

Vladimir Antonov

**Ecology of Human Being
in Multidimensional Space**

**Translated from Russian by
*Maxim Shafeyev***

**Saint Petersburg
2000**

This book was published on the author's personal funds.

In this book Russian scientist Vladimir Antonov covers the essential issues: what is God, the place of human being in the Evolution of the universal consciousness, principles of forming and correction of destiny, ways of attaining health and happiness, most effective methods of psychic self-regulation and ways towards cognition of God.

This book is written in a simple and easy to understand language and is intended for all groups of readers.

This is a second edition of the book (the first edition was titled *Ecology of Human Consciousness in Multidimensional Space* (Saint Petersburg, "Polus", 1998)). The second edition includes the most important chapters from the author's previous books *Kundalini. Atman. God. Description of the Straight Path* and *Divine Fire. Practice of Agni Yoga*, which are not going to be reprinted in the future.

ISBN 5-89455-004-1

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What is Ecology

Ecology is a science that studies relationships between living organisms and the environment they live in.

Its branches focus on studying specific kinds of these organisms and are called respectively. For example: ecology of river beaver or ecology of sturgeon, etc. The object can be researched in terms of its habitat, places and conditions of reproduction, mating patterns and other kinds of interaction with representative of the same species, competitors and enemies (predators, parasites, etc.), or just neighbors.

Human being can also be an object of such research. It is being studied mostly in its working environment (sea, coal mines, space flight, etc.)

A separate branch of ecology of human being is protection of his environment. In many countries there are special ecological services as well as voluntary environmentalist organizations like Green Peace. Environmentalists struggle with pollution of water reservoirs, air, and soil, as well as for preserving natural forests and fauna. They protest against nuclear weapons testing, fight for banning of chemical, biological, and nuclear weapons and antipersonnel mines that cripple civilians and animals. They also call for banning of the usage of traps in fur trade, which cause incredible sufferings to animals...

The environmentalist movement deserves highest praise and every possible kind of support. The applied ecological studies of professional activities of man are also very important. But in this book we will try to show that this is not all that the ecology of human being can study.

After all, man is not only his body, but also, and primarily, a consciousness. And he lives not only in close contact with air, water, soil, other people, animals, plants, viruses, and bacteria... He also interacts with non-embodied individual consciousnesses (spirits of people and animals) and — which is the most important of all — with God.

In reality we live in a multidimensional environment. And the material world that we can perceive with our senses is just a small portion of it. Other layers (eons or lokas) of the multidimensional universe usually remain completely out of our perception, although they are filled with life that can see us and which influences us.

This is what we are going to talk about here. And we will see that ecological science has a much broader field of study, than one may think.

What is Man

In order to be really comprehensive the whole system of knowledge about human being should be based on the premise that man is not his body, but a consciousness, i.e. living energy, capable of self-awareness and that possesses mind and memory. The body is merely a transient habitat for man's consciousness. And throughout his evolution every

person moves in and out of those habitats, dropping off his old body and entering a new one.

Materialists and followers of primitive religious sects do not believe this. On the other hand, God has been telling us about this through Krishna, Buddha, Jesus Christ, Huang Di, Babaji, Sathya Sai Baba, and numerous other Divine Teachers and prophets.

One may or may not believe in this. A small and weak consciousness, which associates itself with contaminated and sick body, is generally unable to switch from blind faith (or lack of it) to the knowledge. But one can experience this, if one starts to develop oneself as a consciousness. This process is also known as walking the Spiritual Path.

It is this process of development of consciousness, both qualitatively and quantitatively that constitutes the meaning of man's life, as well as of lives of all living beings.

But what is this all for, one may ask? The answer is — for the sake of merging with God, and thus enriching Him with oneself. All material universe, including our planet and everything on it, exists only for that purpose: to ensure the possibility of development of individual consciousnesses on material mediums.

Evolution of any individual soul starts as follows. On the lattices of growing minerals the processes of formation and growth of the first rudiments of initially diffusive energy (called protopurusha in Sanskrit) begin. Subsequently the tiny amount of energy formed in this way gets incarnated into bodies of plants, where it continues to grow, then it moves into animal bodies and finally into human ones. The soul grows from one incarnation to another.

One can observe some primitive emotional reactions and motor reflexes even in the vegetative forms of life. Evolutionary advanced animals have a wide variety of emotions and feelings and, in some instances, even possess a developed intellect.

At the human stage of evolution, among other things, we have to get an understanding of the fundamental principles of consciousness' development as well as to take an active part in this process. Unfortunately, the majority of people do not do this, mainly due to philosophical and religious ignorance that currently prevails on our planet.

Multidimensionality of the Universe

In reality, the universal space is multidimensional. Just like sunlight and water co-exist within the same volume, sunlight moving freely through the water with little or no interaction with it, just like radio waves of different frequency ranges are present deep in the space in and out of our bodies — multiple worlds exist everywhere deep inside multidimensional space, in and out of all material objects, be they in solid, liquid or gaseous states. Those worlds are abodes of spirits and God.

The multidimensionality scale is a special scale of energy states, which represent fundamentally different ranges. When studying this scale, the vector of one's attention should be directed not upward or downward, or in any conventional direction, but inward. Layers of the

multidimensional space (*eons* in Greek or *lokas* in Sanskrit) are ranged by their subtlety-coarseness.

The plane of the subtlest energies is God in the aspect of the Creator. He is perceived as infinite and purest Light, which is similar to tender and warm sunlight at dawn-time. He is Formless. All forms vanish on this plane.

His Name sounds differently in various languages: God-the-Father, Jehovah, Allah, Ishvara, Primordial Consciousness, Tao, etc. He is the God of Jewish prophets and of Jesus Christ, of Muhammad and of all the faithful ones of China, India and other places, where people have a correct concept of Him. Only those bounded by ignorance or intellectually primitive people can think that different names mean existence of different gods...

That first primordial plane, called the Abode of the Creator, is where the “construction project” of building any islet of the multidimensional Creation is supervised from. *Protomatter* (*protoprakriti*, *bhutakasha* in Sanskrit) — a diffused aggregate of protons, electrons and other elementary particles — is used as a “construction material” for creating solid matter. This layer — when entered by a human consciousness — is perceived from inside as infinite universal space, filled with Peace and Tenderness, though lacking intensive radiance. It could be compared to warm and tender starlit southern night.

An extremely important thing to know is that the Creator and the eons of akasha are somewhat on the other side of a “mirror” relative to the Creation — in the *trans-mirror realm*, so to say. The universal “mirror” is somewhat like a regular mirror — it has its dark and light sides. The only exception is that this universal “mirror” is not flat, but a “3-dimensional” one (it is hard to find a better word): this *trans-mirror realm* is on the other side of every molecule of the material world.

This is the phenomenon that physicists have been making conjectures about while trying to peep in their theoretical calculations “through the mirror” from the world of matter. They call the energy of the akasha plane... *anti-energy*, or *anti-matter*...

...In order to create another “islet” of matter within the Infinite Ocean of the universe, the Creator creates a zone of increased gravitation localized in space. Astronomers know this phenomenon as *black holes*. This zone starts to draw in various kinds of cosmic “garbage” — dead planets, meteors, cosmic dust, as well as elementary particles from the protoprakriti plane. Excessive pressure and heating that follow result in reactions of nuclear fusion — in this way all elements of periodic table, as well as molecules, including organic ones, come into existence. Then small lumps of protopurusha start to incarnate into the latter. This constitutes the beginning of concurrent evolution of organic bodies and souls that get incarnated into them. The evolution of organic bodies has been thoroughly studied by biologists — the only “missing link” here that one needs to realize is the guidance of God over the whole process.

Our task as human beings here on Earth consists in, having grown as souls, as consciousnesses, going all the way from the Creation back to the Creator, refining ourselves as consciousnesses — in order to merge into Him, to enrich Him.

This is what the intention of God was, when He created our planet. And this is the purpose of our lives.

It is important for us to realize, that we are not capable of existing on our own. Therefore, we have neither right nor grounds to feel egocentric and to consider ourselves to be more important than other living beings. Since the only being, whose existence does not need to be supported, is the Creator. And He did not launch all His Creation for our sake, but for the sake of His Evolution.

This sheds light on what determines our destinies: if we move in the right direction, then everything goes fine in our daily lives, if not — He brings our attention to this by means of our pain and of what we call “tough luck”.

...In the course of enormous time period (in earthly measures), billions of human bodies and an even greater number of souls of different age and level of development emerged on our planet. Those of them who attain perfection merge with God and do not get incarnated anymore (sometimes they do — but only as Avatars). The rest of the souls have to return to embodied states again and again — until the time period allocated for existence of this particular “islet” of matter is elapsed. When it happens, all matter along with souls that have not attained perfection get disintegrated down to the akasha state to serve as the construction material for creating new worlds of matter and various forms of life in them.

On the opposite from God end of the subtlety scale there is a diabolic eon — a world of coarse black-colored energies, which induces eerie emotional states and is perceived as something “sticky”, like petroleum. The way one gets there we will discuss separately.

Moving up from there one passes through a range of “intermediate” eons, collectively called *astral plane*¹. Further up there are those planes that some call paradise. After the death of the body a soul ends up in the eon it deserved while living in the embodied state. But we have to reach for the highest and the subtlest eons.

There are eons of prakriti and purusha (see a scheme below), pervaded with the Holy Spirit in His Fire- and Light-like states, respectively, slightly differing by their density.

Apart from these planes of the multidimensional universe there are *akasha* eons of protoprakriti, protopurusha and the Abode of the Creator.

For us, raised in the atheistic atmosphere and surrounded by religious ignorance, it may be hard, though absolutely necessary, to comprehend that God does not live only up in the sky, on a high mountain, on another planet and so on. He is *everywhere* in the universe — in the deep — inside and outside our bodies.

And the “stairway” to God does not lead upwards, but inwards. The levels of refinement of one’s consciousness are its footsteps. And this stairway begins in our spiritual hearts — our anahata chakras.

Everything said above is the result of a thorough research and personal experience of the author of this book and is neither a compilation of other texts nor a reproduction of somebody else’s words. And every-

¹ Although there is a wider interpretation of this term, where *astral plane* includes hell, paradise and intermediate eons.

one should make an effort and walk this Path to the end. But it is important to know, that in order to advance one should go up one step at a time, from one “footstep” to another, without jumping over “flights of stairs”.

The Abode of the Creator is separated from the Creation by a *three-dimensional Mirror* that exists everywhere beneath every material molecule. Jesus said that this Mirror is “thinner than a sheet of the finest paper” [21].

God-the-Father is not in physical heaven; He is everywhere inside and around our bodies, underlying every bit of them. His Abode is extremely close to us! But one cannot get into it just like that!

In order to enter it one has to receive a blessing from Him. But only those who have properly developed themselves in Love, Wisdom, and Power can receive this blessing.

...There is a manifestation of the Primordial Consciousness that one can perceive while being on this side of the *Mirror*. This is the Divine Fire — the subtlest and tenderest flame-like Light. It is perceived primarily in the core of our planet. Divine Teachers can assume this form when They want to get in contact with us. Among Them are Jesus Christ, Sathya Sai Baba, Babaji, Huang Di, Krishna, Chaitanya, Ptahotep, Surya, Assyris and Others, as well as Those, Who joined this “rank” just recently: Elizabeth Haich, Annie Besant, Juan Matus, Genaro...[5]. They live with the most part of Their Consciousnesses in a permanently dissolved state, merged with the Consciousness of God-the-Father, as His integral elements. But They come to us in order to provide us with models for attunement and to give instructions to Their personal disciples. Like tongues of the Divine Flame (Flame of the Holy Spirit) — They represent the Creator Who manifests Himself in the Creation in this way.

* * *

...The Path to the Abode of the Creator is the Path of gradual refinement of oneself as a consciousness. As the first step it is necessary, as apostle Paul put it, “to avert from what is evil and cling to what is good” [10], which implies leaving company of drunkards, cruel and rude people, learning to see the beauty of living nature and of the true art, making companions on the Spiritual Path one’s friends. First steps in realizing the potential of one’s spiritual heart will be the next stage of acquiring steadfastness in remaining in subtle states. Then one can proceed with cleansing the remaining chakras and major meridians of the body, including chitrini (Brahma-nadi). The successful completion of this process will allow one to find oneself right in the eon of the Holy Spirit upon exiting the body through chitrini and the *Pranava* meditation will enable one to merge with the Holy Spirit for the first time... In this manner, gradually moving deeper and deeper inside the multidimensional universe, stopping for a while to rest and to settle in the newly discovered states, we can reach the Abode of the Creator, which with time becomes our Home.

Described above is the true Way towards attaining God, as opposed to what sometimes is mistaken for it, i.e. crusades against “infidels” or declaring anathema on some particular otherwise-minded persons or sects, or even on whole nations! Those are ways to the development of devilish qualities, the road to hell.

God

So, we have discussed where one should search for God: one should not search for Him somewhere up in the sky at all, but deep inside the multidimensional universe. And one should begin searching for Him not far in cosmos but in one’s own chest — in one’s spiritual heart (the anahata chakra or the middle dantian).

We have also agreed that the word *God* (with capital G) in the first place should be interpreted as Primordial Consciousness that dwells in the deepest and the subtlest primary plane of the multidimensional universe. This Primordial Consciousness is One for the whole universe and therefore for all living beings, including people who live on our planet. And the fact that the word *God* sounds differently in different languages does not mean that there are many Gods or that various nations that inhabit Earth have their own God. The words *Sun* and *Earth* too sound quite differently — when spoken by people of various nationalities in their native languages, but it does not mean that people of each country have their own sun or that each nation lives on its own planet.

But still we have not discussed all aspects of the definition of the word *God*. One may ask: “But what is the meaning of the thesis that God is All, which was proposed by Vedanta?” Or other questions may arise, like “What is Christian Trinity?”, “What is Brahman?”, “Are there planetary Gods-Demiurges?”, “How should I understand the assertion that Jesus, Babaji, Sathya Sai Baba — each of Them — is also God?”, “How can I combine the Vedantic thesis that Brahman is Absolutely All with Krishna’s assertion that there is a yet higher level of the Divine Consciousness — Ishvara or God-the-Father?”... Let us make it perfectly clear.

First of all, we should not regard various pagan deities since they have nothing to do with the ideology of a serious seeker of God. Those deities are what people were fantasizing about before they were given the knowledge about One Universal God. There was plenty of those pseudo-religious fairy-tales in ancient Greece, Rome, India, Arabian countries, and Russia. Let us leave those characters to folklorists to study and continue with serious scientific approach based on experimental study of Truth and information provided directly by God.

So, what is the Absolute? This word means *absolutely everything that exists in the universe*. And what exists in the multidimensional universe? First of all — it is the Creator Himself. Material constituent of the Creation and consciousnesses of all levels, other than that of the Creator, are just a small part of the Absolute. Furthermore, the Creator pervades the whole Creation with Himself. The Creation, consisting of manifestations of the divine energy in various eons, is like a multidimensional layered

pie, in which the primary layer dominates the rest. At the same time this “pie” is a single whole.

There exists only All, One Whole Multidimensional All — this is not only one of the most important themes for meditation, but also an undoubted truth that reflects the Absolute at the macro level.

But us, people, are we integral parts of the Absolute?

The answer is yes and no.

On the one hand, we are like blood-cells in the multidimensional Body of the Absolute: we are negligibly small compared to Him, incapable of separate existence and dependent on Him in everything, although having a certain freedom of movement within His Body.

But on the other hand, from the standpoint of these “cells” as opposed to the Body of the Absolute as Macro-Organism we, as souls, are undoubtedly separate from Him. Moreover, we possess a significant amount of free will, which He granted to us.

The point is that we, having come into existence as separate souls have to return to the state of non-separateness, or non-duality, with God in His “basic” eon.

The thesis that we are originally identical to God and even that we do not have any free will at all, proposed by some, can serve only as a theme for meditation, though quite effective one, that calls upon us to merge with Him.

In reality, the free will is the mechanism of natural “sorting” of people by the ethical criterion: do we observe the rules of life given by God, do we aspire towards mergence with Him in Love? Our destinies form depending on decisions we make in this respect.

The level of our philosophic and religious knowledge and the intensity of our efforts on transforming ourselves in accordance with the Will of God determine our moving from one eon to another, in particular. As it should be clear from everything said above, it depends not on our actions, but on our prevailing emotional status: whether we accustomed ourselves to living in coarse or subtle emotional states.

If we accustomed ourselves to living in the “heavy” and coarse states of malice and hate we are going to share the diabolic “abode” with those who feel the same way.

But if we lived in the subtle and tender states of love — we naturally get into the harmony and purity of paradise.

If we lived a dull life without falling into particularly coarse emotional states but without pronounced subtlety of consciousness, after the death of the body we find ourselves in the “gray” eons.

But not even paradise should be our goal, it should be the Abode of God-the-Father. He told us about that through Krishna, Jesus Christ, Muhammad, Babaji, Sathya Sai Baba, and many Others (see [5,7,10]).

In between paradise and the Supreme Abode there is the eon of the Holy Spirit. In order to settle in it, having become the Holy Spirit, one should possess not only subtlety of consciousness, but also Wisdom. One can gain it through increasing the level of one’s erudition, intellectual work, active serving other people with good deeds and persistent aspiration towards cognition of God. (The way one can become one with

the Holy Spirit (Brahman) was described in details by Krishna in the *Bhagavad Gita* [10]).

The souls that form the aggregate Consciousness of the Holy Spirit dwell in Him merged into one — in the mutually pervasive state. One should master this state while still living in the human body, in the incarnate state. This is a far superior stage of development of Love, than just caress and tenderness. It also implies fusion of consciousness with the Object of one's love — merging of consciousness with Consciousness. People have a chance to learn this in a harmonious marriage, although the special techniques that assist in mastering the meditation of *total reciprocity* play the crucial role in attaining this state.

The embodied man who has learned to merge with the Holy Spirit receives the rank of the Holy Spirit (Brahman).

It should be emphasized, that love of a Brahmanic person is so powerful, that he is able to merge in love not only with a single person, but also with all people who dwell in this eon.

The cosmic function of the Holy Spirit is to supervise the evolution of all souls of lower levels of development. It is the Holy Spirit Who organizes and supervises our destinies. He does it Himself, directly or by calling to assistance numerous spirits that possess various qualities, either "paradisiacal" or "diabolic".

When we perceive the waves of bliss coming from somewhere in response to our righteous thoughts or actions — this is the Holy Spirit manifesting Himself. In such instances people say that He is granting us His Blessing. Special meditative techniques allow one to get into frequent blissful contacts with the Holy Spirit quite easily.

...In order to clarify the meaning of the word *Brahman* we need to say a few words about the ancient Indian philosophical system of knowledge called Vedanta. This is important for us since Sathya Sai Baba, an Avatar of modern age, addressing Hindus, educated within the Vedanta tradition, often uses terminology of this particular philosophic school.

The Vedanta philosophy originated in India even before Krishna and was based on the pagan teaching of the four Vedas. At that time Indian people did not know about existence of Ishvara — God-the-Father (i.e. the Creator Who dwells in His Abode). This was the reason why Brahman was considered by the Vedanta philosophy as the Supreme Godhead and even as the Absolute.

It was Krishna Who told people of India about God-the-Father. Later God declared the same Truth through Jesus Christ and Muhammad to the people of Israel and of all modern Christian and Moslem worlds. But people of both India and the Christian world failed to preserve this knowledge about God-the-Father, which exceeded their ability to understand it. They almost completely forgot about His existence, having switched their attention to the ancient fairy-tale characters (in India) or to some deified persons (in Christian sectarian churches) (for more details see [7,9]).

...There is the last question out of those listed in the beginning of this chapter that we have not answered yet, namely: who is the Son, as a member of the *Trinity*? To know what Jesus Christ Himself thinks of this the reader might want to be referred to *The Book of Jesus* [21].

In short the answer sounds like this:

There exists God-the-Father — the Supreme Primordial Consciousness — Who dwells in the subtlest eon of the multidimensional universe, on the other side of the *Mirror* relatively to the multidimensional aggregate of the Creation. He is the Highest Goal for all people.

His primary Manifestation, the Representative, an active Manager and Supervisor of all life on any populated planet is the Holy Spirit.

Sometimes God-the-Father manifests Parts of Himself through a human body. Those Parts are people who attained Him in the past. In various languages They are called Messiahs, Christs, Avatars, etc.

In other words the Trinity, in Bhagavad-Gita's terms, is — Ishvara, Brahman, and Avatar.

But, as Jesus Himself explains [21], the term *Son* is not at all felicitous, since everyone should learn to see God as their Father (Mother) and themselves as His Son or His Daughter.

This is what Jesus meant when He was referring to Himself as a Son of His Father-God. But people did not understand Him then, neither do they now...

God — and Us

God is not at all an invisible flying person, as some primitive religious sects often depict Him. God is a Universal Ocean of Consciousness. What size is He? Can we imagine the distance of one *light year*? This is an astronomical space measure equal to the distance that light covers in one year in earthly time measures. Astronomers discovered cosmic objects located at a distance of billions of light years. But God is still larger, for the universe is infinite. He is infinitely large.

Whatever large we consider our planet to be, when we walk, tired, across its surface or fly around it, Earth is negligibly small compared to the Greatness of the Ocean of the God's Consciousness.

Earth is just one of the countless islets of matter, created by Him within the Ocean. Here on Earth, as on many other planets in the universe, the conditions, favorable for life and evolution of organic bodies, developed. It is in the bodies of plants, animals, and humans that the evolution of the Universal Consciousness takes place. Every one of us, people, is a lump of energy of consciousness, which has gone through the stages of its evolution that took place in the bodies of plants and animals and at the present human stage has to make vigorous efforts on self-perfection.

We should try hard to become worthy and capable of “plunging” into the Abode of the Creator and of merging with Him. Then we will attain the ultimate Peace in the Supreme Bliss of Eternal Oneness with Him, of Being Him.

He has been reminding us about this goal over and over again by incarnating parts of Himself into the bodies of Avatars (Messiahs, Christs). But the majority of people have always been unable to comprehend this Truth and to keep it in memory. They always tend to forget about, distort,

and pervert the Teaching of God that He grants to us. This is how various religious sects emerge [7,16,34].

...The lifetime of each planet — of that “islet” of matter in the infinite Ocean of God — is limited to a certain period of time. When this period ends the “islet” experiences its individual *end of the world*. Those consciousnesses (souls) that failed to reach the Union with God or at least to approach Him closely enough by that time get destroyed, disintegrated. But those who have attained the state of Mergence enrich Him with themselves, thus they completely realize the meaning of their lives and their love for God in Mergence with Him.

The Meaning of Human Life

The question of the meaning of one’s life gets inevitably raised before any man who matures in his development, moving up from the instinctive-reflexive stage to the really human one, at which intellect begins to dominate in choosing one’s way of living and conduct.

Many philosophers have been racking their brains over this question. But the majority of them were not able to comprehend the true God’s philosophy, while perverted conceptions created by numerous sects could not satisfy them. As a result the question about the meaning of human life was “declared” by many philosophers to be a “pseudo-question”, i.e. the one that cannot be answered by its own nature. This atheistic concept assumed, in fact, that man is not dramatically different from animals and the objective meaning of his existence on Earth is just... reproduction, ensuring the survival of the human race and creation of material values for the descendants. Therefore no spiritual efforts are necessary, and ethics in relationships with other leaving beings can be neglected...

“What’s our life? — A game... Good, evil — only dreams... Work, honesty — just tales for the females...”² And suicide “when the time comes” is the only right move for those worthy of respect ...

But the Truth is that there *is* the meaning of human life.

It consists in development of consciousness, both qualitatively and quantitatively.

Qualitative development consists in intellectual and ethical perfection, as well as in refining of consciousness. Quantitative aspect implies a direct increase of the amount of the refined energy of consciousness.

The latter reflects, among other things, the level of so-called *personal power* — the psychoenergetic might of the particular individual consciousness that depends on the quantity of the energy of consciousness, or in other words on the size of soul.

According to this quantitative criterion God classifies souls into “small” and “large” ones [9]. But regardless of this classification each of them can possess both positive and negative properties. God calls the “small” souls that have developed negative properties demoniac ones; if in addition to this they have accumulated significant amount of *personal*

² Quote from [the P.Chaikovsky’s opera based on] A.Pushkin’s *Queen of Spades*.

power they are considered diabolic, or devils. They could be encountered either in embodied or non-embodied form. Hell is their abode while they are in the non-embodied state; when they do get embodied — this takes place in “hellish” conditions, where they will be experiencing the results of their bad karma (the fate they created for themselves). In this way God suggests that they experience what the pain, which they were causing to other living beings, is like. He does this in order to help them to become better, to make it urgent for them to think about their ways, about the meaning of human life, about God and the Path to Him...

But those people who develop in the right direction at increasing speed rush into embraces of their beloved God; their lives become filled more and more with Divine happiness and exultation of Divine Love.

So, what does God want us to become, specifically?

Destiny and Its Correction

Living in our physical bodies we ordinarily think that we can be left “alone”, that we can have secrets, which “nobody is ever going to know”. But in reality this is our naïve illusion. It is because with our bodily eyes we can see only the bodies of other incarnated people, from whom we can really conceal or hide something.

In reality we are literally naked before the eyes of God and numerous spirits. They not only watch our activities, hear us speaking, perceive our emotions, but also know all our thoughts.

There is no way for us to stay absolutely invisible to all. When we are having sex in any variation — we are being watched, too. In a desert, in the woods or on a tiny island in the ocean — day and night — we can be seen by God and by many non-embodied beings. Even if we lock ourselves sitting in a water closet we will still be visible to them — from all around and even from within. Neither clothes, nor any other kind of covering can be the obstacle that could prevent them from seeing us.

In light of the above said the following meditative theme could be very effectively used: “I am on the palm of God.” If we see ourselves as being always before His eyes it will make it easier for us to cleanse ourselves of impurities, to get rid of all that is unnecessary.

...But they (God and spirits), while being invisible to us, can influence us in various ways.

In particular, they can easily affect our emotions, especially if we do not have sufficient control over our emotional sphere. For instance we can be easily directed into falling in love or, in the same manner, in growing suddenly bored with someone. Or walking down the street we may suddenly “feel like” stopping, turning right or left, or increasing our pace ...and there...

Or a thought may “occur” to us. And we readily take this thought for our own.

Or by stimulating our brain they can make us lose balance, slip, fall down or hurt ourselves. Or miss when shooting.

And if a criminal attacks me and injures me in some way — it is not only because he is a fierce and malicious hell-bound primitive, but also because God has led him to me in this situation.

It should be noted here that the more primitive intellectually people are, the easier it is to manipulate them: they do not have steadfast ethical principles of their own, thus they show no resistance to manipulation.

Animals can be manipulated even more easily. So, if a dog bites someone — it was not just the dog's intention.

God and spirits can control people and animals. But they can exert influence over inanimate objects as well. A bullet can be deflected from its trajectory, if needed, and a bomb, a shell or a grenade can be prevented from going off, a fire can be made to go out. And vice versa — fire, water, or anything else can appear out of the blue in unexpected place and at unexpected time. The evidence of that are various poltergeist phenomena as well as the miracles that Messiahs perform not only around the places where Their bodies are but also at any distance. Currently this is demonstrated by Sathya Sai Baba [5,7,10], David Copperfield [9], and Anastasia [22].

Upon realization that God is present everywhere and that He is omnipotent we need to learn to see that no external powers can do any harm to us, unless it complies with the God's will. (All spirits are also supervised by Him). And if something unpleasant does happen to us, we should search ourselves for the cause of it — our deeds and mistakes: either recent or those of remote past.

...We have previously mentioned that God created His entire Creation not at all for the sake of us, humans, but for Himself. We, humans, are not at all capable of existing independently. And we are not objectively separated from God. On the contrary — we are in Him, and our separateness is nothing but a silly illusion, which is the cause of all our adversities and misfortunes.

We are totally dependent on Him. He shepherds us as His flock, sending us to the “pastures” of Earth to develop and to mature. Here, in close interaction with our peers and objects of material world we acquire and strengthen our personal qualities, whether good or bad.

We need to learn to see, to hear and to obey our Pastor, as well as to love Him. Some people take delight in learning this, while others keep trying to hide from Him, pretending that it is not Him Who exists, but they do — being strong and all-around nice.

The humble, kind, loving and intelligent — them He nurtures with caress, draws near and lets in Himself fast.

The rest have to keep coming back by accepting births in new bodies. In between the incarnations they live among similar souls for a long time — in the states of consciousness they accustomed themselves to while living on Earth.

God never stops caring about us — up to the very *end of the world* — constantly reminding us about Himself through His Messiahs and prophets, as well as through holy scriptures. He also shows us what it is like — to be malicious, lying, mean, covetous of somebody else's property — by subjecting us to attacks of criminals or fierce animals... By this He wants to explain to us what pain, fear, the other people's anger, being robbed

are like ... — to teach us to never do these things to others. People call it the *law of karma* — the law of cause and effect in formation of our destinies. He will continue to “strike” us until we rid ourselves of our vices, until we become what He wants us to be — gentle, caring, altruistic, absolutely honest, free from self-importance and arrogance, not capable of being angry, of using violence — except for those cases when we are protecting good people from somebody else’s cruel violence.

He is Love. In order to merge into Him or even to approach Him we have to become Love as well.

But what is Love? So few people understand what this word means! Love is primarily emotional states. What is principal and the most precious about these states — is subtle tenderness accompanied by the inner Peace. And also — caring attention, benevolence, esteem, respect, gratitude, and so on. Emotions are not the same as thoughts, mimics, behavioral reactions or electrical processes in the brain. Emotions are not at all generated by the brain, as materialistic physiologists hold. Emotions appear in the chest, in the neck or in the belly. They are generated in specialized emotiogenic structures — chakras.

Variations of Love, listed above, are generated by anahata chakra, located in the chest. In fact, they are known only to the people whose anahata is developed and properly functioning. For the rest of people tenderness, benevolence, etc. are just words, devoid of any emotional content. And if a person lives without ever experiencing “cordial” love — that means that he lives “far off” from God and has little chance of spiritual success, of cognizing God and His Love or even of getting to paradise as yet.

Love and Peace are the two states, living in which we have a chance of rapid spiritual advancement, of getting closer to God. Various kinds of anger (hate, fury, irritation, condemnation, jealousy, discontent, etc.) and fear — those are the states, which lead us in the opposite direction from God — to hell. These two pairs of emotional states are opposite and mutually exclusive.

Learning to feel anger and fear is simple. Almost everyone can feel them. In Russia leaders of the Communist Party over decades were successfully instilling them in people; now it seems that Russian fascists and mystics with schizophrenic and paranoiac tendencies took the baton. The entire situation in our country — economic chaos, salaries holdbacks, criminal outburst, alcoholism, welcoming violence and fear in movies — all this greatly makes for skyrocketing of the number of Russians that are going to beef up the diabolic eon.

But do we really want to go there? How can we confront the evil that is drawing us to hell? By hating those who “staged all this”? This would be the simplest — and the most foolish — decision! It is this decision that will ensure us not only bad karma for this and the following incarnations, but also abiding in hell in between them.

The conditions each of us is in now are the karmic consequences of our past lives, which were devoid of spiritual aspiration. Do we want our future to be even worse?

Only Love and Peace — if we feel them regardless of circumstances — can lead us to a favorable fate, to paradise and to God.

But how can we learn to always feel Love and Peace?

The first way that God has been suggesting from the old times is harmonious sexual love — love that is free of passion, lust (selfish desire) and jealousy, love based on mutual respect, on giving the whole of oneself to the partner, acting for the sake of overall harmony and not only for the sake of one's own good.

The second method is fostering children — in the atmosphere of harmony and happiness.

The third is harmonious contacts with living nature.

The fourth is spiritual art. In particular, the art, which in the first place contributes to developing Love and Peace within us.

The fifth is visiting churches and temples, where harmonious collective meditations, which make for development of Love, are practiced.

In addition to this there are special esoteric methods of self-perfection, where the development of the anahata chakra — the main organ responsible for generation of the emotions of love — should be of paramount importance. The next stages include methods of refinement of consciousness, of cognizing first the Holy Spirit and then God-the-Father.

...Over the course of our personal evolution we, as souls, or consciousness, have developed some individual qualities, also called *character (or personality) traits*. These traits can be both good and vicious.

Among our vices can be tendencies to be aggressive, angry, violent, sarcastic, arrogant, greedy, selfish, boring, untruthful, rude, tactless, etc. One can have less harmful but still unpleasant for surrounding people traits like bad habits of biting one's nails, trembling one's knees while sitting at the table, sniffing, using obscene language or just talking a lot or in a loud voice. The absence of some positive traits can also be considered as a vice, for example, the absence of inner peace, absence of the ability to love sincerely and tenderly, lack of fidelity and reliability in relationships with other people, lack of faith in the existence of God, absence of aspiration for spiritual Perfection and of sincere willingness to help other people in everything that is good.

How can one fight one's vices? Recommendations differ depending on the situation. Sometimes the mere realization of the viciousness of some of our actions is enough to break this particular behavioral pattern. For example, the author of this book quitted smoking, drinking alcohol, and eating bodies of killed animals as soon as he realized that God and the meaning of life do exist, that eating animal corpses is not a necessity for us but it only serves to satisfy our cruel whim of gluttony.

In other words, there are vices of ignorance — and they disappear easily in the light of knowledge.

But there are vicious traits like habitual lying or constantly being irritated, angry or bored, as well as arrogance, greediness, selfishness, cowardice, etc. that cannot be eliminated overnight. It takes certain intellectual efforts to overcome them — efforts on understanding their vicious nature, on developing new correct patterns of thinking, emotional reacting, and conduct. Reading serious religious books, some psycho-energetic methods like tuning up the system of one's chakras and serious penitential efforts could be of great help here.

Now let us discuss the nature of repentance: what its meaning and mechanism are.

Degenerated religions, too, may have the practice of repentance, but it lost its effectiveness there. The reason is that those religions lost the understanding of the true relationships between man and God. They picture God as some kind of a terrifying judge who, for some reason, examines people for sins, of which they have not repented yet, and then sends them on this basis either to paradise or to hell to abide there eternally. According to them, the saving “repentance” consists in duly informing the local “pastor” of the particular sect of the sins one has committed. Then the pastor would “remit the sins” and thus save one from hell. In other words, it is perfectly fine to sin. Since everyone does. If one does not sin, they say — one may become proud of one’s righteousness and this would be the most deadly sin. Therefore, one may sin as long as one keeps coming for saving confession.

Intelligent people clearly see that this “repentance method” is but a means of intimidating the congregation, a method of forcing people to visit churches and temples and to pay “voluntary contributions” to support the “pastors”.

In the context this book it should be interesting for us to find out what allowed to fix this absurd scheme of repentance theoretically. The point is that the concepts of those “Christian” sects have lost the knowledge about God-the-Father, Who waits for us to merge back into Him — after we have become all that we can be: perfect, Godlike. This implies that the meaning of repentance is not at all simply “reporting” one’s sins to a priest and thus escaping hell, but complete elimination of one’s vices as qualities of the soul in order to become Pure Love, like God, and upon gaining Wisdom and Power to merge into Him forever, to become a part of Him. In other words we have to prepare ourselves as a worthy gift to God, as a gift of our Love to Him, as a Holy Offering. And this Offering must be Divinely pure.

It must be perfectly clear for us now that regardless of how many times we have “reported” and “apologized” for our sins this practice will neither save us from going to hell nor bring us any closer to paradise and to God, as long as we keep on living in emotionally coarse states!

...The primary mechanism of repentance consists in feeling a deep remorse about the transgressions that we have already committed. Any harm to any living being that we do either out of self-interest or negligence, or due to our bad temper — this is the main type of sins that we commit. We harm others not only by our evil deeds or words, but also by our negative emotions. Moreover, every time we exit of the state of love we not only alienate ourselves from God but also contaminate the space of the Absolute with the energies of our bad emotional states. And God points out to us that even these our states are sins and that they lead to accumulation of bad karma.

Our sins can be pictured as beads strung on the threads of our bad traits, or vices. In order to get rid of vices we need to recall all the situations where each of them was manifested, to try to feel all the pain that we caused to the other living being and, having repented that we did it, to mentally re-construct this situation in the correct way. It is using this

method that we can destroy our wrong behavioral and thinking stereotypes and prepare in advance the patterns of ethically correct decisions.

...*Truth (i.e. the correct understanding of what God, man and Evolution are) — Simplicity — Love — Karma yoga (serving God through serving other people in everything that is good) — Abandonment of one's lower self for the sake of merging with the Higher Self of God* — this is the scheme of spiritual work that was offered to people by Avatar Babaji. Transforming ourselves in the way preferable by God we change our lives in the future, filling them with more opportunities for spiritual growth and advancement, making them happier, getting closer to the Ultimate Goal of our personal evolution — the Bliss of Merging with God-the-Father.

Love, Wisdom and Power

Once God explained to me that His main qualities are Love, Wisdom and Power. This is why those who aspire to merge with Him should develop themselves according to these three fundamental parameters [9]. Many years later the same words came to us from God through *The Book of Jesus* [21].

Mastering each of the mentioned qualities of God is possible both in the course of “ordinary” life, provided that it is inspired by the right aspiration, and by means of special psychoenergetic methods.

Jesus taught and is continuing to teach the same [10].

Our great Contemporary — Messiah Sathya Sai Baba — is giving detailed explanations of the same principles for the modern people [5,7,10, 28-30 and other].

Invaluable advice on bringing oneself up to the highest ethical standards can also be found in lessons of other Teachers, Who attained God, such as Juan Matus, Rajneesh, and others [10].

...So, we should start developing the ethical aspect with studying what God wants us to be in this respect, with tracing our vices and eliminating them, through repentance, in particular, and with cultivating positive qualities. And for those who advance boldly on this Path, who aspire towards practical cognition of God and are full of sincere Love for Him, the crucial stage of their ethical self-correction (in terms of controlling one's emotions) will be trainings on psychic self-regulation. These trainings begin with acquiring proficiency in shifting the concentration of consciousness from one chakra to another. Since chakras are the organs, responsible for the generation of emotions and other psychic states.

For instance, anahata chakra (the spiritual heart)³ is the organ that generates emotion of cordial love. Therefore, if we have purified and de-

³ In the context of this paragraph these terms refer to an energy structure of human organism. But when speaking of work on expanding one's consciousness, previously concentrated in this structure, beyond the body — they mean consciousness expanded and functioning beyond the body in the state of emotion of Love. Such transformation of energy of consciousness is performed in this structure and then maintained upon leaving it to move beyond the body.

veloped this energetic structure by special exercises, the mere entering it with concentration of consciousness will be enough to get us out of states of fatigue, irritation and anxiety and into the light and pure states of love and tranquility. Those who practice such methods notice that people's attitude towards them starts to change gradually. We begin to create favorable energy fields for those around us, which makes people feel better. They find communicating with us easier and more pleasant; so the change in the attitude follows.

If we need a burst of energy for some activity, then we will find a well functioning manipura chakra or even the whole set of the three lower chakras (the structure also known as *hara*) very helpful.

Mental activity cannot be effective if chakras located in the head are impure and undeveloped...

The condition of chakras directly impacts functioning of the organs located in the corresponding parts of the body. The mere cleansing of the corresponding chakras can easily cure many chronic diseases.

...Development of the Wisdom aspect includes two main stages.

The first one is accumulation of knowledge and development of one's thinking abilities. Ability to discern false teachings and concepts from the true ones and creative abilities of one's intellect (i.e. the ability to find fresh decisions, ingenuity in small as well as in big matters) indicate a high level of its development. Studying in various educational institutions, reading books, intellectual games, intellectual efforts in scientific, professional, and educational activities — all of this contribute to positive evolution of human souls.

Engaging in a serious religious practice without developed intellect is extremely dangerous. In this case it is very easy to get under influence of false and destructive concepts like those, for example, which assert that drinking own urine in great quantities makes for spiritual progress of a person or that *Liberation* can be achieved by casting off all ethical norms and through "spontaneity" of behavioral reactions. These people cannot distinguish between love — and lust, tenderness — and sugariness, subtlety — and coarseness, God — and devil. They take voices of demons and devils for God's voice and surrender to them in their actions, they take great delight in possessing and using what they call their *personal power*, while being attuned in fact to the diabolic coarseness. Psycho-energetic work is not for the mentally weak. Their task for the time being is self-improvement through service, strengthening of their faith, ethical self-correction and through accumulation of knowledge.

The second stage of development of the Wisdom aspect relates to real exploration of multidimensional space by the consciousness of the seeker and cognizing of the consciousness that dwells there, including the Consciousness of the Creator. This process leads to a gradual displacement of original human egocentrism with God-centrism. The most profound Wisdom can possibly be achieved by an embodied man through the ability to see the phenomena of the material world with God's eyes, literally "from God", instead of seeing them from one's small self attached to one's body, as it is the case with almost all people.

"Fix your mind on Me," God teaches us in the *Bhagavad Gita* [10]. In other words, we should first try to gain an understanding of what God is

and what role we play in the Creation in light of the fact that He exists. If we succeed in this, then through special spiritual practices we can gain the ability to submerge ourselves as consciousnesses into Him, to get closer to the full and final Mergence with Him.

The ability to control the orientation of the mind and consciousness — as opposed to mere reflexive reacting to the stimuli coming from outside or inside the body — too, cannot be gained without special psycho-energetic training. I am talking about working with indriyas.

Indriyas is a Sanskrit term. It denotes “tentacles” of consciousness.

“Ordinary” secular embodied man is not the master of the body that he lives in. Rather, he is its slave. He is attached to it just like a driver that has been handcuffed tightly to the steering wheel and chained to the seat for a long time is attached to his car. The “cars” differ from one person to another — someone’s is new and well functioning, whereas another one’s may be decrepit and falling apart. A person, as consciousness, is usually “stuck” in one chakra, which is often contaminated and not functioning properly, and moves to some other one (if at all) not voluntarily, but only when he is forced to by the needs of the body: when it hurts somewhere or there is a sort of sinking or pleasant sensation somewhere else... Man looks out of this “vehicle” only through his senses: vision, hearing, smell, etc. At that, he stretches the “tentacles” of consciousness through his sense organs, as it were.

We can watch ourselves, for example. Here I am, listening to the radio. My indriyas are stretching from my ears to the radio set. But suddenly the phone rings. I instantly shift my indriyas to it, having taken them off the radio set. Now they are on the phone and there is no radio for me anymore.

We also stretch our indriyas through our mind to objects or to people, when we think about them. Sensitive people can perceive or even see other people’s indriyas directed at them or at someone else with clairvoyance. Depending on the emotional state of the sender, his or her indriyas may have a favorable, neutral, unpleasant, or even pathogenic impact on the object. The latter phenomenon is called the *evil eye*: if an unkindly and at the same time psychoenergetically strong person touches someone with his indriyas, he infuses the energy of his bad emotions into that someone and that one starts to feel bad or may even get sick as a consequence.

Let us make the following conclusion out of this: our emotional state, especially if we already possess some amount of *personal power* — is not only our personal business anymore. We need to remember that we can do considerable harm to others with our bad emotions, even involuntarily. On the other hand, we can help others, heal them, in particular, if we send our love to them.

...As a person develops himself as consciousness in the right direction, he gradually frees himself from the fetters that chain him to his body. First, he becomes capable of moving freely with concentration of consciousness within his own body from one chakra or major meridian to another and acquires the ability to rid his body of various impurities. All this dramatically improves his health. After that, it becomes feasible for him to move outside the body, to grow in size as consciousness, to

develop *personal power*, which allows him to move from one eon to another, thus exploring the multidimensional nature of the universe.

A developed consciousness, which has moved out of the body, can be compared to an amoeba, which stretches its indriyas freely without the aid of the sense organs of the body to objects and draws itself to them. As we progress in refining our consciousness we become able to enter into more subtle eons in this manner — up to the Abode of the Primordial Consciousness, the Consciousness of God-the-Father.

...Man's *personal power* is not the power of his body, but that of his consciousness. It may become either diabolic or Divine — depending on which direction man is following in his personal development. And this in its turn is determined by what emotional states he got himself accustomed to.

Correct development of the *personal power* cannot be achieved unless one keeps one's body healthy and active. Therefore, physical work, athletic workouts, physical conditioning, and proper nutrition are very important, especially if they are cultivated from the childhood. The body has to become strong and healthy in order to make one really capable of high spiritual achievements.

The energy structure, necessary for intensive growth of the individual consciousness is the set of three lower chakras — this is called hara (or lower dantian). But it would be a gross mistake if one starts spiritual work with development of this structure, since gaining *personal power* before having developed anahata chakra and without being profoundly adequate from the ethical standpoint can tempt one into cultivating one's ethical vices. In this case psychoenergetic training, instead of bringing one a great benefit, will do tremendous harm to one.

This is why development of the spiritual heart (anahata chakra, or the middle dantian) should be given priority in psychoenergetic work, especially in the beginning of the spiritual Path. The ability to look at the world from anahata and to preserve this state even in the extremal situations should be used as the criteria that a disciple can be taught methods of increasing the power of consciousness.

What is Love

Love has multiple aspects. It manifests itself as care, tenderness, devotion, self-sacrifice, active service to God, which is realized through service to other people called karma yoga (work not for reward, but in order to please God), and in many other ways.

But the "foundation" of love is constant staying with one's consciousness in anahata, transforming oneself as consciousness — through this — into constant emotion of love that is being radiated on all people, all living beings. One of the principal manifestations of love is tenderness, including the sexual aspect of it. It should be noted here, that the ethically correct sexual life directly contributes to developing one's ability to love.

God is Love. If we want to Merge with Him, we have to transform ourselves into Love as well — into consciousness, constantly living in the

state of Godlike Love. This is when we become those disciples of God whom He grants all other aspects of wisdom and then accepts in Himself. This is the principal pre-condition to one's ability to walk the Straight Path to Him.

But those, who oppose love — oppose God.

Upon developing his spiritual heart, a follower of the Straight Path learns how to expand it beyond the bounds of his body — first, for several meters, then filling entire Earth with it and then — even wider. This is the optimal way of breaking the identification with the body and also the correct way of growing individual consciousness and of gaining experience of being and acting without the body while it is still alive.

The person that has developed himself up to such a level, sheds all attachment to his body and does not fear death anymore: since he finds out that now it does not matter for him whether he has the body or not. He is sure that death of the body will spare him the unnecessary earthly trouble. For such a hero, the moment approaches when the Creator will reveal Himself to him and let him in His Abode.

Love for People

Love can and should be expressed in both emotions and actions.

We talked about the emotional love already and will continue to talk about it below. Here we will just reiterate, making a special emphasis, that developing love in oneself is a major method of spiritual self-perfection. This is the method by which we transform ourselves (as consciousness) into Godlike Love first and then into Divine Love, uniting and merging with God.

This love should not be confused with lust — selfish sexual passion. It is not the same as sugariness — a travesty of love, something, which takes place when one is attempting to demonstrate love when one's spiritual heart is void of this emotion. Another sign of true love is a lack of elements of violence and compulsion in it. Otherwise it is not love anymore, but constraint, rape. Love is subtle, tender, and free from egotism and egocentrism. It rests on caring about the other, not oneself. Maturing of love should be based on the true knowledge of God and of the meaning of human life.

As this love accumulates knowledge and experience, it becomes wise.

As it develops in helping others, including fighting for their good, and also by means of practicing special meditative techniques — it becomes strong.

Love, Wisdom and Power — these are three qualities of God. Those who have mastered them up to the Divine level infuse easily into the Consciousness of God-the-Father, thus completing their evolution in the human form. After that they continue to exist in the capacity of an active Part of God-the-Father.

But one cannot walk this Path to Divinity to the end just by thinking about It. This is a long and difficult work on transforming oneself. This work can be compared to the work of the athlete who spends many years

in persistent and exhausting trainings in order to bring his body to perfection. But work with consciousness is much more difficult. In this work, just like in athletics, the person, as a rule, cannot achieve serious results without the help from an instructor. On the Spiritual Path this can be either an embodied Guru — a person who has already walked the entire Path (or the most part of It) and knows personally the Goal of the Path. Or God Himself may become one's Guru, like it was the case in my life [9].

Karma yoga is a universal method of self-development on the Path to Perfection, which God constantly suggests to us. This is a way of perfecting oneself through service to God, which is carried out by helping people in their evolution. This can be the sharing of spiritual knowledge with them or teaching them reading and writing, working in scientific, pedagogic, or medicine fields, practicing art or building homes, manufacturing clothing or producing food, trading or protecting people from various criminal scum — the dregs of the Evolution. What is important about this is that every kind of activity should be performed not for reward, not selfishly, but for the sake of helping people to advance in the direction of Perfection, including supporting their existence on Earth, in this School of God.

This principle of karma yoga does not necessarily imply that work should be unpaid — this would be absurd. But those who received help as a gift must think about giving something back. People who do not respond to gifts with gifts are considered thieves [10].

It should be noted here that activities that cause harm to people are not karma yoga and cannot be considered righteous. These are, for example, production and distribution of alcoholic drinks, tobacco products and other psychedelic substances, taking part in aggressive wars, preaching any type of hate and aggressiveness, promoting fear, killing animals for using their bodies for food or for utilizing the skin torn off their bodies, unnecessary destruction of plants, etc. In other words, karma yoga implies helping people only in what is good.

Love for Nature

Contacts with living nature are essential for spiritual growth. Retreats to the forest or to other natural landscapes are one of the important ways of “exposing” oneself to God so that He could teach us more effectively. “In forests seek My instructions!” [20: *Leaves of the Moria's Garden. Call*]. This is where one can expand oneself as consciousness over the harmony of the environment — in contrast to “sitting” in one's head chakras while living in the city, “feeding” oneself with information about people's worldly desires and getting polluted by energies of their negative emotions⁴.

Although cities, being big cultural centers, are also necessary: there are libraries, as well as other excellent opportunities for intellectual de-

⁴ See also [17,22,27,30].

velopment. It is also easier to find like-minded people and partners on the spiritual Path there.

It is also beneficial to expose one's body to sunlight, especially in morning when it is particularly tender. This light exists not only on the material plane, but also penetrates other — the subtlest — dimensions inside our multidimensional organisms, reviving them, filling them with its pure power.

It is good for people who live at high latitudes to have “artificial suns” — quartz lamp — and to have periodic sun-baths at home. This is also a wonderful remedy for various diseases. For example, exposure to the ultra-violet radiation can easily cure catarrhal infections, if performed right after appearing of their first symptoms. Light burns on the chest and the back made with a quartz lamp — where mustard plasters are usually applied — make cough go away quickly.

Summer and autumn is the time for collection and storing of mushrooms and wild berries, which are very important components of pure nutrition.

Any time of the year meditations can be performed at special *places of power* — zones that have significant energetic impact on human beings. They are very different and can be used depending on this for healing oneself, for talking to God, for refining one's consciousness, for increasing personal psychoenergetic power or for dissolving oneself in God and Merging with Him...Early spring morning is the time when nature confers on us the greatest harmony and bliss — when birds start singing even before dawn and the entire space around us gets saturated with the energy of their love. Attuning to their state allows us to get closer to God and constitutes attainment of a certain level of refinement of consciousness.

Those who like to sleep until late have much fewer opportunities for spiritual advancement.

...Sunset time in spring also provides a wide variety of the subtlest impressions. During this time the singing of birds gets superimposed against the background of sublime silence and harmony. The energy of consciousness “spills” out from the body by itself and expands over the forest saturated with bliss, filling it and merging with it. In this way the consciousness becomes more mobile, more fluid and established in harmony and inner purity.

...But at any other time of the year a morning or an evening spent in the forest or by the water reminds us of the spring dawn or dusk times. They are very important for those who have learned to deeply feel the beauty of spring.

...Nature also consists of a multitude of living beings: animals, plants, which, as a rule, are more refined as consciousness and enjoy incomparably greater inner peace than most people. Average modern person has to come a long way in order to attain their level of Love and Peace before he can say that he started to develop spiritually.

Moreover, only at open natural landscapes — in contrast to “boxes” of city apartments and “corridors” of streets — is it possible to expand, to open wide refined consciousness in order to literally grow its size.

...Let me repeat that emotions are states of consciousness. And consciousness is what we are. Depending on what states of consciousness we experience — we can be closer or farther from the Creator. God in the aspect of the Creator is the highest degree of refinement of energy of consciousness. Is it clear to us now, which direction we should move regarding development of our emotional sphere?

...Very few people have witnessed what is going on at a display ground of black-grouse in spring, when pre-dawn mist gets filled with loud ecstatic singing of those big, beautiful, and passionate birds. But the majority of those, who have been there, were cutting short those beautiful songs of love with gunshots, pain, blood, and death... And enjoying themselves with voluptuousness of sadist-murderers.

Raised in tradition of having a “right” to kill animals, not having absolute inner taboo against inflicting any suffering on other living beings, atheists, as well as members of mass sects in our country, easily switch to mass killings of people. We still remember, for example, alcoholic and drug-addict Brezhnev with his convives-hunters, who launched aggressive military campaign in Afghanistan... Was it not a similar company of lovers of other’s pain and blood that with a blessing from the Orthodox Church started massacre during the first of two recent “Chechen” wars? Genocide of Chechen people was commenced just because those people did not resigned to Russian conquest and attempted to break free from the Russian yoke...

...In spring evenings, after the sunset, when twilight is enveloping the forest, male woodcocks fly smoothly over glades, forest openings and lakeshores overgrown with shrubs. Their song, consisting of beautiful, soul-touching tender “gruntings”, sends to us waves of love emotions of those lovely birds. In the shrubs, over which the males fly, sit female woodcocks — choosing the one, who sings the best... Here — this one! She flashes to show herself to him... He rushes after her, seized by passion of bird’s love... And then they spend the night together. In the morning they fly apart, having become tired of each other... — to look for new adventures and new friends at the next sunset...

Mysterious beauty of a big curlew’s song, wafting to our ears from the nearest swamp, “celestial bleat” of a snipe, performing courtship ritual high in the sky with vibrating tail feathers, songs of robins and thrushes, all-night rumbling of frogs in puddles, flashing of spawning fish in the reeds, smell of a fire, swimming in a forest lake with first rays of the sun and then — puffs of steam coming from wet and blissful naked bodies, exultation of souls, “exploding” from overflowing with joy of love for God and for every living creature — this is the emotional base that God wants us to have so that we could develop faster and more effectively in His direction!

...Plants are living beings, too. Souls live in their bodies, like we do inside ours. Usually — these are the souls of *vegetative*, i.e. “rudimentary”, stage of development. Although I know of several humans-trees, which are quite developed, large and strong human souls. But those people did not attain the required degree of Peace during their past incarnations — and God, in order to help them become better, em-

bodied them into trees: so that they could calm down, become quiet after several hundred years of living as a plant.

It is easy to communicate with such people-trees on the emotional and even on the mental level. They get strongly “attached” to people, who are capable of understanding them, they get sad if no one visits them for a long time. When someone comes to see them — these plants meet them with joy, which is sometimes mixed with pain...

...What is Peace then? Doing nothing? Living a lazy life? A sleepy inertia? No! Peace is the absence of emotional agitation and restless thoughts. It is possible to perform physical, mental or meditative work fast and for a long time while experiencing inner peace. It goes hand by hand with energetic way of living. Maintaining inner peace allows one not to waste one’s energy in vain. Every kind of activity performed with inner peace as a background is done more efficiently. But what is the most important is that it allows one to maintain contact with God, to be guided by Him and thus to avoid making many mistakes. In other words, it is conducive for positive evolution of man. But restlessness leads to increasing of one’s isolation from God and to cultivation of one’s lower self. This is a drag on progress.

...All ordinary plants are capable of perceiving human emotions. This was proven by many scientists of various countries, which discovered changes of electric parameters of plants in response to emotions of people (see [9] for more information).

Once, long after I switched to the cruelty-free diet, I was working in a forestry on sanitary thinning-out of woods. In the beginning of my work I thought about it as of something useful, in general, and even enjoyed cutting “superfluous” trees — so that the rest of them had more space for living. But at some point, when I attained greater sensitivity, feeling the pain of those creatures, being cut down by my axe, became unbearable to me and I quitted this job promptly.

Sure, we cannot live without eating plants. We inevitably use their bodies in construction and as firewood. And it does not make sense to wait until a tree grows old, falls down, and starts to decay; this is why it is “mature” trees that are cut down.

But one must not kill plants unnecessarily, or thrust a knife or an axe into a tree just for fun, or cut green branches without absolute necessity, or “mechanically” pluck and throw down leaves from trees, grass blades or flowers. Disrespectful attitude towards food is equally inadmissible: since food was made of bodies of living beings that died for our sake. Throwing out food — even when one eats only plants — is also a sin, it is a sin of unnecessary killing. And absolutely absurd from ethical standpoint are those “ritual” killings of millions of fir-trees and pine-trees before Christmas and New Year, as well as picking flowers in order to put them in a vase and then admire their dying...

It is important that the reader does not start trying to remember now: this is allowed and that is — not... What is important now is not “to learn by heart” certain “rules”, but to realize and accept the ethical principles of compassion to the others’ pain and respect for the others’ lives.

And those who do not understand or accept this — should not resent their own pain: through our pain God teaches us to understand the es-

sence of the pain phenomenon: how unpleasant this sensation really is. In this way he teaches us to spare others and not to hurt them unnecessarily.

And even to a greater extent than to plants this principle of compassion should be applied to animals, since they can feel pain incomparably more acutely, than plants.

The necessity of total adherence to the principle of compassion, in application to nutrition, in particular, has been taught by Huang Di, Krishna, Gautama Buddha, Jesus Christ, Babaji, and Sathya Sai Baba. God is Love. If we want to get closer to God — we have to totally accept the principle of Love. But what is Love without Compassion? Only a parody of it?

Let us realize, friends, that however persistently “pastors” of various sects teach us the opposite we will not be able to make any progress in our spiritual development without total acceptance of the Compassion principle and resolved switching to cruelty-free diet (i.e. the one that excludes bodies of animals: mammals, birds, fish and so on) — on ethical, rather than egotistic (for the sake of improving one’s personal health, for instance) motives!

...One can learn ethical lessons regarding plants not only in nutrition field. Tent pegs can be made not only out of green plants, but also out of dry sticks that are still strong. And a fire can be made on the place of an old fire or on a trail, etc. — and not right on green plants.

Another thing — a fire must not be made on dry peat: huge areas of forest can get burned out, thousands of plants and many animals will die in fire. Also, during dry periods a fire should not be made under tall fir-trees: thick perennial layer of fallen needles will smolder — the roots of the fir-tree and surrounding plants will get burned as a result. One should be extremely careful during the spring, when last-year’s grass catches fire very easily. When it happens, a lot of green plants, insects, birds’ nests with eggs or fledglings, as well as seeds get burned and die. And a great mass of the old grass that could serve as a natural fertilizer and enrich the soil is also wasted in fire.

Also, it looks like a wildly immoral act when someone intentionally, for fun, sets this old grass on fire, which very often becomes the cause of destruction of haystacks, homes and other constructions...

In the Orthodox temples people sing, trying to convince God that He is “forbearing and merciful”... But would it not be better if they give up this useless occupation and start living in accordance with God’s Principle of Love themselves? But this is impossible without Compassion for all people and every living creature, including ants, worms, plants, and many others...

God is Love

Jesus Christ gave us this highest formula, the key for cognizing God. But why are there so few people who, considering themselves Christians, could make use of this Truth for their spiritual advancement? Why did not this formula inspire masses of materialists to accept faith?

Among the reasons is the distortion of the Teaching of Jesus Christ, which began as early as when the New Testament was compiled, which took place just several centuries after His Incarnation on Earth had completed [7].

His Teaching was deprived of the part, where He was talking of man as of evolving consciousness, the goal of whose development is attaining Godlike state and then Merging with God-the-Father. The description of God-the-Father was also taken out of His sermons. But included were irritated demands of Paul regarding what one should and should not wear, as well as which hairstyle is appropriate. Also the Apocalypse, devoid of love and common sense, overflowing with threats of seas of blood and bowls of pus. (And this is not only opinion of the author of this book; the attitude of Jesus is the same [21]).

The result of this warping of the Teaching of Jesus Christ was that the mass movement called “Christianity” almost from its very beginning ceased to be a religion of love — the love that God sent Jesus Christ to establish. We can recall inquisition, wars between the Orthodox and Catholics and *crusades*. In Russia we saw mass persecution of *Old Believers*, pogroms of Jews, as well as hate towards all non-Orthodox that is being cultivated by modern Russian Orthodoxy...

Outstanding Russian people — Alexander Pushkin, Leo Tolstoy, Fyodor Dostoevsky, Vladimir Vysotsky, and many others — although they acknowledged the existence of God, they did not accept Christianity in this form.

Questions got raised also by “simple” people, to which the Church could not give them any clear and perspicuous answers: how can one assert that God is Love, if He promised these things in the Apocalypse, if what we see around us are wars, violence, cruelty, diseases and sufferings? No, if He is omnipotent, but these things happen, if everything that surrounds us is evil, if I do not see any love anywhere, however I ask Him for it — then there is something wrong about this kind of faith and I do not need a God like this!

It is important for us to realize that the fathomless pit that has spread between masses of “Christians” and God and that isolated people from Him and that opposed God to them, making them beg various mercies from Him — instead of inspiring them to change themselves in accordance with His Will and merge with Him in Love — this abyss has not been created by Him, but by people, who warped His Teaching.

In reality God is not somewhere far and high in the sky, but, like Jesus says, the distance between Him and every one of us is not greater than thickness of a sheet of thin paper [10,21]...

But in order to travel such a small distance to His Embraces of Love we have to become the pure Love — like Him. And not anger or fear, or selfish desire...

Emotions are states of consciousness. This is a fundamentally important thing to realize. We are consciousness, the energy of consciousness. Not bodies and not minds. God is also Consciousness, although infinitely greater, than ours. And in order to fulfill what He wants from us we just need to learn to always live in the state of subtle and pure love and to never exit from it.

God is Love. He compassionates to us. He is willing to help us, guiding us all the time to the Path to Himself, to His Abode, to our ultimate happiness...

But we are not going to Him. Instead we are squabbling for the material welfare of this world, exhausting ourselves by hating other people because they get dressed, have haircuts, etc. in a different way, or because they perform “different” from ours prayer bodily movements, or because their skin is of different color or their nationality differs from ours...

And not only criminal political leaders provoke us to doing this, but also equally criminal “pastors” of religious sects!

...But God wants us to establish ourselves in the emotional state of love. And then — we can get in!

“Every Exit from the State of Love...”

“Every exit from the state of love leads to accumulation of bad karma...” God told me this once many years ago. This statement can be put as a second point right after *God is Love*.

What is meant here? Is this just another threat? Will He punish me? Will He send a dangerous illness on me? Or will He cause me to suffer during my next incarnation?

No, this way of thinking is incorrect.

God never punishes anyone. He teaches us. But our destinies we build ourselves. For example, we ourselves postpone the happiness of meeting Him. And we will continue suffering from our separateness from Him as long as we do not have love within ourselves. Various misfortunes are what we attract to us ourselves, but this is not God punishing us.

I will give a couple of striking examples from my own life.

Once I saw another illegal publication of my book about David Copperfield, which was made not only without my consent and financial calculations, but this time its content was distorted — it contained some preposterous scheme inserted in the middle on my behalf.

This exhausted my patience: I exited the state of love and disposed myself to hard conversation with the delinquent publisher... And in the evening of the same day I got inflammation of the gullet — oesophagitis: spasms were so bad, that I could hardly swallow...

In the morning I could see a big black spirit, which grasped my throat, stuck to it and would not let go, trying to strangle. I rush into the Abode of the Creator, returning to the state of love — instantly recalling: *Every exit from the state of love...* And the spirit disappeared — the inflammatory process was gone almost immediately.

The mechanism here is following. When we are in subtle states of consciousness — we are out of reach of evil spirits: they are not capable of entering subtle eons. If we coarsen emotionally — then we immediately get closer to their state and become easy targets for their aggressive attacks.

Several years ago I had much more dramatic experience. I discovered that my colleagues in Moscow in their activity suddenly started to twist into different direction behind my back. I regarded this as a betrayal of God's work by them. He Himself then ordered to immediately close the spiritual center that had been created in Moscow. And that was actually all that I had to do in this situation. But I fell into a lingering state of anger towards them. And I immediately attracted devilish powers: without any obvious occasion I was attacked by a gang. After that I was on the verge of death of the body for a long time, suffering from severe pain. I experienced clinical death twice and ended up physically disabled for several years. Only a "burning-through" of destructed spine bones with the kundalini energy, which I learned later, ensured an almost complete healing.

...In the same way, every one of us attracts either happiness or sufferings himself: if we enter the state of Divine Love — we get closer to God, if we take on devilish states — then devils and demons "stick" onto our bodies and we become sick and suffer. This is how we punish ourselves for not complying with God's Will.

But Jesus Christ expressed this Will very clearly: love God and love each other — regardless of anything! [10].

The opinion that God allegedly has to provide us with material welfare of various kinds is absolutely erroneous. He never promised to do this for all people... He is not a slave to us at all. He is — the Lord, the Master. We are — infinitesimally small compared to His Universal Greatness.

He loves us and tries to help us. But to help not in procuring earthly comfort, not in satisfying our selfish desires.

His Love is manifested in His guiding us to our ultimate happiness in Unity with Him.

He is — the Master, the Absolute Lord. There is no point in grumbling at Him — at the Universal Ocean: what sense does it make? We need to accept His Will and His Law. In this case we will live in harmony with Him. This Law is: the Way to Mergence with God is steadfast Love, and whoever abandons it loses protection of God and falls a prey of hell-beings.

Let us obey His Will: this is in our interests — to go to God, having accepted his Law!

He created the entire Creation and every one of us — not for our sake. This constitutes His Evolution and His Life. And He is going to firmly implement His Will: if man wants to go to Him — he is sure to live in love and to be happy, if not — he is going to suffer in his separateness from Him!

Self-centeredness versus God-centeredness

It is clear that the God-centered outlook cannot become the ideology of every one of us right away, for example, just as a result of reading this book. What will be necessary is not just to think this concept over, but

also to really feel God — only then will we be able to learn to look at earthly situations with His eyes, from His standpoint. But what we can do right now is to set attainment of God-centrism as our goal. And we need to prepare ourselves to this by fighting against our egocentrism.

Voluntary renunciation of personal pleasures for the good of other people along with elimination of arrogance — this is the beginning of the struggle against one's egocentrism. An alternative to egocentrism is the true caring attention — that which is sensible and free from violence and rudeness. Interests of others should be given higher priority over one's personal interests. Taking responsibility for the well being of others — in a family or in any other group — is an opportunity for developing needed qualities. The leader's feeling of "I" should disappear and give place to the feeling of "we", where there is no his personal interest left whatsoever.

Sexual relationships are the sphere, where egocentrism as well as the absence of it can manifest themselves in a very pronounced way. "Do I act in my sexual relationships out of my personal interests or out of those of my partner?" — this is the fundamental question that everyone should ask themselves as a part of self-analysis and self-control. Any type of violence and constraint in sexual relationships is a manifestation of disgusting personal qualities. A similar situation is when a man does not take care of prevention of unwanted pregnancy of his female partner. Another example is when after a defloration a man proceeds with the sexual intercourse for the sake of his personal satisfaction, ignoring the pain that his "beloved" is experiencing. Many more examples can be given here. The behavior of many women is no less disgusting than that of many men.

Or let us look at the nutritional habits. The overwhelming majority of people eat things made of corpses of animals without even bothering to think that they experienced pain and suffered, dying just for the sake of satisfaction of our cruel gustatory habits, for our pleasure. People do not necessarily have to eat "*killed*" food (one that is made from meat or fish): we can get all essential nutritional elements out of plants, milk products, and eggs. Eating "*killed*" food just leads to contamination of our organisms with salts of uric acid (which causes various kinds of gout) and with coarse energies that remain in the animal corpses as a result of fear and pain that the animals experienced when dying.

Eating corpses of animals is incompatible with any spiritual progress — for the ethical reasons, first of all. God was telling about this through Huang Di, Krishna, Gautama Buddha, Jesus Christ, Sathya Sai Baba, Babaji, and many prophets [5,7,10]. But now we are seeing that eating dead bodies of animals is what multiple religious pseudo-pastors demand from their followers — otherwise, they say, people can grow proud!

They should stop and realize that by doing this they act against God and against the Evolution, that they cripple the souls of people who trust them.

For, what God wants us to possess is Love.

* * *

Using special meditative techniques can be of paramount importance in one's attempts to free oneself from the egocentric lower self. I am talking about the step-by-step mastering of the *total reciprocity* meditation. Its essence consists in actively shifting the consciousness into the state of *non-I*, distributing it beyond the body, outside of it, with vectors of attention directed towards the body.

This is how just another break of egocentrism takes place and a fundamental step is taken towards Mergence with God and ability to see the earthly situations from His standpoint — with His eyes, as it were.

This is the meditative technique that allows one to attain complete Mergence with Him in His Abode.

Love for God

For those who move boldly and in the right direction, the Spiritual Path is the Path of increasing bliss, joy, and happiness. But why do so few people walk this Path? And why are such a great number of people quite content with performing pseudo-religious acts like coloring Easter eggs, drinking heavily on holidays and ritual killing of animals and plants? Is it only lack of intelligence that makes them do these substitutive actions, which are often nothing but crime in the face of God? Or maybe the reason is that they lack love for God?

Love for God does not imply performing rites “just in case”: what if He really exists and will punish us. Love for God is being lovingly attracted to Him: to cognizing and to Merging with Him. It is like sexual passion: those who are in love with Him miss Him and get saturated with bliss at times of rendezvous — successfully performed meditations.

In order to love God like this one has to already know what it is like to fall in love. For those who cannot love God is unreachable. Jesus was telling about this: learn to love each other first — then you will be able to direct your already developed love towards God-the-Father.

But one does not have to spend one's entire incarnation learning hard and long the art of earthly love. One may speed up one's studying significantly by using special methods of developing the organ of love — the anahata chakra. It is also important to understand who God really is: fairy-tale characters that “pastors” of various degenerated religious schools propose to worship cannot inspire serious people for love, can they?!

God-the-Father can be cognized by man only if he lives a monastic life. But monasticism means not just wearing a uniform of some color — black, white or orange... As well as not proudly assuming a new — most often foreign — name. All of this is just childish games of grown up people playing “religion”. True monasticism also must not necessarily call for living in a monastery. As well as giving up caring about one's family or social service. Or a strict celibate or *mortification of the flesh* by rejecting elementary hygienic routines, with wearing chains and enduring diseases. (For more details on this see [8]).

True monasticism is a state of being connected with one's indriyas to God, but not objects of material plane. This is a result of a soul's being in love with God, which has been developed through meditative trainings.

A monk — in the true meaning of this word, which God assigns to it [8,10] — is a person who lives in a permanent alertness, in the state of “total war” with his vices and shortcomings. This spiritual warrior also fights for the well being of his partners on the Spiritual Path.

Important attributes of a spiritual warrior are possessing a cell: a room or a house, where he can sleep and spend most of his time alone with God, and also the possibility to seclude close to nature for meditative work.

It is also very important to have the possibility to wash one's body with soap every day (and not once in two weeks, like in Orthodox monasteries). Maintaining an external cleanliness of the body promotes good health, freshness of feelings, and subtlety of emotions.

It is also good to have a quartz lamp, especially if one lives in the northern latitudes — so that one could sunbathe all year round. Sunrays — not only “living”, but also artificial — confer good health on us; they are very favorable for the well-being of our bodies and souls.

In addition to this in the life of a monk-warrior there should be spiritual books, friends on the Spiritual Path, and — what is the most important — God as the constantly present Teacher and Advisor, tender and caring, but inexorable to our deviations from the Path to Him Universal Father and Mother.

Criterion of the spiritual warrior's success would be the disappearance of his egocentrism (which is manifested in one's susceptibility to the offence and in the desire to obtain something “for oneself”) and gradual increase of God-centrism.

The latter does not imply mere intellectual acknowledgement that there is God, but a real feeling that He is everywhere, in everything, that He *is* Everything. Feeling of “I” disappears: one's lower self — due to “concretion” with God with one's indriyas — gradually dissolves in Him. This fundamentally changes ecological status of a person, does it not?

God-the-Father allows the devotees, who are ardently in love with Him and who do not see the meaning of their lives other than Merging with Him in Love and helping others with it, to enter into His Abode, into Himself. Having placed oneself there as the spiritual heart, one can for the first time really embrace with the hands of consciousness one's main Beloved, Who lives there, on the other side of the *Mirror*.

The subsequent consolidation of the Mergence with Him allows one to start acting from the other side of the *Mirror*, perceiving oneself as a part of the Creator — in order to help embodied souls to find their true Higher Self there — in the Abode of God-the-Father. This is the complete spiritual self-realization, the ultimate Liberation, the highest Nirvana, the completion of one's personal evolution as a human being, the total cognizing of God and of oneself and Merging with Him into One.

Sexual Aspect of Love

Every one of us, as well as actually all embodied people, appeared in the material world owing to sex. Is it not absurd to deny sex then?

But sex is not only a means of reproduction, but also a way of developing one's emotional sphere in the required direction, a method of attaining refinement of consciousness, tenderness, and caring attention — which are the most important qualities on the Path to God.⁵

Various taboos against sex and defilement of it in some religious sects are indications of perversity of those sects and their being engrossed in the *tamas guna* [9,10].

But on the other hand God does not approve of being obsessed with sex, when finding new sexual adventure becomes the main purpose of one's life. God points those people at their being deluded by, for example, sending them various diseases.

Sex plays a socializing role in any healthy person's ontogenesis (development in the current incarnation) starting from pubescence (and this has been demonstrated also in experiments on animals; see [9]). Sex hormones generated in the body make people attract to each other, start studying features of other people and ways of communicating with them.

Sexual relationships highlight sometimes diametrically opposite personal qualities of people. Some people give themselves and their love to their partners; they care about them. People of the opposite end demand pleasures for themselves, express selfishness accompanied by violence, contempt and even hate for their sexual partners. This is how people express and develop qualities of one of the *gunas* and proceed either in the direction of God or to hell.

God controls all of us to a significant extent. Among other things He does — He throws us together with our sexual partners. He does it in order to provide people with learning situations, in which they would have to make their own decisions — right or wrong. This is how people improve or worsen their destinies.

And if a person has problems in sexual life — he needs to look for his mistakes here taking into account that in all situations God guides him. He needs to find his mistakes and draw conclusions for the future.

Sometimes we find ourselves in a tight corner because of the mistakes we made in our past incarnations. This means that sometime in the past I did to somebody what I have to experience now. It is the *law of karma* that manifested itself — God showed me what victims of my past transgressions felt. Let us draw the right conclusions!

How should we behave in our sexual relationships in order to advance to God through them, instead of moving in the opposite direction?

⁵ Since sex is not only a means of reproduction a problem of contraception arises (prevention unwanted pregnancies). It is both partners who should take care of this. One of the convenient contraception methods is interruption of coitus immediately before ejaculation; in this case ejaculation takes place outside of the genitals of the woman.

The main rule here is that no constraint should be used — large or small, not even in one's thoughts. Everyone should be absolutely free in giving their love, willing to fill and to saturate their partner with it.

One cannot ignore psychological differences between people of the opposite sex. And those differences are significant. For example, a man feels like having a sexual contact with the particular woman as a result of a predominantly visual perception, whereas for a woman it is her tactile sensing, responding to tender touching and fondling, that plays primary role here.

We all should try to always be tender and caring with each other. Tender words, a sincere smile of love, a touch with a hand or with lips — these are the ways we can express our caress. (One's lips should be relaxed and not wet when one is kissing somebody. One should also keep them closed. "Slobbery" kisses arouse only a dislike for the one who gives them).

During a sexual intercourse an intensive energy exchange between the partners takes place. Especially powerful energy emission occurs during the orgasm; the feeling of bliss that accompanies such emission is what orgasm actually is.

These kinds of energy are very important for the proper functioning of the human organism, as well as for spiritual work. This is why everyone should try to give their energy to their partner; this is a very valuable gift, of course provided that the energy is pure and subtle.

...The problem of saving energy for meditative work does exist. We certainly should try to get rid of everything that is unnecessary, of everything that interferes with our spiritual growth (acts of service according to karma yoga principles are necessary). Sex with inadequate partners is a typical example of energy squandering. One is really wasting energy when having sex in such a way.

But who are those — the inadequate partners? And who are the adequate ones? The adequate partners are the people whose level of energetic purity is similar to ours and who are at about the same level of spiritual advancement, including the level of refinement and the size of consciousness, as we are. But those, who are at fundamentally lower stages of their evolution for the time being, who are still energetically impure and who lead a non-spiritual way of life, possessing gross ethical vices — those are inadequate.

Sexual relationships of adequate partners does not lead to squandering of energy but to exchange of energetic purity and to activation of both partners' psychic energy, as well as to its growth. They also create a greater energetic stability of both spouses.

Sex has been granted to us, people not only so that we could use it for reproduction. But it is also supposed to contribute to the spiritual progress of those, who are capable of such progress. Through sex we learn to love another person emotionally, develop structures of our emotional sphere, learn to care about the other and get to know the states of peace and bliss. We also develop these states in ourselves, thus preparing ourselves to Great Peace and Supreme Bliss in the Abode of the Creator.

Spouses can use sex as a meditative training. For example: both partners may look at each other from their anahatas, then merge with spiritual hearts into one with each other — and with God.

I will mention that in a low-grade literature on “spiritual sex” one can find recommendations to avoid own orgasms. This, they say, allows one to accumulate energy in on one’s body and tremendously contributes to one’s spiritual growth... But in reality any attempts to improve one’s well being at the expense and to the detriment of others have nothing in common with spirituality. This is propaganda of a variation of an energy vampirism. This is a disgusting manifestation of egotism. God can in no way call this love and this has nothing to do with the Path to God.

And the last thing: who can become a spouse of a spiritual devotee? What is marriage for this kind of people? And what is adultery and fornication for them?

General rules here are the following:

Marriage is a rather stable union of two people, who walk together the Spiritual Path, sexual relationships being one of the components of their communication.

And on the contrary, “*any (sexual) connection of dissimilar people is adultery,*” [10] — this is what Jesus Christ taught His closest disciples and this is what apostle Philip wrote in his Gospel. *Dissimilar* are people who significantly differ from each other in the level of their spiritual advancement. Among the dissimilarities are their psychoenergetic characteristics: the purer and subtler one’s energy is — the closer one is to one’s Goal, to God. During a sexual intercourse an intensive exchange of energies between the partners takes place. Therefore, marriage with spiritually inadequate partner hinders the progress of the more advanced one and this marriage is not pleasing to God.

God also considers it as fornication if someone is excessively keen on sex, which is expressed in searching for new sexual contacts. Tendencies like this distract one’s attention from God and lead one away from the Path.

We see that both adultery and fornication may take place only when speaking of religious people. These terms may not apply to worldly people who live just by satisfying their bodily needs, thus the rules for them are different.

God throws people together in marital relationships Himself. He did not delegate this function to any earthly “pastors”. State registration of marriage makes sense only in regard to solving any proprietary issues and children-related problems.

It is also necessary to mention that demands of various religious sects (and sometimes, those of mundane morality) that people get married “blindly”, without getting to know each other from the sexual standpoint, are invalid⁶.

⁶ When it comes to sexual disorders or failure of sexual function — men’s problems usually come to mind: impotence, fast ejaculation etc. Sexual failure of women is not that clear and is not that widely discussed. Women also less often ask for this kind of medical help.

But some women cannot reach orgasm under no circumstances and because of this they suffer after each sexual contact from sacrum pain, headaches

So, marital relationships are important lessons in the School of God. Let us be sensitive to His Will and comply with it!

In conclusion I will cite the Gospel of Philip: “Get to know pure marriage — for it possesses a tremendous power!” [10].

Upbringing Children

God embodies man on Earth so that he could learn Divinity here — in this School called *Earth*, where God is the Teacher. This study is three-fold: man studies Love, Wisdom, and Power. This is what we study here under His guidance — invisible in the beginning, which later becomes evident.

There are theoretical and practical lessons in this School. The theoretical ones consist in studying the Will of God through reading books and by other means. The upbringing of children is one of the practical subjects.

In the beginning, a child needs to be taught elementary things: speaking, walking, rejoicing, etc. But when he grows up — parents should try to teach him as many skills and to make him as broad-minded as possible. They should teach him how to ride a bicycle, how to run, how to swim, how to pitch a tent, how to make a fire, how to sing, how to draw, how to play various games, and so on. Let him watch TV so that he could get to know people in different parts of the planet and the diversity of their religious quests... All this will prove useful for him in the future and will allow him to solve problems of the grown-up life.

One can work for the Evolution of the Universal Consciousness by upbringing not only children from one’s flesh and blood, but also many other children. We are all — children of One God. We are all — one family [10]. One should learn to treat other people’s children as one’s own. By living this way we will learn to expand our love and to treat people the way God does, we will learn Divine Love.

and feeling overall exhausted, sex for them becomes a nightmare. Some women’s genitals instead of being erogenous — only possess increased sensitivity to pain, even in the absence of inflammatory processes. Sexual contacts cause unbearable tickling sensation in some women. There are also women whose sexual energy (udana) is so coarse that no partner can make sexual contact with them last longer than few seconds (see also [9]). Erogenous part of some women’s genitals is not clitoris, not the entrance of the vagina or its front side, but only the deepest part of the vagina, which not every man is able to reach.

In all such cases spouses cannot enjoy deep harmony in their relationships, and these marriages will not be stable, whatever splendid rites were used to “sanctify” them.

Only those marriages, which are based on spiritual as well as on sexual harmony, can be harmonious and favorable in spiritual respect.

Nutritional Advice

God once gave people principles of nutrition through a prophet: "...See, I have given you every plant yielding seed that is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food..." This commandment was written in the Jewish Bible (Genesis 1:29). After some time He added through another prophet: you may eat everything, "...only, you shall not eat flesh with its life, that is, its blood" (Genesis 9:1-4). What did He mean in this phrase? He was talking about the *killing-free* diet: you may eat any edible plants, use milk, eggs but do not kill for food those creatures, in whose bodies you see blood.

But what did sly and gluttonous Jews, that received this commandment, contrive? They started to let the blood of animals that they were killing flow out into the ground and to eat their meat after that... — yes, without blood. They pretended to have understood that the animal's soul is its blood... Later gluttonous "Christians" began using the same way of fooling God. And... they simply did not include the protests of Jesus Christ against this in the New Testament [10]...

But true Christianity is a Teaching of Love. Is it possible to call those people Christians, who are capable of causing other creatures to suffer just for satisfying their own sensory cravings?

True Christians are not those who have been formally baptized, but were not going to follow the Teaching of Jesus Christ. And especially not those who were baptized at a very young age. Or those who wear crucifix around their necks. It was crusaders, who were carrying crucifixes, was it not?

True Christians are the people who follow the Teaching of God that He has been giving to us through Jesus Christ and other Messiahs, Avatars and Christs. Its essence can be expressed in short in three phrases:

- God is Love;
- We have to infuse into Him for the sake of enriching Him with ourselves;
- In order to do this we need to become Love, like Him.

Those who do not follow this Teaching do not have a right to call themselves Christians. They are simply perverts: "Christians" in quotation marks.

...In this incarnation I was born and grew up in a family of communists and atheists. Nobody thought about sin and compassion there, as almost in every "soviet" family. And I, too, ate meat and fish since my childhood: this was widely accepted. I even became a hunter and a fisherman — and I tortured and killed animals without even thinking that somebody other than myself could feel pain.

Only when I became a senior research assistant I started to question my right to kill animals. But I immediately came up with a justification for myself: we cannot live without eating meat and fish, therefore I have the objective right to procure this kind of "food" for myself without any assistance from anyone else — since I can and know how to do it.

But then there was this incident. Once I came up to a lakeside and flushed a duck family: a mother-duck and about ten ducklings, which

could not fly yet. They swam away from the shore heading towards an island fifty meters away — they swam in a tight group close to one another. But an unknown hunter was hiding on that island. And when the duck family swam up to the island he shot them all down with two gunshots...

This was the first time when I took the death of the victims of this cruel entertainment — hunting — as a drama. My confusion was aggravated by the fact that I became the cause of their death. And right after this I saw a contradiction: I would not get upset if I were the hunter who killed them! On the contrary — I would rejoice at such luck of getting a great hunting trophy!...

Later I happened to ride on a bus in Karelia with workers of a forestry. They drank vodka after work and were going night fishing — to spear fish with a fish-fork in a beam of light. But one of them got “deeply moved” and started to think aloud: “How is it possible: to spear live fish with a fork?! It is live, don’t you see! With a fork!...” He repeated these phrases many times in a heartfelt way, addressing these questions both to himself and to his friends. It was obvious that he was on the verge of illumination, of awakening...

But his friends just smiled at him slightly without saying anything: this happens if one has drunk a bit too much...

Then, seeing no support from his friends he suddenly felt ashamed of his “weakness” and exclaimed: “Yes! We are going to spear live fish with a fork!”

And the issue was removed from the agenda...

Once I was hunting ducks. I wounded one. I was shooting again and again trying to kill her off, but the duck saw me firing and managed to plunge every time before the shot reached her. Then I resorted to cunning and, steering my boat, drove the duck to a shallow place, where she could not plunge. And she realized it — and gave up. I was shooting at her again and again and every time her little body got pierced with the leaden hail. Severely wounded, with her wings broken, she cried from terror and pain, unable to escape. Her screams, as perhaps, the screams of all those guiltless creatures, which get cruelly killed, sounded like this: “What for?! I did not do anything bad to you or to anybody else! Have mercy! Why are you causing me such a terrible pain?!” But I rowed up closer and closer and kept aiming and shooting..., but she just would not die. And only after I got next to her I shot her head off.

We ate her body, riddled with shot, afterwards, but somehow I could not enjoy it then...

My last hunt was an elk one. The beaters drove an elk-cow to the shooters’ line. The hunters started shooting and wounded her. She dashed back to the beaters’ line, but they opened fire, too. Two of my bullets broke her spine. Other hunters kept shooting. I recall that the chasseur got into ecstasy over the sound of many shots and was screaming rapturously: “Here’s what I call music!!!” She fell down, eventually.

By the time I came up to her she already did not breathe. But the hunters told me that after she had fallen, she crawled about fifty meters,

leaving a wide bloody trail behind her. They laughed and felt happy when they were telling this. There was no compassion in a single soul...

I was shooting as well, thinking about meat and not about the pain, which this beautiful animal was experiencing...

Since that incident I quit hunting and even sold my gun.

...When I later met a person, whom I respected and who for the first time seriously told me about the existence of God and that He did not want us to eat bodies of animals, — by that time I was quite ready to completely give up this terrible vice...

Later, I studied scientific literature on physiology of nutrition and learned that in the bodies of animals there are no nutritional components essential for the human organism, which could not be found also in vegetable products, milk or milk products, and eggs. Moreover, milk and eggs contain all indispensable amino acids — the most important protein components. I came to the conclusion that eating meat and fish is not at all a necessity, but a striking manifestation of the human vice of gluttony, of the desire to satisfy one's gustatory whims regardless of the fact that others have to suffer pain and to die for that!

And let no one seek an excuse like this: "I do not kill anyone — 'they' do, I just eat the meat." No, we are those, for whom "they" kill. We participate in this killing of innocent creatures, which have not been embodied in order for us to kill them at all, but in order to undergo the next stages of their evolution in the bodies that were granted to them by God. The souls that live in those bodies are just like us, only younger — they are like children...

...I killed lots of animals.

From my childhood I was taught to bait live worms onto a fish-hook. It never occurred to me then what it is like what each of those worms feels... And later fish suffered on those hooks. Fish do not "fall asleep", as many cruel parents comfort their children who show compassion for dying fish. Each fish experiences terror, pain from wounds, and sufferings of asphyxia...

Then I began shooting at live targets: birds and animals.

Later, I became an ecologist-zoologist — and thousands of animals died from my hands. This time I did not kill them for food but for "scientific research" purposes...

Later, working in the medicine field, I used to cut and kill rats and rabbits...

When awakening finally came to me, I suddenly realized all their pain... I repented and asked them for forgiveness... But apparently I did not suffer all their pain through in my repentance...

And when years later a two-meter tall primitive attacked me from an ambush — without any external cause and when I could not resist him, and fatally injured my body — then, dying in severe pain, I could also be puzzled: "What for? — I did not do anything bad to anyone, didn't I?..."

And some day, perhaps, in their future incarnations, he and all the members of that gang will be dying in pain, groaning: "What for?!..."

Often people, who never cared before what it was they were eating, upon hearing a sermon about compassion and having agreed with it

suddenly get perplexed: what is there to eat if not meat and fish?! So, here we will talk very briefly about general principles of nutrition.

First, as a rule, it is advisable for our diet to include all five groups of nutritional components: proteins, fats, carbohydrates, vitamins, and microelements. Deliberately scanted diets including mono-diets (those, which imply only one product — for example, only rice, wheat sprouts, oats or apples, etc.) can be very successfully used for therapeutic purposes, but they should not be adhered to for an excessively long time. So, after consulting with a specialist one may get on a diet like this for 1, 3, 7, 30 or 45 days — depending on how serious the disease and what the tactics of the treatment are.

Complete fasting (but with obligatory drinking of water!) that does not exceed three days is also helpful for therapeutic purposes and is an effective means of purification of the body. If one is willing to fast for longer period of time one should do this only under supervision of a specialist on therapeutic fasting. Exit from a fast should be gradual. Best things to eat first when exiting a complete fast are juices and fruits. No salt is allowed for the entire recovery period, which may last for several days — otherwise there is a high risk of edema of the body tissues.

Almost every natural type of food: milk, grains, vegetables, etc. — contains proteins, fats and carbohydrates, but in different proportions. Depending on these proportions, they are usually classified into *proteins, carbohydrates, and fats*.

Milk and lactate products, curds, cheese, eggs, nuts, mushrooms, soybeans, peas and beans belong to the *protein* group. Proteins can be different, depending on the type of the amino acids that they are composed of. The amino acids in their turn can be divided into two groups: the dispensable (i.e. necessary, but which can be generated within the human body) and the indispensable (which are also necessary, but usually do not get generated by a human body, therefore their external supply with food is vital for the human organism).

So, the most valuable from the standpoint of supplying the organism with proteins are those foodstuffs that contain a complete set of indispensable amino acids. These are milk and eggs. Milk and eggs, if included in one's diet, make it protein-balanced. If there are neither milk products nor eggs available — one should compensate for this by diversifying other components of one's diet, especially those of the *protein* group.

But it would make sense to take into account that beans, when consumed in big quantities, initiate generation of gases in the intestines. This also can be caused by barley and rye, and in case of adults — by milk (but not curds and cheese). In such cases milk is better be used in the evening, in small quantities and without combining it with anything else. By the way, in cases like that substituting milk with clabber would be even better.

Gases form also as a result of combining large quantities of protein or fat food with sweets.

One should not eat eggs and fat food before going to bed at night: these products remain in the stomach for a long time, but during a night sleep the digestion process in the stomach slows down (in contrast to

that in the intestines). Food can stay undigested in the stomach for the whole night, which leads to multiplication of microbes in it and to the inflammation of the stomach walls first and then of the walls of the intestines.

Let us separately discuss two issues in regard to eating eggs.

First, there is a postulate that we should not eat eggs for ethical reasons, since chickens could hatch out of them. But chickens can in no way be hatched from the eggs, which were laid by battery farm hens. The point is that domestic hen is a unique biological species (bred through a selection process), which lays eggs without being impregnated by a cock. Chicken cannot hatch out of these eggs. (At battery farms, cocks and hens are brought together only for making those eggs that would go to incubators for subsequent hatching of chicken).

But it would not make sense not to eat even impregnated eggs: since there is no embryo in an non-incubated egg yet, therefore it has no embodied soul; eggs like that can feel neither fear nor pain, when fried or boiled.

Eggs that we eat are merely ovules. But if we are to spare all ovules — how much more we should grieve over dying human ones! Since every menstruation is a sign of the lost opportunity of a human being to be born! Does not it follow from this line of reasoning that all women should be constantly pregnant in order to save all ovules from dying unnecessarily? (joking!).

The second objection against eating eggs comes from the physiologists: eating eggs, they say, inevitably causes atherosclerosis, since eggs contain great amounts of cholesterol.

Once I participated as a laboratory assistant in the experiments on rats conducted under supervision of academician N.N.Anichkov — the experiments that subsequently allowed him to “pronounce an anathema” against eggs. I myself then, with my own hands, was making atherosclerosis in those rats. But they were fed not with eggs, but with pure cholesterol powder mixed with oil. And the doses of that chemically pure cholesterol were quite impressive compared to the weight of the rat’s body: they measured grams per one intake, several times a day. And this is for a small rat! Of course, the rats developed atherosclerosis. But the doses of cholesterol were exceeded by millions of times — compared to those contained in several eggs a day for a human being!

In reality cholesterol is quite an important substance for the human organism, since it serves as a material from which all sex hormones — both male and female — are formed.

Cholesterol gets generated within human bodies as well. And its high concentrations can be found not only in eggs but also in the bodies of animals, especially in the liver, brain, and fat tissues. On the contrary, liquid vegetable oils can dissolve cholesterol deposits in our bodies.

But in order to identify the cause of atherosclerosis one should start with finding out first whether those people, who adhere to the *killing-free* diet, suffer from it.

Fats can be of vegetable and of animal origin. The latter include both butter and fats obtained from corpses of killed animals.

Scientists say that consumption of fats significantly increases risk of cancer, but we need to know that for butter this is not true.

Both vegetable oils and butter are good for people. The former contains vitamin E among other things and can dissolve cholesterol deposits, if any. Butter is rich in vitamins A and D.

But it is better to use butter for frying and heating of food, since all oils get oxidized when heated in presence of oxygen with harmful substances forming. The more liquid the oil is the quicker it gets oxidized.

There are also margarines, which represent mixes of various oils. If someone wants to use them, it would be better to read the list of ingredients on the package first.

All vegetables, fruits, berries, cereals, greens, jam, honey belong to the group of *carbohydrates*... All bodies of plants and grains are rich in fiber, which is important for proper functioning of the intestines, and in vitamins, especially of C and B group. Sugars among other things provide the body with the easy to derive energy.

It is currently widely known that bread is a source of necessary vitamins of B group. But it is important to know that bread made of high-grade flour contains almost no vitamins of this group, as well as almost no proteins. Bread made of coarse grinded grains or that with bran added is a much healthier food.

The same can be said about rice. Unpolished rice is significantly richer in vitamins of B group and in protein.

As to the vitamins, we have discussed them enough already. I will just add that if we drink milk and eat eggs, vegetable oil, butter, carrots, greens, fresh fruit and berries, — then we provide our bodies with all necessary vitamins. In case one doubts it or if there are special medical indications — one can buy poly-vitamins or specific combinations of them in a drug store according to a physician's recommendations.

Vitamin C is worth special attention. It is important for resistance power of the organism; in particular, it helps in curing catarrhal diseases. But it is not heat-resistant. This is why herb, fir needle or hip brews should be made without bringing the water to the boil. Garlic and nettle contain great amounts of vitamin C.

We provide necessary microelements for our bodies when our menu is diversified to include milk, mushrooms, and many other kinds of food-stuff. But the best source of microelements, which contains the guaranteed full set of them, is sea kale (*laminaria*). It is sold in many grocery stores either canned or dried (the latter is also sold in drug stores).

Lives of those, who love and know nature, not only are full of beauty, healthier and more efficient in terms of spiritual growth, but also require less money. A true forest-lover will always store up jam and self-made flower honey and dry up delicious herbs for using in place of tea for the winter. But the most useful thing to store is, of course, mushrooms. I eat mushrooms all year round. This allowed me to survive before [9], and allows to save money for publishing books now.

Fried or boiled mushrooms are very delicious, but they are hard to digest, since the membranes of their cells are not easy to destroy for our peptic enzymes. Drying mushrooms up also does not improve this situation. But prolonged exposure to acetic or lactic acid — when mushrooms

are marinated or made sour (salted) — destroys the membranes and makes mushrooms easy to assimilate.

One can store salted mushrooms in one's own house; the only thing that needs to be done regularly is taking off the mould from the surface over the brine (approximately once a week). But do not try to pickle honey fungus (armillaria) only with salt separately: the process of its fermentation goes without producing lactic acid — thus the result will not be good. One may either add this kind of mushrooms to the vessel with other salted mushrooms or pickle it using vinegar and salt.

* * *

The most important thing about correct nutrition is adherence to the fundamental ethical principle of non-causing harm. Only those who have developed compassion to the pain of other living beings can make progress on the Spiritual Path, for God will let get close to His Abode only those, who become embodiments of the Love principle.

God is Love. (This is what He said about Himself through Jesus Christ and His disciples, and now He is repeating this through contemporary Messiah Sathya Sai Baba). This is why in order to get closer to Him we have to transform ourselves into Love. The first step in mastering Love is development of that aspect of it which is called compassion.

We should, by no means, even indirectly, cause sufferings to other creatures, which are capable of experiencing pain intensively. We should not eat bodies of animals, including fish. (Just like we should not acquire products made of bodies of killed animals, for example, fur).

The Divine Teacher Huang Di taught this in ancient China [5]. Gautama Buddha and then Jesus Christ taught the same [10]. (Jesus made several exceptions only in those cases when He talked to fishermen and to crowds of common people, when he was feeding them with bodies of fish). Nowadays God is teaching the same through Babaji and Sathya Sai Baba [5,10,28-30].

This opinion of God seemingly contradicts with His words in the Koran. But we should keep in mind that during the first years of the establishment of the Islam, which were marked with continuous state of war, the situation was not appropriate for introducing new nutrition habits among cattle-breeders and desert inhabitants. God, Who guided prophet Muhammad at that time, had another purpose — to establish a monotheistic faith in that region of Earth. And only after Islam had been established and accepted by the people, Muslims were presented with an opportunity to think about the ethical side of their nutrition.

If one ignores the ethical side of nutrition then one becomes subject to special mechanisms, created by God, that make for development of diseases.

Deposits of uric acid salts, of which meat and fish dishes are the major sources, start to form gradually in the blood vessels, in the skin and in the cartilaginous tissues. This disease is called gout. Among its symptoms there are memory failure, headaches, disturbed sleep, sexual

malfunction, and muscle and joint pain. And urgent need to eliminate discomfort states of the brain leads to smoking and alcoholism.

Energetic aspect of such nutrition should be considered as well: chakras and meridians get contaminated with energies of dead bodies and this leads to disorders of bioenergetic supply of multiple organs and contributes to the development of cancer. The same energies adversely affect organs of digestion, thus acute and chronic inflammations and ulcers develop. This also leads to development of aggressiveness in people. Their energy of consciousness coarsens and they become incapable of attaining refined states of consciousness.

The well-known postulate that meat and fish are the only sources of necessary proteins, as we have discussed above, is absolutely invalid, and those who defend it only demonstrate their ignorance in medical issues. The complete set of amino acids (the elements of proteins) necessary for the human organism can be found in milk and eggs.

The best testimony of correctness and adequacy of the cruelty-free nutrition is dramatic improvement of health and disappearance of diseases in those who switched to this type of diet. In addition to this, their ability to perform various kinds of activities increases.

I will mention here, that people, who eat bodies of killed animals to satisfy their gluttonous habits, should be prepared not to take offense when the time comes for them to experience their own pain. This is the way God teaches us Love. This is the *law of karma* in action: those who disregard pain of others have to learn compassion through their own pain, experiencing it themselves.

The ethically correct behavior in regard to the “pure” foodstuff — plants, milk and milk products, and eggs — is to use them sparingly and with respect. They should not die in vain.

One ought to avoid using too much salt as well as drinking alcohol, which by no means contributes to attaining Perfection, and also to restrain from regular consumption of caffeine-containing drinks (coffee, cacao, tea, etc.) and from frying food using vegetable oils. And of course, under no circumstances, one should not drink urine, which has become quite popular “foodstuff” in Russia recently. Regular drinking of urine intoxicates the brain and leads to mental disorders. [9].

What is that we should eat then? What is the best diet for the one and the one’s family? Of course, everyone has their own tastes and nutritional habits. The set of the three basic products: rice, eggs and tomatoes (fresh or as various sauces, ketchups or pulp) — became the basis of my nutrition. In addition to these I used mushrooms, greens, potatoes, carrots, wheat bread, jam, berries, butter, vegetable oil, cheese, and other. This type of diet is satiating and provides sufficient amount of energy for any kind of work, including meditation. Only at the last stages of my spiritual ascent I had to give up eggs: the energy derived from them was not favorable for settling down in the Abode of the Creator.

And the last piece of advice: we should not think about food too much! Upon eliminating vicious nutrition habits you should establish a new thinking “algorithm” — and think about God and your Path to Him, including your service to Him. Beware of repeating the mistake, which so many people have made by focusing all their attention only on

“nutritional rules” and forgetting about substantially more important things.

Clothing

One should walk a lot, communicating with God in the surroundings of living nature. So, I will say a few words about clothing. The first important rule for those, who walk the spiritual Path is to try not to wear clothing made of synthetic fabric, especially that, which has immediate contact with skin. Synthetic fabric accumulates static electricity, which adversely affects energetic systems of the human organism, as well as prevents proper energy exchange between the organism and the environment.

Synthetic clothing is particularly inappropriate for psychoenergetic work — both indoors and outdoors.

This is not to say that one should not wear polyethylene raincoats when it's raining or rubber boots during a wet weather. But this kind of footwear should have an insole made of felt, or else, a woolen wadding pasted on a solid base or other materials.

During the winter, the rubber boots should be 2-3 size points larger than one's regular size, so that one could put 2 insoles inside it and put on 2 or 3 woolen socks and regular socks over them so that the former do not get worn out too quickly. It is better to put woolen socks on bare feet, since wet wool does not make the body cold.

There is the same situation with outerwear: if you happen to get drenched just wring your clothing and put a woolen sweater on first and all other things over it.

Another thing that we need to make sure is that the upper surface of the sole of our footwear is smooth. If there are any prominences under the heel then long walks will cause heel bones periostitis. Or, in some kinds of footwear the sole gets warped in the toe area: this happens because the card layer that was inserted in the sole for some reason gets pursed. As a result toe joints may not function properly, which sometimes leads to their severe inflammation accompanied by edema of the entire foot. In order to bring that footwear back to the appropriate condition one needs to detach the sole, tear the card layer out and then glue the sole back on.

I will also say a few words about backpacks. The most convenient backpacks are those that have a waist strap. But we need to make sure that the strap is attached to the lowest back part of the backpack, since only in this case it will serve its purpose of shifting the load from the shoulders to the pelvis bones in full.

Night Sleep

One should not work during the night. The best time to go to bed is 10 o'clock in the evening and the best time to wake up is from 4 to 6 o'clock in the morning. This regime provides the best night rest to the

body and ensures vivacity and agility of consciousness. One should start every day with doing spiritual exercises.

Getting a good night sleep is important: its primary purpose is to ensure the bio-chemical cleansing of the brain. If one does not sleep enough, one's brain gets inflamed. This can be seen with clairvoyance as a darkening of the brain.

In this connection it needs to be mentioned that sleeping with another person in one bed, which is not too wide, is a mistake: body movements of one of the partners disturb the sleep process of the other. As a result both do not get a good night's sleep, and their next day activity is carried out with the inferior energetic level.

One should sleep in a bioenergetically favorable place. The favorable and unfavorable places for sleeping can be located within one apartment or even within one room. The origin of the unfavorable places is primarily people's coarse emotional states that got imprinted bioenergetically in material objects. It is possible to correct such defects by influencing those places meditatively. If one ignores this factor when choosing a place to sleep and makes a bed anywhere, one can easily catch the unfavorable energetic states, traces of which were left by someone who was there before. In this way one may end up getting insomnia or nightmares, one's previously refined consciousness may coarsen or one may even develop the symptoms of the disease, of which the previous inhabitant of this place suffered.

In order to examine your home for presence of such places do not look for "psychics" who use bio-location frames or other similar devices: none of them will be able to interpret the indications obtained in such a way, anyway. Only the person who succeeded in refining consciousness can make a proper examination. And he will not be using any "instruments": he perfectly feels everything with his pure consciousness. May all of you become like this too!

Regarding dreams: sometimes we have dreams, in which we sin. This is an indication that we have not completely eliminated our vices yet. In these cases, we need to work over our "weak points" using the mechanism of repentance.

Medicine, Health, and Destiny

Two diametrically opposite approaches in regard to medicine can be observed sometimes.

Some people totally rely on medicine. They "live on pills", call for a doctor and try to get on a sick leave every time they feel indisposition. They do not want to make any effort to lead a healthy life or to heal themselves. But most diseases are easily cured just by changing one's nutritional habits, quitting smoking and drinking hard, and starting to regulate one's emotional sphere.

Another extreme, which is usually typical for neophytes, is attempts to totally renounce any medical services and rely on various "panaceas", like fasting, walking barefooted or keeping to some type of a mono-diet. These "novations" are not bad for a start, although they are not sufficient

for attaining serious spiritual results. But some “neophyte” passions can turn out to have disastrous consequences. For example, drinking large amounts of urine leads to intoxication of the brain, mental degradation and various psychic disorders [6,9]. Having enema every day used to be quite popular about fifteen years ago. This disturbed proper trophics of the organism: since large intestine is the place where many vitamins and other useful elements of food get absorbed. Declaring first salt, then sugar, bread or even oxygen “main enemies of man” relates to the same kind of mistakes.

...Diseases can be classified into three groups.

To the first group belong those, which occur naturally due to the physical wearing out of the body (for example, teeth decay as a person grows old) or as a result of the natural lack of experience when we are learning something new, or due to an overstrain, etc.

The diseases of the second group develop as a result of our indulging in various vicious habits, for example, an addiction to toxic substances (alcohol, tobacco, etc.), gluttonous habit of eating “*killed*” food or living in angry states: condemnation, irritation, and hate — instead of states of Love and Peace.

The third group’s diseases are caused by elementary ignorance in hygiene or religious issues. It may be, for example, a wrong direction of religious aspiration, when the attention of “believers” gets focused not on God, but on demons, black magicians, and “vampires”. By thinking about them people attract them and attune to them, instead of God. And this leads to mass schizophrenia among members of such sects.

God uses the diseases of the second and the third groups to show us that we are wrong, to prompt us to seek correct decisions (also see [9]).

Forgetting about inevitable death of the physical body may become one of our tragic mistakes. But death can come very soon, nobody knows for sure — when exactly. And it puts an end to all our dreams that sometime in the future, when we retire... But after death one will no longer be able to achieve any fundamental change of oneself and of one’s status in multidimensional space. One will have to wait until the next incarnation, which is going to be in the conditions according to one’s destiny. To people like this — who should make spiritual efforts but do not make them — God sends, for example, cancer, which makes the inevitability of one’s death more apparent to one.

The material mechanisms of the diseases vary. It may be genetic factors, fetus injuries, traumas, poisoning, eating “*killed*” food, unbalanced nutrition, impact of microbes, viruses or parasitic fungi, information overload, excessive tiredness, incorrect life purposes, energetic impurity of chakras and meridians, as well as entering of spirits of different levels of development into one’s body (the spirits of either vicious people, or animals or even plants). All this leads to a wide range of various diseases: mental, oncological, and so on, including common inflammations and “aches” of unknown origin.

All these diseases occur in our bodies and souls as a result of combination of two types of will: the person’s own will and the Will of God. All of them are realization of our destinies.

Destiny of every one of us is composed of two interlacing destiny lines — the “inborn” and the one acquired in this life.

For example, if a child is born with some kind of a bodily defect or if he acquires it in the very young age — this is his “inborn” destiny, or complication of his life as a result of his making gross mistakes in his previous incarnation.

As the child grows up, he acquires the ability to make ethically important decisions. As a result of these decisions, the destiny line in his current incarnation forms. It gradually starts to prevail and then even to dominate over the “inborn” one.

Thus, an unfavorable destiny can be completely changed if we develop ourselves in the right direction. And vice versa, a good destiny can be degraded by our own ethical mistakes in the current incarnation.

Destiny is not some sort of a mechanical law defined by “stars” or “planets”, as astrologers claim. Destiny is the direct guidance that we receive from God — the Supreme Consciousness, Who possesses Omnipresence, Omniscience, absolute Love, Wisdom, and Power. He leads every one of us to Himself, into Himself. If we move the right way — then He encourages us by giving us a feeling of bliss, but if we turn away from the Straight Path to Him — He points out to this by causing us some kind of pain. Everything is that simple.

And there is no pint in complaining about “bad living conditions”. For the Path to Him is not at all something like walking or riding public transportation. It consists in transforming oneself as consciousness, as a soul. This implies the inner work at self-improvement.

God outlined the Path towards Him through the Avatar Babaji in the following formula: *Truth — Simplicity — Love — Karma yoga — abandonment of the lower self for the sake of merging with the Highest Self*. This is the entire Teaching of God, in short. All other knowledge and instructions are simply explanations of this formula.

One of the things God wants us to possess is Wisdom: without Wisdom walking this Path is difficult. One of the lessons regarding health is getting to know the structure and functioning of one’s own body and taking care of it. Upon learning this, we will be able to take care of other people and to enrich them with our experience

...Sometimes I hear that syphilis, for example, should be treated with a specific set of hatha yoga asanas or that prayer is the only medicine that should be used for treating of any disease, or even that no treatment at all should be used — that any disease will go away by itself, that one should just let the organism strengthen its resistance, while all medications can only do harm.

But syphilis does not go away as a result of doing asanas; it just moves into the next stage of its development while the diseased person is performing them. And to no reasonable person will it occur to extract a splinter with a prayer: it should be taken out using one’s nails, a needle or tweezers. Life in the body was granted to us not so that we would squander it in suffering from diseases, wasting energy and precious time for this. Life in the body is granted to us so that we actively develop Divine qualities — Love, Wisdom, and Power.

My approach consists in curing any disease promptly without letting it develop and using all available means.

Even if I get a splinter in my finger, it will be appropriate to think about the causes: have I been doing the right thing or did I lose a state of Love and Peace? But it would not make sense to think about it for too long with a splinter still in my finger. The splinter should be extracted promptly and iodine should perhaps be applied to the wounded area.

The same applies to flu, tonsillitis, and even the common cold. They can be indications of our mistakes, our losing Peace, for example, or our associating with wrong people. But after drawing right conclusions from analyzing the causes it would be wise to start taking appropriate measures: applying anti-virus ointment or calendula tincture on the mucous membrane, having quartz lamp radiation session, drinking hip, nettle or fir needles brews, etc. Cleansing of corresponding chakras and meridians and the *cocoon* will also help.

The same algorithm should be followed in case of more serious diseases that require intervention of medical specialists. Even in case of cancer, it does not make sense to decline a surgery if a physician suggests it. But finding out the karmic reasons of cancer and the correction of one's mistakes should undoubtedly be the main direction of one's efforts.

Let me bring your attention to the fact that contemporary Divine Messiah Sathya Sai Baba, Who possesses unlimited ability of working miracles and Who personally healed a great number of people — including those at a distance, using the most unbelievable means from materialists' standpoint — still takes care of building conventional hospitals, some of them are even on the territory of His ashram.

After all, both doctors and patients have to develop themselves, to perfect themselves on the Path to God — through interacting with one another. But miraculous healing has to be deserved by one's own efforts; otherwise, it will not do one any good.

...Every good householder should have — not only for himself, but also for his guests — the elementary medications set: bondage, cotton wool, iodine, calendula, ftalazol, analgin, oxoline ointment, menovasin, indovasin, sage, etc. Some of it should be taken along when going outdoors for a hike, especially in a group.

For example, ftalazol is good for intestinal inflammations, sage — for gastritis or esophagus. Menovasin can be used not only for rubbing in muscles but also (if diluted 1 to 50) as eye drops in case of conjunctivitis or as nose drops in case of a cold. If diluted 1 to 10 menovasin can be used for throat rinsing in case of sore throat. Applying indovasin to and tight bondage of swollen feet joints will let one continue walking if the joints have been injured or rubbed sore.

Everyone will benefit from becoming a specialist in this "household" medicine: this not only will make one's life easier, but also will make one able to help others in trouble. These are also lessons of Wisdom.

...It has been confirmed by statistic research that eating "*killed*" food, as well as smoking and drinking alcohol, dramatically increases risk of cancer. People who adhere to the *killing-free* diet do not have cancer.

Moreover, usually, just giving up eating “*killed*” food is enough to achieve a dramatic improvement of one’s health: gastrointestinal diseases, high blood pressure, various types of gout and other kinds of health disorders disappear.

In Russia, until 1917 a successful experience of using the *killing-free* diet for treating various diseases and freeing people from addiction to tobacco and alcohol was being accumulated. There was also an ethical movement in Russian society that advocated moral nutrition [12-15,-18,25,26,33,35,36,38]. One of the initiators of this movement was the Russian writer Leo N. Tolstoy, cursed by the Orthodox Church for “free-thinking”.

Later, this movement got suppressed by the Bolshevik terror. Now the Russian Orthodox Church is opposing it. It is paradoxical but true that this organization that calls itself Christian has not only always factually encouraged alcoholism, but upon having received special tax concessions from the state after Gorbachev’s perestroika, became one of the major importers of alcoholic and tobacco products.

* * *

People who started walking the true religious Path in a very short time get healed of many diseases, even of cancer. Yes, over the years of teaching I had tens of people with cancer in my groups. Several of them had it in the *inoperable* stage and official medicine gave up on them having classified them as hopeless. All of them recovered after they accepted the correct spiritual orientation and started to make real efforts (each one — according to his or her own abilities) at self-perfection.

I need to mention that not any kind of religiosity is a salvation from diseases. This can be illustrated by the fact that the percentage of sick people among members of modern mass sects is not lower, than that among atheists. Moreover, those sects, where mystical fear is cultivated instead of love become hotbeds of mental disorders. There are also sects, in which people massively take psychedelics or alcohol, which are incompatible with spiritual Path, let alone with elementary health. Another popular occupation of modern sectarians is drinking urine — in large amounts and for long periods of time — which results in the intoxication of the brain and in further decline of intellectual faculties of those who practice this.

We need to realize fully that all our diseases are consequences of either our ethical mistakes or of our ignorance. Behind all our pain we need to try to see the guiding Hand of God, Who by means of this pain wants to point at something that we need to change in ourselves.

Diseases can result, for example, from smoking, alcoholism or eating dead animals’ bodies. But did not God warn us about this? And if these things are what leaders of your sects are blessing — is this not time to turn our back on them and seek guidance from God?

Some diseases are a result of human laziness: when a person lies or sits most of the time, for example. Some are from ignoring the necessity to temper the body. Or some of them occur because we forget that every

day brings us nearer to the death of the body and that we have to make spiritual efforts — in order to have time to advance as much as possible. Cancer is the example that we have already discussed above. We get it as a reminder that death is inevitable. It is something that helps us feel that death is approaching, something that makes it more evident for us. And if a person gets this hint and wakes up, cancer goes away.

Some healers can also develop diseases that they “take them up” from their patients: if they rush to heal the body instead of focusing on healing the patient’s soul first — by eliminating ethical causes that brought about the disease. And all these causes can be classified into three groups: a) lack of aspiration for God (or aspiration in a wrong direction); b) lack of love, and c) ignorance.

I will give only one of the multitude of possible examples. Once I was sitting in the kitchen with two ladies — the mother and her grown-up daughter — who invited me to their place. We were drinking tea. Next to us on a stove there was some animal’s dead body boiling in a saucepan. They were telling me about their ailments for a long time... I asked them about love — love for animals, in particular. Both of them started to “coo” about how much they loved them... I lifted the saucepan lid and asked: “Do you love them — as a soup? Or roasted, too?...”

Chronic anger as a cause of disease is especially terrible — including the emotion of condemnation, as well as dislike, hate or jealousy. All this not only leads one to hell, but also is very detrimental for one’s health. Through these diseases God warns us so that we would come to our senses before it is too late. Various medications will not spare us from hell. God wants us to make ethical decisions and to perform real self-transformation.

By giving us some types of diseases God suggests that we start studying the basics of anatomy and physiology and learning to identify the causes of common ailments.

For example, a combination of large amounts of protein or fat food with sweets leads to flatulence.

Another example: heating or frying food using liquid vegetable oils, as opposed to butter, is a harmful practice and may result in the liver disorder. This is because *unsaturated* fat acids, which make up liquid oils, get easily oxidized forming harmful substances, when heated in the presence of oxygen.

One should avoid wearing clothes made of synthetic fabric, which have a direct contact with one’s skin — even if they look good and “everybody wears them”, because this upsets energetic processes in body tissues.

One should not only brush one’s teeth with, but also floss them in order to get rid of small bits of food that get stuck in between teeth — either a dental floss or a thin metal plate can be used for that purpose. Also, it is beneficial to massage one’s gums at least occasionally, or systematically if needed, by pressing lightly all intervals between the roots of the teeth: from the jaw to the chewing part of the tooth. If food gets there during chewing — then gingivitis may develop, which we will not become aware of for a long time: until we feel pain or someone points out at an unpleasant odor from our mouths. But having any nidus of in-

fection in the body poisons the whole body through the blood stream. And gingivitis can become the cause of diseases in other parts of the body (for example, sinusitis, tonsillitis, conjunctivitis, etc.)

There are a great number of silly and harmful opinions in regard to health.

For example, if a “fever blister” swells up on the lip — people say that this is just a “cold” and there is “nothing to worry about”. But in reality, this is either a highly contagious herpes virus, or sometimes this may be a lesion of lips caused by trichomonad. In both cases one should not kiss anyone, but should seek medical treatment.

Or when a woman feels pain in the ovary region they say that she has been simply overexposed to cold and needs to warm the area. Then they recommend that she use a hot water bottle or get wrapped in a shawl. But this can be either harmless ovulatory pain due to a regular follicle rupture — in this case it is all right and no heat therapy should be used. Or this can be an inflammation, caused by microbes’ activity — in this case it should be treated seriously with antibiotics (namely, modern cephalosporins). Among causes of chronic adnexal inflammations there can also be bioenergetic lesions from sexual contacts with energetically coarse partners, as well as from wearing synthetic lingerie.

Hemorrhoids sometimes is attributed to a low-mobility lifestyle, whereas the cause of it is that small bits of excrements that stay in the rectum rub the rectum walls, thus an inflammation of the mucous membrane results, which spreads to the vein walls. As a preventive measure, it is recommended to keep the lower section of the intestines absolutely clean and with first signs of inflammation apply a bactericidal ointment over it.

Some say that it is impossible to get pregnant at all days except the few in the middle of the ovulatory cycle. In reality, the probability of getting pregnant during the rest of the cycle does get reduced, but not to zero.

Some people claim that male potency can be improved by drinking more coffee and eating more meat. In reality, both should be avoided in such cases. What can really help is the correction of one’s emotional state and cultivating deep inner peace. This comes as one advances along the spiritual Path.

Or there is a neophyte slogan: “I will not take any medications!” This is not wisdom, but rather something contrary. We do not have time for illnesses! It also does not make sense to put one’s body “at the mercy” of microbes. Since the body suffers from this incomparably more than from the adequate usage of medications.

God wants us to be wise. One of the ways one can acquire wisdom is through accumulating knowledge about everything, including the anatomical structure of human body, possible threats to it and ways to prevent them, as well as methods of treatment of diseases.

I recommend that everyone gets a *Handbook of a Practical Physician* and reads it through, at least once. This, of course, will not make one a specialist in medicine. This also is no substitute for getting a qualified medical help. But after reading a book like this one will get an idea of the variety of possible diseases: from sexually transmitted ones to fungal

skin infection to mental disorders. It will also make it easier for one to avoid the dangers to one's health.

For example, I had had guests several times, who had fungal infection of feet — and they put on my slippers without ceremony and feeling conscience-smitten...

Or when some neophytes get venereal diseases they usually do not worry: only “those” — “non-spiritual” people — can have such diseases, they think, but not them. They think that it is “okay” and “will soon disappear”...

You may also accept this advice if you want: it is best to stay healthy, but if you do happen to get sick — it is better to start complex treatment using all available means: analysis of the cause, repentance, meditative and bioenergetic methods, non-specific means that increase the resistance of the organism (vitamins, aloe, hot baths, ultra-violet radiation by quartz lamp and sometimes winter-swimming, etc.) plus specific medications and other therapeutic procedures recommended by a physician.

Incidentally, one of the methods of preventing many diseases and ensuring one feels well is to wash one's body with soap every day. For successful spiritual work this is absolutely essential.

Let us remember: one can gain good health by advancing along the spiritual Path. And it is better to be healthy while walking this Path.

Work in the Material World

In regard to work two principles should be important for any person, even if he or she is not mature enough yet to be able to comprehend highest religious truths. These are — honesty and striving to learn as much as possible. The second principle implies not only aspiration towards study, but also quite frequent changing of the field of applying one's efforts and change of places of work. We come to every new place enriched by the experience we gained at all of our previous places of work. This significantly enriches our experience, develops us intellectually, and creates an objective prerequisite for respectful attitude from other people's side.

For a religious person, the attitude towards work implies even more serious approach. Namely, he should regard his social activity as his service to God.

This is called karma yoga. Karma yoga is the path of self-perfection through helping God in His Evolution. This consists in various kinds of help to other people — help in what is really useful for them, including the spiritual help.

One should try to serve people with one's highest abilities, as well as to aspire towards acquiring even higher skills to use for one's service [10].

This attitude towards work implies that personal material gain moves far down on the list of one's motives, because this kind of service is one's way to express one's love for God and for people. But can one sell one's love?

Krishna was saying about this: “Regard only the work and not the reward for it. ... Miserable are those who act for the sake of getting reward for their activity.” [10] (*Bhagavad Gita*, 2:47, 49).

Karma yoga does not imply a principle of working for free, at all. But karma yogis eat “remains of their sacrifices”, as Krishna figuratively put it. [10] (*Bhagavad Gita*, 3:13).

However, those who receive help should not forget that the one who helps them also has to pay for food, transport, accommodation and so on. Let us recall the words of Jesus Christ that relate to this: “Laborers deserve their food” (Matthew, 10:10), “Laborer deserves to be paid” (Luke, 10:7), and Krishna’s words from the *Bhagavad Gita*: “The one, who receives gifts and gives no gifts in return, is verily a thief.” [10] (*Bhagavad Gita*, 3:12).

“Gratitude is one of the main qualities of justice... The ungrateful is, first of all, ignoble. We term nobility as the benevolent accumulations from previous lives...” [2] (Hierarchy: 182).

Man develops Love, Wisdom, and Power through constant spiritual quest, which has to be accompanied by service according to the karma yoga principles.

We have already talked much about Love, now let us talk about Wisdom, the quality, without which it is impossible to reach perfection and to Merge with God.

Wisdom is the knowledge of the most essential things: what is God, what is man, what is the meaning of man’s life, and what is the Evolution of the Universal Consciousness. It also implies being familiar with the diversity of human souls, as well as the ability to classify people according to their qualities, faculties, and psychogenetic age abilities. Wisdom consists also in knowing the Straight Path to perfection and various ways people may diverge from it. And also — knowing how one can help every person in the Evolution by determining the kind of spiritual help that would be appropriate for him.

Man acquires Wisdom by performing theoretic research and by gaining practical experience. The former consists in studying the instructions that God has been giving to incarnate people, as well as in getting acquainted with the experience of people who were searching for God, their errors and successes. Man gains practical knowledge by studying himself and God, as well as by engaging in spiritual service and creative spiritual work.

Spiritual Service

It is impossible to reach the end of the Path to God without helping other people spiritually. This is objectively necessary for the Evolution process, since this makes the number of people initiated into spiritual knowledge grow. This also contributes to the development of the helper himself, providing him with psychology lessons, in particular. The process of spiritual development can be considered as a “God training course”. And God is the perfect Psychologist, the perfect Soul-Knower.

On the spiritual Path, just like during a war, some of the human qualities get manifested in a dramatic way, such as stupidity of some “superiors”, which turns out disastrous for many people, and the wise heroism of the others, which saves many lives. Emotions of people get activated here. Human cowardice, which makes those of little faith insane, gets highlighted. Manifestations of both vicious and high soul qualities also get more intense.

A spiritual devotee tempers his *character of a warrior* in rebutting attacks of envious persons and aggressive fools. Betrayals of “best friends” teach him not to get attached to people. The devotee develops himself saving those who walk by his side the spiritual Path or those who follow him. In the battles before the face of God he cultivates Love, Wisdom and Power and thus gradually attains Divinity.

What should the initial spiritual help to other people consist in? First, it should consist in explaining them the correct conception of God and of the Path to Him. Second — in teaching them methods of regulating their emotional sphere.

We may see that the majority of religious people in Russia and in many other countries out of their religious feelings... drink hard, hate, murder or, at best, endlessly repeat some body movements... Whereas one is supposed to cultivate Love.

Russia now is apparently the major supplier of souls for hell: this conclusion can be drawn by observing dominating emotions of, for example, elderly retired women — when they are standing in line either in a social security office to receive their pensions or in an Orthodox church to kiss icons. I did not make a slip in pointing at the retired women: retired men are hard to find in those lines, for they have already died out of alcoholism or of its consequences, which also barred them from getting to paradise.

...But those who are deserving, by intellectual and ethical criteria, may be taught the art of mediation.

But before one begins serious meditative work one should purify one's body of energetic impurities: it is impossible to enter subtle eons, where God abides, from a contaminated and therefore sick body. This is why it is allowed to involve in esoteric practices only those aspirants who renounced eating “*killed*” food, taking alcohol, tobacco and similar toxic substances, as well as close relationships (including sexual) with energetically coarse people. Aspirants have to set as their primary goal the establishment in Love and Peace. And those who deviate from this path or do not make progress — they should be debarred from further studies — for their own good. This is because the same psychic methods can lead those, who are focused on refining of oneself and growing as Love — to God, but others, who go in the opposite direction, — to hell, transforming them into devils.

I have witnessed the latter many times in various cities and countries, including those where the methods of the School that was created through me were introduced. Some instructors, either for money or fame, or simply due to their criminal irresponsibility, started to teach psycho-energetic methods everyone interested without a careful prior selection

of candidates. This led to personal tragedies and in one case even to formation of a criminal gang [6,9].

I also was careless enough to show wonderful *places of power* to many of those who subsequently proved undeserving. Now... I am meeting downright black magicians there. Companies of other degenerates also leave traces of their energetic coarseness, defiling the sacredness of those places...

But there is no place for violence on the Spiritual Path. I do not have any right to demand that those perverts do not go there and grow devils out of themselves... God gave them the free will and they have a right to move in the direction of hell. Maybe after having lived in hell they will want to escape from there. And then my books will probably help them...

One of the wise things to know is that no one can be “dragged” into God. He does not need this, let alone that this is impossible: the spiritual Path is primarily qualitative self-transformation, as opposed to, say, climbing a mountain. And it is the person himself who can and should walk this Path; other people can only show him the way.

Every man should absolutely freely build his own personal relationships with God. This is why there should be no “religious discipline” or strict subordination of people or spiritual groups. Everyone should develop in total accordance with their own free will, given to them by God. Breaking this rule distorts the harmony of the Evolution and interferes with God in His leading us to Himself.

* * *

It is extremely hard for people of our country, which is gloomed by lies all over, to find their Way to the Light of Truth. Writing my books and publishing them on my scanty funds I am not defending anyone’s interests except for those of God and of you, my readers. I know God not from someone else’s words. I know Him personally, so well, that hardly anyone in our country does. And I am telling people about Him and the Path to Him not out of some kind of self-interest: I do not need any worldly fame, neither do I intend to gather a crowd of followers around me. There is, in fact, almost nothing of my personal “I” left. By telling the truth about God I am only exasperating His enemies against myself.

But in this book, which is apparently going to be the last one, I intend to transmit to you the following thought: by studying and loving the ecological environment in which we live, we can fundamentally change our status in it, we can transform our lives from “gray existence” — into paradise-like, or even Divine one. In this and other books I am explaining how one can achieve this.

Attachments: True and False

The philosophical term *attachments* denotes the state of being firmly and for a long time attached by the indriyas to some objects. These can be parents, children, spouses, objects of sexual attraction, money, luxury

items, high social status, favorite work, friends, one's own body, various kinds of food, alcoholic beverages, tobacco or other psychedelics. One may also be attached to gambling, etc.

In other words, we can see that attachments can be apparently harmful, not apparently harmful or even quite useful at certain stages of the person's development. It is the latter that at times "get us moving" in various situations, and "moving" with quite an emotional uplift. It is much worse if a person is inactive, if he lives a lazy life.

Let us look at the following analogy: one can steer an automobile or a ship only provided that they are moving; but if they do not have their own engine actively working — it is extremely hard or impossible to direct or turn them anywhere.

The same is with man: if he lives an active life, even though without correct understanding or the meaning of his life and of his Supreme Goal, — then his moving allows God to create many learning situations for him. Only in this case he is developing and preparing himself for further spiritual ascents.

...In religious books one may sometimes encounter a character of a seemingly positive hero, who suddenly gives up taking care about his family and leaves to become a hermit in hope of spiritual achievements. This is painted as an exemplary "cutting of attachments".

But there is no truth in this. This way of "detaching" oneself is not only unjustified from the ethical standpoint, but also does not make any sense. Attachments should be replaced, as opposed to being dropped through an "act of volition". We should try to fall in Love with God. This is difficult to accomplish overnight. But we need to set this as our goal and ask God to help us. And then love for God will grow, as we study Him with an inquisitive mind through reading books, engaging in spiritual conversations, and personally asking Him to show, to reveal Himself, to let us feel his Love in full, to instruct us through a Revelation... This is what correct initial distribution of our indriyas would be.

Later on, when we start to feel real reciprocity of our love, the relationships with God progress even faster, love gradually turns into passion, into a new attachment... And this new — true — attachment and passion gradually displace all the others.

...This is how I have lived my life. Raised in the atheistic environment, I first heard about reality of God's existence only at the age of 27. But at that time nobody could explain to me what hides behind this. The Orthodox Church provided first mystical experiences, but it failed to answer the question about what God really is: God-the-Father has been simply lost there. Although He was the central figure in the Teaching of Jesus Christ. Reading books allowed me to widen my spiritual horizon, but at that time there was no book, in which everything would be presented in such a detailed and simple way, as in the one you are reading now.

I have never had an incarnate Guru — a spiritual Teacher, who would know all the way to God. There was none of them around me at that time apparently. And this is good, partially. Since having an incarnate Guru, on the one hand, allows one to receive explanations and learn practical methods for working on one's self-perfection. But, on the other hand, relationships with Him creates attachment to His incarnate form, instead

of His Consciousness; in this case the goal is not the Highest but an intermediate one, and not all disciples are capable of switching to the Highest Goal — the Consciousness of God-the-Father.

At that time God set before me, a scientist with already a considerable research experience, immediately the Highest Goal — Himself in all His Universal Totality.

And I fell in Love with Him.

And then everything was quite simple: I started, as they say, to “push my way through”. I started going to Him; other people started following me — many of them were joining and leaving. But they could not keep up with my speed and with my intensity. Some were stepping aside quietly, some were protesting and demanding a “special” kind of love for them, and hated me when they were not getting it. Some people were betraying me, doing mean things to me; others were defaming me, sometimes in public. Some people robbed me. There were even those who were killing my body.

But I went on without looking back, falling in love with people, getting involved in quarrels, or avenging myself for the mean and cruel murder, although I found out the names of my murderers. I did not allow myself to stop because of the “attachments” to my honor, reputation, or my body, in the end.

I have never had disciples, to whom I would sell the highest knowledge. What I did have were friends, whom I loved very much. And I was giving to them my spiritual experience and myself. I lived for them and for God. I could not sell my love for money! Their progress was my reward.

I loved them very much. But when they were leaving — I was not “attached” to them and forgot about them right away.

I have never made — quite sincerely — a slightest attempt to make any of those, who left me, get back. On the contrary, I encouraged them to leave — so that not to overburden them with a load of knowledge unbearable to them. Some were leaving, being unable to understand me anymore — God was bringing to me the others, who were more prepared... I loved them even more, for they understood me better... But I still did not get “attached” to them: I was totally focused on my main love — the love for God.

And whatever amounts of mud envious people, betrayers and slanderers were throwing at me — I came out victor of all the arguments: God accepted me in Himself; I learned to merge with Him in the Embraces of Love. I have won! It was not someone else that I conquered. No! I conquered myself, without causing any suffering to anyone, having become another kind of person — the kind that God needed.

I have won, and now I am calling you to the same Victory!

And I am grateful to God and to all those, who were going by my side, for my Victory, those who loved and hated me: through you God enriched me and directed my life. Peace to all of you!

Teaching of God versus Sectarianism

After creating our planet and populating it with us, people, God did not forget about us at all. On the contrary, we are His major concern; we are His children, whom He cannot wait to see in His House. The whole Creation was created only for that purpose, so that after maturing here we could enter the House of God.

God teaches us in two ways: He gives us direct instructions concerning the way we should live, then He offers us a free will and teaches us how to fulfill these instructions in relationships with other living beings and with Him. Presenting us with the free will in choosing our ways of living and in making decisions in particular situations is the wise intention of His, which allows to clearly discern those who sincerely move to Him and those who move in the opposite direction.

We have a right to move in either direction as well as to stay where we are. Yes, He gave us this right and we are free to exercise it. But when we are moving to Him we really increase the amount of happiness and bliss in our lives. Otherwise, we are inevitably going to attract diseases, misfortunes, and sufferings. We even have a right to experience a nightmare of being among our likes in the diabolic eon. But do we need this? Is it not better to become humble and obedient to His Will? He wants good for us and gives it to us — all we need to do is to take it!

But why is there so much suffering on Earth then? Why are not people going to Him? Why are crime, darkness of primitivism, and absurdity of ignorance typical of both “believers” and atheists?

Is it not because people, especially those endowed with power, due to their ignorance or out of self-interest have been concealing and distorting the plain truths about the Path to God and to happiness? It is quite simple to secure power and money by declaring oneself, for instance, an intermediary between people and God. Someone puts on the “priest” clothes and declares solemnly: “Here, I am endowed with power to ask God to grant you well-being and with right to forgive your sins. Come to me, pay money, of course, or else... — you will be burning in hell forever...”

This is a typical sectarian version of a greedy lie.

This lie may be reinforced with the following scheme: “Our Church traces its history from Adam and Eve. All other churches are its illegitimate offsprings. So, who does God love more — His legitimate child or illegitimate one?”

But in reality, God loves all human children. But can sincere believers be capable of such an outrageous lie? This is a quite useful question for many Russian people!

Several sects emerged recently that sell “rights to talk to God” for enormous amounts of money: one needs to paint a certain symbol, they say (it is that symbol that they are selling), — then God will be responding to one’s requests and sending “Divine Energy” to one or through one... As if God is a sort of a slot machine operating on tokens!... But a lot of people believe this and similar kinds of lie. And they pay money for this kind of things!...

But however stupid it is, this is not that terrible as when “pastors”, wrapped in magnificent clothes, on behalf of God send members of their churches to hate, extirpate, and kill those who interfere with their (the “pastors”) lying. As a result, coarse base passions flare up, the “righteous” wrath starts raging... — and the whole “congregation” ends up going to hell...

Anger and fear (especially the mystical fear — fear of devils, demons, sorcerers and vampires — which is a necessary attribute of intimidation and enslaving of “congregation” in the most cruel and ignorant sects; and this is so typical of Russia today) — these are the emotions, by cultivating which people destine themselves for going to hell. Woe to them who do not understand this, who follow this path and especially to those who instigate others to doing this way it! You are enemies of God!

...But God is Love. And He accepts in Himself only those who have become like Him.

Throughout the history of the humankind on Earth, God has been telling people about the Path to Himself through His prophets and Messengers — Messiahs (Christs, Avatars). We know the names of only a few of Them. Huang Di incarnated many times since the Stone Age on the territory of the China. Everybody knows about Jesus Christ. The name of Babaji is also widely known. Now Sathya Sai Baba lives and preaches in India. David Copperfield currently demonstrates Divine abilities to control solid matter to the people of the “Western” world. All of them have always taught and continue to teach people the same things:

- The correct understanding of what man, God, the Evolution and The path to God are, and
- Love as the main quality that brings us closer to God, to our own happiness and to the participation in His Evolution.

But what about sectarians? What is their reaction to appearance of Living God on Earth? Let us remember how much mud and hate they threw at David Copperfield before his tour in Russia! Both newspapers and the TV were involved! This is the culmination of widest ignorance and of human degradation!

When my book about Sathya Sai Baba was published — sectarians started blackmailing me over the phone. First, a deep male voice using KGB jargon promised to send his “boys” to punish me if at least one book of mine appears in bookstores — a book about God! He did not wait for my response and hanged up. But I could have replied to him that I serve God and I know both God and death and that I am not afraid of death. And that, although I wish I had time to do more on Earth, I totally rely on the Will of God in this matter. But I renounced cooperation with devil and his deeds when I accepted Christian baptism at the age of 27 — guided by my sincere faith!

After one month, another person that introduced himself over the phone as major Sytin threatens to put me in jail immediately. I ask: “What exactly do you want me to stop doing?” He has nothing to say: since, if he is an internal affairs officer, he is supposed to stay within the framework of the law. But I was not breaking the law in any way.

Did I get frightened? Am I capable of being afraid? These are the questions that God raised before me by tolerating those attacks. But no: I

am serving you, Lord! And now I know that after the death of my body my abode will be in You! I have already got myself accustomed to it! And you already showed me my death — with the help of scoundrels that belonged to other sect. You have already accepted me in Yourself by that time, and I managed to do much more over the past years.

It is interesting that sometimes atheists become members of religious sects. Once I saw a burly man with a splendid beard agitating to vote for communists at the elections. He really impressed the women that gathered around with his priest vestments. We got into a conversation with him. It turned out that he was a former KGB officer that was ousted from this organization for fascist activity during the Perestroika. He did not want to know whether there is God or not. But he was willing to serve the Orthodox Church, since it was the only organization, he said, that was able to unite Russian people in fighting against “non-indigenous” population of Russia...

I tried to explain to him that preaching hate is a way in the direction opposite from God, that by preaching fascism he aggravates his destiny... He responded by saying that he was willing to sacrifice himself and to suffer for the sake of freeing Russia of “domination of Jews” (?)... I tried to say that he was harming other people, driving them to hell through his misanthropic sermons. I told him that God does not divide people according to races and nationalities — He said this through Jesus Christ and through other Messiahs; He loves all people as His children... At that moment he stopped listening to me.

Who are they who were torturing and killing Jesus Christ, who were beating and expelling the prophet Muhammad who heralded that God is One for all people of Earth [23,32], and later persecuted the founders of Bahaim [24.37]. Who are they who now hate the new Messiahs of the present times — Sathya Sai Baba and David Copperfield, who dream of getting rid of me, because I am talking about Them and from Them? Who are they? Do they sincerely believe in God? No — those who sincerely believe are happy to hear any word about God, about any opportunity to become better in the Face of God and about new methods of self-perfection that would allow them to cognize Him. But these sectarians, for whom their personal pathological passions and self-interest are much dearer than God, they hate Him, His Messengers and His preachers.

...God always teaches us through all Messiahs and true prophets only one thing. He only says this using different words and stressing different aspects for different people. This Teaching of God is His Eternal Law — Sanatana Dharma. It holds that we should strive to cognize Him, to Merge with Him in Love and serve Him, that we should love people and help them, love all creatures, develop ourselves for the sake of ultimate spiritual self-realization.

What on earth prevents us from accepting this Law and from turning our back on all those who distort this Will and Law of God?

Sanatana Dharma

Now, sects are those religious associations that deviated from the true Teaching of God.

But Teaching of God was brought to us through sayings and writings of Krishna, Lao Tse, Jesus Christ, Muhammad, Babaji, Sathya Sai Baba and other Divine Envoys, prophets, great disciples of God and spiritual heroes. (The essence of Their preachings is summarized in our books [7,10]).

One can also find several valuable passages in the Old Testament.

But we can see that in the entire Bible, there is no description of God-the-Father — the main object of worship of all believers. How can one lovingly aspire towards Him, about Whom one does not know anything? Is not this the reason why He got almost forgotten in the mass Christian churches?

But the *Bhagavad Gita* provides a comprehensive description of Him and the Path to Him. The only problem is that the *Bhagavad Gita* has been translated by people who did not quite understand it. Only those who put into practice the entire Teaching of Krishna could do a reliable translation.

Throughout the entire history of humankind God has been teaching people the same thing: how man should develop himself, seeking Divine Perfection and aspiring to Merge with Him.

This Divine Teaching is called Sanatana Dharma — the *Eternal Law*. God taught and continues to teach this through Avatars and prophets. But even people tend to gradually forget the essence of the concrete Teaching that was given to them, distort something in it, sometimes to its exact antithesis, and start conflicting with those who perverted the Teaching in a different manner [7].

This is why God needs to incarnate Parts of Himself into human bodies again and again or to speak through new prophets — in an attempt to revive Sanatana Dharma. But people tend to consider His Envoys as enemies of their “true” faith, to taunt at Them and to kill Them.

Currently, the Avatar Sathya Sai Baba preaches this pure Teaching in this way (His Teaching is integrated in books [5,7,10]).

The essence of Sathya Sai Baba’s Teaching as well as of the Teachings of all the Other Divine Teachers can be summarized in short as follows.

The Main goal of any man is to Merge himself — as developed consciousness — in the Consciousness of God. In order to realize this one has to study oneself and God as multidimensional phenomena, including cognizing the Abode of the Creator and migrating there with one’s consciousness.

In order to accomplish this one has to prepare oneself by spiritual practices — such as pranayamas, techniques of pratyahara, and meditative trainings.

But no trainings will be of use, if a person lacks steadfast faith and longing for the Creator, or does not have a developed ability to love. Love is a function of the spiritual heart, and one should start developing it through interaction with people and other incarnate beings. Basic prin-

principles here are compassion for every living being and serving every living being according to karma yoga postulates. Karma yoga is a practical expression of one's love for God and for people; it is the best method of self-development. Faith without active service is dead.

One should also cultivate Faith by constant remembering about God. Religious conversations, various rituals, and public worships that involve praising God's name, etc. can help one in this.

All principles of a person's relationships with people and other creatures are summarized in the short precept of Vyasa: "Help ever (in everything that is good), hurt never!"

Sathya Sai Baba gives detailed explanation of this precept with reference to a great number of concrete earthly situations [7,10]. He teaches that there are two major landmarks in every person's earthly life: God — as the Goal, and the death of the body — as a reminder of our limited opportunity to improve. Let us remember this, let us cast aside all insignificant and unnecessary and devote ourselves totally to the realization of the meaning of our lives: to development of ourselves as consciousness — first qualitative, and then quantitative, as we have already discussed in this and other books.

"Neither cringing, nor irritation, nor profit will be the gates... But free service, heartfelt veneration and conscious ascent will bring one to the Threshold of Light." [2] (Hierarchy:460).

Let us remember: this is the way to liberation from bonds of karma, from diseases, from the necessity to submerge into the world of sufferings again. This is — the way to Merging forever with our most Beloved!

Stages of the Spiritual Path (comments on Patanjali's scheme)

In ancient times the Indian rishi Patanjali highlighted the principal stages of the ascent to spiritual heights, to the Primordial Consciousness. He distinguished eight major steps of this ascent: yama — niyama — asana — pranayama — pratyahara — dharana — dhyana — samadhi. However, since the first two of the above-mentioned steps are very similar and are supposed to be practiced simultaneously, it makes sense to regard them as one and view this system as a seven-step "octave". Let us look at these steps.

Yama and Niyama

These terms are translated as *effort and relaxation* or *exertion and rest*. This stage consists in mastering fundamental ethical and psycho-hygienic rules of a spiritual seeker's life.

The first rule is called *ahimsa* — harmlessness. It means trying not to injure, as far as possible, any living being in deeds, words, thoughts or emotions.

This also includes the principles of ethically correct nutrition that we have discussed above and, which is no less important, getting rid of

coarse emotions, which are the result of ill thoughts and often lead to rude words and actions.

We can make ethical mistakes, including crimes, as a result of either our ignorance, lack of understanding of the universal order and of our place and role in it, or of our indulging in emotions of spite, condemnation, resentment, anxiety, fear, etc., which are manifestations of our sticking out lower self.

Destroying one's lower self by merging it into the universal Highest Self of the Creator is one of the important tasks on the spiritual Path. This kind of work begins with the inner fight against all vicious manifestations of one's lower self — first of all, those that exist in the field of emotional reactions. Repentance is an important tool in accomplishing this task: the sincere repentance for ethical mistakes that one has committed, accompanied by the mental analysis of those problem situations and finding the best ways of resolving them.

Many people do not grasp the essence of the principle of non-condemnation. Condemnation, in reality, is an emotion, a form of anger. Identification and discussion of other people's mistakes, as well as an intellectual analysis of them are not at all condemnation. Analysis is necessary since this is what helps us not to repeat someone else's mistakes. But while performing this type of analysis, one should be free from any kind of anger emotions.

Emotions are states of the energy of consciousness. They emanate beyond the body, thus creating energetic environment for surrounding people and other beings. People who live in coarse emotional states produce a destructive and pathogenic environment for those around them. Communicating with such people can cause severe energetic lesions and diseases, especially in children.

But people who live in refined states of love make everything around their bodies healthy, spiritualized, and elevated; they heal with their mere presence. And the stronger their love and more powerful their consciousness — the larger space they spiritualize — up to a planetary scale.

A spiritual seeker can achieve a full control over his emotional sphere only through working with his chakras and other energetic structures and then through merging himself (as consciousness) with Consciousness of God. But he should start making efforts starting from the beginning of the Path.

Sathya (truthfulness) is a second rule of yama. Jesus Christ said about this concisely: "...Let your 'Yes' be 'Yes,' and your 'No,' 'No'." [10]. We can deserve respect from people and from God only if we behave in this way.

But there are cases, where we cannot tell the truth, because this will harm someone. In such instances it is better to evade to answer the question...

But if we lie, we become sinners before God and captives to our lies before people, since we will have to apprehend a disclosure and to live in anxiety, instead of state of steadfast pure peace.

The third rule is *asteya* — non-covetousness, renunciation of a desire to possess something that belongs to someone else. We should totally

concentrate on the cognition of God. Craving for material objects, especially those belonging to others, is an utter perversion of the true orientation of consciousness, which at the same time leads to harming other people.

The fourth rule is *aparigraha* — limiting one's possessions to necessary things. Unnecessary things only distract our attention from the essential: from being focused on attaining the state of Mergence with the Creator.

Brahmacharya — the fifth rule — literally means *acting in Brahman (Holy Spirit)*. This implies renunciation of one's "worldly" desires (except for attending to elementary needs of the body) and redirection of one's attention towards God, searching for Him first with one's mind and then — with one's developed consciousness.

This rule implies sincere renunciation of seeking worldly fame and honors, accumulating the things that are unnecessary in the world of Brahman, and embellishment of the body.

Some people interpret Brahmacharya rule only as celibacy (sexual abstinence). But this is too narrow of an interpretation. Besides this, sexual continence is even unnecessary provided that one regards sex as a spiritual act. On the contrary, celibacy can lead to prostatitis in men, energetic "fading" of women and result in consciousness growing "callous" — in both. It really does not contribute to progress on the spiritual Path. What is important is not abstaining from sex, but freeing oneself from being obsessed with it and from sexual contacts with inadequate partners.

The sixth rule is *saucha* — maintaining purity of the body. The main thing here is washing the whole body with warm or hot water and with soap — daily, if possible. This cleans one's skin from deposits of perspiration salts, which upset normal functioning of the whole organism. Let us remember what we feel after taking a good bath, especially if we have not washed the body before that for a long time! This is the state of comfort that we can and should create for ourselves every day by washing the body in the morning.

Saucha also implies brushing one's teeth and so on.

There are also special therapeutic *saucha* techniques, such as enema or an abstersion of the nose and of the nasopharynx by drawing in salted water. There is no reason for using them regularly, though.

It is also not advisable for all people to practice cold-water showers. This is beneficial as a tempering or a toning up procedure. But for those who at the moment need to establish themselves in peace and harmony it could do harm.

The seventh rule is *mitahara* — pure nutrition. This has already been discussed in detail above. Here we will mention only that one should take food in an emotionally favorable environment. In no circumstances should one eat on the background of conflict conversations or bitter arguments, as well as in presence of malicious or irritated people. One may perform a meditation before taking a meal in order to harmonize one's inner state. An Orthodox prayer *Heavenly Father* suits this purpose very well. The prayers/mediations from book [9] that God granted to us can also of great help.

The eighth rule — *santosa* — consists in the constant maintaining of a positive emotional attitude. If we feel presence of the Lord and devote our lives to Him totally, if we do not act out of self-interest, if we know that He is constantly watching us, leading us, teaching us, that He creates difficulties for us so that we could learn and then Himself helps us to find solutions to the problems — why would we not live in a permanent joy?

“You are doing your job, I am controlling events,” — this is what He taught the author of this book once [9].

The ninth rule is *svadhyaya* — philosophical discussions, conversations, and readings that make for a thorough comprehension of the meaning of one’s life and of the Path to Perfection.

“Fix your mind on Me...” — this is how Krishna defined the first steps that man should take on his Path to God [10].

The tenth rule — *tapas* — implies any kinds of self-restraint and self-constraint for the sake of overcoming one’s vices. Among other things, *tapas* teaches us a spiritual discipline as well as to follow the principle *it should be done!* as opposed to *I do only what I want!*

The eleventh rule is *Ishvarapranidhana*. This implies feeling that everything that exists is pervaded with Consciousness of the Creator (Ishvara), feeling of His constant presence inside and outside one’s body, bodies of other people and also material objects, seeing Him as the Teacher and a Witness of everything that one does and that happens to one.

There are also four very important rules:

- *kshama* — tolerance to those who think differently;
- *daya* — mercy, kindness;
- *arjava* — simplicity, lack of arrogance;
- *hri* — humble thinking of oneself, and also a lack of:
 - self-admiration, self-pride because of one’s actual achievements, and
 - conceit — self-praise on account of one’s imaginary virtues.

Asana

In this context the word *asana* means a posture, a steady position of the body. There are special methods of working with one’s body in order to prepare it for further stages of the spiritual work. Systems of asanas and other exercises of this stage of work are collectively called *hatha yoga*. They also help one acquire initial concentration skills and provide the entry-level development of energetic structures of the organism.

One should start doing asanas only after studying and accepting the principles of the previous stage. Practicing *hatha yoga* without switching to a cruelty-free diet leads to coarsening of one’s energy and to accumulation of coarse power, and this in turn leads one astray from the true Path.

The best time for doing asanas is early morning — approximately 4-5 a.m.

Each session has to be followed by *shavasana* — a deep relaxation of the body and mind while lying on one’s back for about 20 minutes. If one

does not do this, health disorders may occur, such as deterioration of the eyesight, anxiety, insomnia, etc.

To do shavasana, lie down on the back with your eyes closed. Make sure you are comfortable in this position. Nothing should distract you. Relax the body starting from the toes. Imagine that a vertical plane — like a glass wall — starts moving through the body from the toes to the head, leaving no tension behind. Feeling of all parts of the body that are behind the plane disappears. Alienate them by saying mentally: “This is not mine, this is not mine!...” If a feeling of some parts behind the plane reappears — move the plane through this section once again. After the plane has passed the head you can experience the following states:

The first state: consciousness (self-awareness) vanishes. You fall into something resembling a deep sleep, but this is not a sleep. Consciousness is regained in about 18-20 minutes. You feel thoroughly rested, as if after a long deep sleep. This is quite a blissful state. You do not have to stand up abruptly, just enjoy it.

The second state: consciousness is retained, but absolute peace comes down on you. You may scan the entire body with the *inner sight*. You may enter the inner space of your body from below. You may see light and dark regions. Gray or black colors are disorders on one of the energetic planes, which correspond to active or still latent stages of diseases. Try to gather all dark stuff in heaps with a rake, as it were, and throw it outside the body.

When doing shavasana, we may also experience involuntary exits of the material body: we may suddenly feel ourselves in our usual form but in an unnatural position — for example soaring above the floor, standing on the head, and so on. There is nothing to worry about: once we feel like getting back into the body — we will find ourselves there right away. But under no circumstances one should encourage oneself to perform such exits: these are still exits into a coarse space dimension — into the so-called *astral plane*. One should learn how to exit immediately into the highest space dimensions; but the methods for doing this are different.

Children under age of 12 must not be taught shavasana: having realized that they are out of the body they do not always want to get back into it.

Attempts to do anything with kundalini as a part of hatha yoga training are strictly prohibited: this can lead to severe health disorders — both physical and mental. Working with kundalini is a task of the buddhi yoga stage. Raising kundalini is allowed only after all chakras and major meridians have been cleansed and developed thoroughly.

One also needs to understand that hatha yoga is just a preparatory stage for the actual yoga path. This is why devoting one’s life to it, counting on any substantial spiritual success — is not serious. Moreover, excessively long hatha yoga practice may even be harmful, for it produces the effect of hyper-development of the astral body. This will be a serious obstacle for refinement of consciousness and for its *crystallization* in the subtlest eons. Only working with the spiritual heart within raja and then buddhi yoga programs can ensure serious advancement.

Pranayama

Working with energies within the body and within the *cocoon* that surrounds it is the task of raja yoga. And the first stage of raja yoga is pranayama, which is translated as *working with energy*.

Sometimes this term is incorrectly interpreted as *breathing exercises*. This is an atheistic error. In reality it is the energy of consciousness that gets moving during pranayamas, but one may perform this — for convenience — keeping time with one's breath.

The part of consciousness that is working during pranayamas should transform into white flowing light. We wash away all areas of bio-energetic contamination located within our bodies with this light; it results in general improvement of health and elimination of various diseases. Also the consciousness itself turns into a mobile and active power.

Now we describe a few general purifying exercises of the pranayama type.

Stand up. Bend slightly to your right so that your right hand is hanging freely without touching the body. Try to feel your hand thoroughly from the shoulder joint to the wrist. Imagine that a pump chamber, to which "air"-light is being fed through the hand like through a hose, expands and contracts in the chest with every inhaling and exhaling. Special attention should be paid to the exhaling. Try to achieve the clarity of feelings. The "hose" should be as thick as the hand and nothing should prevent "air"-light from moving freely inside it.

Perform the same exercise with the left hand, and then with each leg. The "hose" to each leg should come down from the chest through the corresponding side of the body.

Place images of two vessels, for example, barrels, under your feet. One of them is empty; the other is full of white liquid light. Touch this light with your foot-hose and pump it through the body-pump into the other barrel. With each inhaling the pump chamber inside the body and the head is expanding, drawing the light from the full vessel through the leg. With each exhaling the chamber is contracting, the light pouring out through the other leg into the empty barrel. The light cleanses the whole body from inside.

When the barrel with the light gets empty — fill it up again and overturn the content of the other barrel into an image of fire so that all dirt that has streamed out burns. Turn the body around over the barrels and repeat the exercise.

After that repeat the same, placing the barrels under your hands.

In this way you should attain a feeling that your whole body is filled with bright white light.

The room in which pranayamas are performed should be lit by either natural sunlight or by filament lamps. Fluorescent lighting does not fit for this purpose: it has a very unfavorable energetic impact on the human organism.

Pratyahara

The word *pratyahara* means *removing indriyas from material objects*. Pratyahara is the stage at which the aspirant learns to control the “tentacles” of consciousness that are called *indriyas* in Sanskrit. This allows him to achieve the ability to see in subtle and the subtlest layers of multidimensional space, as well as to exit of his material body into them and settle in them, accustoming himself to their subtlety, tenderness, and purity.

The concept of *indriyas* exists only in Indian spiritual culture. Europeans with their simplified, complicated, and degraded religious ideas usually are not capable of grasping this kind of knowledge. Even in translations from Indian languages they substitute the word *indriyas* with the word *senses* that has lost its original meaning; by doing this they completely reject the immense methodological significance of *pratyahara* concept and of principles of work at this stage.

Europeans translate the term *pratyahara* as *control over the senses*. But senses are not everything that is denoted by the term *indriyas*, since *indriyas* include mind as well. It is also essential that the image of “tentacles” evoked by the word *indriyas* provides profound understanding of the principles of functioning of the mind and consciousness, as well as of methods of controlling them.

Krishna presented a fundamental knowledge about working with *indriyas* in the *Bhagavad Gita* [10]. He was talking about *indriyas* of vision, audition, smell, touch, proprioception, and also about those of mind. And indeed: concentration on an object through any sense organ or with mind is very similar to extending a tentacle to it from one’s body. When we switch concentration to another object we detach and move our *indriyas* to it. In the same manner the mind creates its own *indriyas*, when we think about something or someone. People with developed sensitivity can perceive other people’s *indriyas* touching them. In some cases they can even see those *indriyas* and therefore they can influence them.

Krishna was saying that one of the things that man should learn is the ability to draw all his *indriyas* from the material world inwards, just like a tortoise retracts its paws and head into its shell. Then one should extend one’s *indriyas* into Divine eons in order to embrace God with them, to draw himself to Him and to merge with Him.

Now Sathya Sai Baba — a contemporary Avatar and Messiah, an incarnation of God in the human body [7,10] — constantly talks about *indriyas*. Many of His books have been translated into Russian but in all of them the information about working with *indriyas* was lost due to inadequate translations.

One cannot attain control over *indriyas* without mastering the ability to shift concentration of consciousness between *chakras* and main meridians, i.e. the meridians that make up *microcosmic orbit* plus the middle meridian. We will dwell on this separately in one of the following chapters.

Dharana

Dharana means *maintaining proper concentration*. *Proper concentration* means keeping one's indriyas on God. In other words, this is a manifestation of a man's aspiration towards God, towards Merging with Him.

But God in the aspect of Creator or Holy Spirit is inaccessible for direct perception at this stage of apprenticeship.

Our loving thirst for God can be partially quenched by working with an Image of a specific Divine Teacher, for example, Jesus Christ, Babaji or Sathya Sai Baba — the One, Whose form in His past incarnation is familiar to us.

If one holds the face of a Divine Teacher in one's anahata on the background of emotion of the most intense love that one is capable of, one gradually enters a state when it is not one who looks at the world from one's anahata, but Him. This denotes the Yidam (this is what this Image is called) becoming alive; one is partially merged with Him. After that one may live in Unity with Him in one's anahata, or having moved concentration of consciousness to the chakras located in the head one can address Him in one's anahata as an Advisor and a Teacher. This is not an illusion, but the real Divine Teacher entering into His Image created by a spiritual devotee. He may also become an Instructor in one's meditative trainings. He will lead His devoted and loving disciple through His Consciousness — into the Abode of the Universal Consciousness of the Creator.

"If you can visualize the Image of the Teacher in your consciousness with the most complete clarity, you can transfer your consciousness into His, and thus act through His Power, as it were. But for this, you must visualize the Image of the Teacher with utmost precision, to the minutest detail, so that the Image does not flicker, suffer distortion or change its outlines, as frequently happens. But if following the exercise of concentration one succeeds in invoking the steady Image of the Teacher, through this one may gain the greatest benefit for oneself, for those around one, and for the work." [2] (Hierarchy: 90).

"You may be asked how the entrance upon the path of Service is defined. Certainly, the first sign will be renunciation of the past and total aspiring towards the future. The second sign will be realization of the Teacher within one's heart not because it is one's "duty", but because it is impossible otherwise. The third sign will be rejection of fear, for he who is armed by the Lord is invulnerable. The fourth will be non-condemnation, because he who strives into the future has no time to occupy himself with the refuse of yesterday. The fifth will be filling of the entire time with labor for the future. The sixth will be the joy of Service and completely offering oneself for the good of the world. The seventh will be spiritual aspiration towards the far-off worlds as a predestined path. According to these signs you will discern a spirit that is ready and manifested for Service. He will understand where to raise the sword for the Lord, and his word will be from his heart." [2] (Hierarchy: 196)

Those students, for whom working with Yidam does not bring immediate results, may benefit from practicing visualization. They may practice creating images that help develop chakras or visualize blissful pic-

tures of communicating with living nature, etc. But only those images, which are filled with exultation of happiness, harmony, joy, subtlety, and bliss will make for one's correct spiritual development. Corresponding types of paintings, musical compositions and art photography, etc. may also serve as an aid.

Dhyana

Dhyana is the stage of meditative trainings that lead to Samadhi.

Meditation is the work of consciousness aimed at the consciousness development along the path to Perfection and to the Mergence with the Creator. Meditation is practiced at three stages of the Patanjali's scheme.

At the dharana stage students among other things learn how to expand consciousness in the subtlest and the most beautiful that exists in the world of matter. By means of such attunement they establish themselves in sattva guna. (And through working with Yidam they may immediately come in contact with the Fiery manifestation of Divine Consciousness and experience Samadhi).

At the dhyana stage, students work on increasing the "mass" of consciousness and obtaining power in subtlety.

At the next stage, their efforts are focused upon interaction of individual consciousness with Consciousness of the Universal God and upon merging with Him in His Fiery Aspect as well as in the Infinity of the *trans-mirror realm*.

At the dhyana stage, the meditative work is especially effective if it is performed at special *places of power* — areas on the Earth's surface that have a special energetic impact on human beings. Among the variety of them only those should be chosen that make for expanding of consciousness in the subtlest eons. A correctly selected subsequence of such places ensures that the most complex tasks of correct *crystallization* (i.e. quantitative growth) of consciousness will be solved easily and with little efforts.

For the same purpose, one can meditate during athletic exercises, as well as practice winter swimming and *meditative running* [6].

The structure of the human organism responsible for meditation is the lower *bubble of perception* (this term was introduced by Juan Matus; see [6,10] for details) the principal part of which is anahata chakra, supplied with energy by the lower dantian (a complex of three lower chakras). This is why success of the work at this stage depends on the level of purity and development of the entire system of seven chakras, which is combined into one complex by the meridians that have been mentioned above.

From the very beginning of meditative training until the absolute Victory of Merging with the Primordial Consciousness one should always remember that the man's main merit is measured by the level of development of his spiritual heart. This is by what man can merge with God. This is why it is the spiritual heart that man should develop and keep pure in every possible way. What was said above allows us to take it not as a nice figure of speech or a metaphor, but as a quite practical knowledge and instruction.

The steps of the ladder of the spiritual ascent that we are discussing now are meant for teaching one how to position consciousness, first, in *anahata*, then to ensure the growth of *anahata* within the body and, after that, beyond it — within the *cocoon*, then within Earth and beyond the planet in the highest eons.

This is how we can grow ourselves as Love. God is Love; this is why one can merge with Him only after becoming a Great Love, a Great Soul of Love (Mahatma).

And there are no other ways of developing Divinity, except for those fundamental steps that we are describing here.

Samadhi

This stage includes a range of highest spiritual achievements — from the first Samadhi to Merging with the Primordial Consciousness in the Abode of the Creator.

Consciousness of the spiritual seeker prepared at the previous stages becomes capable of getting in contact with Consciousness of God in the highest eons. These first contacts give one a vivid novelty of bliss, which is what the term *Samadhi* denotes [10].

In contrast to Samadhi, Nirvana is a stable Mergence with the Consciousness of God in which feeling of localized “I” disappears. The term *Nirvana* means *complete burning away*, i.e. losing one’s individuality in the Mergence with God; at that, man, having expanded and dissolved in Him, feels that he is God. And this is what happens in reality.

In the *Bhagavad Gita*, Krishna speaks about Samadhi and about principal stages of Nirvana: Nirvana in Brahman (the Holy Spirit) and Nirvana in Ishvara (the Creator).

But in India, the term *Nirvana* became widely used by Buddhists at some point in time, and later on, this term along with Buddhism, was “forced out” from India by Hindus. Instead of using the term *Nirvana*, Hindu schools started to expand the meaning of the term *Samadhi* by adding to it various prefixes. Various schools used these composite words and because of this the term *Samadhi* grew “diffused” and lost its unambiguity. This is why it makes sense to get back to accurate terminology that God introduced into spiritual culture through Krishna.

So, in order to get from Samadhi (Contact) to Nirvana (Mergence) one has to have a large and strong individual consciousness, developed by preceding trainings. In addition to this, it has to be firmly established in Divine subtlety.

If these two conditions are fulfilled, then all one needs to do is to just find an entrance into the required eon, enter it, and dissolve in its Consciousness using the method of *total reciprocity*, which one has to master in advance [6]. The latter includes not only meditative skills, but also ethical preparation. This preparation consists in destroying one’s lower self in every possible way and replacing it with collective self first, and then with universal Self, i.e. the Paramatman. This is the only way man can connect to unlimited Divine Power.

“...We have an inexhaustible reservoir of psychic energy!” [2] (Hierarchy:394), says God.

But “if one were to expound the conditions and the aims of Yoga, the number of applicants would not be great. Terrifying for them would be the renunciation of selfhood...”[2] (Hierarchy: 451).

In connection to the above said I want to cite the Carlos Castaneda’s book *The Power of Silence*: “...War, for a warrior, is the total struggle against that individual self that has deprived man of his power.” (see [10]).

One explores the highest eons one after another. Before starting exploring the next eon, one has to accumulate power of consciousness for a long time, which sometimes takes years, in order to be able to enter it and remain in it. The only exception is the people who approached these stages in their previous incarnations and maintained the amount of personal power and level of refinement of consciousness necessary.

Cleansing and Development of Chakras and Meridians

Chakras have a form of more or less regular spheres with the exception of the upper sahasrara chakra, which is flattened vertically and looks like a horizontally lying disk.

Chakras do not have, as some authors claim, an internal lotus-like structure; this is a fantasy. Although, an exercise involving creation of temporary images of flowers inside chakras and even feeling their delicate aroma in them is a very good exercise.

Chakras also do not have a specific color inherent to them and they are not supposed to have it. This is also a popular fantasy. And attempts of coloring chakras in accordance with colors of the rainbow constitute downright and serious self-injuring or injuring of one’s disciples.

One should strive to cleanse one’s chakras as much as possible of all impurities that are energetically coarser than tender white color with a slight goldish-amber hue. This is the path to cognizing Atman and God. But deliberate fixation of other colors inside chakras is in fact tuning them for coarser modes of operation, which cripples students and prevents them from attaining Perfection.

It is beneficial to let morning sunlight or scents of flowers into one’s cleansed chakras.

One also may invite one’s favorite Divine Teacher into one’s anahata, learn to look at everything with His eyes and ask Him for advice...

God once gave me a wonderful method of cleansing anahata and other chakras — an exercise with a tetrahedron. If this exercise is supplemented with influencing chakras by particular sound vibrations, specific for each chakra (mantras), then in a couple of months of training, chakras will transform into cavities glittering with tenderness and purity. I described these and other methods in [6].

Working with a tetrahedron and with Yidam as well as developing other chakras — this is the level of seriousness of exercises at which everyone interested must not be allowed. Under no circumstances those who did not switch totally and forever to the *killing-free* diet on ethical grounds or those who do not show progress in refinement of conscious-

ness, should do this kind of exercises. Otherwise, the very methods that can produce a refining and purifying effect on the organism, will fix and increase its energetic coarseness. This is the path in the opposite from God direction.

This kind of psychoenergetic work is also incompatible with taking alcohol — even in the form of kvas, kumiss or industrially manufactured kefir. The reason for this is that the fine structures of the organism that are being built get destroyed in this case, which leads to dangerous illnesses. People starting this kind of work have to give up alcohol forever.

These methods increase sensitivity of those who practice them to energetic influence from other people as well as to information that spirits of various levels of development may impose. Therefore there is a danger that people who are not mature from intellectual and ethical standpoint yet will not be able to react adequately to this kind of influence, especially in precarious situations, be they real or imaginary.

Because of this people less than 20 years old should not engage in this kind of work. Actually, only few adults will benefit from it.

Psychoenergetic trainings that result in reaching high levels of refinement of consciousness and — as a consequence — to feeling of its “nakedness” under no circumstances must be conducted for the masses of people. Only the selected ones can be admitted to them. The rest of people have a possibility to grow intellectually and ethically in the conditions of exoteric work at self-improvement: by accumulating new knowledge, by serving other people and by strengthening their faith.

...There are seven chakras, in total. Sometimes another number is quoted, but this is a result of misunderstanding. For example, other energetic centers or even structures artificially created inside or outside the body are referred as chakras.

There are also erroneous opinions as to localization of chakras. For instance, in a range of incompetent publications anahata (the spiritual heart) is placed in a stomach area and manipura “slides down” to umbilical region.

In reality chakras are located as follows:

Sahasrara — a chakra that has a form of a lying disk and is located under the parietal bone in the region of the forebrain hemispheres. Its diameter is about 12 centimeters, its height is about 4 centimeters;

Ajna — a large chakra located in the middle of the head, coincident with the central parts of the brain;

Vishudha — a chakra located in the lower half of the neck and at the level of collarbones;

Anahata — a chakra of the chest;

Manipura — a chakra of the upper part of the abdomen;

Svadhithana — a chakra of the lower part of the abdomen;

Muladhara — a chakra, located in the lower part of the pelvis between the coccyx and the share bone.

The level of development of individual chakras corresponds with psychological features of a specific person. So, when the following chakras are developed:

Sahasrara — there is a pronounced ability of thinking strategically, i.e. an ability to see the “big picture”, to comprehend the whole situation “from above”, which allows such people to be broad-thinking managers;

Ajna — a person possesses a “tactical thinking” ability, which allows him to successfully deal with “particular” problems in science, business, family life, etc.;

Vishudha — the ability for aesthetical perception is observed; good painters, musicians and other artists are people with well-developed vishudha;

Anahata — a person possesses an ability to love emotionally (to love not “from the mind”, but “from the heart”);

Manipura — the ability to act energetically; but sometimes it is accompanied with a disposition towards dominance of irritation and other manifestations of anger;

Svadhithana — a well pronounced reproductive function;

Muladhara — psychological stability in various situations.

The next stage of work after cleansing the chakras consists in bringing the main meridians of the body in proper condition. These are the meridians that make up the *microcosmic orbit*, as well as the *middle* meridian.

When one has cleansed the *microcosmic orbit* one can raise the energy of the two lower chakras through the spinal canals, leap it over the head meridians to the front side of the body and bring it down through the *front* meridian, which runs like a flat hose along the front side of the body.

Circulating energy around the *microcosmic orbit* produces a strong positive emotional effect; it also “burns” coarse energies of the organism in the *front* meridian, which makes for further improvement of health, as well as for the cleansing and refinement of the organism.

The *middle* meridian is a wide canal (corresponding to the diameter of chakras), which integrates the entire “column” of chakras. Its significance is immense since it allows one to combine all chakras in to one complex with a spacious corridor. Working with it also allows one to perform *crystallization* of consciousness in the subtle eons, in which this meridian exists, up to the volume of the body.

Cleansing the *middle* meridian and its walls leads to further health improvement. And on the highest stages of psychoenergetic work this structure is essential for working with kundalini.

Work with the *middle* meridian can be performed with help of a special mantra on special energetically significant areas on the Earth’s surface (the *places of power*) or with help of the direct energetic influence of a competent instructor.

The next principal stage is bringing consciousness out into the energetic *cocoon* that surrounds the body and *crystallization* of consciousness in its volume.

The easiest way to see one’s own or other people’s *cocoons* with clairvoyance is by using the following method. One needs to bring concentration of consciousness (the *assemblage point*, speaking in terminology of the school of Juan Matus) down to the zone about 30-50 centimeters behind one’s heels. From there, one should look into the space of

one's *cocoon* from within and start cleansing it. Cleansing of the *cocoon* is also an important healing method, since it is in the *cocoon* and not in the body where pathogenic energies are often localized.

After that, one has to realize the segmentation of the *cocoon* into the two *bubbles of perception*: the upper and the lower. The upper one includes three upper chakras, the lower one — four lower chakras. The term *bubbles of perception*, also introduced by the school of Juan Matus, emerged as a result of an apt association with swimming-bladders in some types of fish, which do not have them grown to the spine, but placed loosely inside the body. With our upper *bubble of perception* we perceive the world of material objects, with the lower one we perceive non-material worlds.

The best way of performing exercises with chakras, as well as all subsequent meditative trainings, is while standing, and sometimes even while walking.

The only information from this chapter that can be comprehended by all people, including children, is work with anahata chakra — the spiritual heart of a man.

...There is a simple exercise with the spiritual heart that everyone may try doing without any pre-conditions. Imagine that your head has moved into the chest. Feel the nose, the forehead, and the lips. Move the lips. In order for the head not to rise to its usual position you need to feel as if you put a hat on your head. Then — the most important thing: open your eyes and “blink” the eyelids... From now on, learn to look at the outside world from your chest. You will perceive the world in a different way: not as tough and hostile, but as subtle, tender, and responsive to emotions of love.

This work can be continued in the following way. Sit on the heels or in any other comfortable position. Then create in the chest and then start emanating from it to the space ahead the emotional states according to the formula, called the *cross of Buddha*: “May all living beings have peace! May all living beings be calm! May all living beings enjoy bliss!” Then repeat sending your Love and peace to the right, to the left, to the back, up and down. Fill the entire space around with peace, calm, and bliss.

Such exercises not only change a person in the needed direction, but the attitude of other people towards him also changes. He becomes pleasant to communicate with as well as just to be around. People start coming to him for spiritual advice also.

I have witnessed a great number of such transformations. Now I recall two interesting cases.

Once, after a class that I conducted, one woman comes up to me and complains: well, you are saying right things about love, but what can I do with my flatmate: he is always irritated, we have not talked with him or said hello to each other for years! I am answering her: look, why don't you start pouring your love at him tonight — right through the wall — like in the *cross of Buddha*. When she comes to the next class she tells this: I did as you recommended and when he next morning I met my flat mate in the kitchen he smiled to me and said: “Why haven't we said hello to each other for so many years? Let's start greeting each other!”

And another case. A young woman came to take part in a next class in tears. I asked her what had happened? She said that she had been on the beach, taking sunbathes and doing the *cross of Buddha*. A child had suddenly come up to her and said: 'Don't go there, there is a snake!'. 'Why are you crying then', I asked. She said, 'I am thirty and no child has ever come up to me in my life on his own, without me asking him to!'

The realization of the functions of the spiritual heart is the first serious step towards God that man can take. It may become the beginning of a big Straight Path towards the complete spiritual Self-realization, towards Perfection, towards Mergence with God in the aspect of Primordial Consciousness of the Creator.

Detailed sequence of exercises with chakras and meridians, as well as the description of the further stages of spiritual ascent are expounded in the book [6].

Meditative Trainings

Meditation is a means of developing oneself as consciousness, as well as the only possible way of cognizing God and Merging with Him.

There are four principal kinds of meditative trainings: a) refinement of consciousness; b) augmentation of it; c) transferring concentration of consciousness within one eon, as well as to other eons, d) mastering methods of merging of individual consciousness with Consciousness of God.

Actually, the entire Path to the Mergence with the Primordial Consciousness can be expressed as an astonishingly simple scheme: developing one's spiritual heart inside one's body — growing it gradually up to the size of our planet accompanied with coincident exploring of more subtle eons of the multidimensional universe — and Merging oneself (as a spiritual heart) with the Creator in His Abode.

God is Love. And the only thing we need to do in order to become a Part of Him is to also become a large, strong, wise, and refined Love. This we can achieve through developing ourselves as consciousness, expanding from our own anahata chakras.

In this context, it is becoming clear for us what we should cultivate in ourselves and what we should cut off. We should grow ourselves as wise, strong, and refined Love. We need to purify ourselves of everything that is Not Love: all kinds of rudeness, anger, and egocentrism, including emotions of condemnation, jealousy, greed, envy, violence, egotistic sexual desire (lust), etc.

We already know one meditation that helps develop consciousness in this way. This is the *cross of Buddha*. This meditation, performed regularly, teaches us to firmly look at the world from the anahata chakra and to tune it correctly, as well as wonderfully trains our power of love.

The next principal stage of development of the spiritual heart will be its expanding, "overflowing" in lucid calm of mornings on open natural landscapes (for example, seashores, prairies, fields, hilltops or mountain summits). The correct direction of "pouring out" of the body is backwards, for this favors exiting the body in more subtle state. After that

“swim off” far behind the body, merge with Love of the Holy Spirit there and then being one with Him flow forward through and above the body, stop, move back again, feel that He and you are Love, that you are One.

The third stage is finding Living Light of the Holy Spirit inside our planet. There He is even subtler, than above the Earth surface. One should start expanding the spiritual heart in this eon — until one fills it up with consciousness. The most important advice at this stage would be to try to feel the hands of consciousness that come out of one’s expanded spiritual heart. The palms of the hands should face upwards. One can move around smoothly by making “strokes”. A touch with these hands, which are attuned to the Light of Consciousness of the Holy Spirit, can heal almost any disease, working incredible wonders.

Such meditations of love can be practiced throughout the year, but they can be successful only during daytime. The best season for this kind of self-perfection work is spring, when exultation of nature tunes us to the correct emotional state and gives us its power — power of the emotion of Love.

The next step for the one, who has successfully mastered the meditations discussed above, is hard work on filling all subtlest eons of multi-dimensional space with oneself as a spiritual heart. The last eon one will need to fill up is the Abode of the Creator.

* * *

Sathya Sai Baba says the following about the highest forms of meditation [41]:

“The term *meditation* implies any means that help to dispel the illusion that God and the essence of each man, as well as the essence of the whole material world, are different.

The right meditation is merging of all thoughts and indriyas with God.

Correct fruits of meditation are ... when all actions come out of Consciousness of God and not from the mind.

Mergence with the Absolute means removal of the veil of ignorance, i.e. of the illusion of dual existence of the differentiated parts — as opposed to the One Absolute.

Man can observe the Absolute, manifested in divided, in the life of an Avatar.”

I can assure you that all of this is reality.

Places of Power

Significant acceleration of meditative development of consciousness can be attained at special *places of power*.

This term was introduced by Mexican Indian Juan Matus (don Juan), whose experience was described by Carlos Castaneda [10]. This term denotes special places whose energetic characteristics substantially differ from the background level (for human beings).

The *places of power* can be classified into positive and negative ones, according to the effect they produce on people.

Negative *places of power* can induce anger, depression, terror, anxiety, sensation of strange discomfort or drunken “knock-out”, etc. Staying at these places can cause diseases, coarsening of consciousness, and even death, especially if one makes one’s home at one of them.

I particularly remember one large place like this, located to the west of Magnitogorsk city, near the Ural mountain range. Once, I was driving across this place on a rather flat highway. Along the both sides of it there were numerous tomb crosses — this is how they traditionally mark the places of automotive accidents with lethal outcomes in this area. My companions, who lived in Magnitogorsk, explained that this had always been a mystery for everyone why so many drivers and passengers died there, on a smooth section of the road, and not somewhere in the mountain area.

This place induced the state, which occurs if one has drinks too much alcohol and smokes a cigarette in addition to this. Those who know how it feels can easily imagine what happens to a tired driver there, especially during the night snow or rainstorm.

There was also a village on that *place of power*; it looked gray and depressed, with no people or animals in sight. I detected the “epicenter” even before we approached it. It turned out to be right in the center of that village. When we drove closer to it, we saw several abandoned half-ruined houses: apparently, all people were dying in them, nobody could live there...

Surely, I wanted to help all those poor fellows. But how could I say anything about that? Who would believe?

Places of power are not necessarily that big. They can be as large as several kilometers, or just hundreds of meters or even one meter in diameter. Sometimes one can encounter an energy column one meter wide through all floors of a high-rise building...

Sometimes I managed to destroy small negative *places of power* in houses forever, sometimes not.

Locating *places of power* using “instruments” like bio-location frames or pendulums is not effective. One can get full set of features of the *places of power* — by both their qualitative and quantitative characteristics — only by feeling them personally: with oneself as consciousness. But one can learn this method only on the Spiritual Path — through refinement of consciousness and by acquiring fluidity in moving along the entire scale of subtlety-coarseness.

The above said also relates to positive *places of power*. And they can be so wonderful!

They can provide us with standards of subtlety or shape consciousness in various ways, filling this shape with its own energy. They can heal various diseases by washing the bodies through with fountains of healing energy or just by infusing the excess of its healing power, adequate for a particular organ. They also can get one into the *non-I* state — this state cannot be explained by words. It can only be experienced, but it is an essential experience, nonetheless... They can help entering the

highest eons, make for cognition of Atman or be favorite places of Divine Teachers for appointments with worthy disciples...

People can pass through these Holy Places without noticing them. But the ecologist of multidimensional space, who is a spiritual devotee and spiritual seeker, should learn how to find and use them.

What is Atman

The word *Atman* (pronounced as *Atma* in Sanskrit) is interpreted as the *Main Essence* of man, his Highest Self. *A* in this word is a negating particle. *Tma* means *darkness*. The word *tamas* — *ignorance, spiritual darkness* — has the same root. Therefore *A-tma* or *Atman* means *opposite to darkness, shining*.

In essence, Atman is the best, Divine part of everyone's multidimensional organism.

Atman is the Brahmanic Fire, when we become this Fire, and the Atmic energy kundalini — the precious content of the “money-box”, where the best of us, which has been accumulated in all previous incarnations, is stored.

Work with Kundalini

I found out that every time man incarnates into the next body, not the entire soul gets embodied, but only that part of it that requires correction and improvement. But God saves the best of it, i.e. something that has been nurtured against the background of emotion of true tenderest love, in this “money-box”. Nonetheless, kundalini still remains a part of the human organism and takes part in its life.

Ordinary material food that we eat is used by the organism for growth and renewal of cells of the body, but it also provides: a) the energy for muscles, nervous system and glands activity and other needs of the body, b) the energy, stored in the organism in the form of special biochemical links on the molecular level, c) energy for chakras and other energetic structures, and d) energy for direct growth of consciousness.

Therefore both qualitative and quantitative growth of individual consciousness is ensured on the one hand by the quality and quantity of material food and on the other hand by intensity and quality of life (spiritual or non-spiritual, in the true meaning of these words).

At the *end of the world* all kundalinis are infused into the Consciousness of the Creator. But the souls that failed to unite with Atman by that time get disintegrated to the protopurusha state.

Let us get back to the transformation of energy once again. Our bodies are “factories”, where transformation of “material” energies into the energy of consciousness takes place. But the quality of growing consciousness primarily depends on what emotions we live in: subtle and the subtlest — as opposed to “gray” or “black” (coarse) ones.

As we can see from the above said, the Creator “grows” and evolves thanks to the transformation of material food in our bodies, which was created by Him from akasha, into Atmic energy, which He then “infuses”

into Himself. From this the role of *creation of the worlds* and the place of all living beings, including us, people, in His Evolution become clear once and for all.

So, if we love God — let us take an active part in this process. And, as we can see, it makes sense to express love for God not by begging something in front of the icons, but by increasing our Atmic potentials through living actively in emotional love.

...Kundalini resources of people differ... They depend on the number and quality of lives, we have already lived, as well as on how we live in this one.

Our kundalinis usually exist in the world of akasha inside the body of our planet.

Echoes of the knowledge about kundalini gave birth to the myths that every person has a sister-soul, meeting with which is what everyone dreams about.

Kundalini is connected to the body of each man with a special energetic canal that enters the body at the front part of the muladhara chakra. Kundalini participates in the organism's activity in various ways, including replenishment of the embodied part of consciousness. The greater kundalini man has, the richer his spiritual potential and his spiritual expressions are.

But, being Divine (identical to the energy of the Creator by its quality), the energy of kundalini is still individualized. It is like a drop, not merged yet with the Ocean of Primordial Consciousness.

When man matures in the range of incarnations up to the stage, when his current incarnation can become his last one and when all defects of the incarnated part of consciousness are eliminated — the time comes when the kundalini may be brought up to the body, raised through it and merged with the remaining part of the consciousness. After that, one should infuse with one's kundalini into the Paramatman (i.e. into the *Highest Atman*, into the Ocean of Universal Primordial Consciousness of the Creator in His Abode).

* * *

Only Divine Teacher can take the kundalini of the worthy spiritual devotee to his body. Any attempts to do this on one's own cannot be successful. But the worthy spiritual devotees need this information so that they could know what will happen to them at the corresponding point in time — and collaborate with God in this.

Kundalini that has been “pulled up” to the body gets locked to it subsequently. The fastening mechanism is an interesting energetic structure, which is known under the name *Shiva-lingam*. It really has an impressive phallic shape. It enters the body through the muladhara chakra, occupies the entire diameter of the body, and gradually advances towards the head. When its glans enters the head of the body — “fastening of the lock” takes place; after this, kundalini is locked to the body.

Shiva-lingam consists of the subtlest Atmic energy, it is perceived as Light and Tenderness. This Light purifies the body, preparing it for sub-

sequent rising of the whole kundalini through it. Interaction of consciousness with Shiva-lingam inside one's own body grants one feeling of a subtlest bliss. This is verily a Divine sex!...

...It is interesting to see what this sacred knowledge has been reduced to by people, who are far from realization of the above said yet, who still act only with their bodies and not with their minds or with consciousness, who understand religion only as performing ritual bodily movements. So, in Shivaism, they started to figure Shiva-lingam as pimples on stands — and to worship them, smear them with incense and paint them in ritual colors. This is an example of simplification of the highest truths by ignoramuses, which bring them down to their low level of understanding! This is an illustration of one of the mechanisms of forming of sectarian ideologies!

When I found out that a group of people, whom I knew and who were interested in Shivaistic rituals, had started to take part in worshipping a pimple lingam like that, I was joking that if they would not stop this I would show them the real lingam! They were smiling, not understanding me. But then I formed a lingam as large as a radius of Earth out of energy of my consciousness, attuned to the Divine Fire, — and they “bathed” in the bliss of the lingam placing their bodies into it.

I want to emphasize that this kind of information is not erotic fantasies of the author, but the facts, independently observed by all people, regardless of their sex, who have successfully completed the described stages of spiritual work.

...What is the meaning of this Divine plan — to fix the sexual form in the Divine parts of human consciousness? Did He want to emphasize by this a great importance of spiritual sexuality for correct development of people?

Let me draw your attention to the fact that Krishna not only had wives and children, but also talked about relationships of Ishvara (God-the-Father) and Brahman in sexual terms, as well as emphasized the Divine nature of *sexual power* in all beings [10].

Sathya Sai Baba also blesses marital relationships.

Babaji taught the same during His last incarnation and He continues to teach this now.

David Copperfield demonstrates the Divine beauty of tenderness in eroticism of His “magic” dance.

Jesus, when He last time lived on Earth, exemplified for His disciples the important role of sexually colored tenderness in the correct development of consciousness [10]; currently He suggests that people view the exchange of sexual energies between spiritual aspirants as a truly sacred communion [21].

But I want to specially emphasize that these words in no circumstances should be interpreted as recommendations of casual sexual relationships or “total sexualization”. The conclusion that sex by itself can ensure one's spiritual growth will also be incorrect. No. Only ethically impeccable sexual relationships between spiritual aspirants will render them invaluable help.

Only those sexual interactions that are performed with emotional subtlety, that are filled with tenderness and gratitude to the partner —

can lead us to God. They represent an antipode to egotistic satisfaction of lust, which God disapproves of.

I would like to point at one more characteristic of spiritual sexual relationships: each partner acts in the interests of the other, attunes to him or to her, feels the partner, trying to make his or her pleasure more intense. This is what ensures attainment of a full harmony. Each partner learns how to penetrate (as consciousness) into the body of the beloved one; as a result of this their bodies get purified and healed and consciousnesses merge into one.

In this way we can practice merging of consciousnesses in the embraces of subtlest love. And this in turn prepares us to future Mergence with the Main Beloved — with God.

...Accumulation of a person's kundalini takes place only when he is in the emotional state of tender love. This is what God wants from people. These are the states that He calls us to live in. For example, Jesus taught: "A new commandment I give to you, that you love one another!" (John 13:34), "And above all things have fervent love among yourselves!..." (1 Peter 4:8), "Beloved, let us love one another!..." (1 John 4:7), "Be kindly affectionate one to another with brotherly love!" (Romans 12:10).

Where can we experience states like this? First of all — in harmonious sexual relationships, filled with tenderness, which are inspired by understanding that subtle and pure harmony of love is what God wants from us the most, that this is an important part of the Path to God and that by this we enrich not only ourselves, but also Him. We also learn how to love when we take care of our children with joy and tenderness, or when we attune to subtle and filled with tenderness works of art. People, who have established in these states, later prove capable of experiencing intensive bliss from the direct communication with the Consciousness of God.

These states, collectively called *sattva*, are the states that God wants us to live in — for it is in them that we can grow ourselves directly (as consciousness), preparing to the total Mergence with Him, directly participating in His Evolution.

All our opposite states (they are called *tamas*) do not contribute to this and thus are not pleasing Him. And by cultivating them we turn ourselves into the "junk of the Evolution", destine ourselves for living in its "junkyard" — hell — regardless of our being member of a particular religious organization and our fervor in performing its rites and "sacraments".

It is significant that aggressiveness and violence are typical for people who belong to the *tamas* guna; they have an irrepressible desire to make all other people similar to themselves. This gives birth to "holy" wars, to propagation of alcoholism and eating bodies of animals and to desecration of the beauty and value of sexual relationships. Or look at the "religious" rules that demand people to enter the "legitimate" marriage "blindly", without studying sexual compatibility with the partner first. But people differ dramatically by their sexual features! And successful matches in this respect are rather rare, than common! And the majority of "spouses" in the "religious" marriages rather suffer them-

selves and torture each other in sexual disharmony... But sects prohibit divorces... And now let us look — is this what God wants?

...Sattva guna (sattvic state) — is the state, which God calls all of us to live in. Sattva guna is bliss. And the state of God is also bliss. Those who got accustomed to bliss on Earth — easily enter into Divine bliss.

However, the process of entering the Abode of the Creator requires additional efforts. Sattva should not become a “trap” for us; since it can appease us with the “worldly” kind of bliss and make us give up efforts on active cognition of the Creator in His Abode, on entering it and Merging there with Him.

Yes, if we grow ourselves (as consciousness), living in the states of subtlest love and “feeding” the “furnaces” of our bodies with food adequate to the spiritual Path (that is *killing-free*, which does not contain alcohol, narcotics and other toxins, is rich in vitamins, that contains enough full value protein that can be found, for example, in milk and eggs) — in this case we successfully fulfill our individual *minimum plan* in the face of God.

But He also has a *maximum plan* for us. It implies that we should try to perfect that part of ourselves that lives in the body apart from kundalini. Then we will be able to enter Him with whole of ourselves, retaining full consciousness, and then to help other embodied people from the highest Divine level, like the Divine Teachers that are frequently mentioned in this book do.

...But let us get back to work with kundalini.

The term *raising kundalini*, well known from yogic and occult literature, denotes the method of bringing this energy to and carrying it through the body.

The word *kundalini* means *snake*. The origin of this term will become clear as we proceed with this issue.

We have already discussed that bringing the kundalini to the man’s body can be performed only by a Divine Teacher. But subsequent stages of the process are conducted with participation of the aspirant. Here God encounters a difficulty, about which He says Himself and which consists in the lack of knowledge about work with kundalini that people have lost due to the ignorance that prevails on Earth. This is why the work with kundalini now can be performed only within few spiritual schools that reached a high level of competence. Or He has to put the worthy individual devotees in bed for a long time through a bodily disease, for example — and to do the necessary transformations Himself.

I want to repeat once again that any attempts to “activate kundalini”, for example, by knocking the coccyx on the floor, which is recommended by various pseudo-gurus, do not have anything to do with the truth. (They believe that kundalini is stored in the muladhara chakra, which they think is located in the coccyx. But in reality neither muladhara chakra nor kundalini has any relation to coccyx). Attempts like this can lead only to bioenergetic or mental disorders, which frequently happens.

...So, God brings kundalini to the body of His worthy disciple first. (I want to mention that developed kundalini has a size of many kilometers). Then quite a fine work on carrying the kundalini through the body should begin. The prerequisites for this kind of work are absolute cleanness and

perfect development of all necessary energy structures of the organism: all seven chakras, sushumna, chitrini, the front and the middle meridians, as well as the developed clairvoyance abilities of the aspirant.

The process of *raising kundalini* usually takes many days, a month or more. (Although using special *places of power* can shorten this process to one week). This work is performed in the horizontal position of the body and has many phases. During this process, one has to eat light food: fruits, vitamins, and milk products. Every time passing of kundalini through the body is initiated by the aspirant himself: he reaches with a hand of consciousness through the muladhara chakra for the kundalini, which was brought to the body, and stirs the head of the snake that is coiled up there. Then the energy of kundalini starts flowing through the body, washing and purifying it with the Atmic power, healing its remaining defects. The aspirant, like a hospitable host, has to let the flowing energy through a particular meridian into all chakras and all segments of the body.

Upon passing through the body, kundalini spills out through the sahasrara chakra and concentrates over the head. One should learn how to become one with this energy by merging with it inside this accumulation. In this way we accustom ourselves to living in the state of Atmic subtlety.

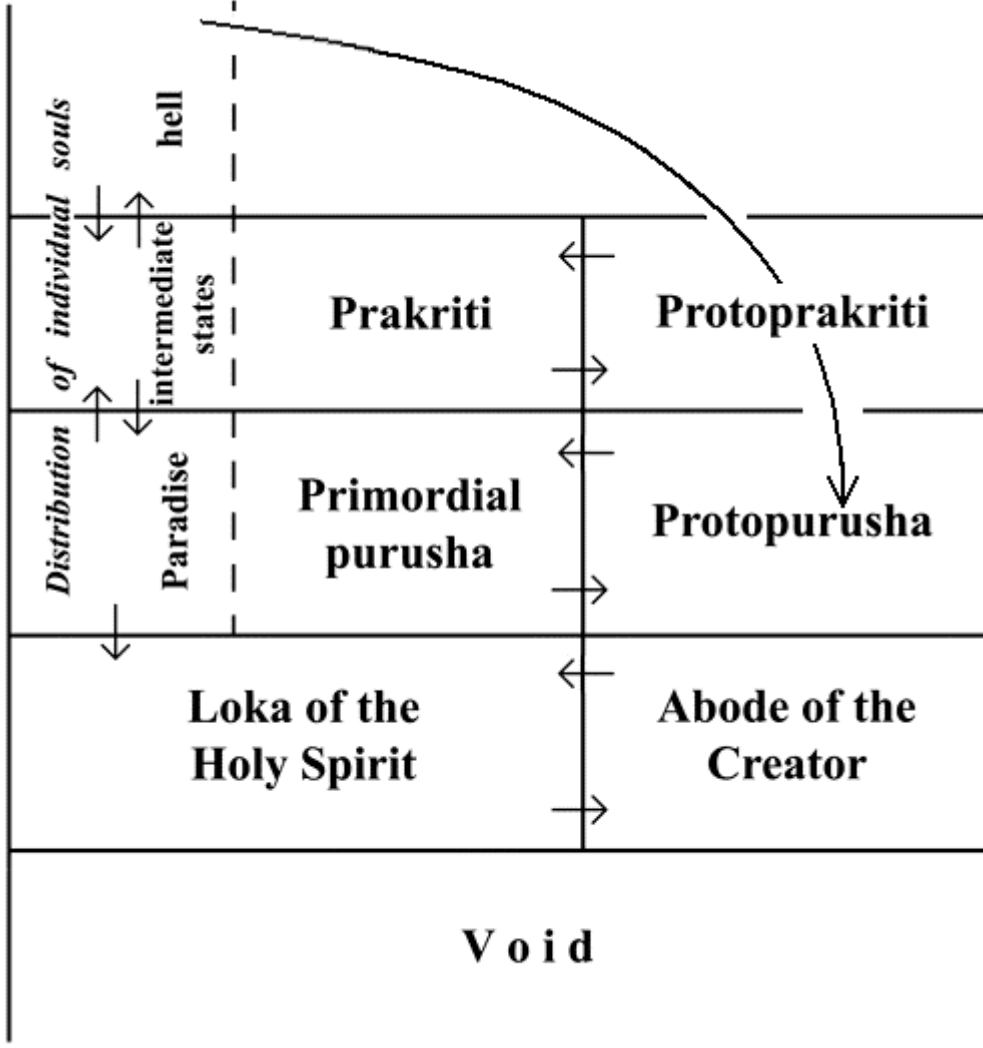
...It is an interesting fact that an energetic structure, which resembles antlers, forms over the head of the person, who raised kundalini through his body. These “antlers” consist of light and “grow” out of the front part of the sahasrara chakra. This structure remains on the head for a long time. It always has the same shape in case of all people, who have reached that level of spiritual advancement.

What is the reason for appearance of this kind of “decorations”? Maybe it serves as a mark, so that all who are at the same stage of spiritual development could easily identify one another?

Completion of the Path

The structure of the Absolute scheme that can be found below (it was first published in the book [8] and was accompanied with its analysis) depicts the multi-layer (multidimensional, multi-eon, multi-loka) nature of the universe as well as positional relationships of the unstructured (akash) and structured (matter, individual souls as well as forms that the Holy Spirit accepts) manifestations of the energies of the Absolute.

STRUCTURE OF THE ABSOLUTE



Comment: arrows show the dynamics of processes within the Absolute.

At the same time we should understand that this scheme in the same way reflects the structure of the multidimensional human organism. The words from the Bible that God created man according to His image are about this and nothing else.

In the incarnated state man in the beginning identifies himself only with his body. But spiritual Self-realization implies gradual cognition of the remaining components of one's organism, gaining the ability to move freely with concentration of consciousness within one's multidimensional organism — just like one can learn how to shift self-awareness within one's physical body. This is the task that man should try to accomplish.

At that, when man enters with concentration of consciousness into the Abode of the Creator and merges with Him there, he becomes an essential part of Him.⁷

Coming out from the Abode through the *Mirror* into the world of Creation, He turns into the Holy Spirit.

But when He incarnates with a sacrificial mission of helping embodied people He becomes a Messiah (or Christ, or Avatar).

The ways of accomplishment of this task are set forth in this and other books [6-10 and others]. Summing up the above said I want to emphasize the following.

The spiritual seeker who has developed his intellect to the proper level, who has realized the highest purpose of man and who conducts necessary ethical self-transformation, should develop himself — first within his body and then beyond it — as the spiritual heart, which he refines and expands. It is with the spiritual heart that we can explore the layers of the multidimensional space and enter the Abode of the Creator.

God is Love. And He lets into His Abode only those who have also become Divine Love.

And it makes sense to begin fulfilling the task of spiritual self-realization right now, without putting it off until tomorrow. For we may not see tomorrow in this physical body.

⁷ One can learn this through a series of meditative techniques. But the most effective is the one, that Jesus Christ taught His disciples 2000 years ago. This is the *Cross* meditation, described by apostle Philip [10].

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