

About our School

V. Antonov

Translated by T. Danilevich

The meaning of the Sanskrit word "yoga" is the same as of the Latin word "religion". It means "union", "connection", "merging" of human consciousness with God.

When speaking of "yoga" one sometimes implies religious outlook and systems of spiritual perfection methods of Indian origin. But inasmuch as the principal essence of the world outlook and methodologies agree in all serious schools of all religious confessions, the expanded use of the term "yoga" is practiced. So such notions are used as Sufi yoga, Chinese Taoist yoga, Buddhist yoga and so on.

Now some words concerning our school.

We made our initial steps on the spiritual Path within the bounds of healing, hatha-yoga and orthodox Christianity, we studied among other the works by Roerichs and Blavatskaya. Later we managed quite soon to get a firm footing on the monotheistic Path to God unencumbered by heathen round-about wandering. Of great help in this respect was the thorough study of experience of major religious trends and schools. As our Goal and Teacher we chose the Father-God (or, in other languages - Jehova, Allah, Ishvara, Tao). And we received a guidance and help from Him.

The first blessing to start the wide teaching that is for the actual opening of the spiritual school we received from Jesus Christ. Later we received a number of initiations into the highest meditative techniques from Babaji, Sathya Sai Baba, and other Divine Teachers.

Prior to reading this book I call attention to the following meditations - for better attunement.

Sit with spine upright. Those capable of moving consciousness into anahata or distributing it into the whole of their "cocoon" - do this.

... Let us feel ourselves to be on a tiny island in the ocean - as shown on pictures: an islet with a palm-tree... Feel ourselves on such a floating islet - in the Ocean of the Universe... Below is the boundless volume of water penetrated with sunlight, endless element of water... Above is the endless transparent blue of the sky... Everything around is impregnated with pure, clear golden light... I am alone face to face with the Ocean of the Universe... There is no one else, there are only myself and the Ocean of the Universe - Live Multidimensional Ocean... The deeper we submerge our consciousness into it, the deeper we dive into it - the clearer, the purer, the subtler is the light in the Ocean's thickness... And the deepest layer of his Ocean present everywhere - in each part of the space - is the Consciousness of the Creator, it is the Creator, our Supreme Goal, our Supreme Teacher. He is the Love directed towards us. And the Path to Him lies through Love for His Creation and for Him.

Let us address Him with the request to bless our reading...

Oh Lord! We desire to become better! Oh Lord! We desire to learn to love You! Oh Lord! We know that the Path to You lies through love to You! Help us, oh Lord, to proceed along it! Grant us the feeling of touching You! Let us feel Your Love a Power through Your Blissful Grace!.. Oh Lord! Unite our hearts in Yourself!

Shower Your Light onto us, the Light piercing the darkness of our passions!

May the all-embracing Love expand its bounds!
And fill the souls of ours with exultation of You!
Oh, spread wide and multiply in us, the seed of the Lord,
Filling our hearts with the Light of wisdom and knowledge!
May we ever aspire to You!



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