologies in the development of the soul?

The science of souls must be inseparably associated with the science of God — i.e. theology. And if there is no clear understanding of even what is the meaning of the word *God* — there can be neither true theology in such human communities nor true psychology.

It is interesting to recall to young modern readers that in the atheistic Soviet Union the word “psychology” did not exist. It was substituted with “the physiology of higher nervous activity”, where

the focus was not on God and the soul, but the brain... with its reflexes. Of course, to understand and explain to people the meaning of our lives — on the basis of this pseudo-scientific foundation — was not possible.

As a result of Gorbachev's Perestroika, religion in Russia was rehabilitated. But... in none of the “traditional” mass religious movements that exist in Russia and abroad, there was any clear explanation of what is God and the soul! This, in particular, contributed to the maintenance of such a stupid mass belief that there is separate man — and his or her soul. That is, a human being is a body; and a soul... is something different that then goes to hell or to paradise. And also it is possible — even during the life of the body — to “sell”, to “lose” the soul...

Although in fact, the truth is quite different and very simple: namely man is the soul! And it is not the soul can be lost but the body.

The essence of the spiritual Path consists, in particular, in efforts of fully realizing self-transformation — as the soul! And after death of the body — we will find ourselves in the immaterial world, in that status which has become habitual during the life in the material body.

What is that status? What are we here talking about? These are, first of all, our emotions.

We, if having chronically lived in fear or sullen, disgruntled, spiteful towards other beings states, — will continue to live in them. This is hell — among beings of our own kind, who will show their hatred and aggression towards us...

If we accustom ourselves to living in subtle and bright emotions of love-tenderness, love-care, in

attunement to the subtlest — then in these states and among similar to us beings we will continue to exist. It is the paradise.

The paradise state is the necessary step for direct and multifaceted personal cognition of God.

Let us understand and remember that emotions are the states of souls, consciousnesses!

Hence on this basic “platform” of knowledge — we must clearly understand how to build our own lives on the Earth, what is good and what is bad, what we can and what is forbidden.

And yet — there is an opportunity to learn to regulate our emotional states. How? To do this, our system of psychic self-regulation was developed and presented in the book [13] and our other books and films.

And, if we go this Path offered to us by God from time immemorial, we not only acquire the paradise but the possibility opens to pour ourselves into the Creator in His Abode. All this is discussed in detail in our publications on the subject developed by us, which is a modern branch of science — methodology of spiritual development.

... I repeat that, if there is no fundamental knowledge about what is God, the soul, the Evolution of Consciousness, if there is not a God-centered worldview — then any adequate psychological techniques — without this foundation — cannot be created. Different “psychoanalytic” concepts, in which God is not the Center of consideration, but... human sexuality, aggressiveness, stress of a child at birth into the world of matter, etc. — may be the examples of such inadequacy. And the most malefic manifest here is centering one's attention on that,

what creates mass psychopathology among its followers, — i.e. fearsome mystical entities: demons, devils, vampires, “the deadmen”, “wrathful deities”, “black forces”, etc. And the worldview of so many people is built out of all this mystical dirt — including through television and other media!

... The term “modern psychology” has appeared under the influence of the books of Carlos Castaneda [36-43]. These books contain information that has extremely positive significance on the spiritual Path; this is what we discussed in detail in our published materials. But for people who have a tendency to perceive only the bad, the most “valuable” were mainly two topics: the use of drugs and the “destruction” of the “lower i”.

What — from a mystical point of view — are drugs used for? It is in order to master the breakaway from one’s material body; it is called an “out of body experience”. What comes? — satisfaction of healthy curiosity? — Yes. But all narcotics used for this purpose are pathogens: they cause harm both to body and soul. Moreover, they bear no relation to the spiritual perfecting! They do not make us better — before God! But specifically for the sake of cognition of Him — we have been incarnated into our bodies!

Spiritual perfection is built by quite another way: the intellectual and ethical lines of development, as well as efforts to transform oneself into the refined Godlike Love: because *God is Love!*

During those “out-of-body” moments one really breaks away from the material body — and finds oneself in that spatial layer of multidimensionality, which — for him or her — has become habitual. Most

often it is not the “heavenly abode”: only the rightly-directed spiritual efforts are effective for earning truly paradise.

Also during the “out-of-body” experience, contacts with the creatures of hell are often formed. And these contacts continue after returning to the body.

Moreover, disembodied former addicts crave but cannot — due to not having their own material bodies — feel familiar for them past states. Therefore, they force incarnate drug addicts to further “doses” — to be satisfied in this way, i.e. through feeling their states. The victims of such infernal spirits receive an obsession. Plus — chemical dependence on drugs. The way back is already almost closed. But fate is crippled...

... Another area of “modern psychology” are attempts to “destroy” in others the “lower i”. They consists of intentional and sometimes sophisticated humiliation of “disciples”: insults, beatings, sexual abuses, etc.

What is it worth? Can it give at least a few beneficial effects? No!

Moreover, rudeness and violence in all their manifestations — are opposed to true spiritual progress. They clearly expose the depravity of the owners of these qualities!

What motivates those who implement such “methods”? Pronounced soul depravity! These people, under cover, in particular, of the diplomas of higher psychological education — merely found a “legitimate” opportunity to satisfy their most primitive perverse soul-properties!

My opinion: such conducted by them “lessons”, “retreats” or “seminars” must be considered at least as hooliganism.

... But the theme of “destruction” of “lower i” is really relevant on the Path of spiritual development! This was said by Jesus Christ and other Divine Teachers. Much has been written on this subject in our books.

But this must be done not with hooligan bullying but with methods of Hesychasm, i.e. work in the inner silence of the developed spiritual heart.

Knowledge of the modern developed Hesychasm can easily be explored through our books and films. It is both the initial stages of mastering the art of psychic self-regulation and higher levels mastered in the framework of environmental psychology (ecopsychology).

One of the foundations of ecopsychology is meditative work on so-called *places of power*, first of all, — at the *working sites* of Holy Spirits. And it must be emphasized that such work must be preceded by the ethical and bioenergy purification. And we cannot do this without mastering the art of psychic self-regulation. The reason — that not-cleansed souls are able to perceive only a rough energy of the surrounding space. And the attunement with coarse energies — this is the path in the opposite direction from the Creator. But God — in the Aspects of the Creator and the Holy Spirits — is perceived by only those who have already reached the paradise (i.e. refined) level of development.

... I remember a case from my practice.

I knew in the forest a very thick and very sick old pine. Its bio-field was stunningly rude, even

tougher than the bio-fields that are typical for old oaks.

One day we walked along the forest path. Suddenly — we are outstripped by a car. It stops just about that pine. Young people exit and are led by a woman which I — in my youth and inexperience — was trying to teach everything narrated in this article. She explains to her disciples about how great the power is of this tree! And her students are encouraged to embrace the trunk of the pine, intending to be in tune and become fed with its force...

Many people are unable to distinguish between rough (devilish) — and refined (i.e. paradise and Divine) force. They are susceptible to extol the brutal energy force from which their bodies numb and the abilities to think and speak stops... I met the possessors of such diabolical force among the pseudo-healers, pseudo-yogis, among the “pastors” of some famous religious directions.

I hope my readers will make the right conclusions for themselves about how to distinguish between true — and not true leaders and other preachers.

In this regard, I mention another topic: the current trend to organize for everyone very expensive excursions to *places of power*. The problem here is the same: real *Divine places* cannot be perceived by not purified, not subtle souls. Therefore, such trips cannot give benefit to their members. But as for the “guides”, their financial benefit is obvious. It is based either on their incompetence in spiritual matters or on malicious gain.

Conclusion: The work on the spiritual self-perfection at true Divine *working sites* is very useful! But it will be possible only after a proper cleansing of bodies and souls. How to achieve it, detailed in the book [13] and our other materials.

Three Steps of Centering

An early gentle May morning in the wood. After weeks of rain — at last the long-awaited warm sunny weather has come!

We are in a cozy clearing among pine forests. Campfire has been built on the old fireplace, harmoniously warms our bodies, while the sun's heat has not yet taken over this function.

Birds are singing their spring songs — black thrushes, robins... Woodpeckers — also lek, trill with their beaks, hitting them on the tops of dry pines. Male-ravens are also very nice singing over the forest, showing how they can be gentle when they need to please their females. Flocks of swans and geese fly. Gulls, also committing the spring flight, create by their voices, sounding in the sky, sense of serene spaciousness...

All they are our friends!

... Once, in the years of my unreasonable youth, I was accustomed to hunting animals to eat their bodies... Hunters see in these killings their own “heroism”... They are enthralled by the criminal “hunting passion” — lust for murder...

But how it is wicked — to kill our dear friends in our own completely selfish, cruel intentions!

And more: it is God Who has given them lives on the Earth! And it was done not for people to eat their flesh! For in those bodies, the souls develop — in the general Stream of Evolution of the Universal Consciousness!

People, killing animals, oppose our common Creator, confronting Him!

We may consider our right — to kill aggressive and dangerous creatures: ticks, mosquitoes, horseflies, sharks, crocodiles, dangerous to us snakes and mammals, even primitive people firmly committed to the path of cruelty, violence, and murders...

There are religious trends, which “legitimize” the killing of animals for eating their corpses, as “offerings to God”... God has given life to the animal — but people take those lives away...

Also people kill and cripple plants in vain: “Christmas trees”, willow branches on “Palm Sunday”... But in the bodies of plants, too, is the development of very psychogenetically young souls, who will then be animals, and then — people...

In my opinion, these pseudo-religious attitudes are, in fact, criminal — in the sight of God...

And what do namely you think on this theme?

... But we here — living for decades on the principles of purity from any religious distortions — are surrounded by Care of the Holy Spirits. They are our Advisors in all the important, also They are our Divine Friends and Teachers!

In particular, They have showed us this wonderful glade. Here — one of Their *working site*, They gave us lessons for meditation. And here — it is easy not only to feel the emotions of Their Divine

Love towards us, but to see Them, talk with Them — as well as being “almost-equal” ...

If here one lies on the back, spreading out arms not only material but the arms of the developed spiritual heart, then — with just a single stroke of these arms of consciousness — it is easy to dive into the *United We* of Holy Spirits.

This *United We* is named also — in aggregate — the *Holy Spirit*, or, in Sanskrit, *Brahman*.

Having submerged in Him — we turn for a long time to the state of “total reciprocity” (Nirodhi) which was studied by us long ago, co-dissolve with the Holy Spirits, feel ourselves, for this time, consubstantial with Them.

... Among the sluggish-believers in the existence of God, there is a belief that God is not cognizable... In reality, He is not at all cognizable for those who live according to the principles adopted in this or that sect, but not according to His Will... I say now, in particular, about assumed by many people “right” to kill kind animals and eat their bodies...

... All we have heard that *God is Love*. Jesus Christ clearly explained this to His closest disciples of that time and to all us (1 John 4:8,16).

From this, it follows that we, striving to become better before God, also trying to get closer to Him, to cognize Him, — should also turn into love!

And is it really compatible with the infliction of fear, pain, suffering from injuries and death — to innocent kind creatures?

Do not you understand that without the love-compassion — people cannot become friends of Holy Spirits, friends of God?

People-killers create destinies for themselves, which are filled with suffering: it is precisely so, because God is trying — through their own pain — to wean them from hurting others!

And more: it makes no sense to ask God to forgive our defects. If we persist in our errors — we simply are not interested in Him!

He is waiting for us in Himself — having lost all the imperfections and having grown perfect qualities! He is waiting for us in Himself — to be Perfect: such as Holy Spirits!

Holy Spirits are former human souls who previously committed proper personal efforts to become the Integral Parts of the Creator, having joined in Him, merged with Him, became Him!

... But, of course, only a rejection of killing kind animals and enjoying the taste of their bodies, as well as the rejection of the unnecessary killing of plants, — is not enough for achieving the status of Holy Spirit.

What more does it need?

*** * ***

To acknowledge the existence of God — this is not enough as well!

Much becomes clear to us if we realize that God does not exist for us. (If not, it follows, that we have the right to ask and demand from Him any benefits for ourselves).

But in reality — we live for Him!

He is waiting for us in Himself as the Perfect Consciousnesses — for we enrich Him by Ourselves! It is for this, He created the material world and

started souls up to improve themselves in series of incarnations!

But this Knowledge can be realized only if we replace our self-centrism — to God-Centrism. And — if we will live not only for the sake of ourselves but for Him! [18]

* * *

Almost in each of the previously published books, I have considered this issue in detail (see the list of references at the end). Now I will remind very briefly that the Divine Perfection consists of the following components:

— Love, which includes compassion, caring, forgiveness, tenderness, self-sacrificing, subtlety of consciousness, lack of self-centrism, the ability to merge into *One* with other developed Consciousnesses,

— Wisdom, including the breadth of knowledge about the most important, the ability to operate with this knowledge, to create anew on this basis,

— Power — subtle, gentle, wise, serving to further Evolution of the Universal Consciousness, i.e. Evolution of God Who exists in the Process of continuous development.

... Once, many years ago, we considered this topic in detail in a very long video-film called “Places of Power. Three Steps of Centering. (Practice of the Modern Hesychasm)”.

But video equipment in those years was much less perfect than now. Therefore, that film, unfortunately, is now hopelessly outdated

technically. This was one of the reasons to come back to this topic again today.

So, for a reasonable person, who fully accepted God's Ethics [2,11-14,18, et al.] and implemented it in oneself, — the Path of obtaining the Perfection becomes very easy! It consists of only three steps:

— centering oneself within one's body: in the anahata chakra (the middle dantyan), from which the growth of the spiritual heart can be initiated; then the spiritual heart may gradually reach a cosmic size,

— then the centering — by the developed refined spiritual heart — within our planet, especially in its core,

— then — centering in the Abode of the Creator in Mergence with countless Holy Spirits, permanently residing there.

From the already acquired Divine status — the Holy Spirits help in the development of embodied beings. And sometimes They even incarnate again — with the same aim — in human bodies.

It is possible to get acquainted with the techniques of such self-transformation — in our books [12,16-18, et al.].

I should add that on the whole considered Path it is important to give due attention to the arms of the consciousness which originates from the spiritual heart. With their help, we can move in multidimensional space, in particular, moving from one layer (eon, loka) to another. Also — with such developed arms, we learn to embrace first our favorite embodied beings. Then — each of our Divine Teachers — Holy Spirits. Further — to embrace all Them together to join with Them forever in the *United We*.

Initial development of the arms of the spiritual heart may be helped with the elementary psychophysical exercises described in the books [11,13] and shown in the films “Spiritual Heart” and “Psychical Self-Regulation”. Then — we master the methods of work on the open landscapes [13]. There — if we have become worthy — the Holy Spirits are sure to come to aid and lead us into Their Abode: the Abode of the Creator!

On Nirodhi and Ways to Achieve It

What is the state of Nirodhi spoken by Gautama Buddha?

The word *Nirodhi* means the controlled by the practitioner disappearance of human individuality; this is accompanied by its mergence with the Primordial Consciousness in some of His Manifestations.

What does it mean?

Let's realize this or, at least, imagine the following:

I stand with outstretched arms, up to the neck in a large body of warm water, during quiet harmonious weather. I feel, with the arms of the consciousness, the water from all sides of my body — to the furthest possible distance. I achieve the point when there is now only the element (*tattva*) *water*, while the body disappears from perception. This is the state of “non-I”, i.e. — yet — only a model of the state *Nirodhi*.

However it can be cognized not in any other way than through the development of oneself as the spiritual heart.

Moreover, in order to cognize not a model of Nirodhi, but the true state, it requires prior practical cognition of the multidimensional Absolute, mostly — His subtlest layers.

”I am not, there is only He” — thus the state of Mergence with God in the Aspects of the Primordial Consciousness and Brahman (= Holy Spirit) may be reached [15-18], then — Infusion in Him and Accretion with Him. But, I repeat, a necessary condition for success is achieving an adequate level of subtlety of consciousness [13 et al.].

If the full Mergence with the Primordial Consciousness or Brahman has occurred, thus the *United We* — Unity with other Representatives of the Primordial Consciousness — is cognized. This is one of the top variants of Nirvana.

United We may be tried to be perceived not only as a “non-I”, but also as the “Universal I”.

All these states are possible only for the person who has developed oneself as the spiritual heart and fully mastered its main function — the ability to love.

* * *

We must first of all learn to love — in relationships with people and other creatures, i.e. with other souls. Then, further, we can learn to love the Highest Souls!

We can embrace Them as well as we embrace beloved incarnate friends by the *arms of love*. But now our arms are huge! And our Divine Friends are huge too! And, moreover, They *consist of* the Supreme Tenderness, Higher Caress, Higher Care, Higher Power and Wisdom.

Love in Their Embraces is the most blissful of all possible variations of love!

Love-Tenderness! Love-Caress! Love-Care!...

Another possibility to merge with God, except through love to Him, does not exist!

*** * ***

You can become the Ocean of Primordial Consciousness. Or you can be in the state of the Highest Love with His concrete Representatives. You can also embrace many of Them — All at once and feel that the *United We* of the Holy Spirits = Bodhisattvas is equal to my new “I”.

... In order to keep oneself in this state for a long time, as in any other higher states, it is necessary to feel the *arms*.

What are — *arms* in this case?

Everyone, who has reached such meditative abilities, can have a huge number of such arms — large, consisting of the Light-Tenderness! It's possible to touch with them any part of the *United We* and of the Creation! And — in the same way — to touch any individual soul: non-incarnate or embodied.

But the emphasis should be placed on strengthening yourself in the state of the *United We*. To do this, you can create a lot of *arms of love* and touch very gently the Holy Spirits = Bodhisattvas — and hug, merge with Them!

But where is my body? Nothing is visible of it — even for clairvoyance! I do not see any, even small dark spots in it! Full Transparency! Thus we can heal our bodies from all still remaining diseases.

... And if suddenly meditation is lost due to fatigue — you can simply hug, love, thank Those Who help us in our development. You can also easily find any familiar non-incarnate Divine Teacher, talk with Him or Her, put questions, get answers. Or you can dissolve in the Unity with each of Them or with all Them simultaneously.

If someone already has mastered also the methods of entry into the Turiynity, i.e. into Resting state of God, — you can relax in this state of Him.

* * *

Having been embodied into the world of matter, a soul naturally “grows together” with the matter.

But the completion of personal evolution, the highest point of the final achievements in the human body — it is, in addition to Fusion with the *United We*, Deification of the body.

That is, all the energies that are inside the body, including those that are turned into solid matter, must be spliced with the *United We*. And then — at the end of this work — the body becomes Divine, Immortal, and capable of disappearance and re-emergence by the Will of the *United We*. This ability was manifested by Jesus Christ and some other Divine Teachers [12,31-33].

* * *

I remembered the story from a movie where the guy’s father decided to talk with the girlfriend of his son; in particular, does she have serious intentions towards his son.

He asks:

“Tell me: how do you love my son?”

“I love him very much!”

“And what about such and such guys — do you really love them very much too?”

“Yes, I love very much all those who are in my embraces!”

... There is something to ponder.

Someone may gloat over these words and put all sorts of abusive epithets, despise, hate... Thus some people, i.e. lovers of such own emotions — are programming themselves to hell.

But the truth — that's it: *we have to learn to love — all!*

But, of course, — our love should not be identical towards everyone: it needs to take into account the consequences.

Familiar to us Holy Spirits — Sulia, Swallow, Mary Magdalene [12] and not only They — have grown to the Divinity specifically on such intensity of Their love! This highly intense love is easily associated with the Creating Divine Fire — in contrast to the smooth, soft, and calm love that is beautiful too!

Our emotional love can be quite different: either a deep gentle calm, or soft, affectionate, like the light of the sun shortly after the sunrise, or like an intensive fire-like giving itself [10,12-13]. All of these states may occur — although with varying prominence — in both: spiritually growing people, and the Holy Spirits = Bodhisattvas.

What is fundamental of any true emotions of love? Not wanting for oneself, not selfish passion! But — helping others!

”With my love, I wish to flood, heal, transform, help with all my strength — the strugglings!”

The strength of this love is directed, first of all, to all good creatures, including humans. And then — becoming developed — also for God!

... Each, Who has attained this possibility, can move from one of these states of Love to another. But some of such states are the most favorite for Everyone of Them.

*** * ***

We can obtain the possibility to live and grow spiritually in *sattva* of the world of matter.

But it would be even more useful — to master the life in the company of the Holy Spirits = Bodhisattvas, having learned to live — namely when the body is living — among Them. This kind of life opens the best way to continually learn from Them!

*** * ***

But... there are problems in the ability of people to understand.

There was such an incident. Once the old lady-physician mused: “What if Vladimir is right, and there is God? Is it possible that my late husband is living but not dead?”

It was in the evening in her room on the 4th floor of a town house.

And suddenly... there was a knock at the window from the outside! It repeated several times! It was as if an embodied man knocked on the window to draw attention to himself.

She understood: it was the confirmation from God about His existence. And also — that the individual life does not stop with the death of the body.

She told me about all this. Good! I was glad for her!

But it is important — in the context of our conversation — what was then...

Before her, the new problem appeared: *how* could that one who knocked, turn out to be just outside the window of the 4th floor?! She investigated the gaps under all the doors in order to understand how that spirit allegedly climbed the stairs, could go through the corridor of the flat to her room and then... knock from the outside?! And even though I explained to her that a spirit has no obstacles on the part of matter, easily penetrating it, she... could not accommodate it mentally, by the mind...

This is it — the level of development of intelligence! Can such intelligence accommodate the reality of existence of Living God, learn to interact with Him, merge, make the fusion with the *United We*? No!

She was a person with higher education, a doctor of medicine, and not young. But she was at a loss in front of such an “insoluble problem” for her mind!

And the vast majority of people around are at the same or at even much lower stages of intellectual development!

That time, God showed me this very important example on this subject — and I give it to you. If a person looks decent, says some right words, looks charming — it does not mean that he or she can

understand God. Such people tend to “stick” to the leaders of various sects, who are solemnly dressed, say with “weighty” voices, scare and threaten...

I met adults who were afraid of... taking the subway! Because — under the Earth surface... is hell!

And try to tell such people that there is a reason to learn, including, to lower oneself-consciousness under the Earth's surface, to penetrate by ourselves the entire planet, to be on the other side of it...

”Horrible!” — they would shout. — “Here it is — the doctrine of the devil: you want to be charged with hell energy, then to do evil on the Earth!”...

An intelligent person wonders and wonders about such absurdities. But... ripeness of intelligence comes slowly in the process of evolution of souls...

* * *

If we truly love someone — we take care of him or her. Therefore, we feel his or her emotions, desires.

And the developing intelligence permits one to distinguish between the true needs of others — and the false ones. And we help others — one way or another — depending on this differentiation.

Then we learn to put the interests of others — above our own interests. This occurs in the sphere of, first of all, emotions. Thus we learn the principle: “to love another more than myself”.

The result is the fullness of *feedback*.

And then these same *feedbacks* arise between the spiritual devotee — and God.

This allows one to master those stages of development, as have been mentioned in this article.

Religious Disputes, Sects — and God

What do people argue about in connection with religious themes?

— By what word is it correct to call God?

— How to pray to Him for “salvation”?

— How to dress our bodies?

— When people should or should not put on a headwear “in a sign of submission to God”?

— What haircuts is necessary to wear, what “religious” movements to make, and in what rituals to take part?

— What territories on the surface of the Earth “belong” to mine and other sects?...

But for a reasonable person, it is clear that all this is irrelevant to true religion! God offers us something quite different: the *inner work* on ourselves! Everyone should start from:

— understanding what is God and what is the Path to Him,

— removal of one’s own arrogance, selfhood, deceit, contempt for other beings, of the desire to get — at the detriment of others, of jealousy, moodiness, violence, anger, irritability, ability to take offense, and other manifestations of egocentrism,

— in contrast to the above — to develop love-giving, love-care, love-tenderness, love-forgiveness.

The system of psychical self-regulation, published in the book [13] and in our other materials, can help in all this.

But followers of certain sects, on the contrary, possess anger and aggressiveness; they are ready to go to war and kill, maim others — to crush infidels and capture their territories...

And regardless of whether there is war or no war — males of those sects rape women, treating them sometimes worse than cattle.

They can write on banners and rally their terrifying enemies with slogans like “God is with us!”. And it may seem to them that God approves their actions... But those are demons (not God!) waiting for them in hell, rubbing hands, grinning and gloating...

But God teaches us just the opposite: lack of strife, humility, peace, forwarding efforts primarily on self-improvement where the most important aspect is the refinement of the consciousness and improvement of ourselves in love!

... Worship to invented fairy “gods”, the willingness to die for the sake of this “faith”...

Or — adult members of one of many sects perform “quite seriously” child's play: they conduct “religious marriages” between disembodied people... Otherwise,... they do not get paradise!...

And only those, who are able to rise in their worldview above the sectarian outlook, are capable of actually fulfilling the Will of God: to cognize Him and enrich Him with ourselves after obtaining the spiritual Perfection.

What does it depend on? Why some people are able to successfully improve themselves in accordance with the Will of God, but the others... just hate everyone and everything around them, and hurt,

hurt, hurt... while honoring themselves as the most righteous?

It depends on two factors: a) on the age of the soul, and b) on what qualities they developed in themselves. And, of course, inaccessibility of sources of true spiritual knowledge for most people contributes to the “flourishing” of religious primitivism.

... And God... is overseeing the development of each soul, trying to help, reinforcing with His Grace any right intentions, efforts and actions — or pointing out mistakes through pain, illness, and failures.

... Someone will ask: so where is this God? What is He?

We have repeatedly mentioned this in our published materials. But I will repeat this again briefly in connection with the subject of this article.

God — in the broadest sense of the word — is called the Absolute.

The Absolute is the One Eternal and Infinite (in spatial extent) Macro-Organism, filling with Himself the universal space.

And we — people and other incarnate beings — are like cells of His Universal Body.

It can be drawn in an analogy with our bodies: they include cells which have some autonomy and mobility (among other traits). These are, for example, spermatozoa, some red blood cells.

On the spiritual Path, one of the objectives for devotees is to learn — at the height of their own evolution — to join God, thus becoming Him.

... But in the ideological basis of some sects of oriental origin, there is the belief that Perfection is

acquired by only the *mental understanding* of the just now described; and its simplified version is the following: “There is Universal God, I am in Him. And, if, at the same time, I cease to feel myself, and just *imagine* only God in all the surrounding space — that's it — the Perfection.”

But, in fact, it is a trap.

Let us trace the further course of thinking in this direction of adherents of those sects:

”If I am part of God, then all my thoughts, desires, and actions are Divine. They are the realization of the Will of One Universal God!

”Therefore, for example, if I want to beat, rob, rape, kill someone, — I do not doubt that I am right, because by such manner God expresses His Will!”

In psychiatry, there is the term “logical delirium”. It is when someone makes an obvious logical error and does not notice it, but continues further reasoning without a sense of error, feeling correct.

And what is the error in our mentioned false paradigm?

It is based on a lack of knowledge about God.

God — in the Aspect of the Absolute — is precisely the Multidimensional Structure. He consists of layers of multidimensionality located one *beneath* the other. The outer layers are denser and less perfect. Deeper ones are increasingly more and more subtle and perfect. His most deep layer is the “*Heart of the Absolute*” — this is God in the Aspect of the Creator, the Primordial Consciousness.

The Absolute exists in constant development. This development consists in turning less perfect — into more perfect.

Each of us can try to understand one's own personal role in this Process of the Evolution of the Universe Consciousness — and to live in accordance with this knowledge.

The ultimate task of each of us is to find ourselves living not just in the Absolute, but in His "Heart", i.e. in the most important and maximally subtle Part of Him Which manages all.

At the beginning of this article, we looked at how a lot of people, living now on the Earth, disfigure their fates by dedicating their lives to crime, yet, considering felonies as the acts righteous before God...

But God is waiting for the completely different from us, the opposite!

In [12] it was shown, in particular, how to obtain the Perfection, walking towards it by seemingly very different ways. It may be, including:

- monastic deepening in spiritual practices,**
- creativity in the arts dedicated to the refinement of consciousness,**
- self-sacrifice in bearing the highest spiritual knowledge to others,**
- even participating in feats of arms.**

... People, who are bogged down in vices, nominated the well-known concept of the incognizability of God. Yes, for them — God is really incognizable!

But those who have dedicated their lives to improve their love for Him, who live and act for Him — their fates are completely otherwise!

If to live not by the Teachings of God, also being far from understanding what God expects from us, — it means to begin fantasizing on a religious theme.

Plexuses of “faith” are formed of these fantasies... Among them there are those which lead adherents not to the Abode of the Creator...

... Now I remember a curious old case from my life. In those years, I constantly visited an Orthodox church, temple. And professionally, I was teaching the psychological self-regulation, which at that time was called by the term “autogenous training”. (Such words as “psyche”, “psychical”, “psychology” in the atheistic Soviet Union were banned).

One of the priests of that temple — during each of his sermons before confession — declared the following: “When you succeeded in a toilet “give everything” well — do not exclaim ‘Thank You, God!’ do not say the name of God in vain!”.

One day, I could not bear it and — after mass — appealed to him in the sense that would it not be better to talk about something more significant?

He gestured towards the crowd of congregation: “But they — do not understand anything! So, they would remember this if anything!”.

Then he asked me about my profession. I replied that I am a scientist-biologist, teaching autogenous training. He joyfully cried: “Yes-yes! And I also once studied autogenous welding!”.

That priest was nice! But, on the other hand, do he and others like him really perform in past and now their priestly duties before God?

... People who do not know anything about God, sometimes begin to fantasize about the methods of spiritual development, including even the toilet theme... Others, with the same purpose, for example, drink urine...

But only those, who have really cognized God, can conceptualize the full knowledge about His Will to us.

Let us remember that, as we discussed at the outset of this article, our task as humans consists in development of ourselves to the point of being worthy to join with the Creator, bringing to Him our — valuable for Him! — qualities.

Among these qualities, there can be high competence in sciences, such as medicine, biology, psychology, etc. Also — creative ability in the arts, which refine souls. Also — mastery even in the military — in the broadest sense of the word.

One can begin to move towards the spiritual heights — through any useful for people vocation. It is important only to live, respecting the fundamental ethical principles, such as the following, which are in my opinion, the most general:

”I do no harm to anyone for any reason — not even grieve them!

”And I am helping everyone in everything good!”

Moreover, these principles should be applied in relationships not only with other people, but with all harmless creatures.

... So, it is necessary for God — people receive a broader education, in particular, they could study the Teachings of God. Also — each one research oneself from the point of view of soul’s defects — to release from them.

It is appropriate, in particular, to compose and write down for oneself the personal plans of self-improvement. Then — to write the reports for God on

their implementation. And — the new plans of moving above the already mastered steps.

Repentance will help on the way of cleansing souls. Everyone can look at one's own past — and see it as a road paved with given by me to others — intentionally or unintentionally — pain, grievances, and injustices... Also — pain of animals killed by me or for me... Or — when my feet stepped on ants, snails, worms... We could get used to ignoring the pain of these little ones, but it does not become less because of this!

It is necessary to walk emotionally through the pain of all them — with my own emotional pain!

It should be understood that the task of repentance consists not in begging forgiveness from God, but to learn not to repeat the ethical mistakes, not to sin!

Let people, who have cleansed themselves of soul's defects, including coarse emotional states, — send their love to the Creator! Then — Holy Spirits, coming from the “Heart of the Absolute”, take every such *adept of the Truth* in Their disciples and lead him or her to Their Abode — the Abode of the Creator!

What Is Needed to Become Perfect?

We talked about this in many of our books and articles, as well as showed in video films.

It was about the same: cognition of God and the gradual deification of oneself, as well as Service to the common Process of the Evolution of the Universal Consciousness.

But can it be expected that such information immediately “will reach” the majority of readers? The population of our (and not only our) country was “brought up” either on atheistic lies or on the falsehood of sects, claiming, for example, that

— only belonging to this sect will “save”,

— and that the only thing that we can do for us to be “saved” — these are prayers and hatred to members of other religious movements,

— or that the destruction of certain infidels is the guaranteed way to paradise,

— or that violence against other people for the sake of “saving the ancient foundations of the faith” is a virtuous deed...

The majority of people, living on the Earth right now, have neither any understanding about God, nor even what is a soul! They identify themselves as their bodies!... And a soul — for them — is something... not clear; it then will live in hell or in paradise...

Although the truth is that man is the soul, only for a time infused by God into the material flesh — to grow in it, to master in it the stages of perfecting!

Moreover, animals and plants — they are as we, people, also embodied souls of different ages, usually younger if compared with people.

”Understanding nothing” in the religious theme among the masses of “believers” — is now a common happening in all existing dominant directions of religion! True religious values are replaced by substitutes — sometimes only diversifying true deeds, but sometimes — leading to the diametrically opposite direction from God!

But spiritual progress, indeed, is not achieved — either by tortures and killings of dissidents,

— or by the “exhaustion or mortification of the flesh”,

— or by only various prayers and rituals —

but by the purification of thoughts and emotions, kindness to all kind beings, development of oneself as a spiritual heart, subtling oneself (as a soul, consciousness), the formation of the aspiration in love to God!

Therefore God suggests — to finally “come down” — to tell about the Truth over and over again and in different words, observing the Truth in many ways.

By doing so, in this article, we will talk about God and the Path to Him in yet another variant of consideration.

So, on the spiritual Path, one needs, in particular:

1. To get general information about God, about the Evolution of the Universal Consciousness, the proper place in it for each of us, in other words, — the meaning of our lives on the Earth and the possibilities of its implementation.

2. To take care of the health of the body. The body is a “factory” for remaking energy, coming as ordinary food, — into the energy for developing the soul. Moreover, this energy must be adequate for the spiritual growth.

The conventional medicine may help in the recovery of the body.

But more importantly, we are not to harm our physical health! I mean both the inclusion of harmonious communication with nature, and the exclusion of alcohol, tobacco, any medicines called narcotics, and the categorical rejection of eating the

bodies of animals. In our diet, it is necessary to take care of the full protein maintenance, vitamins, trace elements... We talked about this in some detail, including, in our other books and articles [6-8,10-13,15-17, et al.].

3. To purify our thoughts and emotions; they must be devoid of coarseness. This does not exclude a critical evaluation of observed phenomena; it indeed is needed! But we should consider our own level of subtlety in the states of the soul (consciousness). When people talk about the *sin of condemnation*, we should focus not on critically assessing certain events, but on the presence or absence of *emotions* of condemnation.

Remember: our emotions are the states of the soul (consciousness)!

Dominating in us subtle emotions lead us to paradise and then — to the Abode of Holy Spirits and the Creator.

But people, accustom themselves to coarse emotions and go to hell — the “rubbish heap” of the Evolution.

And no prayers will help: oneself alone inevitably programs himself or herself into a fixed layer of the multidimensional space — in accordance to the corresponding states of oneself-soul as per the “scale of subtlety — rudeness”!

On the spiritual Path, we should talk about mastering volitional control of our own emotions. And without special knowledge about this, it is very difficult to achieve adequate progress. Therefore, we have developed and published methods of psychical self-regulation, which can be found in the books [13 et al.].

4. The complete ethical purity must be achieved and impeccably kept [12-14, et al.].

We discussed the theme of ethics in more detail in the book [13]. In particular, it was said there that the ethical attitude should be applied towards everyone: not only towards other people, but also towards animals, plants, and — which is most important — towards God in His various Aspects and Manifestations.

In particular, the undying love-aspiration to cognition of our common Creator should win in us, despite difficulties which are put by Him in front of each of us — simply to test the strength of our love for Him.

5. A necessary attribute for the spiritual ascent is the knowledge of meditative techniques for development of consciousness. This is what we have discussed a lot in other publications [12-13,34, et al.]. Now I will repeat that what spiritual seekers do not always pay attention to:

— The basis of spirituality in man is his or her ability to live in a state of spiritual heart. This quality is called also *sincerity, frankness, anahatness*. The spiritual Path begins from this threshold. All that was mastered before, was only preparation, a prerequisite.

Further progress is determined by the success in this direction: the growing spiritual heart becomes at the rate of meters, then of kilometers, hundreds of kilometers, further... If the proper level of subtlety of the consciousness is keeping up, the Holy Spirits become for each Divine Teachers — easily perceptible: visible for the eyes of consciousness, clearly audible, always ready to give the Divine Love,

if we progress flawlessly. One acquires the ability to embrace Them, merge with Them...

Merging with God in the beginning is made precisely so. Then the variants of the existence of the *United We* of Holy Spirits are cognized in different versions: the *Transparent Calm*, the states of *Divine Light* and *Fire*.

— Starting to work with the anahata chakra, you need to learn to look *from it* not only forward but also backward. Looking forward, we shine out of it into the world of the Creation. Looking back — into intangible subtlest layers of the Universe, including the Holy Spirit's world. All this and more — in a meditative perspective of development — is carried out *behind* the body and *under* the matter, in the multidimensional *depth*.

— It is necessary to meditate with physical eyes open. Then — the eyes of the soul inadvertently are open; this determines the development of clairvoyance.

To close the body's eyes, when trying to meditate, means that such a person is immersing in the mental images which arise in the chakra ajna. This, of course, gives no good, only the illusion of success.

— I do not consider that it's right to make mass group lessons for all comers — on serious psycho-energy work.

Usually, in particular, schizophrenics and other people with poor mental function come to such groups. And also — incorrigible freaks on the ethical direction of development.

And it is necessary to take into account, too, that people who master the methods developed by us

heal themselves of various diseases, including the very heavy. And this in many cases — no matter how strange it may seem — is bad. For those who were — before God — unworthy of health due to the ignoring ethical flaws, obtain healing during such sessions as advances and debts to God. If they do not then make returns on these debts, it “hangs a heavy load” in their fates, only worsening them...

So I would recommend to everyone to try moving forward on such programs — independently or in small groups of friends.

As for the mass trainings, including such for children of all ages (particularly, together with their harmoniously developing parents) [11], such programs should be restricted mainly within basic psycho-physical exercises and work on anahata chakra; this then lets each raise independently the spiritual heart.

These classes would have a huge positive impact in the further development of children. The activity in halls could be combined with ecopsychological tourism: development of the ability to live in nature, eating edible plants and storing them for future use, also attunement with the beauty and harmony of sunrise and sunset, studying the vocalization of birds, the cultivation of heart friendliness towards all the good inhabitants of forests, meadows, reservoirs... This, in particular, would favor children who then will never in future become killers (direct or indirect) of animals. And this is very important for success in spiritual perfecting!

But we must not overload children mentally with difficult for their age information about non-incarnate forms of life: it can lead to open inadequate behavior.

Let us remember that, for example, among adults, too, can be seen the not so uncommon lack of ability to distinguish between information which is received from God — and from whispering “voices” of demons and devils.

Many children at an early age easily meditate — sometimes even better than adults. And they can see the Holy Spirits. (Under the influence of materialist education these abilities are lost with age). But... I will make an example in this respect:

Once we were on one of the *working sites* of Holy Spirit Assyris — in a company with about a six-year-old girl. We trained in meditation communicating with Assyris and His Divine Disciples. All was easily done by the young girl as well as by the adults. We were surprised and delighted looking at her!

When we were walking back to the train, we came upon a pile of elk excrements. The girl never before saw it. But I explained — what this is.

Then, as we walked, the girl all the time lagged behind — near every puddle. I went to see — what was there that she found interesting?

It turned out that there were likenesses of elk excrements of mud; she sculpted them by hand and laid at the edges of each of the puddles...

Conclusion: for adults — the most significant from that day was the communication with Divine Assyris, but for the girl — elk wastes...

Such is the reality of children perception...

God Is Living!

God really exists. And there is ample modern knowledge about Him, collected in the scientific biological milieu [12-13,14-18, et al.].

But there is also atheism, which does not accept the existence of God.

What is the cause?

This may be due to the deep viciousness of those souls. For example, they may think as follows: "I do what I want! And I do not need any human teachers or gods, who would like to prevent me from living how I want!". Such thinking characterizes active and potential criminals, in particular.

Another cause of atheism may be, on the contrary, a relatively high level of intelligence and therefore the inability to accept such primitive concepts of God, which dominate in social environments.

There is the true knowledge of God — and there are various sectarian deviations from it, including gross distortions.

Atheism deserves to be considered as one of such sects.

* * *

Knowledge of the existence of God could lead everyone to constant remembrance of Him and to the desire to be better before Him.

That is, one needs to constantly correct and improve oneself — as a soul.

But for this it is necessary to know the Teachings of God addressed to us, embodied people.

In other words, we need to clearly understand, what He wants to see in us. And this does not always comply with traditional sectarian beliefs prevailing in different human populations.

God invites us to learn to live:

- in peace of mind,**
- in the emotions of love-tenderness and self-sacrificing love-care,**
- in refinement of the soul,**
- in forgiveness of offenders,**
- with elimination in oneself of all manifestations of self-centeredness, hypocrisy, irritability, anger, aggression, and violence —**

with the purpose of avoiding as far as possible the coarseness of hell and with the aim of approaching the Creator, Who is Love and the Subtlest, Highest Form of existence of consciousness in the universe, Who is the Basis of All [12-18 et al.].

But how little the adherents of various denominations have heard about this! And even fewer are those who perform these recommendations!

Most of the pseudo-religious “pastors” impress upon their “flock” the opposite: namely, hatred and enmity to “infidels”, and to representatives of other countries and nationalities... And, the “spiritual work” is reduced to the endless reiteration of the same prayers and participation in ceremonies that supposedly offer salvation...

The ignorance of the Teachings of God, which are the same for all people, leads to the fact that — in place of these Teachings — criminal leaders create their own “doctrines”, presenting it to the ignorant

crowd as... having a Divine origin. Millions of people may be involved in such sects, they do not know anything, except about murdering, looting, destruction, and violence. All of such people become inhabitants of hell, which they, having been deceived, understood as paradise, when they were incarnated...

... Yes, some people have named hell — as paradise... And, well, that's where they go: to hell called "paradise" (this is a joke)...

... What should one do about this? Should the state oppose such people with military power? This would only alleviate the situation for a while. And then everything would just be repeated all over again...

The only correct way out of this consists in widely spreading the true knowledge of God, His Intentions with regard to us, and also the methods of carrying out His Plan.

Only under the condition that people know about all this and try to master this Path to our Creator; carrying out, step-by-step, His recommendations, — will they, as a result:

— begin to experience the reality of His Love, exhibited to anyone who makes the right steps,

— become sure, through one's personal experience, of His Existence.

And it is only such people whom can be expected not to commit crimes! And they — after disembodiment — will find themselves in the real paradise or even in the higher levels of spiritual ascent.

*** * ***

So, we have already discussed that God is not just a symbol or a fairytale personage created by criminal “pastors” in order to intimidate a “flock”!

God is the Reality That is cognizable by the developed human consciousness!

God is Living — consisting of Perfect Love, Wisdom, and Power!

But how to cognize all this personally in one’s own experience?

First, an ethical cleansing and transformation is required. And — on this basis — there should be a refinement of the consciousness [13 et al.].

Second — and this is still only one of the initial stages of spiritual ascent — one must master the emotions of love, in particular, on the background of mutual embraces to those who are worthy. (Of course, this should only be done out of sight of strangers and with careful observance of ethical norms of behavior [12-13,31, et al.]).

Holy Spirits, Who represent the Essence of the One Universal God-the-Creator [15 et al.], once reached Their current Status in this way. And Their main state is the Mutual Mergence in the Embraces of Perfect Love.

Therefore, we, striving to achieve Their Perfection, can learn to embrace each other on the background of emotions of heart love. (On working with the spiritual heart — see in [10-12 et al.]).

(Let’s pay attention to what the Teachings of Jesus Christ tell us on this subject [14] and on how embodied people distorted and distort these Teachings [6 et al.]).

First, we can embrace our friends — with our material arms.

But the Holy Spirits do not have material arms. So, how do They embrace?

They embrace with Their huge and most gentle non-material Arms, Which are consubstantial to Their Spiritual Hearts.

It makes sense for us to acquire such Arms as well. And it is only possible to learn this while in the embodied state.

For this purpose, we must first develop the functions of the spiritual heart. And — after a certain point — we start to feel the intangible, tender, and subtlest arms of love, which emanate from it. Through these arms, we learn to caress and nurture by our love — plants, animals, and beloved people...

Then, we learn to hold entire water bodies or large areas of land, with all their inhabitants, on our palms...

At the same time, remember that you cannot fall in love with the Creator without first loving His Creation!

Thus, we prepare ourselves, with concurrent refinement of the consciousness, to ensure that by these new Arms of Love we can embrace the Holy Spirits, by first embracing just One of Them in His or Her Mahadouble, and then — several at once. It is necessary to master this at energetically pure places in nature, and, even better — on specific *working places*; these abilities cannot be obtained in a town house or in bustling streets.

In this way, we gradually become like Them — and then They include us, while we are still embodied, into Their Family.

Is it Right to Give Flowers to One's Beloved?

Once, we were invited to a new home by its hostess; this house was built in a neighborhood of one of the southern towns.

It was in May, and tulips and other flowers had bloomed everywhere around and were shining with their gentle beauty.

The day before our arrival, the hostess had a birthday. She had not made any plans for celebrating it, and guests were not invited.

Nevertheless, visitors came by themselves, without an invitation, and each of them brought a large bouquet of cut flowers.

The son of the hostess collected all those bouquets into one huge tank of water. The flowers could barely even fit!

... After we had arrived, the hostess asked me to evaluate the energetic state of the house.

I switched to the appropriate perception and began to explore the house room by room. Everywhere, everything was fine! But only in one small room, the door of which was closed, was the situation alarming: an intense energy of suffering and death flew through the closed door. What is it? Was someone dying in there?

I insisted to open the door. The hostess, knowing my spiritual beliefs, reluctantly complied with my request.

There, on the table, a bunch of beautiful dying plants stood in the huge tank...

... I invited all those present to slowly and carefully analyze the energy of the room. Everyone became convinced that the intense negative field was produced precisely by this huge bouquet. We even tried to move it to other places in the house. But these experiments only further confirmed that an energetic power of suffering and death, which was harmful for people, came from it.

And these were intended to be “little presents”!

Small bouquets or single flowers do not produce a very noticeable injurious effect; but from large bouquets — a much more damaging effect is very noticeable. And those people, to whom such flowers “are bestowed”, then correspondingly suffer either greatly or slightly...

... Of course, I already knew that plants suffer from injuries and premature (i.e. before their natural term) dying. They are — animate beings! In their bodies, too, as in ours, souls live and grow. Typically, those souls are younger than animals and humans. Nevertheless, there exist rare exceptions.

It is possible to communicate with some plants by using emotions and simple thoughts. Trees accustomed to communicating with non-evil people, who are healthy and growing with sufficient illumination, are willing to engage in such emotional connections. You give them your heart love — and they respond with their love, and, sometimes — as was the case in the early years of the beginning of my own spiritual formation — they give a much stronger love back!

Such plants can become good friends, and even teachers. You can learn to attune to their subtle harmony, filling — with oneself-soul — their material

bodies and “cocoons”. By this, we can enlarge ourselves in the beginning of the Path.

... Their suffering from wounds can be most easily observed, too, namely in large trees. It is possible, in particular, to see depressions of the boundaries and a reduction of the density of energetic fields in their energetic “cocoons”. Pine trees that were wounded by axes sometimes asked me to “finish” them: such a life of suffering was unbearable for them... But I... could not raise a hand to do this...

Small plants — also suffer, although their bio-fields of pain and death are weaker and therefore hardly noticeable for us. Only when — as in the case discussed in the beginning of this article — simultaneously dying plants are gathered in a huge bouquet, does the total bio-field of suffering become quite clear and obvious.

Pain may be different. It is clear that the intensity of the experience of pain in plants — is much weaker than in animals and humans.

By the way, those plants, which die of natural old age, do not suffer and neither do annual plants when the winter cold comes.

... We cannot live without killing plants for nourishment, for construction, and for the clearance of land for planting other plants, which are more important for our needs, etc.

But we need to treat all plants with love-compassion! We have to respect their lives and well-being! From an ethical standpoint — it is unacceptable to damage plants in vain!

Moreover, it must be remembered that in plant bodies, as well as in our own, the process of

development of souls is occurring. Plants and animals are our younger brothers and sisters in the One Universal Process of Evolution of the Consciousness. Sometime later, they will be embodied in human bodies, and will be people...

And, a very long time ago, each of us was incarnated in bodies of plants, and was one species of plant or another, and perhaps suffered from pain caused by immoral people...

* * *

Any vain infliction of pain to any embodied being results in the accumulation of “return addresses” which fall into the offender’s own destiny. We are paying with our own pain — for every pain caused in vain to others! That’s how God is trying to wean people from frivolous attitudes toward others’ pain and death!

Just look at the mass murder in vain of “Christmas trees”!...

Those children who have come into these lives, being good, — cry and protest: they feel sorry for these beautiful plants with such a fragrant delicate aroma! But cruel adults insist: this is accepted, so do it! Do not wail, enjoy it!

To enjoy other’s pain?...

And fish, adults say, do not die in agony by suffocation, but “fall asleep”...

And if you will not eat meat — then everyone will point fingers at you and tease you, calling you a “sissy”!

In this way, children form in themselves a contempt for others’ pain. Likewise, adults ruin the

fates of these children, dooming them to diseases and slowing their evolutionary development.

But, conversely, it could be possible *to teach children to love emotionally* — including through communication with flowers and trees! And — not with dying plants, but with plants growing in the wild, in their natural habitat! And it will bring a lot of positive things into the fates of these children!

Above all, God expects ethical purity from each one of us! It is precisely from the mastering of this stage of spiritual development that further progress on a large spiritual Path can start for each individual!

We are embodied by God in our material bodies not only to eat and reproduce, but to gradually approach the spiritual Perfection and — eventually — to merge into Him for enriching Him with ourselves!

Where Does God Live?

Being embodied, we find ourselves on this material “island”, which was created by the Creator, as it were “bulging” from Himself — into the spatial dimension of the material world. Then, during millions of years, the transformation of this “island” — up to its present state — occurred over time. [12-13, et al.]

The beauty and grandeur space above this “island”, as well as sattva of fragrant flowers on meadows and trees, also the beauty of harmonious bodies of humans and even animals — all this is a hint of the Creator for us to learn to love all this and envelop, merge with, all the Harmony of Creation as souls, or rather, as the spiritual heart.

When it is well understood by us, as well as when hatred, greed, violence, selfishness, and other properties of vicious souls are completely eliminated, — it is time to begin to cognize the Creator. For this, a mature soul, in obedience to His Call, rushes — in love for Him — to the depth of multi-layered (multi-dimensional) space — towards ever greater subtlety.

As far as one's improvement and approaching similarity to the Creator by quality indications — the soul now becomes huge in size, learns to love Those Who have reached the Abode of the Creator before. Now, communications with Them become easy, free!

Then such a Perfect Consciousness fixes Oneself in the Abode of the Creator forever — and only in cases of necessity comes forth — as Part of the Creator — to help incarnate beings.

And some of such Consciousnesses even incarnate again into human bodies — to tell people — in the most convenient for them form — about the Creator and the Path to Him. These are Their great acts of self-sacrifice: because men-primitives strive to torture and kill these Divine Zealots...

... What is the Abode of the Creator?

And of what appearance is the Creator?

Creator is the Total Aggregate of all Perfect Consciousnesses Who have reached Him in the entire history of His eternal existence. These Consciousnesses (Holy Spirits) are not burdened with solid material forms — and therefore easily interpenetrate Each Other, merge with Each Other in Their *United We*.

Thus, the Creator is really *One* but represents the Unity of a lot of interpenetrated Perfect Consciousnesses.

How appears this Unity?

We can speak here about the *Living Transparency*, not having intense luminosity and existing in the state of *Blissful Peace*.

But if One of the Holy Spirits comes out of this state to the Creation for the sake of helping embodied beings — He or She will acquire the state of the Divine Luminosity. This Luminosity is a sign of increased activity of the individualized Holy Spirit or of a group of Them. It may appear as the Divine Light or Fire — the Light and Fire of Their Love!

This Light and Fire may appear in the Abode of the Creator.

But the Holy Spirits, Who are for us the non-incarnate Divine Teachers, can also come into the world of Creation and become noticeable for incarnate people. In such cases, They usually appear in giant anthropomorphic Forms of Light or Fire — Mahadoubles.

*** * ***

So, what makes sense for us to deal with in the material world — from a spiritual perspective — if we accept the existence of God?

First of all — it is necessary to get rid of all those qualities which are opposed to love. These are — anger, irritability, violence and any other rudeness, also falsity, all other manifestations of egocentrism, including arrogance, selfishness, desire to claim what is not mine, also pride of one's own achievements, self-admiration, self-glorification, etc.

I emphasize that self-admiration and self-glorification are typical ethical mistakes of many

people who wanted to become better. This is — a trap, forcing a reduction or complete discontinuation of further efforts in self-development.

And any manifestation of coarse emotions are opposite to the Creator: the Creator Himself is the most subtle form throughout all forms of consciousness existing in the universe.

... Then — let there be spaces for growth of the spiritual heart! Let the open spaces be — at the beginning — above the world of matter, then — in the subtlest spatial dimensions where the Holy Spirits act. And then further — in the Abode of the Creator!

In particular, you can learn to light the *Fire of Love* via one's huge — the size of a planet and even much more — *Spiritual Heart*, having become the *Divine Sun!*

... Once more, it is necessary to live in the Mergence with God. For this, it requires mastery of the Infusion into Him, finding Co-Dissolving with Him.

This is what we are beginning to learn while still in the Creation — by means of, in particular, love with a sexual basis. Looking into our past, most of us will be able to follow the process of the merging of human souls into *one*. And — how painful sometimes were the ruptures of such relations!

There are special techniques, training mergence — for example, with the beautiful in nature. “There is only this beauty — and no me apart from it!” In this case, the soul learns to co-dissolve in the subtleness of the Beauty in Creation.

To master this in the Creation — means it will be easy to learn Co-Dissolution also with the Creator.

Let me draw your attention to the fact that the proud and conceited individual “I” impedes the Infusions into the Creator. To infuse into Him and merge with Him, there must remain only one “I” — His “I”. That's why it makes sense to avoid even small manifestations of self-centeredness and radically be rid of them if they exist in the soul.

Egocentrism has to be replaced by God-centrism! [18 et al.].

*** * ***

In different religious traditions, the state of co-dissolving with God is termed Nirvana, Liberation and other synonyms.

Many details about this Path can be found in our other published materials. In particular, I mean the system of psychic self-regulation which was developed by us. [13]

But those who do not follow the path of ethical purification, who, in particular, are capable of causing needless harm to any creature, even kill them for the sake of satisfying their gluttony — those are the opposite of the Creator. In particular, God considers such predatory lifestyle of various people — as wicked [1-2,6-8,12-14,20,23,33-35, et al.].

But righteousness is the ability to live so that one does not disappoint (with the exception of, perhaps, cases of extreme necessity) either people, or animals, or yet plants (because they are also animate beings!). And even more — do not disappoint God!

* * *

So where does God live?

He — in the Aspect of the Creator — fills by Himself the entire universe. He is not only above the surface of our round planet (as many are convinced) — but He is in truth everywhere including *under* our bodies, *under* each atom. Also — *under* the matter of our planet, as well as of other planets, stars, and other material objects. He is the infinite in size *Ocean* of the Universal Perfect Consciousness!

He invites us into Himself, waiting for us in Himself. But each of us, to merge with Him and become Part of Him, must first reach the Perfection — by both qualitative and quantitative criteria.

... But the majority of people — rather than eliminate their soul defects and actively increase virtues — pray to God for Him to forgive and forgive our sins...

... Why do we usually not see Him?

Because — He is in another spatial dimension. From there — He sees and hears everything that each of us do, say, even think. All our emotions and desires are also in His sight. Sometimes, He intervenes in them, as well as in our thoughts. But more often — He does not do this.

He usually gives us free will. And — on the basis of our right or wrong decisions — He forms the future destiny for each of us.

To learn how to make only the right decisions, we have reason to attempt, as far as possible, to understand the Process of Evolution of the Universal Consciousness — and include ourselves in Its Flow. By this, we fasten our lives with the Life of God and come to Victory.

It is possible to achieve this result only by means of the development of oneself as the spiritual heart. This is — the proven by centuries Path of Hesychasm. And we — a team of Russian experts in the field of spiritual knowledge — have introduced this significant contribution into the development of this branch of spiritual knowledge.

Conversations with Vladimir Ulyanov-Lenin

We for the first time saw non-incarnate Lenin, when he came to our campfire.

He was a spirit of mean size, not light. He wanted to say very much, but his enunciation was chaotic. He also spoke somehow not about the important: neither about the meaning of life, nor of God. But — he is still enthusiastic about revolutionary events, civil war... Concerning God — he did not want to think:

“God, how He was represented at that time in Orthodoxy, — such a God, of course, cannot be. And into any other nuances of religious peripeteia — no leisure for me, I do not want to learn!”

“Do you regret what happened in Russia around 1917?”

“Of course, no! It was a great turning point in the history of the country!

“Another thing is that those who have seized power — they have to endure a stern response in their karma for the crimes they have committed!”

“So, after all, you do admit the ‘law of karma’, right?”

“Where to hide?! — archly replied Lenin. — I wanted to talk with you not about God but on something quite different!”

“About what?”

“Will there ever be a brighter time for Russia? — for the country, for which I fought and tried to do so much to make better, but was distorted by the infernal souls!”

“So, is it that you admit the existence of hell?”

“Well, what to do?! I watch it all! And I am myself — not far from it...”

“There is hell, there is paradise, and there are other ‘gray’ layers of space, which are between paradise and hell, is that right?”

“Yes. I represent namely that ‘gray astral plane’, as you call it in one of your books.”

“Have you read all our published materials?”

“I read a lot: Kropotkin, Tolstoy... I'm trying to understand and yet do not understand, why God has created all this? Why people die, what are wars for?! What for? Why? We wanted to build the communism: the welfare for all working people in our country and not only in it! And suddenly... — some ridiculous path came about...”

“I'm very happy, thank you, Vladimir, for you have ‘mentioned a word’ for me in one of your recent articles! It will be sobering for many souls who — after praising me — made a complete reversal: they began to run down and run down me, as if I'm the devil! (Crying). I wished only better for the country! But it was so perverted!”

... Two women showed themselves next to Lenin: Nadezhda Krupskaya and someone else.

I asked all three them:

“How is Alexandra Kollontai? She was one of the leaders of the Komsomol’s ‘sexual revolution’! How is she? Where she is now?”

“Embodied, in a male body.”

“Where?”

“In Europe, north-east of Italy. The young brave officer. A little something is out of his line — he just ‘grabs the sword’.”

“Would you now agree that the ‘sexual revolution’ — is not always good? Usually, during such innovations only ‘free sex’ is proclaimed. This creates a sense of ‘celebration of freedom!’... But... venereal diseases, unwanted pregnancies start...”

“Without the introduction of sexological knowledge and instilling a culture of sexual relations with the emphasis on ethical components — such a ‘revolution’, in my opinion, presents to people more harm than good.

“It is quite another — the subtle love of two alone before God! It is love-tenderness involving sexual components! Namely this is blessed by God!

“We should implement knowledge about the proper role of sexuality in the spiritual development! In particular, it must be cultivated: the sexually which is colored by tenderness — but not crude and selfish sexual fervor!

“What do you think about this now?”

... Lenin — in mourning — turned and walked away. Women followed him.

Comment from Huang Di

“He, as well as the majority of people who lived in that time on the Earth and living now, is a wretched creature who did not recognize God — among the mosaic of philosophical concepts. If he would have been guided by God in the activity of the leader of the country — then everything would be otherwise! But he operated “from himself” — from his own phenomenal intellect with regards to leadership, which was even so imperfect.”

“What is his future fate?”

“He will exist a few centuries in that ‘abode of mourning’ — ‘gray astral plane’. Then he will be embodied again — when there will be the favorable conditions for further development of this soul.”

A Few Days Later

Lenin again approached us. His state was more light.

He said:

“Now, thanks to the fact that I have known how you live and what you offer to people, — now I know how to live! I will prepare the new revolution!

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

Appendix⁵

To Jesus on Christmas (by Aleksey Dikiy)

We want to give You the gift
Of washing away all our defects and
Of filling our hearts with pure love
So that we, as souls,
 rush to the Embrace of the Father!

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

(January 2016)

To Jesus (by Svetlana Kravtsova)

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

What value does the world of the Creation have?

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

**I do not know anything sweeter than the
Embrace of Your Tenderness!**

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

(September 2015)

The Answer of Jesus

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

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

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

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

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

The Path — Revelation from Babaji

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

However, maturing in God takes years, not moments!

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

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

Develop tender power, love, and calm!

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

I take your hand and lead the way

To the Primordial Depth, where Love and Calm are!

Only those who are pure souls

Will overcome the entire Path,

By aspiring to become Perfect

And sink in Me!

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

On Upbringing — Revelation from Pythagoras

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

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

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

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

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

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

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

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

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

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

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

About the Straight Path — Revelation from Thoth the Atlantean

“How can I hear and understand You better?”

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

“If the words are to be formed, I have to enter your body and visit your brain. However, for this, your mind has to be open and directed to Me, and your individual thinking has to be temporarily switched off. Otherwise, the precision of the perception of the information will be disturbed by you.

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

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

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

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

What Do We Need to Enter the United We? (from Bogatyr and Sulia)

You have seen that each one of Us, the Holy Spirits, led a different life in His or Her previous incarnation. Among Us, there were athletes who developed personal power, slender girls who cheered up others through the subtle art of dance and song, faithful preachers of God, fighters against evil, doctors, healers, etc. A great variety of different qualities!

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

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

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

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

We Only let Such People into Us!

So, you should urge everyone to become like this!

***Written down by Vladimir Antonov
(October 2014)***

Love Will Make the Path!
(from Han)

**Learn to love in the way that I love you!
May all doubts go away and your arrogance
dissipate!**

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

The Creator is One! There is no other Truth!

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

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

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

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

*Written down by Alexey Grechanikov
(August 2013)*

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

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

**There are those who are ready
to change among people,
And you can inspire them!
When you start feeling your responsibility for this
You will change yourself rapidly as well...**

*Written down by Alexey Grechanikov
(October 2014)*

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

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

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

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

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

**I heed and see that through the words of Your
poems,
You flow as Light**

And lovingly touch everyone who is open for kindness!

*Written down by Dmitriy Osipov
(September 2014)*

**Become Me!
(from Adler)**

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

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

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

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

*Written down by Dmitriy Osipov
(September 2014)*

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

**Only in My Arms, is there Silence and Calm!
Here the moments of Love turn into Eternity.
With the oceanic wave from the universal Depths,
I absorb you carrying you to the Infinity!**

**You are in My Arms and you are going deeper into Me!
I fill you with Supreme Bliss!
And in the mergence of the hearts,
you lose “yourself”
Gaining the Unity in the Universal Ocean!**

*Written down by Larisa Vavulina
(September 2014)*

**To a Traveler
(from Kair)**

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

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

**The songs that were not sung,
The words that were not uttered,**

**The love that was not given,
Are the causes of this grief...**

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

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

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

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

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

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

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

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

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

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

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

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

*Written down by Anna Zubkova
(September 2014)*

About Missed Time (from the Bishop Tikhon)

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

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

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

*Written down by Anna Zubkova
(September 2014)*

Life with God (from Adler)

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

**Do not be afraid
When the *winds of destinies* begin to blow stronger,
For I am always with you**

In everything that has happened and will happen!

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

**Get accustomed to feeling Me always,
In every moment, hour, day, and night!
My care surrounds you
And I am always ready to explain and help you!**

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

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

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

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

**You can give My Light
By rising as the *Sun of God* for people!**

**This is indeed the birth, the daybreak,
The dawn of your new life!**

*Written down by Anna Zubkova
(October 2014)*

Recommendation from Rada

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

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

*Written down by Anna Zubkova
(October 2014)*

In the Arms of Eagle

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

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

*Written down by Anna Zubkova
(October 2014)*

**You Must Tell This to People!
(from Adler)**

**You again enter My Ocean —
The Primordial Ocean of Living Fire!
You again and again submerge as love
Deeper and deeper into the Infinity of Me!**

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

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

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

*Written down by Anna Zubkova
(October 2014)*

**Squad of Bogatyrs
(from Dmitry Pozharsky)**

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

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

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

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

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

*Written down by Anna Zubkova
(October 2014)*

I Want to Be with You!
(from Emil)

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

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

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

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

Written down by Anton Teplyy
(April 2014)

Tender Dawn
(from Lao)

It is early morning. Tender dawn begins.
The sunlight is streaming...
I am in the depth of the Light-Fire...

The Infinity and Eternity surround me...

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

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

***Written down by Anton Teplyy
(April 2014)***

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

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

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

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

**Caress them all,
Embrace them with yourself!**

And love them, as I love them!

This is the Path to Me!

Written down by Anton Teplyy

(October 2014)

Serve Him!
(by Anton Teplyy)

We need to serve Him

In every moment of our lives,

Day after day!

We need to be in Him,

And be Him,

The Divine Tender Subtlest Fire!

We need to fill with His Light those

who are ready to love,

Give them His Silence,

And teach them how to live in It!

We need to come out of the Depths

of the Primordial "I"

And embrace everything,

Serving, giving, and forgetting about ourselves!

Written down by Anton Teplyy

(October 2014)

Wind of Freedom!
(by Anton Teplyy)

I feel the *Wind of Freedom*
And I spread my arm-wings of the soul!
I fly up!

In the infinite, boundless Quietness,
I am soaring, embracing everything with myself...
Then I melt in His Love...

By dissolving myself in the limitless Depths,
I am discovering another World, the Heavenly One,
the World of the Father and Creator...

I have found the answer to all questions:
You need to become Him
And disappear!

(October 2014)

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

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

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

Trying to earn the love of others...

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

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

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

*Written down by Oksana Skaraeva
(August 2014)*

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

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

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

In order to comprehend the essence of processes and phenomena, one, as a consciousness, needs to penetrate into the Depths of the Absolute

and embrace everything that is there. For this, one needs to have a sufficiently developed intellect and a spiritual heart with strong arms.

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

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

*Written down by Larisa Vavulina
(September 2014)*

**Listen to the Truth!
(from Matthew the Apostle)**

Listen to the Truth!

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

I am in the Depth below the material world!

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

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

*Written down by Larisa Vavulina
(September 2014)*

On the Understanding (from Mary Magdalene)

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

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

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

For those who long to know the Divine Will and try to love God, it is fundamental to know that God understands us, loves us, and is willing to help us in our development and in the understanding of His Will!

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

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

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

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

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

Love unites souls!

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

*** * ***

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

We can begin to master the mutual understanding with an interlocutor by maintaining our own inner silence, by listening to and feeling this person without interrupting him or her with the hustle of our thoughts.

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

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

However, if we encounter those who, due to their blindness of the soul, are filled only with hatred, then we must, if possible, distance ourselves from

these people and have no business with them (unless it becomes necessary to protect someone from these people).

* * *

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

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

In addition, each person to whom spiritual help is provided should, from a certain point, start walking by himself or herself and learn to lean on God rather than on other people.

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

* * *

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

- God is Love and one can understand Him only by transforming oneself (as a soul) into Love!
- Understand what God wants from you and do it! Then the Way to Heaven will open up for you!
- Fulfill in your life all that God wants from you and you will be with Jesus in the Kingdom of Heaven, which is the Abode for All Those Who have fulfilled the Teachings of God in their totality!

*Written down by Anna Zubkova
(October 2014)*

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

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

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

It is very important to understand that a person, as a soul, is not really separated from God or from other souls that live and evolve on this planet. The feeling of separation is generated by the limited

perception of the small human mind. However, during the development of the soul, these limitations are easily eliminated by the correct understanding of the purpose of the life in a material body.

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

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

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

Thanks to this, a person begins to experience that he or she is needed by others and that he or she participates in the life and development of everything that is around . It is a pleasant and correct feeling!

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

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

words! The important thing is that only the Mergence with the Primordial Consciousness gives final Liberation and the Highest Bliss!

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

*Written down by Anna Zubkova
(October 2014)*

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

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

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

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

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

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

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

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

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

Without any doubt, before and after Jesus, there have been Great Divine Teachers on the Earth Who

taught to humanity and Who explained this Path to people.

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

— Simple and clear is the Path of Love!

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

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

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

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

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

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

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

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

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

*Written down by Anna Zubkova
(October 2014)*

Recommendation from Matthew the Apostle

Live without agitation and feel Me all the time!

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

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

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

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

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

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

And later, having dissolved yourself in the Infinity of the Creator, you can rise from there being

the Divine Fire and manifesting the Will of the Heavenly Father!

*Written down by Anna Zubkova
(October 2014)*

The Giants of the Spirit (from Odin)

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

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

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

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

But there also exists a different life.

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

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

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

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

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

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

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

The Greatness of the Giants of the Spirit can serve as an example and give hope to the traveler who wants to overcome the setbacks of destiny in the maelstrom of life and continue his or her Path towards the Great Goal! The Giants of the Spirit really serve as beacons for those who yearn to grow in the love and purity of the soul and who perseveringly search for the life in Unity with God!

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

*Written down by Anna Zubkova
(October 2014)*

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

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

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

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

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

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

See the sunset that turns pink over a steppe!

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

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

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

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

With the glitter of snow, winter delights the eye!

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

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

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

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

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

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

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

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

*** * ***

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

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

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

This can and should be learned!

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

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

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

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

*Written down by Anna Zubkova
(October 2014)*

Divine Grace (from Manuel⁷)

Mist is floating over a river...

There is silence, beauty, and bliss everywhere!

The spiritual heart is filled with calm,

And one can embrace the entire Earth

with one's care!

The soul merges with the soul *in tenderness!*

Thus, by living in love, it is easy to understand

The importance of this simple truth:

Happiness consists in giving good to all!

This is a Sacred Law of a righteous life:

To fill everything with love!

One who follows this Path

⁷ Alexander Svirsky.

Obtains the Divine Grace of *life with God!*

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

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

**Conversation with God
(from Manuel)**

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

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

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

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

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

**Final Glory
(from Admiral Nakhimov)**

**I let go of everything that held me here!
“Cast off! Anchors aweigh!”
The city is in siege, the fleet is sunk,
But I do not participate in this anymore...**

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

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

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

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

The other shore is far away...

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

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

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

The Call (from Khem)

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

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

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

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

Forget about Everything Worldly! (Revelation)

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

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

**“I can’t! Nothing comes out well!”
You say!
“It’s impossible! I don’t have enough strength!”
You whimper!**

**Do not whimper or cry, feeling sorry for yourself!
Do not hope that someone will help you!
Only in your hands is your destiny!
God is omnipotent, but He will not help you in this**

**If your love is not strong enough,
The love that moves us forward,
The love that opens the Path,
The love that fills us with courage
and kindles our hearts!**

***Written down by Anton Teplyy
(June 2016)***

Your Love!

**I melt in Your Tenderness...
The entire Earth is full of it!
The whole universe
Is filled with Your Love!**

**In endless Ecstasy,
I am in Mergence with You!
Everything mundane has disappeared,
And only Your Light is everywhere!**

*Written down by Anton Teplyy
(June 2016)*

Some Advice from Divine Teachers to a Beginner Spiritual Seeker

Flying Horse (Native American name):

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

“Be a shining and radiating Heart!”

Yuktaswar:

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

“This is a very important thought!

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

Elisabeth Haich:

“I want you to love Me!

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

Jesus Christ:

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

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

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

Divine Sufi Poet:

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

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

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

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

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

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

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

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

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

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

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

**In the Desert of This World
(from Phillip the Apostle)**

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

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

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

Written down by Anna Zubkova

(June 2016)

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

**On the Principles of Correct
Upbringing Souls
*(from Lada and Emil's Divine Mother)***

In order that the new generations of virtuous people — i.e. with healthy mindset and proper development of the emotional sphere — appear, such people should be brought up properly from childhood. This should be introduced as a normal way of life of the human community! Only in this way, waves of promising souls will be incarnated here by God. Only then — into these good conditions for further development — such pure and strong souls will be sent by God!

*** * ***

We need to teach children to think about what is good, what is bad, and why this is so.

We should also teach them to love, to care, to work!

"Opening" and the development of the spiritual heart during childhood progresses very easy — through attunement with the appropriate (by quality of souls) parents, teachers. The ability to love and to think becomes in such conditions a natural feature of

the souls — and then they will not degenerate into a herd, stupidly obeying someone of evil will.

Later, at about 20 years of age, those people will reconsider their values and choose how to live from there on in their adult life. But if do not lay the seeds of rightness and the ability to think from an early age, then the ability to make conclusions and to analyze — cannot develop in the soul of all. Exceptions may be only in those souls who have developed these abilities in themselves in previous lives on the Earth.

Those, who have learned to love and to think before, also who have mastered the stableness and strength of character, — those easily choose for themselves the faithful evolutionary way.

... Look: now, many teenagers do not read books at all! But the love of reading can be laid in early childhood, when parents and grandparents tell tales and read to children.

And it is very important, what kinds of books children listen to and then read. Children's opinion on what they would like to be, what to achieve, to learn — form, in many respects, on the examples of heroes of fairy tales and stories for children.

So now We are telling these stories for your books! [21-31]

Therefore now, I and many other Divine Teachers pay so much attention to practical work with children, the creation of books for children and for those who work with children, teaching, educating them!

We take care also of how the stories and tales nurture in the right direction the development not only of children but also their parents.

We dream of good children's educational centers with trained teachers who are in love with their job and are able to serve as virtuous examples for children!

The relevant work with parents is very important! They should know that one needs to try to raise children not only clever and talented, but it is necessary to lay in them the strong foundation of true integrity!

And how much good can be brought to a baby's growth if it goes in the field of harmonious love of parents and caregivers! But it is — a separate topic for conversation. We will return to it in more detail, discussing the education of children before three or four years.

Now, I note only that the emotional status of parents makes a huge impact on children's development. In this environment the child — as a soul — grows! It is like soil for a plant! Both are equal in highest importance: high-quality seed and soil! These are — for good growth and development of children — the equivalent conditions!

If disharmony, constant quarrels, violence prevail in a family, it is very difficult for a child to grow up healthy and happy. But if the field of love, joy, tenderness surrounds — then there occurs maximum disclosure and the growth of all the best in a soul. And evil qualities have no energy to develop and therefore fade away, vanish.

The optimal correction of a soul due to external factors — i.e. from parents and educators — is possible at the age prior to seven years. Then a child learns — in large measure — independently,

developing intelligence and using that which was incorporated into the soul at a younger age.

Of course, in both the school years and adulthood — souls can develop themselves very powerfully and correctly, sometimes they even radically change themselves and accomplish very significant steps in their evolution. It is possible to go through all the Path of cognition of God, starting the appropriate work at an already mature age. But how much easier and simpler the Path will be for those for whom all conditions for correct growth were created already from childhood!

Therefore, any true teaching — for children of any age — could include an appropriate layer of Our general *methodology of spiritual development*. It does not matter, whether it will be the education in arts, sports, foreign languages or environmental studies, but always it should softly and beautifully weave in the process of teaching the proper care of the development of souls: the truly ethical education, the refinement of the consciousness, and the growth of the ability to love and to think!

* * *

For anyone, who is willing to devote oneself to work on proper nurturing of souls, it is necessary to develop in oneself the great love, peace, and patience.

Helping others from these states of the soul — this will be a great opportunity to master the Divine Love-Care in oneself as well.

Those, who are included in this kind of service to humankind, receive maximum support from Divine

Souls. There is direct interest of God — in the proper education of human souls!

It is necessary to learn to help both children and adults, explaining the truth about God and His Laws — in a timely manner and with regard to the age, the maturity, and in the right amount. This is so, because one pupil is ripe for only very simple ethical principles, while others may need profound scientific foundations as well as comprehensive knowledge about the most important.

The teacher also must learn to speak with each pupil — neither moralizing, nor rebuking, nor patronizing. Incorrect attempts to point out sins and imperfections — only cause rejection. And then the pupil becomes closed for a long time to understanding and acceptance of the principles of right living.

It is important to seek or even create situations where the soul is ready to hear, to see, to take in some of the knowledge!

Do not interfere in other people's disputes and quarrels, when — in the passion of the moment — one is conscious of only oneself! In such situations, it is better to remain silent, creating a calm field.

It is not necessary to speak about the truth when it may cause rejection in others, ridicule, anger, irritation, fierce opposition.

Extinguish hostility — by your love!

And do not stir up any futile conflicts!

Confrontation between good and evil in the evolutionary process — is that crucible of life, which naturally trains souls — through pain and suffering, through mistakes, through the heroic sacrifice.

There should not be even a shadow of discontent reactions, if someone does not behave as has been explained to him or her! Let everyone choose one's own destiny, and if such a choice is wrong, then we have to wait until this choice brings its results. And only then — you can try to direct the soul to understanding the right decisions and actions.

It is desirable to bring people nearer to realizing the truth, using different methods, i.e. acting both on the emotional sphere and through intelligent understanding of phenomena, situations and events. And sometimes — by examples of good behavior and deeds of those who can serve as models.

This can be done both by personal contacts and with the help of books and movies.

God — without need — does not interfere in the destiny of people; He only creates the best opportunities for improvement.

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

Conclusion (for Successful Disciples of God)

The Earth was created by the Creator from Himself. This statement, which is confirmed by practical experience of cognition of God, does not exclude the knowledge that has been discovered by paleontologists and geophysicists. But the data, collected by scientists of these and other branches, rather complete the picture of creation and

subsequent evolution, in particular, the development of our planet and life on it.

The most important element in the world-perception of a spiritual seeker may be the following: *There is in the universe only one multi-dimensional Organism — Organism of God-the-Absolute; and the material component of the universe is the Part of Him.* This truth is cognizable empirically from the Abode of the Creator especially.

A Main Component of the Organism of the Absolute is in the very depth of the multidimensionality. People call this Main Component — the Creator, God-the-Father, Primordial Consciousness, Ishvara, Allah, Tao, and by other terms. And the Creator calls Himself in this Aspect, including, the *Heart of the Absolute*. [12-13,15-18,34]

It is important to remember about the Rule that is needed for the cognition of God: *It is impossible to fall in love with the Creator without loving beforehand His Creation!*

Namely the emotions of love bring together *man with man and man with God!*

... How much unwarranted brutality and crimes have been committed and are being committed now by people from their pseudo-religious motives! These are both the “sacrifice to God (or to ‘gods’)” of animals or even humans, and the “Christian” Inquisition, and the “crusades”, and “external jihad”... It all can be done, inter alia, from “the best (yet misguided) intentions”, however inevitably leads followers of such distortions into hell... Though those criminals were hoping to earn, by such acts, paradise...

But the Truth is — in the opposite! *God is Love!* (1 John 4:8,16). Therefore, in order to approach the Creator and, in particular, merit paradise — one should not cultivate spite, hatred to the “wrong”, but, on the contrary, to master subtle emotions of tender love, caring, forgiving, peacefulness! This is achieved by the ethical work on oneself, plus mastering the art of psychical self-regulation, and — on the higher stages of development — attunement with the Holy Spirits. [6-7,10-19, et al.]

... There are organizations that pretend to be spiritual, where the leaders know nothing about both the Aim and the methodology of spiritual development. But they have only collected and mixed stupidly invented by someone else or by themselves extravagant “methods”, which are quite often — malignant.

Such is, for example, in my opinion, “Scientology”, which made a significant impact in what is now termed “modern psychology”. “Methodology” of “Scientology” is a collection of poor ideas and psychotechnics inspired by and picked up from books, first of all, of Carlos Castaneda, as well as the bad fairy tales, where, in particular, distortions, which were formed in a pseudo-Buddhist environment, were extolled [6,15, et al.].

The practice of “Scientology” includes such methods as destruction of a normal sleep pattern, bullying severely newcomers — ostensibly for the sake of destruction in them of “lower i”... In this environment, there pervades easily adaptable rudeness, violence, promiscuous and so harmful sex, drugs...

The psychological “liberation”? Exemption from the “human form”? But if all this is done without regard to the principles of:

- aesthetics,
- not-harming other beings,
- refinement of consciousness (because the Creator is the Subtlest Form of consciousness in the universe!) —

the harm of that for the students will be a lot, but use — no...

This kind of “schooling”, in the best case, only postpones such adherents from God.

... But there is the Path, which is proposed namely by God, where He is approved as the Aim of our cognition and love, as well as the Master-Teacher taking into Himself all who managed to cognize Him.

God is teaching people — through incarnated by Him Messengers and through Holy Spirits — during all the history of mankind in the world [6,12-15].

This is what we have already talked about a lot in the cited books. And now — a brief mention of the spiritual direction, which was formed in the Eastern European Christianity and became known as Hesychasm. (Although, it must be emphasized that the same Teachings were created by Pythagoras and the Masters of true spirituality in Atlantis, ancient Egypt, Persia, China, India, also by the Founders of Buddhism, Sufism, Native American spiritual culture, et al. [12]).

The term *Hesychasm* originates from the Greek word *hesychia* — i.e. *inner calm*. This state may be obtained only in the developed spiritual heart, which is the emotiogenic zone producing the emotions of love [13,15,17-18].

It is important to understand that neither the “art” of combat, nor drugs, nor destruction of one’s own stereotypes and patterns of behavior, nor reiteration of mantras or prayers, nor excursions to considered “holy places” — can lead to the spiritual advance. However, only the methodology of developed Hesychasm can help — on the condition that the aspirant has carefully cleansed oneself from ethical imperfections.

Only in one’s developed spiritual heart, man — becoming, like God, perfect Love — can cognize the Creator, and then merge with Him!

... So, the one who:

— has studied and fully put to oneself the ethical principles suggested by God,

— has cleansed one’s own body from energy filth which was accumulated during years of unjust life,

— has put in order the main energy structures of the organism: chakras, dantyanas, “bubbles of perception”, segments, major meridians,

— has mastered the basics of meditative practices [13,17,34],

— has developed oneself to a state of great spiritual heart, having the consubstantial to it intangible hands, capable of carrying to other beings exclusively love-care, love-affection, —

let such a spiritual warrior learn to keep on these palms the natural beauty of our planet with all good creatures — on kilometers, tens, hundreds, thousands of kilometers around!

Then, *under* the material layer of Creation, in the multidimensional depth, the sea of finest and most tender *Divine Fire* will be exposed for such spiritual

seeker: so the Consciousness of one or several Holy Spirits will be perceived.

It is necessary to flow into this *Divine Fire*.

Then this spiritual warrior will be able to transform one's own material body, cleansing it of all defects still remaining, and then deify the body.

Jesus Christ and some other Divine Persons with Whom personally and physically communicated B.Spalding [33], possessed and possess now such deified immortal bodies.

Learn from Me! — Jesus advised (Matt 11:29). And one can learn from Him not only not to kill, not to steal, not to lie, and so on, but also to achieve such heights of Perfection.

Having mastered the above, it becomes quite obvious the whole structure of the multidimensional Absolute: from the Abode of the Creator — to the border with the “outer darkness” (Matt 8:12), i.e. with hell. Communication with the concrete Holy Spirits representing the Creator — it becomes as simple and clear as communication with incarnate people. Holy Spirits take such, the successful disciples of God — into Their Family.

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- Antonov V.V. — Practical Ecopsychology. 60 min. (HD-video).**
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- Antonov V.V. — Kundalini Yoga. 45 min. (HD-video).**

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

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Zubkova A.B. — Family of Water Hens.

Zubkova A.B. — Little Sparrows.

Zubkova A.B. — Blackcock's Display.

Zubkova A.B. — Sattva of Ducks.

Zubkova A.B. — Scaups.

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