

Vladimir Antonov

**SPIRITUAL PRACTICES.
TRAINING AID**

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In this book the author expounds a system of practical methods of the spiritual self-development: starting from the entry level up to the highest ones, which lead to the complete spiritual Self-Realization through cognizing God in His Abode and Merging with Him.

The book is addressed to those who want to know and to realize the meaning of their lives, to attain ultimate happiness, to find God, and to immerse in the Embraces of His Love.

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Mailing address:

**Antonov Vladimir Vasilyevich,
do vostrebovaniya,
Saint Petersburg, 197022,
Russia**

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GOD AND US.

STAGES OF THE SPIRITUAL PATH

A person who started walking religious Path can go through the following seven stages of it:

1. Acquiring the correct understanding of his highest Goal and the ways of its attainment.
2. Initial ethic self-correction in accordance with the intention of God through elimination of ethic imperfections as well as through development of required qualities, of which Love is the principal one.
3. Refinement of himself as consciousness in order to get into the highest planes (eons or lokas) of the multidimensional space, of which the Abode of the Primordial Universal Consciousness — God-the-Father, the Creator — is the subtlest.
4. Quantitative development of his refined consciousness.
5. Mastering methods of Merging with God.
6. Consolidation of his Mergence with God.
7. Acquiring Divine powers.

For the majority of the readers, deceived by the atheistic and sectarian propaganda, this may sound surprising and even implausible. But this is exactly what God has always taught people throughout the entire history of mankind — through prophets or Himself, appearing before people in human bodies of Messiahs, Avatars, and Christs¹ [7-18].

The meaning of our lives consists in the development of ourselves as consciousness, first within our temporary abodes — our bodies, and then beyond them — in the boundless multidimensional universe.

This development has two major directions: qualitative and quantitative. The former consists of the following three components: intellectual and ethic perfection and refinement of consciousness. The quantitative aspect implies a direct increase of the amount of the energy of the individual consciousness, which subsequently — using special meditative techniques — infuses into the Ocean of the Universal Consciousness of God, Whose name sounds differently in different languages: God-the-Father, Jehovah, Allah, Tao, Ishvara, Primordial Consciousness, Adibudha, etc.

The book [14] contains various examples of what God has been saying about this; necessary commentaries are also provided there. In this training aid, we will not go beyond short theoretical overview, and then

¹ These words mean the same — only in different languages.

get down to description of techniques, which facilitate the attainment of the Goal.

MULTIDIMENSIONALITY OF THE UNIVERSE

The universe is multidimensional. This is not just mathematical reasoning, but reality, which can be experienced by man. Spatial dimensions have been known to religious practitioners from time immemorial. They were called eons in Greek and lokas in Sanskrit; in Agni Yoga the term “layers” was used to refer to them (see [10-12,15-17] for details).

The highest, primary spatial dimension is the Abode of the Primordial Universal Consciousness, Which, as it was described in the Bhagavad Gita [14], periodically creates the “manifested” world by condensing diffused cosmic energy (protoprakriti) to the material state. Those “islets” of solid matter get inhabited by small parts of another kind of previously diffused energy — protopurusha — which will have to evolve up to the Divine state by means of multiple incarnations into organic bodies and then to infuse themselves into the Primordial Consciousness, thus enriching It with themselves.

This process of the soul development starts with initial forming of lumps of energy on crystalline lattices. Then follow incarnations into vegetative, animal and finally into human bodies. The task of a human being — as the final stage of the development of an individual soul — is to make efforts on bringing himself as soon as possible to the Divinity and to Merge with the Creator.

THE “CREATION” AND THE “END OF THE WORLD”

“Creation of the world” is not a phenomenon of the all-universal scale. Astronomers periodically observe birth of new stars and planets. Other star systems get destroyed in so-called “black holes”, created by God [14,28]. This is what constitutes their “end of the world”. All souls that did not attain Divinity by that moment get disintegrated down to the protopurusha state. The material component of the “islets” of matter and material bodies turns back into protoprakriti, becoming construction material for new worlds.

Protoprakriti and protopurusha are collectively called “akasha”². Physicists know the energy of akasha as some types of neutrino.

We were describing the multidimensional structure of the universe almost in every previous publication. Here I will only say that it is like radio waves of different frequency ranges that coexist within the same volume without interfering and with little or no interaction with one another. And all of them are in the multidimensional depth under the material world, including the matter of our bodies, we are being unable to perceive them under regular conditions.

In the same manner spirits that inhabit coarser eons cannot see what is going on in the deeper and subtler eons, although they are supervised from there.

One can move into subtler eons only while being in the incarnate state — by making spiritual efforts. The transformation (“transmutation”) of the energy of consciousness can take place only in the human body — a specialized “transmutation factory” capable of assimilating the energy derived from ordinary food and of using it among other purposes for growth of the “lump” of energy of consciousness.

From this, it becomes clear that neither someone’s prayers nor “solicitations” have the power to resettle souls from hell eons to those of paradise. The legend about Jesus Christ releasing sinners from hell contains distorted information: He was not saving non-embodied sinners, but embodied ones — by giving them the Teaching of God, by following which they could free themselves from sufferings by means of refinement of consciousness — through love-tenderness, forgiveness, compassion, eliminating anger and all kinds of rudeness, as well as egocentrism.

* * *

In esoteric literature one may encounter inadequate usage of the term “fourth dimension”. This is the case even with “The Book of Jesus” [28], in which Jesus uses this term when talking to Ben Cullen “in his own language”, i.e. using the words His interlocutor uses and those meanings of them that he knows. In this book the term “fourth dimension” was used even in two inadequate interpretations: as The Abode of God-the-Father and as the aggregate of non-material eons.

But in reality, by the logic of the term “fourth dimension” itself, — it should denote the material world, existence of which is determined not by three, but by four “dimensions”: length, width, height and time.

However, time (different on each planet) exists and conditions the whole Creation, including even the Holy Spirit Who lives at each planet.

² In some publication this word is sometimes translated as “ether”, which is absolutely inadequate.

WHERE SHOULD WE SEEK GOD?

“Inhabitation” of any new “islet of Creation” begins with the Spirits Who achieved the state of the Holy Spirit (Brahman) in the course of Their evolution on other “islets”. They become “Constructors” and “Supervisors” of the evolution of life on the newly created planets. Later on They are joined by Those Who attain these evolutionary heights in the course of incarnating on that particular “islet”.

The whole space inside and around our planet is filled with huge Consciousnesses merged in one or manifesting Themselves individually, Who are collectively called the Holy Spirit.

In other words, as it must already be clear, the Holy Spirit is not at all a “radiation” of God-the-Father or of God-the-Son. No! The Holy Spirit is Living Consciousness — subtle and loving, Who is teaching us and is constantly present inside and outside our bodies. He is extremely glad every time we lovingly direct our attention towards Him, willing to accept His help in order to get closer to Him — to His state.

The same can be said about the Consciousness of the Creator. Only He is even deeper in the multidimensional space and incomparably larger — He is boundless. The Consciousness of the Creator, just like the Consciousness of the Holy Spirit, exists deep inside under every cell of our bodies. The distance between us and Him is not greater than thickness of a sheet of thin paper, as Jesus Christ perfectly formulated it [14,28].

And one should not fly anywhere or travel too far in search of God: He is right here and right now — inside us. Only in another eon. And the only thing that separates us from Him is our coarseness, which is a consequence of our religious ignorance and lack of love.

We have to find God inside, in the depth of our own spiritual hearts. This well-known postulate is not just a nice metaphor, but a quite concrete instruction on where we should direct our efforts. And the primary reason for the almost total spiritual degradation of tremendous masses of people that we currently observe is that they do not have true spiritual knowledge. And not only criminal politicians are to blame for that, but also leaders of false mass religious organizations who teach their “flock” to hate, to kill, to drink hard, to worship not God, but fictitious “gods”, to endlessly perform allegedly “saving” bodily movements and to repeat “prayers” that often program people to hell — instead of cultivating Love and refinement of souls.

HELL AND PARADISE

Apart from the highest eons there exist many others that differ by the level of coarseness-subtlety. The subtlest of them are called paradise. The coarsest ones are called hell.

If we want to save ourselves from going to live in hell after the death of the body — then we have to learn to live steadfastly in light, pure and subtle state of consciousness (soul) while we are still embodied.

Since, upon parting with the physical body, we will live in the state, which became usual for us during our life in this body. And, according to this, we will find ourselves in the eon inhabited by beings similar to us: either evil, furious, irritated, anxious and deceitful — or affectionate, calm, tenderly loving and caring.

HOW CAN WE FALL IN LOVE WITH GOD?

But our Love for God, if we have this Love and know what God is and how we should go to Him — should guide us not towards attainment of paradise, but towards reaching even greater spiritual heights — towards Merging with the Creator in His highest eon. This is what He expects us to accomplish, because this constitutes His Evolution, His very Life. And if we love Him — we should do this.

It would be better if we could really fall in Love with God — to such a degree that we would long for Him, being unable to find any peace without Him. Being in Love with God should become similar to being passionately in love with another person. It implies longing for the real Mergence — the Mergence of consciousnesses, just like human souls flaming with love for each other, merge.

In order to fall in Love with God like that one has to know about Him as much as possible.

He can be cognized in reality, not only intellectually.

But He becomes audible, visible and tangible only for him who has reached the Godlike state of the soul.

God is Love. And only that person who has also become large, refined and strong Love can perceive Him like this. And the Mergence with God for him becomes not just mere words, but his very own experience.

GOD — AND DIVINE TEACHERS

Those who attained mergence with the Creator become integral Parts of Him, forever. But, when necessary, in order to accomplish Their Missions on Earth or other planets, for example, — They can separate a part of Themselves without losing oneness with Him.

Jesus described this, using an image of a vine (John 15): out of the “Soil” of Consciousness of Universal God-the-Father comes the “Stem” — the Consciousness of a Divine Teacher (Whom Jesus Christ was Himself); “branches” on that “stem” are closest disciples — Apostles (see also [14]).

It is as these “Stems” that Divine Teachers manifest Themselves for embodied people. At that, They can either have physical bodies (be embodied) or not. But Those Who have bodies at the same time can work with other parts of Consciousness in any other part of the planet. They (as Consciousnesses) are incomparably greater than our planet; They place only very small parts of Themselves in Their bodies.

Among Those of Them Who currently have bodies is the Divine Teacher Sathya Sai Baba [8,14,15,35]. He is assisting worthy disciples of God in cooperation with Jesus, Krishna, Babaji, Huang-Di, Chaitanya, Assyris, Juan Matus, Genaro, Ngomo, Maenuel (also known as Alexander Svirskiy), Apostles Philip, Andrew, John and Mark, as well as many Others [15].

GOD VERSUS PAGAN “DEITIES”

...Let me dwell on it some more to clarify the difference between pagan “deities” and personal manifestations of God-the-Father. Confusion regarding this issue is primarily due to the fact that almost all religious people do not know about multidimensionality of the space.

The criterion here is the following: only Those are Part of the Creator Who live in the state of Mergence with the Primordial Universal Consciousness, Which abides in the highest, primordial eon, which is one for the whole boundless universe and is located on the other side of the cosmic “Mirror” — relatively to the entire manifested Creation, including even the Holy Spirit (Brahman).

But all pagan “deities” are either fictitious folklore characters or real spirits of a certain (but not the highest) level of evolutionary advancement.

God in the aspects of the Creator, the Highest Teacher and the Ultimate Goal for all of us, is only One, although He consists of a multitude of Perfect Consciousnesses merged in one. What They have in common is that all of Them live in the Abode of the Subtlest Consciousness and act on various “islets” of the Creation by coming out of it.

It is clear now, is it not?

All that remains to do is to get into There and to establish ourselves in the Mergence with the Creator.

SPIRITUAL HEART AS THE ORGAN OF LOVE

The most fundamental landmark in the beginning of the spiritual Path is realization of functions of the spiritual heart (the energy of the anahata chakra, or the middle dantyan). This energy structure of the human organism is the organ that is responsible for producing emotions of love.

Very few people have a developed anahata chakra “from birth” (i.e. from the previous incarnation). Some women succeed in “opening up” of this organ in harmonious marriage, since the female organism with its typical hormones and erogenous mammary glands, directly connected to the anahata, and which also provides a possibility to perfect one’s love by taking care of children, gives the souls incarnated into female bodies a matchless advantage over the “stronger” (in coarseness and violence) sex.

For the rest of people, use of special psychic techniques, which have been developed by spiritual schools of Taoism, Hinduism, Buddhism, Islam, Christianity, and other religious traditions remains the only possibility to change themselves dramatically. (In the next chapters of this book you will find a sequence of methods developed by our school that gives, in our opinion, the optimal effect in terms of speed and efficiency).

*** * ***

God is Love. He asserts this Himself [7-9,14]. Everyone who has really cognized God can also confirm this. And in order to become Godlike we have to become Love in the literal sense of this word.

One begins to accomplish this with accustoming oneself to living permanently with concentration of consciousness in one’s anahata chakra. That brings the energy of consciousness into the state of emotional love. After that, one gradually expands in this state so as to become significantly larger than one’s body and then to encompass the whole Earth with one’s anahata, and later to embrace God with oneself turned into Love... In this way one can become a “universal anahata” and infuse oneself into the Ocean of the Universal Creator.

* * *

But in order realize this simple scheme, one has to perform a big amount of work. The problem is that God does not admit the unworthy.

And now we will start to talk about realization of this scheme — gradually, from the very beginning, — in order to help the unworthy become worthy of complete spiritual Self-Realization even in this incarnation.

“BABAJI’S FORMULA”

We have already examined all stages of the spiritual Path in the terms of Patanjali’s scheme [11]. Now let us discuss the same problem using analysis of the formula of spiritual development, suggested by the Avatar Babaji [14-16,18,37]. This formula sounds as follows: “Truth — Simplicity — Love — Karma Yoga (Service to humanity) — Abandonment of the lower self for the sake of merging with the Higher Self of God”.

* * *

The advent of Jesus Christ — the Messenger of God-the-Father — had been prophesied by numerous Jewish prophets. But when Jesus did come — only some of the Jews acknowledged Him as Christ; those were the people who became His first disciples and spreaders of the Teaching of God, which was new for that region of Earth. But the official Synagogue never accepted Jesus as a Messenger of God-the-Father and... for more almost two thousand years has been waiting for another Christ (see [29], for example).

Similar phenomenon can be observed today in all mass organizations that call themselves Christian: they also do not see God Who appears before people of Earth in human form.

Jesus Christ Himself prophesied: “When you see One Who was not born of woman, fall on your faces and worship. That One is your Father” (Gospel of Thomas, 16; see [6,14]). But in 1970 Avatar Babaji came to Earth exactly in this way [14-16,18,37] — but “Christians” did not recognize Him.

(Now another Avatar — Sathya Sai Baba [8,14] — works on Earth, preaching the same Eternal Universal Teaching of God-the-Father — and again hierarchs of all mass Christian confessions refuse to recognize Him!).

God became a competitor for many religious organizations: for He can “entice away” their “flock” to Himself. Who would then support all those for whom churches are a source of income? This is why the Russian Orthodox Church intimidates its congregation: “everything that comes from

East — is of Satan”, or “if you do not stick to us, you will surely go to hell”...

But Jesus Christ incarnated in the Middle East — in Judaea. Krishna, Babaji and Sathya Sai Baba — all of Them are from East. So, is God — “from East”?

But this kind of “Christianity” was brought to Russia from West — from Greece...

Is not it the time for us to revise our concepts?

* * *

Babaji is one of the Representatives of God-the-Father, a Part of Him. He periodically embodies on Earth as an Avatar in order to help people. One of His incarnations took place at the end of 19th century; it was described by Yogananda [25]. The next one was from 1970 to 1984 — again in Northern India, where He appeared before people by materializing a body of a young man for Himself, in which He lived for 14 years.

Now Babaji, together with Jesus Christ, Sathya Sai Baba, Krishna, and other Divine Teachers, Who are Manifestations of God-the-Father, keeps on helping worthy disciples of God — but this time from the non-embodied state.

From His last incarnation on Earth Babaji left people a concise and brilliant version of the Teaching of God, the “core” of which is the mentioned above short and exhaustive list of what we, people, have to accomplish. The main thing for us now is to try to correctly understand what these words mean and then to fulfill all this.

Truth

This part of the “Babaji’s formula” implies understanding what God and the Evolution of Universal Consciousness are, what our place in it is, and what exactly we have to do. Today almost everyone lacks this understanding.

In “Christian” world people sincerely believe that their God is Jesus Christ and that Muslims have another God — false, of course, — Allah. Although Allah is simply a literal translation of the term “God-the-Father” into Arabian language. And it is Love for Him and aspiration towards Him that Jesus Christ preached.

Holding on to Jewish Bible (the Old Testament), which in fact “legitimized” aggressive and predatory wars, murder, violence, and cruelty, as well as on the heavily trimmed version of the Teaching of Jesus Christ presented in the New Testament (see [14]), the majority of “Christians” have forgotten both God-the-Father (Who was the main figure in the Jesus Christ’s preachings) and Love. They substituted Them with typically pagan “deification” in the form of the cult of “Heavenly Queen” Mary — the mother of Jesus, “official” damning of other confes-

sions, Muslims and all Jews (although this is a real paradox — since Jesus, His parents, His Apostles, and all the first Christians were Jews!), wars under the sign of cross, tortures, forcing of Satan, demons, sorcerers and vampires into the center of attention of believers, as well as with promotion of alcoholism in their congregation and aggressive expansionism...

Among other things, this “Christianity” destroyed pure and spiritual traditions of our remote Russian ancestors, not all of whom were pagans, i.e. worshippers of spirits and fictitious “gods”; many of them were direct disciples of God-the-Father.

In particular, one of the Divine Teachers Who worked on the territory of Russia at that time was Assyris (not Osiris of Egypt). One of the strong spiritual schools of Assyris was in the North of Novogorod Russia. (I was honored to have helped one of His advanced disciples from that time, who is currently incarnated in the female body, enter the Abode of the Creator. Assyris is now working on the territory of Russia (and other countries) in the embodied state and helping worthy disciples of God.)

For many centuries following the “Christening” of Russia, among the favorite methods of capital punishment of the “Christian” rulers of our “Christian” state were impalement and burning alive. The times of establishment of the Orthodox faith in Russia, followed by extirpation of the “Old Believers” who disagreed with reforms of the Patriarch Nikon, were the darkest pages in the history of the Russian Orthodoxy.

And today, few people realized that the attempt of Chechen people led by general Dudaev to unyoke themselves from the Russian domination was a reaction to the expansion of Orthodoxy into a country with ancient Moslem traditions.

The author of this book started his breakaway from atheistic primitivism and obtained his first mystical experience with the help of the Russian Orthodox Church and knows it quite well “on the inside”. He is very grateful to it and is sure that despite all its defects it can help people wake up spiritually, which happened to him and happens to many other people. He has also met many honest priests, who sincerely believe and strive to become better and to help others... But their voices do not get heard: they are forced to keep silent by aggressive moneymakers working in the religious field.

In philosophical respect, the main destroyers of the Christ’s Teaching in Russia are so-called “Bryanchyaninovtsy” — an anti-Christian sect represented by followers of the demoniac bishop Ignatiy Bryanchyaninov, which currently dominates within Russian Orthodox Church and which has, in fact, “ousted” God from the world outlook of its followers and replaced Him with devil. This sect is hard at work attuning people to hell inhabitants, preaching not refined love, but despondency, constant self-flagellation, despair, and hate...

This is why any intelligent person has to learn to see the difference between true Christianity as the Teaching of Jesus Christ and those interpretations of it that exist under the same name. And among the latter, one

may single out various degrees of distortion up to its absolute perversion, to its antithesis.

...In Buddhism, there have also emerged many sects, in the philosophy of which there was no place for God left anymore. And what gets brought to the forefront there is, of course, fear: fear of demons, vampires and so on. Various methods of “bioenergetic” defense against them are being developed within those sects...

I have already given an example [8] of the training, where people were taught — for hefty sums of money, of course, — to plug the lower foramina of their bodies with quite material corks, on the grounds that those who do not use this method can fall into hell through those foramina... Such trainings that are conducted in dead earnest originated in those degenerate Buddhist sects. Killing of animals and using their bodies for food is not considered a crime there as well. Although the Founder of Buddhism, as well as the Founder of Christianity [7,14], taught the opposite.

Nevertheless, we should understand that this primitivism does not have anything to do with true Buddhism: practices of sound Buddhist schools aim at penetration with purified consciousness into the subtlest lokas and the mergence in the Primordial Consciousness (also called Adibuddha — the First Buddha).

...And the mass Islam — while attention of believers there is correctly directed towards the Creator — lacks an expressed tendency towards mastering Love and Refinement of consciousness. On the contrary, violence and cruelty are characteristic features of the Islamic “fundamentalism”, i.e. an attempt to forcefully instill into modern-day life the customs, which existed at the time of establishment of Islam... (Although the “fundamentalism” is typical only of some Islamic countries).

It appears that deliberate cultivation of Love and Refinement of consciousness, which is the only practice that enables one to get closer to God and to cognize Him, takes place only in sound Sufi schools of Islam [14].

...Another pseudo-religious fashion in Russia is astrology. Although astrologers do mention God sometimes — in fact, God in astrology became just an empty phrase... He — the Creator, the Master and the Goal for every living being — has been turned into an abstract symbol, which does not really mean anything. In fact, He has been crowded out by... planets and stars, as if it is not him Who, being in the immediate vicinity of every part of our bodies and souls, directly or through the Holy Spirit and other spirits, teaches us constantly on the “pastures” of Earth according to the ethically important decisions that we make — but... it is distant planets and stars that do this...

...Other people go even further and following current Russian fashion, with religious zeal drink their own urine in large quantities, intoxicating their brains and thus degenerate and go insane in a very short time.

...The religious atmosphere that currently prevails in Russia can only repel intelligent people from religion and make perish those whose intel-

lect is not developed enough to discriminate between what is true and what is not true.

It would be good if psychiatrists prepared and presented to the government a description of the mental disorder of schizophrenia type, which is so typical among Russian “believers” (although they do not go to doctors, as a rule, hopelessly seeking help from those who maimed them). Its symptoms are absolutely identical in all patients — be they victims of “Bryanchyaninovtsy”, pseudo-Buddhists or just ignorant “psychics” or “sorcerers”. Those miserable ones who have gotten convinced that one should learn not how to love and develop oneself by serving people in everything that is good, which actually is what service to God consists in — but to fear devil, demons, sorcerers and vampires, defend oneself from them using “guard magic” techniques (conjurations, wearing special “protective” belts, making “the sign of the cross” over everything that one touches, etc.) — these people accustom themselves to living in fear, anxiety, and hate towards “enemies”. Such coarsest emotional states make real inhabitants of hell out of them, all kinds of non-embodied evil spirits that live in those eons become perceivable to them, they scare them even worse and thus obsessions with the well-known symptoms of inadequate behavior start developing...

In this way the perversion of the Teaching of God to its exact antithesis leads great masses of people straight to hell, and, since this phenomenon, so widespread in Russia, is gaining momentum, the prospects of accelerated degeneration of the entire nation become increasingly realistic.

* * *

Some readers may think: the author is criticizing everybody — maybe he wants to present himself as a “Savior”?

No, not myself I want to present as a Savior, but God. I need neither fame nor popularity, I chose a modest and quiet monastic life for myself. I want to help people. And I serve God.

...People tend to ignore God and to fall for magnificent clothes, well-trained voices and arrogant manners of various leaders, often criminal and ignorant, who act solely for the sake of gaining personal glory and money. Although even in the Old Testament God advised people not to rely on spiritual guidance from men, but to seek advice from God!

And I am speaking only about this, although I have already attracted a lot of hate and slander and listened to threats of punishment from “Bryanchyaninovtsy”.

I know God. But they know only their sects. And this is the fundamental difference between us in the Face of God. And we go in the opposite directions with them: to God and to hell.

...Indeed, God does not lead infidels to Himself by the Straight Path. These are the words from the Quran.

And the Straight Path to Him is the Path of Love: love for people, for all living beings, for the Creation and the Creator. This is the Path to Him as the correctly understood Goal. This is the Path of purging oneself as a soul of everything that is not Divine: including coarseness, violence and all kinds of egocentrism — and of replacing self-centeredness with God-centeredness. And all of this is real.

...If only you could embrace non-embodied Jesus Christ Who appears in the human-like form and feel His Divine love, Subtlety and Tenderness — combined with unlimited Power, resulting from Unity with the Universal Consciousness of the highest eon, and Divine Wisdom — then you would realize right away what God appreciates in people and what He wants us to be like.

But in order for us to be honored with such Embraces, we have to get closer to Him — not physically, but by the characteristics of souls.

* * *

...One of the ways to answer the question “What is the Truth?” is: “There is Evolution going on Within the Body of the Absolute.³ Our Goal is the Creator. Our task is to transform ourselves from the part of the Absolute into the part of the Creator, to enrich Him with ourselves. In order to fulfill this task we have to become Love — strong, wise and refined to the level of the Primordial Consciousness.”

Simplicity

Simplicity means sensible naturalness of the way of life and behavior, as well as modesty and lack of arrogance and self-importance. Simplicity is a pre-requisite of Love. It is also the indispensable tool of spiritual warriors, which God wants us to be.

The best way to develop simplicity is to keep close to nature and to learn how to attune to its harmony. Here, in the solitude of forests, fields and lakes, without make-up on the face, earrings, fancy synthetic clothes or even with no clothes at all — we can love the beauty of the Creation and the Creator, accepting help from God in the optimal way, expanding with consciousness in the beauty of the Creation and in the Holy Spirit.

Simplicity is also beautiful in expressing one’s love for other people: in a smile, friendliness, tenderness and openness with friends.

But it is important to always know the limits. For instance, walking naked among those who do not understand you and propagating your understanding of “simplicity” in this way — this can only be called tactlessness; this cannot be called a harmonious and spiritual action.

³ The Absolute is absolutely All that exists in the universe, i.e. the Creator together with all His Creations. The only exception is hell.

The same principle can be applied to sexual relationships: the “simplicity” that leads to sexually transmitted diseases and unwanted pregnancies, as well as that, which is connected with violence and selfishness — is not what God wants from us.

“Spontaneity” in expressing and realizing all of one’s whims, needs and desires, which is encouraged in some modern pseudo-spiritual sects and other organizations, also does not have anything to do with the true Simplicity.

Only the Simplicity of intelligent people who belong to the sattva⁴ guna and of those who have reached even higher spiritual heights is the true Simplicity.

People of the tamas guna under simplicity will understand either sugarness, or violence, rudeness, scuffle and lying drunk in the mud.

The true Simplicity is one of the elements of the “training for God”. It is not for those who are far from Him.

Love

Love is the major quality of God. In order to merge with Him (or even to escape hell, to begin with) we have to learn to feel emotions of love and to perform deeds of love, to eliminate all the opposite states and actions, whatever circumstances we may live in.

Love is the main thing that God wants from us. And we do not have any other possibility to cognize Him and to merge with Him, unless we transform ourselves into Love.

Love is special emotional states; in other words — this is a state of the energy of consciousness. And consciousness (a soul) is what every one of us is in reality.

Every time we exit from the state of love, we alienate ourselves from God. “Every exit from the state of love leads to accumulation of bad karma” — this is what God told me once [4,11,14,16].

People blame their misfortunes and diseases on anyone but themselves. Although it is always themselves who are to blame. I illustrated this with examples from my own life in the book [16].

It is of paramount importance for us to understand that the stable and confident state of love can only be achieved through practicing special psychic self-regulation techniques that should include working with chakras, primarily with the anahata chakra. (We will describe these methods in the following chapters of this book).

In the ancient Christianity a special method of “opening up” the spiritual heart was developed, which got named “the Jesus prayer”. Adepts had to constantly repeat a special prayerful appeal to Jesus, and after

⁴ The sattva guna is the aggregate of harmony, purity, finesse, and true understanding. The tamas guna is the aggregate of the opposite qualities — dumbness, laziness, coarseness and ignorance. The rajas guna is represented by intermediate qualities, of which the basic is boldness and being energetic in fighting with evil, including primarily the evil in oneself.

years of practice some of them succeeded in making the prayer “break through” into their spiritual hearts — and this made them realize what Love really was. After that had happened the whole life of the person dramatically changed (see [16] for details).

Later, when Bryanchyaninov-type demonism acquired dominating positions in the Russian Orthodoxy, they started to talk that the “secrets of “the Jesus prayer” had been lost”...

...Once God, seeing my sincere aspiration towards Him and my strong desire to help people, helped me create tremendously efficient system of methods of “opening up” and development of the spiritual heart. Some of these methods were described in several books of mine [11,13,15,16] and were widely taught in Russia and some other countries some time ago.

However, I need to mention that out of thousands of students, only few were able to attain the actual and quite complete cognition of God-the-Father. What was the reason for “dropping out” of the rest? It was their inability to thoroughly comprehend the points of the “Babaji’s formula”.

The overwhelming majority of the students were lacking that intensive aspiration towards cognition of God, which could allow them to switch their attention to Him from the objects of the material world. Other gave in to the threats of Bryanchyaninov’s sectarians.

The psychic techniques per se are incapable of making a person attain God; they can only play the role of wonderful and necessary aids. But the main prerequisite of success is the ability of the spiritual seeker to comprehend with his developed intellect the entirety of the Truth and to build a steadfast loving aspiration towards the main Goal, in other words — to fall in love with the Creator.

True spiritual Path necessarily implies complex development of a person. It should include intellectual, ethic and psycho-energetic components.

A person also cannot successfully cultivate real love only by performing exercises with the anahata chakra during the meditation classes. Developing love should fill the whole life of a person and to pervade all his activities.

It should be manifested in constantly staying with concentration of consciousness in the anahata chakra, in sincere respectful and tactful attitude towards every person, whether one knows them or not, in the ability to forgive and forget insults quickly, without taking revenge, as well as in behavior that excludes any possibility to offend or aggrieve someone wrongly.

Love should have a sacrificial component of willingness to help others even if it goes to one’s own detriment, interests of those who deserve this help should be given a higher priority than one’s own.

Love must be directed not only towards God and people, but also towards animals and plants; nobody may think that their love is developed if they are still able to kill or maim plants unnecessarily, if they allow themselves to eat bodies of animals for the sake of satisfying their glut-

tony. God has been repeatedly pointing at the necessity of pure “cruelty-free” nutrition: among Those Who were telling about this are Gautama Buddha, Jesus Christ and Babaji; now this is being preached by Sathya Sai Baba [7-8,14]⁵.

But leaders of degenerated religious sects insist on the diametrically opposite — for the sake of preserving for themselves the “right” to sin and ensuring mass attendance of their churches — by those people, whom they deceive and who pay for living expenses of those false pastors.

Love should be irreproachable in relationships with children. It must express in being incapable of getting irritated. Although, being demanding in teaching children discipline and honesty should not be excluded — in the interests of the children, in the first place.

Everyone should analyze the characteristics of their love in the sexual sphere, since this is where human vices usually are manifested very vividly.

Any kinds of violence or constraint in sex — even in the verbal form or in thought — are examples of the behavior, which is opposite to love.

Carelessness of a man as to prevention of unwanted pregnancy is another example of the same type of behavior.

Passiveness of a woman during a sexual intercourse when she is not aiming to give her love to her male partner, but only selfishly expects satisfaction for herself, being able to resent him for doing something “wrong” — is a phenomenon of the same nature. (Since all people differ by features of their sexuality, and the new partner never knows in advance how to satisfy you better).

True sexuality is an art of giving oneself and one’s love to one’s partner through sexual relationships. And only a combination of sincere and giving love on the side of both partners can lead to harmony in sexual relationships.

I am sure that many women would benefit from reading the wonderful book of Barbara Keesling [27], which promotes the practice for women of giving their sexual love as a gift. Although I would not recommend doing everything that is written there. For example, practicing oral sex regularly increases the risk of transmitting infections dramatically. Also, sexual relationships with many partners are absolutely incompatible with serious spiritual Path: during a sexual intercourse an intensive energy exchange takes place between partners, which leads to taking on possible energetic coarseness, impurities and diseases of the partner [9,14,16,28].

I spent many years working in sexual psychology and physiology fields: at that time — during the atheistic period of my personal development — I wanted to make people happy by helping them reach harmony in marriage and raise healthy children.

⁵ God made exceptions from the “cruelty-free” diet rule only twice: when Jesus Christ was talking to fishermen and common people and also at the time of establishing of Islam among Arabic cattle-breeders.

But once I experienced consequences of a grotesque egotism of a woman who asked me for sexological help because of her inability to reach orgasm. Here I will tell this story in details since this will allow us to examine a wide range of the most important ethic issues. She had been sincerely grateful to me for that help, which was a difficult act of self-sacrifice on my side, for almost a year. After many months we met “accidentally” in a class, to which I had been invited. She did not want to perform exercises then, she wanted only to sit and cuddle up to my body. She was talking only about her sexual progress. I was shocked — and gave her an audiotape with my lecture on incompatibility of sexual amusements with the spiritual Path. She took offence that resulted in her revenging herself by accusing me... of raping her. And she invented a really disgusting story. Although I do not have a slightest sign of violence or excessive sexuality. What I did then, at her request, and with full consent and collaboration from her side, — I did not for myself, but only for her, carefully masking my dislike so that not to hurt her feelings.

With her slander, she infuriated a gang of primitives against me, which one of my ex-disciples who deviated from the path to God had formed. And they attacked me from an ambush and mortally injured my body thus dooming it to a slow and painful death.

Later, God returned me into the same body and helped to find ways to heal it [16]. I became better having come through this ordeal: in this way God released me from the attachment to the huge crowd of followers whose potential in the spiritual work for that time had already been exhausted, and I switched my attention exclusively to Him, became a true monk, and over a short period of time walked a large part of the home-stretch of my Path to Him.

But the members of that gang, who were calling themselves a “spiritual group”, even when they found out that I had been slandered, never repented, never did anything in extenuation of their fault, despite the fact that I decided not to avenge myself and saved them from criminal prosecution for what they had done.

They just “visited church”, obtained “forgiveness of sins” — and that was it...

By the way, let us think: did that “priest” help them then — or did he do harm to them? What would be better for the killers: to be guided to deep repentance and making attempts to become better — or to leave having been comforted by lies and self-satisfied?...

...Everyone creates their destiny themselves, using the free will granted by God. Some people develop themselves in sacrificial love by helping others. Some cultivate freakish egotism, hate, rudeness and brutality. The former — by enduring and forgiving, not getting “mixed up” in conflicts and preserving themselves through this in love and longing for God — attain Him. The latter become “garbage of the Evolution”. The former can be called true Christians. But the latter, although they attend temples with crosses upon the domes... — what can one call them?

After that incident, some people were perplexed: why did I not “punish” those scums?

But what could the punishment be?

To provide the police with the names, telephone numbers and home addresses of the leader and one of the members of that gang? This would have been enough to get all of them “going down”. But the question that made me refuse this idea then was: would have they become better after “doing their time”? They would have not!

Or maybe, to beat them up, to cripple them — one at a time — would have been right? But this would not have made them better as well. Just like in the first revenge option, they would have only become worse from the evolutionary standpoint by becoming more established in their emotional coarseness. Since by using violence we can make a person stop doing something, at best. He may even apologize (not sincerely), but his soul is not going to lighten and he will not repent.

What would happen if I killed them? But it is only the body that can be killed. The man himself does not die. Moreover, he loses the opportunity to improve himself in this incarnation. Only atheists and “believers” of the same level of development as the members of that gang kill or cripple others when avenging themselves.

This is why I am one hundred percent sure that my decision was right: to give them an opportunity to purify themselves through repentance — perhaps in many years, when they mature. Maybe my books will help them also. But in case they do not repent — they have already programmed terrible lessons into their destinies... What punishment can be worse than that?

I recounted this story in order to clarify the objective meaning of the urgent recommendations of the true religion of God: we should not avenge ourselves [14].

But we may look at two more sides of this problem.

The first is that it was God Who created the whole situation of my murder. Just like He created situations of all murders and all crimes. And the point is that He did it for me. Who am I supposed to “revenge” myself on, then?...

I know that this sounds blasphemous for followers of primitive religious sects: they are sure that all “evil” is done by mighty devil, whom the feeble old man — good God — is unable to defeat...

But if we understand the truth that God-the-Father is the universal Ocean of Consciousness that always exists under each cell of our bodies and all devils and demons are just insignificantly small drops of primitive consciousnesses, absolutely dependent on that Ocean of Wisdom, Power and Love, and the plan of the Ocean is not to serve us on Earth, creating paradisiacal life conditions at any price, but to lead us to becoming Perfect and to merging into Him — only then the role of God-Teacher in the life of every one of us and the Wisdom and Might of His Perfect Love can become clear to us.

...And another side of this problem is that nothing must distract us in our aspiration towards God: neither new sexual adventures, nor accumulation of mundane wealth, nor earning respect of people, nor “enemies”. All these are traps for those who do not love God.

But those who really love God — they go to Him without distracting for anything unnecessary.

And revengefulness is a striking manifestation of a man’s lower self that is opposite to the Higher Self of God.

* * *

...Our sexuality has been conceived by God not only as a means of reproduction, but also as a method of spiritual development. It facilitates the cultivation of such aspects of love as tenderness, care, self-giving, merging of two consciousnesses into one, which prepares one to the Mergence with the Consciousness of the Supreme Beloved — the Creator. Sexual love can directly contribute to the development of the spiritual heart, which we have already discussed. It also teaches us Peace (if everything is going alright), which is an indispensable component of Perfection, one of the qualities of God, which we need to master.

But all this relates only to the sattvic, pure sexuality of people who make real progress on the spiritual Path. In this case it does accelerate their advancement significantly.

But sexuality of coarse and egotistic people who do not possess developed spiritual hearts can be disgusting and lead them to hell.

Spreading of perverted “Christianity” that has lost love became a damnation for spiritual evolution of many people of Earth. Among other things, it pronounced anathema against sexual love and declared renunciation of it a “Christian feat”. It profaned all conceptions by calling them “defiled” as opposed to the “immaculate” (i.e. without a man) conception of the mother of Jesus Christ that allegedly took place. A real cult of the Blessed Virgin’s hymen was created. (She must be really upset to see all this fuss around the fabulous features of her genitals!) The human body itself, especially the female body, was declared shameful. “Decent” people felt shy even to say the word “legs”. The words that related to the sexual subject were declared “indecent” and transformed into cursing — means of defiling other people. In this way the language of the tamas guna — “mat” (Russian obscene language) was created.

And how could a pure attitude to sexuality form in people who regard it as an odious “vice”, who hate sexuality in themselves and especially in others. But without this pure attitude towards sexuality one can hardly succeed in refinement of consciousness, development of love and getting close to God.

People started to fear what in reality could help them to become better. Men called to hate women exactly for what women could help them with. Since women are, in general, significantly more refined than men, if

for no other reason than their hormonal status. And by this characteristic they are closer to God.

Jesus Christ taught the same [7,14,23] in His addressing to men:

“Respect her, uphold her. In acting thus you will win her love and will find favor in the sight of God...

In the same way, love your wives and respect them...

Be lenient towards woman. Her love ennobles man, softens his hardened heart, tames the brute in him, and makes of him a lamb.

The wife and the mother are the inappreciable treasures given unto you by God. They are the fairest ornaments of existence....

Even as God separated the light from the darkness and the land from the waters, woman possesses the divine faculty of separating in a man good intentions from evil thoughts.

Therefore I say unto you, after God your best thoughts should belong to the women and the wives, woman being for you the temple wherein you will obtain the most easily perfect happiness. Imbue yourselves in this temple with moral strength. Here you will forget your sorrows and your failures, and you will recover the lost energy necessary to enable you to help your neighbor.

Do not expose her to humiliation. In acting thus you would humiliate yourselves and lose the sentiment of love, without which nothing exists here below.

Protect your wife, in order that she may protect you and all your family. All that you do for your wife, your mother, for a widow or another woman in distress, you will have done unto your God.” /Life of Saint Issa, 12:13-21/.

But “Christianity” (and not only “Christianity”)... called woman “the source of sin” and prescribed to cover her body in any possible way. In Russia for many centuries women had to wear special long dresses when bathing and even to sleep in clothes. In Russian Bryanchyaninov-type monasteries they still keep a strict control over observing this rule: “What if you die in your sleep — you will appear before the Lord naked! What a shame it will be!”.

Another example of a similar kind of abomination is declaring some children “illegitimate” and holding up to shame the motherhood of those women to whom God entrusted the upbringing of those children.

...We need to understand that it is people of the tamasa guna who are immersed in vice and who do not see anything except for it, while possessing aggressiveness, seize the “reins of government” in the originally holy religious movements and gradually turn them around into the opposite direction, warping the doctrine of God to its exact antithesis.

In the sexual aspect of life they — while belonging to hell themselves, obsessed with passion for violence, defilement and satisfaction of their egotistic lust — are unable to imagine that for other people, the sattvic ones, sexuality does not mean lust, but a way of sharing their love, giving it to other people as a gift. And that this may be their way of serving God!

...Monasteries were originally designed as spiritual schools. But in the Bryanchyaninov-type monasteries — both male and female — monks are not being taught anything good. These monasteries are just huge “communal flats”, where irritation and hostility boil up, where “killed food” is served even during official fasts and where people apart from monotonous standard prayers are busy performing just regular household activities.

They are allowed to wash their bodies once in two weeks. This is called “mortification of the flesh”. And their bodies do suffer from diseases, aggravating already grave states of their souls.

In addition to this many inhabitants of the monasteries “burn” with sexual passion, which they hate so much. While, maybe it is this passion that they are trying to hide from behind the walls of the monasteries?

With a rare exception, monks possess an outstanding coarseness of their souls — both men and elder women. “Bryanchyaninovtsy” accustom them to permanently living in negative emotions by teaching them to constantly fix their minds on hell, demons, their own total and hopeless depravity, which was transferred to them from Adam and Eve, who allegedly committed a deadly sin long time ago.

They, in fact, sink in hell, feel this hell and its inhabitants — and frighten other people with it, alluring them into fear of hell and spreading this mystical contagion around the world...

I am far from calling to “shut down” all monasteries: people do need them, really, — for many reasons. I myself benefited from them long time ago, when I lived, worked and prayed in them, confessing and making my communion every day. I am talking about spiritual sanation of not only monasteries, but the Orthodox Church as a whole — about purifying them of “Bryanchyaninov” Satanism and getting back to the Teaching of Jesus Christ.

Who would take the task of performing these “Herculean labors” for Russia?

* * *

But getting obsessed with sex is also not good. The term “fornication” is valid not only for people, but also for God. It denotes both too many sexual contacts and sex with inadequate partners (those who are not at the same level of the spiritual advancement (for details see [14])). Sexually transmitted diseases are the mechanism that God uses for slowing down the tendencies for sexual amusements in people.

The truth here is that we should try to direct all our attention towards searching for God, without distracting excessively for anything else. (And sex is just one of such distractions).

Now is especially right time to talk about sexual “extremes”, since in many countries, including Russia, many pseudo-disciples of Rajneesh (Osho) — an Indian spiritual Master — expanded their activities. Calling

themselves “enlightened” and “swamis” (monks), knowing nothing about God, obsessed with sex and sometimes with violence, energetically black inside and sick, making advertisement on the name of the Teacher, they make their living by propagating permissiveness in everything, including food, drugs and, of course, sex. It was a well-known instance when in one of such “ashrams”, all women who were allured there by advertisement were “initiated” through group raping.

I myself saw outbreaks of sexually transmitted diseases and rapidly progressing devilization (by energetic status of souls) among victims of such novations.

...So, in sex, like in everything else, everyone should find the golden mean between two extremes... Only in this case one will be able to achieve a sattvic state — a state of harmony and purity.

* * *

Refinement of consciousness and true sattva, as a necessary stage of cognition of the Holy Spirit and God-the-Father, are impossible to achieve without accepting and understanding concepts of Beauty. “Beauty: Cosmos establishes Evolution on this formula” — this is what God taught us through Elena Roerich [14,22].

Spiritual beauty exists at two levels of the scale of gunas: rajas and sattva.

Rajas in this context means boldness, self-discipline and beauty of exploit. It is manifested in a spiritual warrior with unbending will. Rajas can be found in states of nature, it also can be expressed in dancing, music and fine art. Examples of the latter are paintings of Nicholas Roerich.

Sattva — spiritual purity and beauty, refined and saturated with tender love — is the last step on the ladder leading to cognition of the Holy Spirit.

In the nature we can find sattvic states in the purity of sunlight at dawn, in singing of spring birds, in charming silence of a tranquil evening, etc.

Among the most vivid examples of highly sattvic music are some compositions of Anand Shankar. Also, several vocal compositions created by members of the “Society for Krishna Consciousness” deserve the highest appraisal. I know marvelously sounding Orthodox tunes and chimes.

Sattvic beauty of harmonious human body is also spiritual and can at-tune the one who observes it to tenderness, tranquility and peace, which so many of us are lacking.

Sattva came to Russian cities with Gorbachev’s Perestroika primarily in the form of posters with tender beauty of naked female bodies. This was undoubtedly a spiritual breakthrough.

But businessmen of the *tamas* *guna* started to defile this subject almost immediately by filling the market with low-grade photos featuring protruding buttocks...

This is how different *gunas* manifest in the same genre of art. The *satva* *guna* promotes beauty of love, while the *tamas* *guna* defiles it.

...Let everyone ask themselves — which *guna* do they belong? And what should they do in this connection?

* * *

And another addition to the subject of Love.

One day I was traveling by train, perfecting humble thinking of myself and studying the situation: among my fellow travelers were a mother and a son. She had a huge body and was very rude. Her son — a military cadet — was about fifteen years old. All the way she constantly shouted. About what? It... was just her regular manner of talking to her son, shouting everything what was coming to her mind — all her thoughts. For example: “Darling! I am going to go to the toilet and throw out the apple core!... Why don’t you answer, when your mother is talking to you???!?” And her exhausted son was looking in the window with a dull expression on his face being able only to nod listlessly...

How can the behavior of this “mommy”, who sincerely loved her child, be characterized?

Was it violent? — Yes, it was. Was it tactless? — Yes, it was. One can name some more of her traits... But what is important to stress now is that her love lacked Peace.

An ability to feel deep inner Peace, especially when there is no need to perform energetic actions is a very important and valuable quality. It is a fundamental prerequisite of true Love.

And attempts to love without this inner Peace sometimes turn into what I have just described. Such “love” can only cripple its victims. It induces in them only an urgent need to escape. If there is a place to escape to...

...The state of God-the-Father in His Abode can be described as Tender Peace. Let us learn this from Him when preparing ourselves to meeting with the Creator.

But the true Peace is not something opposite to a sound Drive and Energy, but matches them harmoniously. Let us analyze this postulate and apply it to our lives.

Apart from the recommendations that you may see in this book you may find it helpful to study the best spiritual experience accumulated in traditions of Zen- and Chan-Buddhism and concrete methods that were created in these schools: “tea ceremonies”, “stone gardens”, “meditative landscapes”, the best methods of Samurai’s training, etc. [16,30,36,38]

Karma Yoga (Selfless Service)

The term “karma yoga” means “Path to Mergence with God through performing selfless service”.

What is service to God?

An incompetent reader may start to recall: “I know the term “Divine service”... What is it? Prayers... And what are prayers? “Lord, give me this! Lord, give me that!”...

Yes, for the majority of believers who consider themselves Christians, praying means begging something from God. And, paradoxically enough, they see in this their duty and their “service” to God...

But God does not need our panhandling. He does not listen to this. Otherwise it would “make Him sick” to hear all the nonsense that people invented, their addressing Him as a servant who is allegedly supposed to supply whatever He is asked for.

He needs our efforts on self-perfection and our help to other people in this. He wants us — every one of us! — to take an active part in His Evolution. And not to whine passively and expect “grace” from Heaven.

Helping other people on this Path — this is what service to God is! He declared this through Babaji and Sathya Sai Baba; Apostle Paul said many wonderful words about this as well [7,14].

But one should not interpret this kind of help too narrowly: only as preaching, conducting religious classes or writing religious books. No. In order to live on Earth fruitfully and to evolve people also need housing, food, clothing, fuel, transport, safety, medical help, education and many other things. Therefore, karma yoga means helping other people in everything that is good.

But what does harm to people is not karma yoga, not a service to God, but a service to forces of the devilish eon. This applies to production and distribution of alcohol, tobacco and other toxic substances, killing animals and feeding people with their dead bodies, promotion of hatred of mankind and aggressive wars...

The most important characteristic of karma yoga is the right motivation: one should not act for gain or reward, even in the form of a salary. One should perform actions for the sake of helping other people, as acts of selfless giving. This does not imply, however, an unpaid work. But it is up to those whom we help and to God to take care of the material welfare of the giver.

In other words, the essence of “mutual settlements” of worthy people who help one another is exchange of gifts. All necessary details of the “gift theory” (or the “theory of giving”) are set out by God in Chapter 17 of the Bhagavad Gita [14]. The essence of it is that God regards only those gifts as sattvic, i.e. true and pure, that one gives to the worthy person at the right time and in the right place.

So, the short definition of the term “karma yoga” sounds like this — “selfless help to all worthy people in everything good”.

It is very important to emphasize that a person develops correctly not through parasitism, panhandling or endless repetition of prayers or making ritual bodily movements — but through creative work and active love for other evolving beings, which is expressed in actions for their good.

Sathya Sai Baba clarifies the idea of karma yoga by the following illustrative example. He says that if you are members of one family you do not ask the head of the family for payment for each kind of work you perform around the house — it is outside people that work for money, but not the “own” ones. So you, if you feel that God is your Father, you must not engage in bargaining with Him, but on the contrary — you must act in the interests of His Plan, for Him, for the Evolution and not for your personal gain [7-8,14-16,35].

This kind of activity is the background, against which God allows us to develop intellectually, in love and in power.

Abandonment of the Lower Self for the Sake of Merging with the Higher Self

This is the final part of the Teaching. It includes Mergence of an individual consciousness of the man who reached the highest eon with the Consciousness of the Creator. At that, the person’s self-awareness dissolves in the Ocean of His Universal Consciousness.

Attempts of the leaders of some sects to either fully destroy self-awareness of their disciples without providing them with a new substrate for self-identification⁶ or to convince them that they are already God should be regarded as extremely harmful. Self-awareness of a person should not be destroyed but transferred. And cognition of God and Mergence with Him are not performed through being convinced or convincing oneself, but by means of stage-by-stage penetration with correctly developing consciousness into more subtle eons, their exploration, establishing in them, learning to Merge with the Consciousness of the Holy Spirit first and then with the Consciousness of the Creator. All other directions prove to be dead-end and lead to either delays in a person’s development or to cultivation of gross vices and turning to the direction opposite from God, which is fraught with devilization and insanity.

Work on this part of the “Babaji’s formula” should begin with elementary correction of one’s behavior in communicating with other people. Tendency of many people to dominate over others, to behave as if they are the “boss”, to look “important”, look comical from the standpoint of spiritual growth. Violence, resentment, jealousy, revengefulness, wrathfulness, desire to own people and things (except for essential ones), sexual desire (lust), like any intensive wanting something from people or

⁶ Sometimes a leader does this on purpose — to make slaves-zombies out of his disciples.

from God, — all of these are vicious manifestations of the lower self. They must be eliminated.

Jesus Christ and His Apostles left many invaluable formulas-precepts for us: do not sit at the high place, if you want to grow spiritually — become a servant to other people, never resent or revenge yourself, regard others as higher than yourself, etc. [7,14].

Lao Tse and Juan Matus were telling about exactly the same in a very straightforward and concise way [14]⁷.

For me personally, the following formula that God gave me once proved very helpful: “Realize how trifling your earthly affairs are compared to the greatness of Universal God” [4,14,16].

It takes deep self-analysis and hard work on repentance in order to get rid of manifestations of one’s “protruding” lower self.

But regularly, Orthodox or Catholic churches do not provide one with the optimal method of dealing with this task. The thing is that there is no such phenomenon as “forgiveness of sins” in reality: God does not have such a concept.

The purpose of repentance is not obtaining forgiveness for concrete acts that we have done, but getting rid of vices.

“Sins”, i.e. our mistakes, are either consequences of our lack of experience and knowledge or specific manifestations of those qualities of our souls that are called vices.

I have already given the example of my killers who never repented, but just went to church, received “forgiveness of sins” from a “priest” and were sure that their conscience was clear. But there are a great number of people who have been deceived just like these poor fellows. Because religious pseudo-pastors convince them that preserving vices and their manifestations in the form of the most terrible sins is a perfectly acceptable thing — provided that after “sinning” they come to church for confession, after which everything will be fine, everything is going to be all-right...

But it is not going to be all-right.

...The true mechanisms of deliverance from vices are self-analysis, repentance, and strict self-control.

If it is not possible to eliminate the vice that has been discovered and realized right away, one should recall the entire line of its manifestations — starting from one’s childhood (and sometimes from one’s previous incarnations). And one has to re-experience anew in one’s mind all situations, which one previously resolved incorrectly, but this time in the right way. Moreover, it makes sense to “play over” in advance all possible future situations when this vice can manifest again.

It is also important to try, if possible, “to redress the wrong” to those whom we harmed — be they people, animals or plants. Even if they are not currently “alive” on Earth — we should address them as non-

⁷ To understand writings of Carlos Castaneda about Juan Matus correctly, one needs to read the book of Carlos Castaneda’s wife, Margaret Castaneda [28].

embodied souls. And let us remember that God really accepts such our efforts on getting rid of our vices.

We need to repent of all the instances when our non-love for other people and for God was manifested, as well as of all our egotistic actions and emotions.

Many dully-egotistic persons try to push their bodies into a subway train car as soon as the doors open without letting the people to get out first.

Or, while waiting for a bus or a tram, they block the sidewalk with their bodies, instead of standing on the side so that not to hinder anyone from passing by, thus showing care about other people.

Or, entering the subway station hall some people hold the spring door behind them to help the following person get in, while others let the door go, crashing their “neighbor” with it.

Even when they get into a sound spiritual school, egotistic primitive people behave in the same manner. As long as the course is conducted, they feel good, they are happy and filled with bliss. But once the course is over — they start to feel bad: they have already gotten used to the situation when someone is making them feel good; and suddenly it stops... And since they do not feel good anymore they start to experience increasing negative emotions towards the instructor and the school...

Egotistic person knows only his selfish interest and resents when an obstacle in the form of someone else’s need gets in the way of his satisfaction.

Moreover, when a person strongly wants something from anyone, it is an indication of the viciously protruding lower self of the one who wants. This can trigger the mechanism of bio-energetic “vampirism” and become the cause of diseases of those, from whom a person wants something [16], and of “aggravation” of destiny of the one who wants.

But a loving person is always being attentive: he cares not to hinder anyone in anything, but, on the contrary, uses any possibility to help everybody, giving the interests of other people a higher priority than his own.

He is always polite and benevolent, he strives never to offend anyone without a reason, even with his own not the best states, being sick or tired, for instance.

In sexual relationships he will never obtrude himself, but will wait for the moment when his desire will become reciprocal.

...In this kind of self-analysis detailed recommendations by Sathya Sai Baba can be of great help [8,14].

* * *

Once I was riding on a dirt road in a goods wagon crammed with people. I was the last to climb into it, having let everybody in first. My backpack was protruding outside. Along the way, the truck turned over. My body rolled out without even getting hit. What happened to those who

rushed to take their seats first... — it would take too long to list their injuries here.

* * *

Deliverance from coarse emotional states and the ability to attune to sattvic phenomena of life that we can achieve enable us to begin with meditations of “dissolving” ourselves in harmony of the surrounding space. Especially effective such meditations can be in quiet evenings, at dusk — in the forest, prairies, at lakesides, seashores or near other water reservoirs. The meditation should be performed using the following formula: “There is only harmony of the surroundings: forest, lake, — but myself is not there”. At that, consciousness expands from the anahata chakra and attunes to the subtlety and purity of nature.

The next fundamental stage will be mergence with the Holy Spirit in “Pranava” meditation (see below), and then stage-by-stage mastering of the “total reciprocity” (Nirodhi) in the eons of the Holy Spirit and God-the-Father.

This is how man completes his individual evolution forever, becoming a Part of the Primordial Consciousness, a Part of the Creator. After that he continues to live creatively — not as a separate being, but as Him.

PRACTICE OF THE STRAIGHT PATH

The doctrine of the Straight Path was not invented by people. No, it has been suggested by God. This doctrine was set out in details by Krishna and then repeated by Jesus Christ, Babaji and Sathya Sai. Quran and Buddhist scriptures contain the same description of it and even use the same term [14].

This doctrine may be summarized in short in the following three points:

There is God — One Universal Consciousness of the Creator, Who lives in the highest eon of multidimensional space.

He is Love.

We have to become one with Him through transforming ourselves into Love, into a “universal spiritual heart”. And understanding and accomplishment of this are the only things it makes sense to spend one’s life for.

Now we will describe specific methods of advancing on this Path.

They can be divided into several groups depending on their level of difficulty: preliminary, intermediate and highest.

Preliminary Methods

Preliminary methods help one develop faith. And faith is essential for emergence of the incentive for making spiritual efforts.

But what is faith? This is a rather multi-level concept.

Some say about their faith: “Well, I know there is something out there...: cosmic intellect, UFO...”

Others will assert with confidence: “Yes, I believe in God!” And they will even make a “sign of the cross”. But they do not make slightest spiritual efforts — even to find out what God wants from us, let alone to transform themselves in accordance with His Will. On the contrary, they will be drinking hard, stealing, hating, killing, and only occasionally thinking: “What if God might not like this? Oh, well — all this is not going to be soon!”. Just like I would not be interested to hear about methods of manufacturing golden jewelry or faceting diamonds — they are not interested to hear anything about God.

Once I was talking to a former head of an Orthodox parish. He was telling me that he was working on his dissertation. I said to him: “But we are already in the age when it is time to think about using the time left to

make as much as possible in the monastic pursuit and not in acquiring earthly titles... Will God need your degree?" He replied: "Well, God — it is not known if He exists or not, but the Ph.D. degree is almost mine!"...

Faith acquires a real value only when it is characterized by love for God. Because only love can make a person want to transform himself sincerely, willing to become what his Beloved wants to see him. And later it may even grow into a passion, which will make one give up everything that stands in the Way to the wide-open Embraces of the Creator... This is when one comes to a true monasticism: to being one-to-one with God...

So, helping people strengthen their faith is the sole purpose of such techniques as making standard ritual bodily movements, repeating prayers, singing mantras, performing ritual dances and worshiping images of God and "saints" on icons or in the form of idols. But these methods look totally absurd to those who have mastered these stages long ago.

It is only on this stage of development that some primitive views "work", like that "consecration" is a means of transferring special mystic power or that belonging to a "Parampara" — a succession of teachers originating from an Incarnation of God — is something essential. Although in reality, there are many energetically deviled aggressive primitive people among "consecrated" priests, and disciples of spiritual Masters often warp Their Teaching grossly even in the "first generation" of the continuity chain.

But with all seeming absurdity of playing rites, initiations, common and individual mantras games, etc. — God "adjusts" to these games that people play and helps sincere seekers overcome difficult first steps of the great Path against this background.

Although the true baptism of the Holy Spirit (which was described by apostle Philip, in particular, [14]) in no way resembles the corresponding rite of any church that is known under the same name, God accepts this act from sincere neophytes, if they perform it as a vow to Him that they have an unwavering resolution to seek and to find Him as their Goal.

But when companies of murderers accept baptism before setting off for their bloody crimes, like it was, for example, during the Chechen war, — does not it look like a abominable desecration of the Teaching and the sacrificial death of Jesus Christ for us?

The same can be said about christening of children: does not common everyday experience tell us that it is a completely useless act? One may have seen both christened and-non-christened children get sick, die, become drunkards or criminals when they grow up.

Christening is an oath of devotion to God, and not at all an act of "guard magic". And only an experienced and mature person can give such an oath, and he must do it himself, but not "godparents" for him.

...But strings with crosses that people put on the children's necks sometimes turn out to be slip-knots for little babies. Sometimes they get entangled in those strings that strangle their necks...

Crosses worn around the necks were used by executioners during the compulsory christening of Russians to mark those who had already been

christened so that it would be easier for them to catch and subject to tortures or to kill those people who tried to evade this [32]. But why do people wear crosses now? Do they really think that God needs them to? But it is enough for God if there is a sign of christening in a sincere Christian's soul.

...But on the other hand — prayers before meal, icons in one's house, attendance of churches, participation in rituals, repetition of mantras and feeling a cross on one's chest — all of this can strengthen one's faith by reminding one about God. And God gives the worthy seekers confirmations of correctness of their initial efforts by affecting their emotional sphere: He grants them an experience of bliss by creating flows of grace.

...But there are no "saving" rituals, nonetheless. And upon acquiring loving faith a person should start studying the Will of God, as opposed to canons of the organization, in which he started his Path. And he also should make real efforts on self-transformation — transformation of himself as a soul, as consciousness.

As we can see, there is nothing wrong in getting involved in ritual forms of religious practice at a certain stage of one's development. This has been typical of all times, countries and religion forms. And it does not make sense to try to figure out which ritual forms are better and which worse. The Orthodox ones, for example, are beautiful. Others are wonderful, too. The more peace, harmony, pure and tranquil joy, bliss and love they carry, the better. These are exactly the qualities that religious rites should help believers cultivate.

The main issue is not the form of ritual practices, but the ideology that is preached by the organizations that provide these practices. We have already discussed this in the previous chapters.

* * *

All people differ by their psychogenetic age, i.e. by the age of their souls. The age of the bodies (the ontogenetic age) is a different thing. In his next incarnation each person can quite quickly and easily realize what he developed in his previous incarnations. This relates to his intellectual potential, level of development of the chakras, amount of the mass of consciousness, inclinations in professional field, intensity of certain psychic traits.

This is why it is perfectly normal that we can meet grown-up people that possess dramatically different abilities to comprehend religious issues. It is also normal that a huge number of believers along with their leaders remain on the preliminary stage of spiritual work until the end of their current incarnations: in their next lives they will have a chance to continue their Path.

But they do need to be informed that this stage is just a preliminary one. This will help those of them who can go wake up and move further.

Initial Methods

Ethic Self-Correction

People who are still at the previous stage of mastering their religiosity believe that the faith in the ideological concept and rituals of the organization of their choice is a sufficient condition for their “salvation” (Russian Orthodoxy separated some of its rituals for greater show to a special group of “sacraments”). These people are not yet capable of comprehending words of God, not even those of them that are written in the Holy Scriptures. Opinions and orders of their earthly “pastors” are much dearer and more valuable to them.

For example, despite the fact that God told people not to kill, “Christians” “became famous” for so many terrifying atrocities throughout the history of Christianity on Earth!⁸ So many wars, murders, tortures and other crimes they have committed! As for killing of animals — scarcely 0.001% of “Christians” obey the Will of God in this respect. Where is the place for Christian love?! There is no sight of you among “Christians”! This is because those “Christians” are not true ones!

* * *

But the initial stage of spiritual advancement implies making real efforts on self-transformation.

And the first thing that the aspirant has to do is accepting the principle of Love. He must not accept it as just a nice phrase, acknowledging the beauty of it, but as a strict rule of conduct. And no practical methods — be they exercises of hatha yoga, work with chakras and meridians, winter swimming, etc. — will bring us closer to God (in fact, they can even lead us astray, sometimes), if we do not follow commandments of God regarding Love in reality.

Let us look at the nutrition, for example. If we contaminate our bodies with coarse energies of dead bodies of animals, this will not allow us to attain the required degree of refinement of consciousness for getting closer to the Abode of the Creator; on the contrary, it will drag us towards hell and create for us a bad karma, which will have to be redeemed in our next incarnations.

We have thoroughly discussed the subject of correct nutrition in the books [9,11,16]. Here I will only say that a human organism has to be provided, as a rule, with sufficient amount of proteins that contain all necessary amino acids. The proteins of this kind are supplied with eggs and milk products. There are also great amounts of protein in mushrooms,

⁸ Curiously enough, even Moses who personally received the commandment from God “you shall not kill” violated it immediately by ordering to execute the Jews who made an idol.

nuts, soybeans and some other foodstuffs. Therefore, there is no necessity to kill animals from healthy nutrition perspective⁹. After all, a human being as biological species does not belong to the class of predators and the anatomy and biochemistry of the human organism are not fit for eating bodies of animals — this is the reason why it suffers of this kind of nutrition [2,19].

But health and karma considerations are not principal here. The main point is that God is Love. And He allows us to get close to Him only if we become Love.

Impressions as Food for the Soul

But material substances are not the only food that we consume. As “food” we, as souls, also use impressions (Russian religious psychologist George Gurdjieff was among those who talked about it in these terms in the beginning of the 20th century [16,34]). And if we want to “turn away from what is evil and cling to what is good” we need to take any opportunity to use the “food” of this kind — in nature, art, communicating with spiritual people, etc. and attuning to the subtle and harmonious phenomena. At the same time we need to keep away from coarse impressions, which are primarily created by people of the *tamas guna*. This was taught by Jesus Christ, Babaji, and Sathya Sai Baba: Their opinions regarding this issue are presented in the book [14].

Initial Control of Emotions

Avoiding external coarseness is just one of the methods. But the main task for us is to eliminate internal coarseness, including that which comes out of us. This can be attained by controlling emotions, which are states of us as consciousness.

Each emotion emanates beyond the body, affecting surrounding people and other living beings. And the more intensive it is the further from the body it emanates.

Solving of the task of controlling one’s emotions radically will be possible only at the next, higher stages of work. But if we do not set this goal right now and start to accustom ourselves to self-control, we can hardly expect ourselves to achieve any success in the future.

For now, an effective method of struggling with bursts of coarse emotions and various manifestations of egotism will be repentance work, which we have discussed in detail above.

⁹ A series of ignorant publications appeared recently, in which fish and birds are not considered animals..., but only mammals are. For those who hold such views, I should clarify that according to generally accepted classification all incarnated beings are divided into two principal groups: animals and plants (viruses are separated into the third group). Animals in their turn are subdivided into mammals, birds, reptiles (snakes, lizards etc.), amphibians (frogs etc.), fish, insects, mollusks, worms, and so on.

* * *

We have discussed this extensively in other books [9-17]. Now I will stress that a superficial and shallow attitude towards ethic issues can sometimes produce an opposite effect compared to what was expected.

For example, we discussed acceptance of the Compassion principle as one of the first steps towards Love. But does everyone clearly realize that compassion does not have anything to do with plunging into onerous emotional states of “worrying about” someone?... People who fall into states like that become unbearable for others, especially for those whom they “worry about”. Bioenergetic impact of the fields with such characteristics sometimes can be the “final blow” for those wounded or sick people who become subject to such “worrying”. The victims may feel a desperate need to get rid of this “compassionate” monster who overwhelms them with such a state — to get rid by all means, at the level of the deepest instinct of self-preservation, which is beyond control of the intellect...

Such “compassion”, just like bioenergetic vampirism [16], ruins loving relationships between people, destroys families...

No, compassion does not at all mean “heavy” emotions, but overall pure and careful attitude towards all manifestations of life, if possible, avoiding causing any unnecessary harm to anyone, as well as willingness to help everyone in what is good.

Self-Discipline and Energy

The initial stage of spiritual work is not sattva yet. It is still rajas. And among the most important factors that determine success at this stage are energy and self-discipline, cultivating the ability to make efforts and super-efforts on the spiritual Path.

These qualities can be perfectly developed by engaging oneself in various dynamic sport activities, of which especially great are those that connect one with living nature (hiking, mountain climbing, etc.). Practicing oriental martial arts would also be very good for that purpose. But it is important to emphasize, that this practice should in no way lead to growth of aggressiveness, brutality and rudeness. Another important thing to understand is that the techniques of martial arts per se cannot lead the seeker to spiritual heights: this can be achieved only by working with chakras and through mastering the art of meditation, which are integral parts of the training in the best schools of this orientation.

In any specific kind of study at this stage — be it karate, hiking, or something else — both instructors and students should pay their principal attention to increasing the level of their morality, which is based on causing no unnecessary harm to any living beings (see [7-17] for details).

It would be appropriate for everyone to start thinking about and to make right decisions regarding their service according to karma yoga

principles and change professional occupation, if necessary, or start studying in order to acquire a new profession.

Hygienic Advice

Of the variety of hygienic recommendations the following four should be accepted at this stage:

Washing the body with soap daily, if possible, preferably in the morning.

Getting up early and going to bed early.

Not wearing clothes made of synthetic fabrics, especially those that have close contact with the skin.

Exposing the entire body to sunlight: it brings health, which is quite necessary. In winter, one should periodically expose the body to the light of “quartz” lamps, especially in case of ailments (those of catarrhal type, in particular).

Other hygienic recommendations as well as advice on healing oneself of common diseases can be found in the book [11].

Hatha Yoga

The people with unstable emotional sphere as well as those who cannot concentrate or have unpleasant obsessive thoughts will benefit from taking a course of hatha yoga lessons. Exercises of this stage were developed in ancient India, and their performance teaches one concentration of consciousness in various parts of the body, as well as relaxation of body and mind; they also contribute to elimination of many bioenergetic defects within the body and can heal one of some chronic diseases.

The mechanism that is at work here is as follows: maintaining postures of hatha yoga for a long time causes accumulation and redistribution of energy in the energy structures of the organism, which leads to their development. The following dynamics of sensations is typical when mastering new asanas. For the first few days of practice one may not feel anything out of ordinary, only regular adaptation of the body takes place. During the next few days appears absolutely new “mysterious” and pleasant sensation of energies “flowing” inside the body, which “flow” in meridians like streams of a liquid; one may even hear a babbling sound at times. But in one or two weeks they suddenly disappear, to one’s regret, which in fact means that the asana has fulfilled its role at the current stage. But what was taking place is the following. As a result of doing the asana, the corresponding meridian started to function. While its conductivity was still low, one had interesting murmur-like sensations. When the meridian opened fully, the energy started to move freely inside of it and the “murmuring” stopped.

At the initial stages of mastering exercises of hatha yoga the necessary condition for doing asanas is performing shavasana after the whole set or after particular asanas, which are performed separately (except for relaxation ones). This is needed for the leveling of energetic strains that

may develop due to the low conductivity of meridians. If this condition is not fulfilled, neurotic symptoms (lability of mood, sleep disturbances and many others) and even visual impairments or disorders of other systems of the organism may develop.

Description of relaxation asanas will be given below. Other exercises are described in specialized literature.

Practicing hatha yoga without switching to “cruelty-free” diet always leads to the coarsening of consciousness of the students. Subjectively it is perceived as attainment of power. But it turns out to be a terrible trap: possessing coarse power of consciousness we program ourselves for living in hell.

Apart from exercises of Indian hatha yoga some systems of Chinese dynamic gymnastics can be used for the same purpose, for example, those, where development of meridians with images of light (small sun, etc.) is performed during smooth and slow “roll-overs” from one foot to another.

Visualization

Hatha yoga practice (or other trainings) can be supplemented by exercises, which develop an ability to create clear visual images. This will prepare one for mastering the highest forms of meditation as well as create prerequisites for attainment of clairvoyance.

We can start with simple things: let us imagine a tomato, an apple, a juicy pear, then let us imagine that we examine them, smell them, bite them, enjoy their flavor and swallow them with great pleasure...

Let us get carried to the morning silence of a lake: in a boat, surrounded by wet reeds... Small tender dew-drops are hanging from every leaflet... Fish splashing, whistling of duck wings... Reed warblers start singing their songs...

Or we may imagine that we are lying on the beach in the morning sunlight... Warm and tender light pervades our entire body and soul, saturating them with bliss...

Or let us visualize ourselves picking mushrooms: cutting and plucking black slimy milk mushrooms out of wet autumn foliage..., admiring a big and solid sep...

We may visualize numerous similar images. They must attune us to subtlety, beauty and bliss. They must teach us sattva.

Later on we may complicate the training in the following way: we may imagine ourselves to actually be some imaginary sattvic object — a sweet juicy pear, a strawberry, a tender fragrant flower, or a caressing sun. We may learn to place these images filled with our own consciousness, with our self-awareness, into the chest — into the anahata chakra.

When this ability is well developed it will not be difficult for us to invite an image of our beloved Divine Teacher, which we know very well from photographs, into anahata ... And He will “come alive” there: He will start smiling and speaking... But it will become possible only if we de-

serve it: if we lead an impeccable life, established in sattva, study the Teaching of God intensively, and transform ourselves in accordance with it.

Work with images has another name — “visualization”, which was borrowed from Buddhism. But it is important to warn the reader from non-critical attitude towards specific recommendations for “visualization” that he or she may find in literature or lectures of some ignorant Buddhist specialists: as we have also discussed there is a great number of sects and schools within Buddhism that deviated from the true Path.

Some authors recommend surrounding one’s body with images of “wrathful gods”, i.e. devils and demons, for “guard magic” purposes. And those images also “come alive” by getting filled with corresponding hell beings.

A once famous mystic and doctor from Saint-Petersburg who was not “overburdened with intellect” and possessed grossest ethic vices, while being a good extrasensory diagnostician, started to study these “black magic” methods with a group of his students. The effect was that people were getting sick after just talking to him. And when that entire gang visited other esoteric groups to stare at people practicing — students were fainting there.

Coarsening of his consciousness reached a tremendous level and he turned into a devil in the flesh, but he continued to teach extrasensory healing and to “heal”. Although it is clear that people like this cannot really heal anyone, they can only do harm by “putting an evil eye” on people.

He ended up becoming a knife-victim, murdered in his own bathroom. It was most likely one of the victims of his “healing” or some of his or her friends.

But hell is not what we need! We prepare ourselves to becoming God, not devils! Therefore, seeing this sad example of spiritual degradation as someone else’s tragic experience, let us turn away from it and go to the abodes of Purity, Light, Tenderness, and Love — in order to attune to them and to become one with them.

* * *

If you already possess some skills, which could be of use to other people, — gather some of your friends and teach them what you know. Your knowledge, abilities, and efforts will combine, and you all will grow together, preparing yourself to the next stages of spiritual growth.

Basic Methods

General Information

Basic methods are those which allow one to attain such level of purification and of energy structures' development of the organism, which would enable one to feel God, to learn how to attain Samadhi (the emotional states that occur during contacts with Consciousness of God in His Divine Fire aspect) and to grow one's refined consciousness further by developing its power — in order to come at the subsequent highest stages of work to the complete Victory of Mergence with the Creator in His Abode.

In Hindu and Buddhist traditions these methods are known as “Raja yoga”. Their variations were developed in Chinese Taoism and Muslim Sufism. They existed on the territory of Russia before its “christening”, which is clear judging by the high spiritual status of those who are incarnated here now. But the only spiritual practice of this level that is known in Christianity is the “Jesus prayer”¹⁰.

Raja yoga is based on working with chakras, main meridians and the “cocoon”. The purpose of this work is to “cleanse” them to transparency and also to develop them — in order to attain through them the Divine level of subtlety.

Hence it becomes obvious that techniques of “coloring” chakras practiced in some schools are harmful, and using them is a consequence of tremendous spiritual incompetence of the leaders of those schools. For tender white is the subtlest color, and any other is obviously farther from the level of subtlety of the Creator.

Another typical mistake that people may make when working with chakras is placing the emphasis on development of the ajna chakra and its “window” (trikuta), which ostensibly leads to attainment of clairvoyance. This tendency has a long history and originates in the incorrect interpretation of Krishna's words in the Bhagavad Gita [14] (8:10), where He recommends channeling energy through trikuta. But from reading the next verses of Gita (8:12) it is clear that He is talking about the energy of Atman (see also [15]). But in numerous schools, whose leaders have not cognized Atman yet, attempts are made to perform this with regular bio-energies, which leads to activation of one of the coarsest (originally) chakras and as a consequence to coarsening of the entire consciousness. Such people develop, in particular, a “piercing”, sharp and unpleasant gaze. A tendency like this halts them for a long time in their spiritual development.

But the clairvoyance, which some seekers gain as a result of such practice, is of no real value, because it enables them to see only emo-

¹⁰ Although some individual seekers (including some Greco-Slavic Hesychasts) were undoubtedly attaining more significant levels of spiritual advancement. But in order to succeed they had to get beyond the limited scope of traditions of their organizations first and to become direct disciples of God.

It is known that Orthodoxy was for a long time intolerant even against practice of “Jesus prayer”. Opponents of Hesychasm “decreed” then that God is “incognizable”. Well, for them He is surely “incognizable”...

tional auras around the heads of other people and is good only for “spying” upon their emotional states.

But the true clairvoyance is exercised by structures of the lower “bubble of perception” (see below). Possessing it enables one to see energies of different levels of subtlety-coarseness scale in multidimensional space. As a result of gaining this kind of clairvoyance one becomes able to directly observe various subtlest Manifestations of the non-incarnate Consciousness of God.

Work on development of chakras and other fine structures of organism is incompatible with taking alcohol (even in the form of kvas or alcohol-containing milk products) and other psychedelics, since these substances destroy those subtle structures. Breaking this rule causes serious diseases.

* * *

Work with fine energy structures as well as meditative trainings cannot be effective if the room in which they are performed is illumined with fluorescent lighting, since it produces a coarse energetic impact on the organism.

One also must not wear synthetic clothes, because they block a significant part of the spectrum of bioenergies and distorts energy processes inside the body. (The latter instruction does not relate to raincoats, which we put on only in case of rain).

Watches and other metal objects should be taken off during the classes: bioenergetic work makes watches magnetize and go out of order, while all metal objects create energetic interference.

We have already talked about incompatibility of psycho-energetic trainings with eating “killed” food. If this rule is not obeyed the energy structures of the organism get constructed of coarse energies.

Practice at this stage of work is better performed in a group. The size of the practice room should correspond to the size of the group: too big of a hall would be unfavorable since the group energy will get dissipated in it.

* * *

First serious information (of that which is known to us) about the role and functioning of chakras and about methods of working with them was presented in books [11,13,15,16]. The fantasies of Aurobindo Ghosh regarding this that were set out in his books are completely baseless; they have only deceived many readers while there was a shortage of written esoteric information in Russia before Perestroika.

* * *

Let us get down to specific information about work at this stage of spiritual advancement. The suggested exercises have been published several times. They have been tested by many years of teaching them to great numbers of people and proved to be highly effective.

The “Cross of Buddha”

It is good to start each practice session with emotional attunement and purification of the energy of the surrounding space. For this purpose there exists a wonderful technique, known as the “Cross of Buddha”. It is performed in the following way.

For the best performance of this exercise we should accept the so-called “student posture”: we should sit down on the heels holding the spine straight, toes looking backwards and palms of hands resting upon the thighs. Then we send waves of our benevolence and love from the chest forward, saying mentally: “May all beings have peace! May all beings be calm! May all beings feel bliss!” We produce each of these three states inside the chest first and then radiate them forward. Then we repeat this to the right, to the left, backwards, up, and down. This is a powerful technique that allows us to bring harmony to ourselves, to the surrounding space, and to the living beings around us.

Warm-Up

After this, especially at the first few sessions, a very important element of practice would be a physical warm-up, which not only allows one to “cheer up” the energies within the body and to get rid of unnecessary mental dominants, but also teaches one to concentrate as consciousness in the working parts of the body. The latter will come in handy in the future when we will be working with chakras.

Stand up. By making paddy movements with the legs and the trunk swing both arms back and forth, then rotate them simultaneously. Concentrate in the shoulder joints. Visualize light emerging and growing brighter inside the joints.

Tense the muscles of the arms. Bend and unbend the arms repeatedly in the elbow joints. Watch white light gathering from the entire body to the working muscles.

Extend the arms in front of the body. Move the relaxed wrists quickly up and down. Tense your fingers. Bend and unbend them. Move the wrists while tensing muscles of forearms and wrists. Then let go of the tension and relax the entire body.

Bend your head from side to side while keeping the neck relaxed. Roll the head over your shoulders making a circle. Turn the head to the right and to the left around a vertical axis. Imagine that the neck segment of the spine is an axle and cervical vertebrae are ball strung on it. See the

beam of white light coming up the axle. Tense the muscles of the neck. Repeat the same exercises but this time with the muscles of the neck tensed. Imagine a stream of white light diameter-of-the-neck wide rising through it. Again relax the entire body. Shift the head from side to side while keeping it vertical and without moving the shoulders, then rotate the head in the same manner.

Raise your arms over your head. Take the right hand with the left one by the wrist and pull it over the head while bending the body to the same side and stretch the side muscles of the trunk. Repeat this movement with another hand.

While holding the arms up, tilt the trunk to the sides first in the pectoral and then in the lumbar segments of the spine. Tense the muscles of the trunk and make tilts and turns of the body. Imagine that the trunk gets filled with light. Relax the body. Turn the trunk around a vertical axis while relaxing the muscles and keeping the feet on the floor, trying to turn the head as far to the back as possible, concentrating in the spine.

Shift the pelvis to the sides without tilting it and bending the legs, keeping the muscles as relaxed as possible. Concentrate in the area of the spine below the navel.

Raise the right leg so that the thigh is parallel to the floor. Rotate the ankle as if drawing a circle on the floor. Concentrate in the ankle joint, seeing white light and warmth emerging inside of it. Rotate the shin, concentrating in the knee-joint.

Swing the shin from side to side, keeping the knee in one place and concentrating in both hip joints.

Draw a circle with a straight leg, first in front of the body, then at the right side and then behind the body.

Repeat these exercises with the left leg.

Relaxation Asanas

After the warm-up we will take some rest in one of the following postures (asanas):

First of them is a so-called “half-tortoise posture”.

Sit on the heels with the toes looking backwards and move the knees apart. Put the forehead and the extended arms on the floor with palms pressed against each other. Relax the body and mind completely. Watch the stomach sag more and more as the relaxation becomes deeper. This is a wonderful exercise that allows one to get rid of physical and mental tiredness. It should be performed for about ten minutes.

The second asana is called the “crocodile posture”. There are two ways of performing it.

Lie on the stomach, protruding the elbows forward as far as possible, the chin resting on the palms.

The second option — put the elbows forward and place one forearm upon the other on the floor, holding the head and the upper part of the body up by tensing the muscles of the back.

In both cases, imagine yourselves as happy small crocodiles that have crawled out to a sandbank to warm themselves in the sun. Sun is warming our backs through, and we are melting away in the bliss of its tender warmth that saturates our bodies.

Pranayamas

Bioenergetic purification should be performed both of the organism as a whole and of its separate segments corresponding with chakras. There are a lot of purification techniques and each of them allows one to get rid of the next portion of impurity, which means elimination of diseases, overall improvement of health and getting closer to the Ultimate Goal.

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

Stand up. Bend slightly to your right so that your right hand hangs 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 in the chest with every inhalation and contracts with every exhalation. Special attention should be paid to the exhaling. Try to achieve a high clarity of sensations. The “hose” should be as thick as the hand and nothing should prevent the “air”-light from moving freely through it.

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

Place images of two vessels, for example, barrels, under your feet. Let one of them be empty and the other 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 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 you finish do the same, this time placing the barrels under your hands.

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

After performing pranayamas you will need to rest in one of the relaxation asanas.

Psycho-Physical Exercises

Now let us learn four psycho-physical exercises. They got this name because their psychic component is combined with simultaneously performing physical movements, with the latter contributing to the mastering of the former. The basic idea of these exercises was invented by Peter Donovan, a mystic of the beginning of the 20th century; later it was developed by Omram Michael Aivankhov, and then by us.

The first exercise of this series is called “Awakening”. A person awakens from a long sleep of self-isolation from harmony, beauty, and love of the outside world. (While standing, raise the hands up and stretch yourself as if after a sleep). Let all the purity, light, and the vitality from outside into you. Feel the waterfall of astonishingly pure, transparent, light, and subtle feelings and morning freshness flowing from above. Fill yourself with this morning freshness. Fill yourself with these fresh waves, overflow yourself with them! (Hands move down to the shoulders, as if assisting this process; then move up again, then repeat these movements several times). Try to reach as high and subtle an emotional state as possible.

The second exercise is called “Giving Away”. Hold your hands against the chest and then make a wide gesture moving them forward and apart: what we received we must give away to other people — the level of spiritual advancement of an individual is measured by his or her ability to give. Also, so that a vessel may get filled with fresh water it needs to be emptied first. He who does not empty himself by giving away what he has, does not get renewed, does not grow. We repeat this exercise again and again, pouring out, giving away all the good that we accumulated — generously, free, without desire to receive any reward. Send subtlest and intense waves of streaming fresh and pure love far forward. Feel how the chest gets inflated by energy of love that comes swelling from behind. A flower that exhales a tender fragrance starts to blossom out in the middle of chest. Send these bright vibrations forward. This is the fragrance of love itself!

The third exercise is “Reconciliation”. Raise the right hand above the head and concentrate in the palm and the space that immediately surrounds it. Then slowly bring the hand down and draw with it a sinusoid with a half-cycle of about thirty centimeters. The edge of the palm should be facing the direction of the hand’s movement. While doing this try to feel the space, in which the hand moves, as some energy field, to which we assign a new characteristic: peace, harmony, and calm. You may “extend” the hand mentally. (You may imagine various ways of performing dancing movements: jerky and quick versus gentle, smooth and elegant. Each of the ways disposes both the performer and the audience to corresponding emotional states). And this simple but powerful gesture, which symbolizes harmony, will be helping everyone as they master this exercise (one should feel it deeply through) in every situation, even if performed without being accompanied with movements of the body.

The fourth exercise of this group is called “Climbing Up”. Raise the hands up with the palms facing sideward and then bring them down later-

ally, making sweeps. Repeat this movement several times, with each sweep we are hatching out of another coarse envelope, as it were, and becoming lighter, purer, we raise to the source of the light above — the sun... It becomes very close to us; few more swings and we reach it... Flow into a space, which is filled with purest and subtlest light, and enjoy being in it... Then slowly get down to the earth feeling the sun in your chest. Touch the ground... and shine out at people and all other living beings with sunlight coming from your chest.

Shavasana

All sessions involving work with chakras and meridians should be followed by a relaxation exercise called “Shavasana”. It allows one to rest from bioenergetic work, which can be very tiring, as well as to get rid of bioenergetic defects that have not been eliminated yet.

“Shavasana” is relaxation of body and mind in the position of lying on the back.

Lie on the back and make sure that you feel comfortable. Nothing should distract you. Then begin to relax the body starting with the toes. You may imagine a surface perpendicular to the axis of the body — like a glass wall — and move it through the body from the toes to the head; behind this surface no tension remains. Feel that you lose any sensation of those parts of the body behind the surface. Alienate them, saying mentally: “This is not mine, this is not mine!...” If you regain sensation of any part of the body, move the plane through this section once again. After the surface has passed the head you may experience the following states:

The first state: consciousness (awareness of the body) 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 and see light and dark regions. Gray or black colors mean disorders on one of energy planes, which correspond to the manifest or still latent stages of diseases. Try to gather all dark stuff in heaps as if with a rake and throw it outside the body.

When doing shavasana you may also experience involuntary exits from the material body: you may suddenly become aware of yourself being in your usual form but in an unusual position — for example, soaring above the floor or standing on the head and so on. There is nothing to worry about, though: once you feel like getting back into the body — you will find yourself there right away. But under no circumstances one is encouraged 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 spatial dimensions, but the methods for doing this are different.

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

* * *

All these exercises should be practiced regularly: it is impossible to get the full effect from them after only one session.

Latihan. Baptism of the Holy Spirit

At one of the next sessions after the previous exercises have been mastered we can proceed to the exercise called “Latihan”.

The term “Latihan” was introduced in the beginning of the 20th century by a Sufi named Bapak Mohammad Subuh [39], who used this word to denote one of the ways of communicating with the Holy Spirit. He visited many European countries where he taught this method to Catholic monks and healed with it many diseased people, including those who suffered from cancer.

This technique consists in addressing the Holy Spirit for help and asking Him to concentrate above one’s head (one has to become aware of Him there) and then to “shower” Himself down through one’s body as through an empty shell or transparent bottle without a bottom. This will be a true baptism of the Holy Spirit (see [6,14]).

In this way comes healing of the body.

Having surrendered to the Stream coming through it, the body starts dancing and performing other smooth and harmonious movements... This phenomenon is a kind of laya yoga — a series of methods of “dissolving” oneself in Divine Streams as well as in static states of Divine Consciousness.

In fact, this is very simple if we really believe, if we really love Him and are willing to surrender to Him. And the Holy Spirit is always present everywhere as an ocean of Light, including the space above our bodies — watching, loving, teaching and... waiting when we finally pay with love our attention to Him and ask Him for help...

If you have prepared ourselves with all the previous exercises, including “Awakening” — you will succeed in doing this one right away. If not — you may try to imagine yourself... in paradise, under a heavenly waterfall, immersed in the tender sunlight, aroma of flowers, singing of birds...; a cascade of heavenly water is falling down through the body, purifying the soul and making it worthy of paradise...

In order for the laya dance (the dance of “dissolution”) to start, being guided by the Holy Spirit, you should stand on the tip-toes and raise your

hands; the clothes should be light and loose — so that you almost do not feel it...

After the dance it will be good to have a rest in a relaxation posture.

Cleansing of Chakras. Opening Up of the Spiritual Heart

After achieving the mastery of the above said we can get down to the cleansing of chakras.

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

There are also erroneous opinions as to localization of chakras. For instance, in a range of incompetent publications anahata (the spiritual heart) gets placed in a stomach area and manipura “slides down” to the 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 condition of chakras is closely interrelated with the condition of the organs of the physical body located in the corresponding to each chakra parts of the body. Chakras play an important role in supplying the organs with energy, while diseases of the organs negatively affect the condition of chakras.

For example, the following chakras are responsible for the following organs:

Anahata: heart, lungs, hands, and mammary glands;

Manipura: among other organs — stomach and other structures of the digestive system;

Svadhithana: the organs of reproduction, urinary bladder, legs, and others;

Sahasrara: forebrain hemispheres;

Ajna: the rest of the brain, as well as eyes, ears, nose, and nasopharynx;

Vishudha: the entire neck, thyroid, both jaws, including teeth, and others. (The border between the “spheres of influence” of ajna and vishudha coincides with the palate).

* * *

Let us get down to work with chakras. There exist certain combinations of sounds (a sort of mantras), singing of which contributes to development of chakras by producing resonant vibrations. Mantras will also help us to attain clear sensation of our chakras. Here are these mantras:

for sahasrara	—	AM (a-a-am),
for ajna	—	VOM (vo-o-om),
for vishudha	—	HAM (ha-a-am),
for anahata	—	YAM (ya-a-am),
for manipura	—	RAM (ra-a-am),
for svadhithana	—	VAM, (va-a-am),
for muladhara	—	LAM (la-a-am).

Sing these mantras — gently, producing high frequency sounds (taking female voices as a pattern for the pitch), but not in a loud voice, at the same time concentrating in the corresponding chakras. When moving concentration of consciousness into the next chakra, enter it from behind the back or the nape of the neck, as if getting into a cell or a niche.

Repeat the whole set of mantras several times, trying to achieve clear perception of vibrations in all chakras.

This exercise must be practiced every day. When there is no possibility to sing the mantras aloud you may sing them mentally to yourself but only after you thoroughly master singing them aloud.

Maximum attention both now and at the next stages we will pay to work with the anahata chakra — just doing this will make your life brighter and more joyous.

If the very subtle and gentle singing of mantras for chakras is not mastered — no further work will be successful. Men usually are the ones who have difficulties with this especially frequently, since subtlety is often an unknown thing to them. The following recommendation may help them. Take some water in your mouth and start gargling so that a gurgling sound can be heard. Bring the water lower down the throat. The sound should become higher. Let it reach as high of a pitch as possible. Those are the notes, at which you should sing the mantras for chakras.

Let us learn another method of development of chakras. Visualize a white 3-dimensional figure formed by four equilateral triangles with joined sides. This figure is called tetrahedron. Insert this figure into each chakra one at a time from behind with one of its apexes looking forward while rotating it rapidly counterclockwise (looking from behind) around a horizontal axis coming from back to front. For the two outermost chakras the rotation of the tetrahedron should be performed around a vertical axis; in case of sahasrara the apex of the tetrahedron should look upward, while in case of muladhara — downward. The direction of rotation of the tetrahedron for these two chakras should be counterclockwise (looking from inside the body). Performance of this exercise will be easier if you combine it with “blowing” of the corresponding mantra into each chakra.

All exercises with chakras described above (as well as with meridians, which will be described later) are more efficiently performed while standing. And the next exercise — also while walking slowly in a park or a forest.

But I should warn that trainings like these increase sensitivity of students to energetic impacts from the side of other people as well as to information that may be introduced by spirits of different levels of development. Therefore, there is a risk for those who are not mature enough from the intellectual and ethic standpoint of failing to react adequately to such impacts, especially in conditions of real or imaginary threats.

This is the reason why people who have not reached the age of 20 should not engage in this kind of work. In fact, even among adults only few will benefit from it.

Psychoenergetic trainings that lead to the attainment of high levels of consciousness’ refinement and — as a consequence — to the feeling of its “nakedness” under no circumstances must be conducted for the masses of people. Only the selected ones should be admitted to them. All other people will have a possibility to grow intellectually and ethically working on their self-improvement exoterically: by accumulating new knowledge, serving other people and strengthening their faith.

But 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 may imagine that you put a hat on your head. Then follows the most important thing: you need to open your eyes and to “blink” the eyelids there... From now on learn to look at the outside world from your chest. You will perceive the world in a totally different way: not as tough and hostile, but as subtle, tender and responsive to emotions of love.

This is what is called opening up of the spiritual heart. As we can see, this is quite easy to do. The only thing required for it is one’s will!

In the future one needs to learn to look from anahata not only forward, but also backwards.

The next stage is to do the same with the rest of the chakras. (“Windows” of muladhara and sahasrara look downwards and upwards respectively. But you can also look forward and backwards from these chakras).

Learning to look backwards is important not only because it contributes to development of chakras, but also because by looking forward we accustomed ourselves to seeing the world of material objects, while pure and subtle eons with Consciousness that lives in them are behind.

Moreover, by performing this exercise we prepare ourselves to the future exits from the body. And this should be also performed backwards, from anahata.

Exits from the Body

A great number of mystics of various countries and cultures get deceived by learning to exit from the body forward or upward. This manner of exiting from the body gets them into a certain sub-layer of the “astral plane” (depending on their own status on the subtlety-coarseness scale) — a rather dense eon that is the closest to the material world. From the “astral plane” one can very easily see the material world and people with their thoughts. This comes along with the possibility to “spy” upon them, play jokes on them or influence them in some other way... This turns out to be interesting and exciting...

But when the body of such person dies he stays attached to material objects. He did not get any closer to God and his incarnation was spent in vain.

But if we made necessary transformations of our main meridians, especially of chitrini (Brahma-nadi) — one of the subtlest structures of the organism, then by passing through chitrini we immediately “fall out” into eons of the Holy Spirit at the least. And there we can see Him as Light-Love and feel Him as Tenderness. There we learn to merge with Him and to become one with Him.

...Do not these prospects that can be so easily attained spur you to reject your old dogmas and vices and to dash “with all your heart, and

with all your soul, and with all your mind, and with all your strength” towards the Embraces of God?

Development of Chakras. Dantyanas

In the mean time you may practice filling and “inflating” chakras with image of pure shining and sparkling white light, which you may “blow” into each chakra from an imaginary hose that comes from a powerful pump.

Images that we create in the subtle eons become a reality in them. Not only can we cleanse our energy structures with the help of these images but also heal other people by eliminating black areas of diseases and even by performing “surgeries” using images of various surgical instruments.

Starting from this stage of work you can well become a good healer. Healing is one of the ways we can give our love to people. This is why the Holy Spirit is always happy to help us when we heal, especially when we ask Him for it. During a healing session His Consciousness flows through the chakras of the healer. This facilitates development of chakras and makes them more refined (see details about healing in [16]).

Now let us learn another exercise with tetrahedron:

Rotate the image of the tetrahedron behind each chakra as a dentist’s drill.

Then insert it into the chakra like in a cavity of a decayed tooth. Dirt flies out in all directions; wash it down with the image of a shower.

Increase the size of the imaginary tetrahedron, this will allow you to enlarge the chakra.

Upon working all the chakras through take a “shower” and perform shavasana.

...The next technique of the development of chakras is the following: get inside each chakra one at a time starting with anahata and feel the whole of yourself there like in a cave filled with light. Then by pressing against each wall of the chakra with your hands push them away to infinity...

And here is one more wonderful exercise: imagine yourself to be a powerful light bulb as big as the body, that is turned on, tungsten filament being in anahata. And then illumine the surrounding space with yourself-the-light from your anahata.

In the future, you may move the tungsten filament from anahata into each of the remaining chakras and “burn” the hands, the legs and all parts of the body through with it, especially those, where any ailments are present. In this manner you get coarse energies “burned away” from the body, cleanse, lighten and heal yourself, accustoming yourself to being one with this light. For “God is Light and in Him there is no darkness at all” (1 John, 1:5). In this way — gradually — we can get closer to the state of God.

* * *

Developed chakras can be combined into functional groups, called dantyan in Chinese. The upper dantyan is made up of the three upper chakras, the middle dantyan is represented by anahata and the lower one — by the three lower chakras.

Out of the three the most important is the middle dantyan, since it is by employing this structure that we can transform ourselves into Love and to infuse into God. The other two play auxiliary roles. The upper dantyan helps to develop the middle one with its intellectual and aesthetic appraisal functions. And the lower one, being the main power center of the organism, provides energy for this process.

All dantyan (as well as all chakras) should be developed harmoniously, although the middle one should always be given priority over the other two during the trainings. In the face of God, the main function of the organism is love. But love cannot become full-fledged unless it is supported intellectually, ethically, and energetically. This is why one should pay attention to the development of each of these functions, while always remembering about the necessity to strictly adhere to the policy of constantly increasing the level of refinement of consciousness: setbacks to coarse states of consciousness would constitute a crash of all efforts and a halt in development at best, and even a complete failure at worst.

The correct development of the lower dantyan (also denoted by the term “hara”) can be achieved optimally by practicing special meditative techniques at special “places of power”. One of the secrets here is reviving the functions of “embryonic” meridians, which used to connect the energy systems of the fetus and the mother together. It is upon this “revival” that hara starts functioning as a single complex, as a unified power-center.

Work with Meridians. Sushumna, Chitrini, Zhen-Mo, “Microcosmic Orbit” and the Middle Meridian

Upon mastering all exercises described above it would be appropriate to put the main meridians of the body to rights.

The whole human body, as well as the bodies of animals and even plants, is being run through by numerous canals, invisible with regular eyesight, which channel energies of various levels of refinement around the organism. These canals, called meridians (or nadi) were discovered and utilized in ancient Chinese medicine (Zhen Tsyu therapy).

Meridians can be discovered, in particular, because of their increased — compared to adjacent body tissues — electroconductivity (but one should keep in mind that electric current, even the weakest one, is inadequate for them, therefore the methods of punctate electrodiagnostic and electropuncture can be used in the extraordinary cases only).

Meridians can be seen by people whose range of perception was expanded through systems of trainings similar to ours.

As a result of inflammatory processes in the body tissues, contaminating type of nutrition or external negative energetic influence meridians can lose their conductivity. In this case, lingering disorders of the organs that got deprived of proper energy supply may develop. Such diseases usually cannot be completely cured by using drug therapy. In cases like this, acupunctural methods and similar therapeutic techniques: laser, vibration and other kinds of influence through “biologically active points” of the integument turn out to be efficient. These methods work because they restore conductivity of meridians by means of sending currents of energy through them.

Let us talk about several meridians that can be successfully used in psychic self-regulation.

All chakras are connected with one another by large meridians that run along the spine, as well as the front and the middle part of the body. A wide canal called sushumna (tu-mo or du-mo in Chinese) runs along the spine from muladhara to sahasrara. One of its functions is to distribute the energy accumulated in muladhara to other chakras. This energetic potential forms primarily of svadhithanic energy — udana (through sublimation, i.e. transformation of udana into energies of other chakras), unless one does not waste the latter due to overtiredness or illness.

Within sushumna — in its back section — there is a significantly narrower canal (its diameter is about 2 centimeters), called vajrini, through which udana flows to other chakras.

The third of the spinal canals — chitrini (Brahma nadi) — is located behind sushumna. It begins at the end section of sahasrara, passes under the occipital bone and runs down the back part of the neck and then — down the backmost part of the spinal column, coinciding with the spinous processes of vertebrae and the skin. Chitrini is an exceptionally important structure for us. It will serve us as a standard for one of the subtlest states, to which we will afterwards attune the emotional sphere. On the G.Gurdjieff's “Scale of Hydrogens” [34] the state of chitrini is assessed as H-3. This is the Holy Spirit's level of subtlety. Upon learning to concentrate in chitrini one can easily “dive” as consciousness through this canal into eons of the Holy Spirit and directly communicate, embrace and then merge with Him there. This is how religious truths turn from abstractions into reality.

The system of chakras is also communicated by the front channel zhen-mo. It begins from the upper end of sushumna, forks into two branches that turn around sahasrara and join in the forehead area to split into several small canals that run down the face and join again in the vishudha region. One more branch of this canal crosses through the middle of the head, reaches the chin coming through the palate and joins the other branches at the neck. After that the canal runs down the front side of the trunk, branching off to every chakra, passes the sacrum and heads for the coccyx. We will be especially interested in the upper part of

this canal that unites the four chakras of the so-called “emotional center” [34]: anahata, vishudha, manipura and ajna into one functional block.

The leading role in this complex is played by anahata and vishudha, of course. The intensity of emotions depends to a certain extent on the manipura chakra, while the ajna chakra serves as a liaison for interaction with hypothalamic-pituitary complex, which plays an extremely important role in coordination of emotional and behavioral reactions of the entire organism through the endocrine control system.

Only those people whose front canal is well-developed and who know how to use it are able to experience truly exalted positive emotions in communicating with other people and with nature. But such people are extremely few: only a handful per thousands. Most people do not have a developed front canal and it takes special efforts to develop it.

In Chinese tradition the system of the spine and the front canals is called “microcosmic orbit”. By means of circulation around the “microcosmic orbit” one of the stages of transformation of energy within the organism is performed. The aim of this stage is production and accumulation of the “golden elixir” in the human organism — this is what the subtlest energy obtained as a result of such transformation was called in the ancient alchemy. The previous stage of this process takes place when samana — the energy derived from food — gets down from manipura to active svadhisthana. Performance of exercises with the “microcosmic orbit” produces a strong emotional effect, changing the entire personality, making man buoyant and willing to give his sincere cordial love to other people.

On one of the subtlest planes the system of chakras is communicated by one more canal — the middle meridian. This wide meridian connects developed chakras, running vertically through the middle of the entire body. It forms along with development of chakras: it cannot be found in people whose chakras are undeveloped. Its width corresponds to the diameter of chakras. This is also a very important energy structure of the organism.

* * *

Let us begin with sushumna. The easiest way to cleanse it is with an image of a “bottle brush”. In order to do this you need to imagine yourself moving back from the body out of anahata and becoming a little bigger than the body. Then start to scrub sushumna with this “bottle brush”. An important detail that you should keep in mind while doing this is that you need to also cleanse the passage from sushumna to muladhara, which goes not just down from the sacrum in a straight line, but down and forward.

The next in turn for cleansing is the middle meridian. It is convenient to work with this structure at special “places of power”, which are auspicious for moving concentration of consciousness below the body. This

implies that by this time the consciousness of the practitioner should be developed by performing the previous exercises to such an extent that allows him or her to be able to move as consciousness below the body without losing the subtle state.

Upon entering the middle meridian from below you need to “wash” its walls with an image of a wet rag with a soapy foam, for example, or in any other appropriate manner.

After that it is quite important to cleanse the partition between sushumna and the middle meridian. In order to do this you have to be in both meridians at the same time, coming into sushumna from above and to the middle meridian — from below. The partition between them and possible dark spots on it become visible. Elimination of these spots brings the next stage of purification of the body.

When sushumna is cleansed, you may start working with the “microcosmic orbit”. For this you enter the two lower chakras and bring their energy up the sushumna, “throw” it over the head and bring it down through the front canal back to the two lower chakras. Then repeat this cycle of energy circulation. During this process, coarse energies, including those that were causing diseases, get transformed into subtle ones in the zhen-mo meridian.

After first few times of working with the “microcosmic orbit” you must perform a deep relaxation in shavasana.

In the future you may learn to change the trajectory of the energy moving around the “microcosmic orbit” — so that the energy flow will pass through the diseased regions of the body (if there are still any). This will enable you to heal them.

You have just learned to make energy circulate around the “orbit”, which included sushumna meridian. But in the future you should learn to do the same through chitrini and within the energy “cocoon” that surrounds the body. All this will bring yet another levels of health improvement and refinement of consciousness. In the practice of our school, this is usually performed quite easily at the corresponding “places of power” — areas that have a special energetic significance for a human being (see [11,16] for details). You may well find them somewhere around the place you live in.

In conclusion of this chapter I should mention that there are methods of Chinese Qi Gong that got into our country, which involve work with the “microcosmic orbit” without preceding thorough cleansing and development of chakras and meridians. In such cases the entire work gets performed only at the level of visual images, while purifying, healing, and refining effects are not obtained.

The “Cocoon”

The energy “cocoon” mentioned above surround the bodies of all incarnate living beings. (They are also called “ether bodies”. But one should take into account that the meaning of the latter term is unclear:

some authors may denote with it other structures and states, when they simply do not know what to call them). The “cocoon” form of the aggregate biofields of all cells of the body. There can be multi-layer “cocoon”, i.e. they can consist of several layers of energies of different densities located at different distances from the body.

The “cocoon” of healthy people are more or less egg-shaped. But their borders can have either protuberances or dents against the diseased regions, which corresponds to either increased or decreased activity of the cells in the affected parts of the body. This is significant for performing extrasensory diagnostics and can be determined by palpating the boundaries of the “cocoon” with the palm of the hand. But it is preferable to learn to see the “cocoon” as well.

The latter can be mastered easier with one’s own “cocoon” first, if one places the point from which one looks at about 50 centimeters behinds one’s heels. After learning this one may watch the “cocoon” of other people, animals and plants from one’s own “cocoon”.

“Bubbles of Perception”

The concluding knowledge of this chapter would be that the “cocoon” consist of two unequal parts, which Juan Matus [11,14,16] called “bubbles of perception”. This name originated from their similarity with swimming-bladders of some types of fish.

The division of the “cocoon” into the two “bubbles of perception” takes place at the collar-bone level. The upper “bubble” includes the head and the neck, while the lower one encloses the rest of the body. In other words, the upper “bubble” includes the upper dantyan, and the lower — the other two and the legs.

The upper “bubble” is very important for communicating with material world, while we use the lower “bubble” for communicating with the non-material one. A practitioner can perceive from them separately either material world or other eons.

The quantitative growth of consciousness and meditative work are performed primarily by the lower “bubble of perception”.

The main part of it is the middle dantyan, refining in and expanding from which we get closer to Perfection. It is not the first time I emphasize this, because this is the most fundamental postulate of the entire psycho-energetic work, and any deviations from this mainstream lead to prolonged straggling and to wasting of so precious time of our short stay in the bodies here.

Harmonious development of the second important component of the lower “bubble of perception” — hara — is also absolutely essential for meditative achievements. But regarding this structure as the basis for spiritual growth, which is typical of many martial arts schools, is a gross mistake.

The overall energy structure of the body can also be considered as consisting of 4 vertical segments. But talking about it in practical terms

makes sense only at significantly more advanced stages of spiritual development.

Development of “Power in Subtlety” (Correct Crystallization of Consciousness)

After completion of the courses that we have just described, only a few of the total number of students are able to move immediately on to the next — the highest — stage of spiritual ascent. Only those can go that fast who were already mastering these stages in their previous incarnations and now only reviewing what they studied before. The other people should stop for a while in order to establish in the states they have learned to attain.

But this does not mean they should do nothing, no. There should be a lot of reading, thinking, discussing, helping others and listening to how God assesses one’s actions... It is necessary to seek increased harmony with nature, especially in the early mornings. It would also be good to learn to identify the voices of best singers among birds, know them by names and how to attune to their subtlety. Among them are — song-thrushes and blackbirds, starling, blackcaps, white-throats, robin red-breasts, skylarks, large curlews, woodcocks, black-grouses, and snipes...

The acuity of the subtlest perception of nature that should be achieved can be illustrated by the following meditative etude, written down by Svetlana Zaitseva:

M I S T

What can be softer than mist?
Its touch is hardly felt,
It is not like a dancing of snowflakes,
 that slide down the face,
Or cold kisses of a rain,
carried by the wind

No, the mist touches everything
gently
and quietly,
Extremely lightly
and... whispering.

It is just a soft shadow of the rain,
But its presence is real:
Hair is wet
and tiny specks of moisture

are slumbering on the eyelashes...

But its main charm is
That it blurs the shapes and distances
of the material plane...
Everything becomes slightly magic
because of this innuendo...

You move with a strange sensation, as if in a dream,
Receptivity is increased,
Openness and softness are like the mist
that surrounds the soul...

The envelopes are off,
You become an ocean
of eternal Love,
Permeated with rays
of the rising sun!...

Special indoors aesthetic lessons developed by my former colleague Galina Vaver can also be used [16].

And development of the “power in subtlety” (or “crystallization of consciousness” in G.Gurdjieff’s terminology [34] — by analogy with the growth of a crystal) can be best attained at this stage through meditations at special “places of power”, winter swimming, and “meditative running”. Other methods of “crystallization” include special exercises of athletic gymnastics and Sufi “spinning”: both should be performed while being in special meditations, but it does not make sense to write about this in a book.

It is important to emphasize that “crystallization” will be correct only if performed by consciousness concentrated in the spiritual heart. At the same time it can be successful only when the structures of all dantians, including the lower one, are developed and working properly.

Correct “crystallization” is performed by consciousness that grows in the subtlest eons: in this way we will cultivate Divinity in ourselves. But coarse “crystallization”, that is, performed by people who eat dead bodies of animals, live in coarse emotions, and are devoid of correct spiritual aspiration, can form devils out of them. The same psychic techniques will produce either the former or the latter effect, depending on the inner state of the one who practices them.

This is one of the reasons why it is so dangerous to reveal secret esoteric knowledge to those who are not ready to apply it correctly.

Winter Swimming

Winter swimming, i.e. swimming in ice-cold water, is a wonderful method not only of tempering the body, but also of increasing the energetic might of the organism.

Statistics holds that among those who practice winter swimming sickness rate decreases for cold-type diseases 60 (!) times, and for other diseases — 30 times. As a therapeutic method winter swimming can heal many diseases, including radiculitis, both high and low blood-pressure, pulmonary tuberculosis, pancreatic diabetes, chronic gastrointestinal diseases, inflammations in genitals, menstrual cycle abnormalities, dermatoses, and so on [20,21].

One should not begin to swim in cold water necessarily in autumn, as some people think: one may start right during the hardest frost, if one likes. But it is recommended to master the psychic self-regulation techniques that we described above first. In this case, winter swimming will directly contribute to strengthening one's ability to preserve the subtlest psychic states. Coming out into the frost naked and submerging into ice-cold water become not only an act of volition, but also a controlled experiment on oneself in order to maintain the subtlest states of consciousness in the conditionally adverse environment. It is beneficial to disidentify oneself from bodily sensations and to merely observe them from the depths of the subtle planes.

The organism responds to the cold shock with energetic stress, which may be colored with positive or negative emotions — depending on the mood, with which one set about winter swimming in the first place and one's psychic self-regulation skills. The activity of the energy system of the organism increases and initiates an intensive heat generation process. The right mood and disidentification from bodily sensations allow one not to feel the coldness of the air and water even during a hard frost. After staying in ice-cold water, a person also does not feel cold for some time, while when the frost is not too hard, one may even start to feel hot due to continuing process of intensive heat generation in the organism. But after 10-20 minutes, resources of the organism get depleted and one starts chilling and shivering. As one proceeds with training, the intensity of the latter sensations decreases. At such moments one may warm oneself by performing active movements, indoors, or coming near a fire. These kinds of stress and depletion of the energy system of the organism train this system, increase its mobility and capacity.

One of the most eminent popularizers of cold tempering in our country was Porfiriy Ivanov, who with his life example demonstrated the possibility of merging harmoniously with nature in all its manifestations. He was walking barefooted even during sharp frost wearing only pants, swam in natural water reservoirs many times a day or douched himself with water from wells during winter, as well as slept in the snow without clothes.

Although swimming in ice-cold water is undoubtedly the most effective tempering procedure, do not get too upset if there is no suitable water reservoir where you live. You may, for example, run barefooted in the

snow and, if there is the possibility, lay in the snow for a while without clothes. You may pour well-water on your body. As a last resort you may lay in the bath-tub filled with cold water or pour it on your body from a bucket or basin.

But it should be kept in mind that water with temperature over 8 degrees centigrade (about 46° Fahrenheit) does not induce the launch of the described energy processes in the organism and swimming in it is less effective, while it may even cause untrained individuals to catch cold.

Cold procedures can be performed both as a part of special training and every day in the morning or in the evening after work in order to relieve fatigue, as well as in all those cases when for various reasons we have lost inner harmony or do not see light in ourselves anymore.

All cold procedures must be performed using psychic self-regulation methods and not merely through an act of volition. Attempts to increase their effect by creating sharp temperature contrasts also do not make too much sense. For example, if you plan to pour cold water on your body it would be appropriate to submerge the wrists into it first and imagine streams of blissful freshness and joy rising up the hands. Then you may wash your face and feel the freshness and joy entering your body through your face. Spill few handfuls of water on your head imagining that this is the water from a melted snow in a spring puddle on a meadow, that this is spring itself. And then you may really feel the sincere desire to get united with this water with your entire body.

After swimming or douching, you should observe the energetic processes inside the body. And there you may see the bright white light-fire blazing up, which you should distribute evenly over the entire space inside the body. This fire heals the body and rids us of coarse energies.

In conclusion I should say the following. Even without prior studying psychic self-regulation techniques, winter swimming saved many people of severe diseases that were considered terminal, including cancer. There are many well-known cases of quick healing of respiratory diseases in the acute stage using this method. Enthusiasts of winter swimming accumulated certain experience of healing children and this issue deserves a thorough in-depth study. But it is not a panacea (the cure of all disease). For example, in case of chronic diseases, which are accompanied with slightly increased body temperature, it does not always produce the positive effect. The organism apparently does not have the resources that could be activated by submerging the body into ice-cold water. Such patients should rather get hyperthermal (high temperature) bath treatment [24].

There may be no constraining to winter swimming, even for therapeutic purposes, since it is being mentally ready that to a large extent pre-determines the effectiveness of this method.

Meditative Running

Meditative running is a powerful method of increasing energetic potential of the organism and development of its energy system as a whole. This method was created by Tibetan spiritual seekers (it was called “Lung-Gom” running). In our country, the group version of this technique became popular thanks to efforts of Yan I. Koltunov (Moscow).

The method consists in performing pranayamas and meditations during a long group running, which is done at a slow pace. Performed in this manner, the meditations and pranayamas help students: a) distract their attention from bodily sensations, allowing them not to concentrate on being tired, b) create and maintain positive emotional state, c) train their concentration, visualization, and meditation abilities, d) develop “personal power” (power of consciousness), e) harmonize loads on muscle, cardiovascular, respiratory, and other systems of the organism, etc.

Running sessions of groups consisting from 5 to 50 people should be led by an instructor who should uninterruptedly (!) assign exercises to the group.

Compared to the static variant of psychic self-regulation lessons exercises of meditative running are performed at an incommensurably higher energetic level, which increases their efficiency dramatically.

It is advisable that this method is used after all participants have mastered basics of psychic self-regulation. Unprepared beginners should not be included in the group since everyone who is unable to participate in meditative work synchronously with the rest of the group will make this work more difficult for the group as a whole.

Below we are going to set out our modification of this method as a program for a two-hours of running (without taking the warm-up time into consideration). As we will see, this program is an intermediate stage to the highest methods of spiritual work, that will be explained in the following chapters.

First sessions should be limited to not to exceed 30 minutes. Then we can gradually increase the load.

Because of certain adjustments that take place in the muscular system during the period of the trainings one should increase the quantity of protein in one’s diet (milk products, eggs, nuts, mushrooms, etc.). Drinking milk afterwards will also be very good.

I should also mention that women may experience menstruation delays during intensive running trainings (this a well-known phenomena in sports medicine); this should not be considered as a dangerous indication.

If you decide to run in the morning, you may do it on an empty stomach or have just a glass of water with a teaspoonful of honey or jam. In case the running sessions are held during the day or in the evening, the last intake of food should be several hours before them. It is very difficult to run with a full stomach.

Clothes should be light. So, if the air temperature is above 0 Centigrade (32 Fahrenheit) just a tracksuit will be enough. When it is below –10 Centigrade (12 Fahrenheit), you may put additional training pants, light

sweater, and a cap. But you may also dress lighter — overheating of the body should be avoided while performing this type of exercises.

During summer heat, it makes sense to make the route go near natural water reservoirs and to make stops for swimming. It would be still better to run in the morning and to stay near the water during the day. This time may be used for discussions and studying food resources of the forest. In winter, the running session can be followed by swimming in an ice-hole (but it is absolutely necessary that a warm room or a big fire made in advance is near the ice-hole). If these conditions cannot be found, a hot shower would also do just fine. The running session must be followed by the washing of the body.

Before running, you should perform an intensive warm-up of the body that would involve all muscles and joints (its description can be found above). In winter, it is better to warm up indoors, so that you come out to the frost in the already warm condition attained due to muscular activity.

Then the running itself begins. The instructor should be running behind the group so that everyone can hear him or her. The first thing he or she should do is giving the command to maintain the correct posture:

— ‘Attention to the posture. The body is straight. We may even slightly bend it backwards. The body should be in such a position so that the muscles of the back are not strained. Relax the muscles of the back. Throw the head slightly back. Relax the back muscles of the neck. Attention to the feet. Place them on the ground straight with toes looking forward. Feet are relaxed. They touch the ground smoothly and gently. Relax the muscles of the shins and the thighs. Feel that legs are relaxed all the time so that we cannot feel the moment we are touching the ground. Attention to the chest. It is slightly raised. Imagine that the collar-bones are like small boards lying on it, feel them. The chest remains expanded during the entire running session. Raise the chest and let it stay in this expanded position while breathing. The abdomen is relaxed, but it does not hang down as long as the chest is expanded. Make sure that the body does not bend forward — otherwise it will get tired very soon. Fix it in the correct position. Attention to the wrists: they are relaxed and hang loosely. Imagine that we are suspended on a long wire attached to some distant cosmic object. The body is suspended, it hardly touches the ground and is relaxed.

Move with concentration of consciousness to muladhara. Then look to the center of Earth from it and see an ocean of Fiery Light there. Let us send a beam from muladhara towards this ocean. Here, it reaches the abode of this Power... A powerful reciprocal impulse of energy rushes up that beam and fills our chakras and our entire body. Let us repeat the exercise. Concentration is in muladhara. We are sending a signal beam to the center of Earth..., and receiving a reciprocal impulse of Power!... Feel energy inside the chakras. The entire body is filled with power and light, it expanded, the density of energy inside it increases... Repeat this over and over...

Let us imagine a giant vacuum-cleaner 30 meters below the Earth surface with its nozzle facing upwards. We are going to turn it on and it will start sucking all dark energies inside and around us and sending them to the center of Earth. Here, we turned the engine on, it started grumbling, the sucking power increases... We observe the space around the group and see the dark energies fly away, sucked down by this vacuum cleaner. Track their way... They rush at enormous speed towards the center of Earth — and vanish there... Everyone examines the space within one meter of their body. We click the switch and the engine power doubles. Watch dark pieces rip off and fly away. Scan thoroughly the space around the head..., the neck..., the chest..., the belly..., the pelvis..., the hips..., the knees..., the feet... And now let us turn the attention into the space inside our bodies. Click the switch once more. The power quadruples! The vacuum cleaner starts shaking. Incredible sucking power tears off all dark stuff that remained inside the bodies. Scan the head, the neck, the chest, the belly, the pelvis, the hips, the legs... The body gets filled with the purest light that comes from above to replace what has been gone...

Let us turn the palms of the hands upward. Imagine a tennis ball made of white-goldish light lying on each of them. We toss them from one hand to another. They grow brighter. Superpose them into one ball on the left palm. Let us inflate this ball with energy from our anahatas.

Muladhara — “inhale” from below, anahata — “exhale” into the ball. Muladhara — “inhale”, anahata — “exhale”. (Repeat this ten times). The ball is as large as a large water-melon... (Some more “exhales” into the ball). It is already one meter in diameter... All balls merge into one common ball... Look at its surface from inside. It separates us from the surrounding space securely. There is a subtlest transparent environment filled with lucid light inside the ball. It is incredibly easy to breathe in it, we feel amazingly light and weightless... It seems that all bodies merge into one organism inside the ball... We continue running inside the ball.

Let us do a series of pranayamas. “Inhale” the light through the legs and “exhale” it through muladhara forward, pushing out everything that hinders its flow. This is the light that we may see in abundance below the Earth’s surface. The left leg — “inhale”, muladhara — “exhale” (3-4 times). The right leg — “inhale”, muladhara — “exhale” (3-4 times). The left leg — “inhale”, svadhisthana — “exhale”. (And so on — going through all chakras). Muladhara — “inhale”, anahata — “exhale” (3-4 times). The spine — “inhale” from below, ajna — “exhale” (3-4 times). The left leg — “inhale”, the entire right side of the body — “exhale” (3-4 times). The right leg — “inhale”, the entire left side of the body — “exhale” (3-4 times). The left hand — “inhale” — through anahata — the right hand — “exhale” (3-4 times). (And then the other way around). Muladhara — “inhale” from below, sahasrara — “exhale” up. (Repeat this several times; then it should become the uninterrupted flow of light). Make this flow stop and watch a cloud of light forming above us. It wants to pour into us; open ourselves up and let it in, let it fill us with its tenderness and purity...

Feel a small sun between the palms. Look at its goldish light, feel its caress... The sun dissolves in our hands..., we soak its warmth and light through our hands into anahata and sense a pleasant expansion inside the chakra. And now we will emanate the light and the warmth of the sun from anahata at all living beings around us...

Let us shift concentration of consciousness into the rightmost part of anahata. Find the subtlest plane of light there and cast off all coarse layers inside the chakras and then inside the entire body. (Repeat the same from the rightmost part of vishudha, then ajna and sahasrara, then from the leftmost part of sahasrara, ajna and so on in a circle).

Let everyone imagine that they are foxes. A red fox with a large fluffy tail runs smoothly in the forest. Running is a natural state for a fox. We run upon soft green moss among trees, bushes and stones. We run, ignoring everything that surrounds us. The fox has a goal. The fox has to see the sunrise. A pointed gently sloping woodless hill is ahead. We run up its slope and freeze at the top. We stand on the top watch the disk of the rising sun go up from the forest at the horizon. Anxious expectation, readiness... The sun rises and touches the hill with its light. Here, it is up. We look at its disk. The streamy light flows out of the sun and fills the body. Let the body get filled with light, let the light grow thick and liquid. We fill the entire body from the tail to the eyes with this light... Density of the liquefied light inside the body increases...

And now each of us is a fallow-deer. A jump — and we soar upwards, enjoying the freedom. The body gets filled with happiness, exultation of flying over the woods and fields, immersed in the tenderness of the clear morning and golden sunlight. We get overfilled with happiness, ecstasy and bliss. We breathe in the freshness of the warm wind, mixed with sunlight. Down below is a forest river and hills covered with grass and bushes. A small wave of wind touched the leaves. We get close to the ground. Aroma of flowers reaches our senses. We touch the ground and shoot upwards again into the space of light, towards infinite joy of flying!... Feel the warmth of rays of the sun with our soft and gentle fells, we smile at the sun, at the whole world, at all living beings that surround us: birds, flowers, grass, trees, beetles, butterflies, animals and people. We want to fill them all with the light of joy, to melt hardened and rude souls... What a happiness it is — to live in harmony with everybody and everything, to live in love!

Now let us get back into our human bodies that keep on running and start to form an “envelope” of light around them. We “bandage” the body starting from the point located 50 centimeters below it with wide bandage clockwise if looking from below. Form an envelope around the feet..., the shins..., the hips..., the pelvis..., the belly..., the chest..., the neck..., the head... Then let us touch its walls from inside with the hands of consciousness... Let every one of us imagine their mirror image above themselves, their double, running upside down. Now let us continue making an “envelope” to include the double’s body: the head..., the neck..., the chest..., the belly..., the pelvis..., the hips..., the shins..., the feet. Then

detach yourself from this “envelope” and fly about 5 meters up. Do not look down... Enjoy the coolness of the wind, the expanse and the freedom..., then get above the park (the forest, boulevard, the stadium). Birds fly around us, let us greet them. Now rise close to the cloud layer (if there are clouds), and look at them from below... We get ready to break through the clouds where the sun shines (if we run during the day). We turn into a rocket for a second and skyrocket there — into the world of exultation and light. The sunlight reflects in the dazzling white clouds beneath us. The shine and sparkling of joy in the bright sunshine! Feast on this light and fill ourselves with its joy...

And now let us head for the outer space and leave the Solar system... We glide in the expanse of the boundless cosmic space... Stars are all around us... Silence... Let us feel the eternity and endlessness of the universe in all their entirety... Stars are shimmering... This is the cosmic pulse. Let us feel this rhythm. Stars are shimmering rhythmically. Silence. Calm. Eternity and Infinity... Wisdom of the boundless space... Let us start returning... Now, we approach Sun. It grows larger, we immerse ourselves in its familiar tender light, fill ourselves up with its rays again and get ecstatic... We suspend ourselves over white dazzling clouds and dive down through them... Underneath is the surface of our home planet, forests, rivers, fields, villages and cities... Let us start descending. We fly over the Earth surface and shine at all living beings with the sunlight that we accumulated in our bodies... Send your care and tenderness to trees, birds, animals, people... Let us wish all people to live in peace and harmony with everyone and everything... Let us pour the light of love into all emptied and hardened hearts. Let them get rid of coarseness, hate, violence, selfishness, lie and addiction to alcohol! Let the whole world become filled with the bliss of peace and love! Let all living beings' hearts become filled with sunlight!

We descend to our city, to the park, then even lower and look at the group of people running down below. These are our bodies, we approach them, get into them, move immediately to muladhara and send a beam of light to the center of Earth from there, receive a reciprocal impulse of Power, that starts filling the chakras, the entire body... (We repeat the latter element 3-4 times).

Now let us work with “microcosmic orbit” for some time. Then let us feel ourselves in anahata..., in manipura..., in svadhithana, in muladhara, in svadhithana again..., in manipura..., in anahata..., in vishudha..., in ajna..., in sahasrara..., then above the head ... We swim in the light, fly freely, feel joy, tenderness, purity and subtlety of the sunlight. Then we start to condense our flying form, draw the light of the subtlest space into it as if with some magnet... The flying form accepts anthropomorphic shape, grows dense and filled with light, starts shining like a morning sun and then becomes our “sunny double”. We slowly superimpose the physical body on this “sunny double”. We feel dense sunlight, this precious load of golden elixir inside ourselves, making sure it gets distributed evenly inside the body.

Now let us place a ball that consists of goldish white light between the palms of the hands. We place it in front of manipura. Then we connect a tube to the back part of manipura, through which a stream of light starts rushing into the chakra and then into the ball. The density of light in the ball increases (but its size remains the same). Now that we have filled the ball to the limit we disconnect the tube and dissolve it. Attention — into the ball. Internal processes begin inside it that lead to the colossal rise of pressure. A subtlest goldish-white fire rages inside the ball... We insert the ball into manipura with our hands. The chakra is bursting with power. The whole body gets filled with incredible strength!... We can hardly control the body, it wants to make giant leaps, to tear at full speed... A red triangle starts moving forward slowly out of manipura ... It drags the body by the center of the stomach. (In 1-2 minutes we stop accelerating our pace with the command:) Dissolve the triangle!... The front runners — run on the spot! Get closer to one another. Manipura — “inhale”, vishudha — “exhale”. (Repeat several times). Imagine a fragrant whitish-pink rose in front of anahata. Rays of the rising sun are sparkling and playing in the dew-drops on its delicate petals. We insert the flower into anahata. The chakra gets filled with its delicate aroma. (Let us insert images of flowers into all chakras). Immerse yourselves into the blue of the clear morning sky..., we let the light of the sky into the body and fill the inner space of the body with it... (If it is winter and there is a pure snow — we may take off our shoes and run in the snow barefooted for some time).

We continue running. Concentration — in the center of the palms. In the center of the palms pulsating warmth emerges. Feel the pulse in the palms! Feel the pulse! Feel it! Concentration — in the thumb-cushions. Pulse and warmth emerge there! Feel the pulse! Feel it! (And so on, repeating this for all intervals between fingers and the cushions of all fingers' end phalanges). Feel the wrists. There is pulsating warmth in them. The pulse! Feel the entire arms, the arms along with the chest, then with the head, feel the pulse in the whole upper part of the body! The entire body turns into a pulsating heart! Imagine yourselves to be a pulsating heart! It grows in size — two times, ten times... A huge pulsating heart, tireless and powerful organ filled with hot blood, with immense inexhaustible power in it!... We keep on pulsating!... Feel ourselves like pulsating hearts!... Gradually shrink and condense yourselves, sense the body again and realize the concentrated power of this gigantic organ inside the body...

Look mentally into the space of light above the head. Expand as consciousness in the surrounding space. Let us concentrate on the plants around us: grass, flowers, bushes and trees. (In case of winter we should make corresponding exceptions). We feel their state and send our tenderness to them... Let us attune to the emotional state of the birds singing, and then send our love to them.

A wall of wind-light approaches us from behind. The subtlest light blows through our bodies on the subtlest plane, washing and carrying away all coarse layers. Body shells got deflated, we realize that we are in-

corporeal beings floating in the space of light, driven by the wind-light. We merge into one big ball of light and continue floating...

Everyone reclaims their individuality again by condensing into forms of white swans. We fly up in the rays of the morning light. Above is the blue of the skies with bright white clouds floating. We enjoy the flight, feel the warmth of tender sunlight. Feathers vibrate gently in the currents of warm air. We move our wings slightly. We enjoy the flight. We look down. A river winding about in the forest carries its waters to a big lake with small islands. We get down to the water, approach its mirror-like surface. We touch the water with our paws, splash a line, stop, look around. All swans are talking tenderly with one another in their musical swan language. We swim up to one another, fluff our feathers and gently place our heads onto the backs of our friends from the flock. Vishudha gets overfilled with bliss of this moment. We swim up together to the green patch of reeds and admire its reflection in the water. Well, it's time to fly again! We take off softly and head to the sun effortlessly. We get higher and higher... Let the sunlight flow into the bodies, let it condense inside them, filling them from the tail to the eyes. We fly towards the sun and get filled with thick golden light... The entire body gets filled with thick, heavy and blissful light-power, unshakable power of love... We get down — and fall into our human bodies. A golden fuel of life spreads all over them. We create an increased density of this fuel in the lower chakras. Next portions of the same kind of light pour into the bodies from above, the bodies get filled up with it...

(The exercises for climbing up steep slopes on the route:) A strong current of white light blows at us out of Earth through muladhara. It inflates the body like a balloon. The body gets blown up and grows weightless... It becomes difficult to keep it from taking off, we can hardly touch the ground with our feet... It takes tremendous efforts to reach the ground with our feet...

We enter into anahata with concentration of consciousness, look at the world out of it..., then enter into manipura, look out of manipura, enter into svadhithana..., into muladhara..., again into svadhithana..., into manipura..., into anahata..., into vishudha..., into ajna..., into sahasrara.... Imagine yourselves above sahasrara in the form of a small disk-shaped cloud... We draw in light, become brighter and brighter... All of us merge into one large disk. The disk starts drawing in subtlest light from the surrounding space and gets filled with it... The light inside the disk grows brighter... The higher the density of the light inside the disk the more intensively it draws in the energy from the space... We accumulate tremendous power in ourselves... Now the disk is able to move in space instantaneously, at the speed of a thought...

We imagine ourselves beyond the clouds — in the bright sunshine... We are behind our running bodies... Now we are far ahead of them... We extend ribbons that consist of light to our bodies. Each ribbon is attached to the center of the stomach of the running body. Start towing the bodies. The disk accelerates slowly, the ribbons get strained... Tow the body by

the center of the stomach, the speed increases gradually... The ribbons turn into navel-strings. The energy of the disk transfuses into the bodies through them. The bodies get filled with the power that was pertinent to the disk and with the qualities that were pertinent to it...

Everyone imagines themselves to be a small cloud above the running body. Draw in the light from the surrounding space. By drawing this light we condense ourselves into the human form, becoming our “sunny double”, who runs as it were on the first floor — above the head of the body, which runs on the ground floor. Imagine yourselves totally to be running on the “first floor”. We run in the space of goldish light, draw in this light and thicken it inside ourselves... The light inside the body of our “sunny double” grows thicker, more dense... (we may perform the “Cross of Buddha” meditation, a series of pranayamas and other exercises while running on the “first floor”). Get down to the ground to the right of the running body. Let us take it with the left hand by its right hand. Now we run together holding hands with our bodies. Let us transfuse ourselves into the running body, superimpose ourselves on it and feel the blissful power of golden elixir inside...

Attention — into muladhara. We perceive it as a firm foundation. A house built on this foundation will never suffer from any storms... We feel the power of the golden elixir in muladhara. Connect muladhara with the Fiery Light in the center of Earth with a beam of light and fill this chakra with that Power. Muladhara is filled up with dense light and energy.

Slow down to walking, surprised at how unusual it is for us to walk. Running has become a natural state of the organism, hasn't it? Watch your breath and pulse. They are the same as those during regular walking.

After the running you should swim or have a shower, perform a deep relaxation and other exercises.

I should repeat myself by saying that this program is designed for approximately two hours of running without a stop. But in order to keep muscles from overstraining first runs should not exceed 30 minutes. In short versions of the program it makes sense to keep the introductory concentrations aimed at control over the posture and relaxation of the muscles, as well as exercises with the all-group ball, pranayamas, exercises with creation of the “envelope”, and meditations with sunlight.

It should be noted that the impressive lightness and the sense of being filled with positive emotions that appear during group meditative running cannot be achieved when running individually.

Here are examples of the meditations that can also be included in the program of running:

The “Cross of Buddha” performed from the dictation of the instructor.

While running on the “first floor” you may deviate from the previous trajectory and far aside from it perform actions that the instructor suggests.

If you run in the forest or a park you may “extend” your hands that come out from your anahatas and gently touch or caress tree-tops with them.

Shift your self-awareness far in front of the body, then run along the body holding hands with it, then hurry the body by pushing it on the back. (This meditation can be easily turned into a merry game, filled with jokes; casual witnesses of such moments get amazed at seeing a group of laughing runners compared to usual sight of exasperated and exhausted sportsmen).

When running on the “first floor”, “connect” “cosmic hoses” to the chakras and fill them up with “cosmic fuel”: fill muladhara with the “fuel of eternal life”, svadhithana — with transparent subtlety and purity, manipura — with energy of powerful and harmonious motion, anahata — with white light of all-embracing love, vishudha — with subtle blueness of the morning sky and first golden rays of Sun as well as with morning dew and aroma of flowers, ajna — with active and mobile “intellectual fuel”, and sahasrara — with the subtlest all-pervading and all-embracing cosmic light. Feel the wholeness and conformity of the entire system of chakras, of the entire organism, as well as its imperishability and ability to withstand all difficulties that may emerge on our path. Perfection can be found primarily in Love. Let us feel love for all living beings. Perfection is also in Wisdom. Let us get filled with understanding of everyone and everything and unite this quality with Love. Perfection is also in Power. Let us feel perfect and unconquerable power, merged into one with Love and Wisdom, as well as readiness for great selfless service. Let us realize in ourselves the qualities of Those Who already attained Perfection. Let us feel one with Them. Let us feel Them in ourselves, the simplicity and clarity of Their perfect Love..., deep, universal and powerful Wisdom, as well as boundless courage and impregnability of Their perfect Power... Let us imprint all these qualities into ourselves forever.

Imagine yourselves to be running behind your bodies and cleanse them inside and out of all that is different from light. Then wash them from a hose and fill them with light.

While running on the “first floor”, let us feel energy structures of our organisms... Perform exercises with the “microcosmic orbit”. Then concentrate in chitrini behind anahata. From this point, rush forward through anahata into the space of the purest light. Expand in it and merge with it..., then condense yourselves again to a human body dimensions... Feel this power distributing all over the body that keeps running on the “first floor”: the body becomes solid and resilient. Tense the muscles of the legs..., those of the lumbar segment of the body..., of the arms..., of the chest... Feel clearly that all muscles of the back are tensed... Jump on the ground of the “first floor” with your strong and resilient bodies, make a somersault... Run on the “first floor” raising the knees high in the air..., then touching the buttocks with the heels...

Concentration — in the center of the stomach. From there, extend a “tentacle” and attach it to a distant cloud. Transfer attention to the “tentacle” completely. Then contract the “tentacle” and pull the body forward with it. No additional muscle efforts should be made! Just contract

the “tentacle” (the speed at which we run accelerates dramatically, while we do not feel any additional load on the muscles).

Slow down to walking. With the “tentacle” snatch at various objects and pull yourselves to them. Tense and relax the “tentacle”. No energy of the body is being spent for these actions, thus the body does not get tired.

Imagine that you run behind your bodies. Then with a wand made of light cleanse the middle meridian from the bottom up to the head chakras.

You may allow yourselves to play and to frolic. While running far ahead of the body, turn a somersault in the air, jerking your legs in a funny way intentionally: you must not feel shy — nobody sees it anyway, except for you. Watch friends doing this (everybody laughs).

Running on the “first floor”, feel it as your home — familiar and cozy... Before getting down to the “ground floor”, each of us attaches one end of a rubber string to the “first floor”. The strings will stretch without hindering our movements, but we will always be able to pull ourselves back to the “first floor”... Attach the strings to the “first floor” and get down to the “ground floor”. The other end of the string everyone attaches to the center of their stomach. You may touch the strings with our hands. Stretch them — and find yourselves on the “first floor” at once.

“Run outside” of your bodies and continue to run ahead of them. No people will see you, so you can do whatever you want there! Have fun to your hearts’ content! Go down on all fours and imagine that you are little dogs, trying to make one another laugh! You may, for example, jump and yelp in different voices... Or run on the back paws, then on the front ones... Everything gets filled with sincere joy... Well, it’s time to get back to looking like human beings... Get back to your bodies.

(While climbing uphill:) imagine that you are in a rapid stream of water. It drags you forward at enormous speed...

Immerse into the space of light inside the body. Then scan it through and cleanse it, then turn your attention to the Light that exists inside Earth, look at Earth like at a living planet, which loves us. Let us comprehend the nature of the Light that fills her — and there will be no doubts left that Earth is a living being and that she loves us as her children. Let us send an emotion of our gratitude to her...

Let us immerse into the Light inside Earth. Let us feel its tenderness and our close relation to it. Let us submerge in it completely and expand as consciousness from anahatas across the entire inner space of Earth. Now we are one with our dear planet. Everyone is now aware of themselves as being in the space of the Mother-Earth filled with tender Light. We are the inner space of Earth plus a small jut on its surface — the inner space of the body... From the inner space of Earth we watch this jut of light moving on its surface.

Let us move the concentration of consciousness back into our bodies and feel the Light of Earth inside them.

Let us imagine a rising sun, wash our faces with its light... Let the subtle light of the early spring morning into the entire body through the face and fill the entire body with it.

Let us look up through sahasrara and see clouds of Light that gathered above us — sparkling goldish Light. Let us raise our hands and bring a wave of this Light down into our bodies.

We watch the Light of Earth and sunlight merge inside our bodies.

The Highest Methods

Their Aim and Scheme of Work

The highest spiritual practices provide further development of a person — as the spiritual heart — far beyond his body and “cocoon”. We should try to transform ourselves into universal spiritual hearts.

This Path — if everything gets done correctly — represents realization of Jesus Christ’s precept: “God is Spirit, and those who worship Him must worship in Spirit and Truth” (John 4:24) — i.e. we should come to meet Him — the Universal Consciousness of the Creator — being free from material bondage, pure, refined up to His level and developed to “decent” sizes for a meeting like this.

At this stage worthy adepts can master an enormous amount of methods that allow:

to cognize the Holy Spirit in all His manifestations within one’s own expanded spiritual heart and to learn how to become Him;

to undergo the “baptism of Fire” [6,14,16] in the Divine Fire of the Holy Spirit, represented by Fiery “Mahadouble”; and then to become Him through the method of Yidam;

to cognize Divine Fire in the center of our planet and to learn to become Him;

to raise “kundalini” and to merge this individual Atmic energy with Paramatman — Universal Consciousness of God-the-Father;

to cognize all major eons of the universe;

to learn how to get into the Abode of the Creator and to merge with Him there;

upon successfully establishing in this state one may receive from God-the-Father a right to control the matter, including dematerialization and materialization of one’s own body.

Pranava. “Birth” and “Maturing” in the Holy Spirit

Speaking in the terms that Jesus Christ used when teaching His disciples — apostles, — the baptism of the Holy Spirit is the “Latihan” meditation that we described above.

But the next, deeper, stage of cognizing Him — “birth” and “maturing” in Him — should be performed in another meditation that is called “Pranava”. This was exactly what Jesus tried to talk about with Nicodemus (John 3:1-21). Apostle Philip spoke in detail about the same in the parable manner [6,14].

To perform this meditation you need to find a place, auspicious from the energetic standpoint, which would be open, without houses and trees (mountains, beaches or sandbanks, steppe, etc.). At this place, exit from anahata through chitrini as far back as possible, expand as consciousness there, feel the Living Light Love of the Holy Spirit — and, having infused yourself into Him, start moving forward together with Him as one Flow passing by and through the body. The body is like in a huge river. Let it get washed through and become absolutely transparent.

This meditation can be repeated many times: the Holy Spirit is always happy to help the worthy ones. Performing the meditation will be easier if it is accompanied by wonderful Orthodox prayer “Heavenly Tsar” or the mantra “AUM”.

This prayer can be translated from the Church Slavonic language like this:

“Heavenly Tsar, the Consoler, the Spirit of Truth!
Omnipresent and All-pervading!
Treasury of all good and Source of all life!
Come and abide in us!
And cleanse us of all impurity!
And save our souls, oh Blissful One!

We should be singing this prayer while moving in “Pranava”.

The mantra “AUM” (or “OM”) in reality sounds like AOUM. One should sing it delicately, in a prolonged manner and in a high-pitched voice (just like the mantra for anahata), also while moving in “Pranava”. (Growling of the “OM” sound in coarse voices, which is practiced in some ignorant pseudo-religious companies — is a “singing for the devil”, but not for the Holy Spirit).

In the future you should learn to stop in the “Pranava” meditation being merged with the Holy Spirit and being aware of ourselves as a part of Him.

The Holy Spirit can be cognized in His more subtle manifestation also in the “Pranava” meditation, but performed in a slightly different way.

This time you should get back from anahata not horizontally, but down at an angle of approximately forty degrees. In other words, you

imagine yourself below the Earth surface — and find a layer of still more subtle Living Light. And then, just as we did while performing the first variant of the “Pranava” meditation, start moving inside Him as a Flow in the forward-up direction about and through the body.

As you further master the Mergence with this Light, you may discover that He prevails inside our planet except its core.

He should be explored through filling Him with oneself as anahata — both in front and behind the vertical plane, which coincides with the back of one’s standing body.

The next levels of “birth” and “maturing” are to be performed in the Divine Fire, which we will talk about a little later.

Driving Out Demons

If you learn, while performing the “Pranava” meditation, to stop and concentrate yourself behind your body — you may insert the palm of your hand of consciousness in it and eliminate all energetic disharmonies.

Also, if you are merged with the Holy Spirit and concentrate at about 2 meters behind your body — then from this position you may become capable of seeing and controlling demons (non-incarnate people or animals with evil character traits) that may be living in human bodies. If you look in this manner through your own body at the body of a possessed person, it becomes possible to talk to these demons, which cannot ignore the Holy Spirit’s questions and must respond. They will tell why God sent them into the body of this person: what his fault is and what karmic liabilities he has. If the patient realizes his problems, repents and improves — you may ask the spirits (in a kind way!) to move to some other place, where they would feel good. For example, you may ask a pike, that the patient killed long time ago, to go live in a lake, if it is a bird — you may talk it into moving to the forest, in case of a pig or a dog you may describe in glowing terms how great it will be for them to incarnate again in auspicious conditions, etc.

All spirits are under control of the Holy Spirit and have to obey Him. But in order to succeed in doing this type of healing we have to never leave the state of the Holy Spirit.

This kind of healing is an opposite to the attempts by Orthodox “parsons” of Bryanchyaninov sect to drive out demons by hating and cursing them during special sessions. This is not only ineffective from the standpoint of healing, but it also increases those parsons’ inner coarseness and thus determines hell to be their abode after they leave their bodies. Such “demons exhorting sessions” belong to the realm of black magic; they are anti-Christian in essence: for Jesus Christ taught love, not hate.

“Total Reciprocity” (Nirodhi)

But the complete mergence with the Holy Spirit can be achieved only through mastering the “total reciprocity” meditation (Nirodhi, in Buddhist terms). While performing this meditation, consciousness gets into the state of “non-I”, becoming All; as a result, the individual lower self vanishes.

There is absolutely no way to explain this with words. But this state can be easily attained at auspicious “places of power”.

The achievement of mastery of the above said, is tantamount to the attainment of Nirvana in Brahman, which Krishna called upon us to do in the Bhagavad Gita [14].

The Baptism of Fire. Merging with Fiery Divine “Mahadouble”

The next stage of cognition of the depth of the multidimensional Absolute is cognizing the subtlest Fiery Manifestation of the Creator.

God-the-Father manifests Himself like this when He enters His Creation. In this case, in particular, He appears before worthy disciples who attained proper refinement of consciousness in a gigantic anthropomorphic (resembling human body) Flaming form, which does not burn them.

In this Fiery Form, Ishvara is also described in the Bhagavad Gita [14] by Arjuna who saw Him like that: “I behold Thee... blazing everywhere like burning fire and the burning Sun, hard to look at, and passing all measure” (Chapter 11:17) and “If the radiance of a thousand Suns were to burst forth at once in the sky, that would be like the splendor of this Great Soul” (Chapter 11:12).

Chaitanya told us about this Fire: “Fire is a functional state of Consciousness that lives in the Chamber (i.e. the Abode of the Creator)”.

Sathya Sai Baba told us the same: “Fire is not an independently existing state, but that State of Mine, which those Who cognized Me can see, when I enter the world of Creation”.

The total and steady submerging of consciousness of a spiritual aspirant into the Divine Fire and mergence with Him lead to “burning” of all remnants of karma. And “burning” the body through with this Fire brings about the complete healing of the body.

We should learn to merge with this state of God, by filling His entire form with ourselves as spiritual hearts, in particular.

But God does not help everyone in doing this, but only His worthy disciples whom He selects.

The “Root”

But Divine Fire can be also cognized in another way: It is always present in that part of our planet, from which its creation began — its core.

The Baptism of Fire can be accepted there as well. And by moving deeper in the “multidimensionality scale” — under the Fiery component of

the planetary core — one can get into the highest spatial dimension and cognize the Primordial Consciousness there for the first time.

For each man, the passage to the Abode of the Creator is his energy “root” that connects his anahata with the highest spatial dimension. By passing along this “root” those who accumulated proper amount of power in subtlety and learned to enter the highest lokas, can cognize God-the-Father.

Krishna was talking about the “root” in Bhagavad Gita. Chinese Taoists work with this structure, calling it “the stem of the golden flower”. This “root” is what Tibetan yogis who use tummo methods, raise Divine Fire to the body through [40]. One may also find mentioning of the same structure in Agni Yoga (Leaves of the Morya’s Garden. Call [22]). God suggested a meditative image for working with the “root” through Apostle Paul for us (Romans 11:18).

But the majority of people are sure that deep inside Earth there is hell and that God is “up there” (relative to each point on the surface of our round-shaped planet, apparently)...

...I see that for the materialist it is impossible even to imagine that someone can get to the center of Earth: since Earth is associated with something “solid” in his mind. But the advanced mystic who mastered entering into the highest — the subtlest — eons, sees our planet as a multi-layer sphere of Living Light-Love, in which he may move from one layer (eon) to another, dissolve himself in each of them, collect himself into an individual consciousness again, accept various forms of different sizes with it, as well as flow beyond the “islet” of our planet into the Universal Ocean of “Infinity” and dissolve in It...

But in order to make this happen one has to break free from the tamas guna, to move through rajas and sattva and then to come to the direct communication with God — as an immortal consciousness free from the chains of the body, full of zeal for mergence with one’s Primary Beloved.

In reality, this religious Path, that God calls “The Straight Path”, does not even slightly resemble any ritual religious form where people fear death of their bodies and mourn over those who left their bodies already, where they love themselves and are enslaved by their gluttony so much that they consider killing animals and eating their bodies their inherent right...

...It does not matter where we cognize God for the first time: be it through the Fiery core of our planet or in the Fiery “Mahadouble”. But it is necessary to go through both.

“Raising of Kundalini”

...But before we can enter the Bridal Chamber of God-the-Father (this is the allegory that Apostle Philip used [5,14]) — His Universal Abode — we should complete another significant stage of work — “raising of kundalini” [11].

Kundalini is Atmic (of Divine level of subtlety) energy that everyone accumulated in all the best moments of all their previous incarnations. It is produced and accumulated when we are in the states of tender and refined love. But this energy does not get embodied every time the incarnating part of the soul (jiva) enters into a new body, but is “stored” in a sort of a “money-box”, which shape resembles a gaunt balloon.

The size of this structure, when it is developed, is measured by the kilometers; it is located in the corresponding subtlest eon inside our planet at the level of its mantle. The size of kundalini correlates with the level of evolutionary maturity of a given soul.

Kundalini and jiva of each man represent an integrated system, being connected together by a special energy canal that is attached to the lower front part of muladhara.

Only those people can “raise kundalini” up to their bodies and use it in the spiritual work who have accumulated sufficient amounts of this energy, i.e. mature and worthy of entering the Abode of God-the-Father and Merging with Him.

So, as it must have become clear for the reader by now, kundalini is not located in the muladhara chakra and all the more it does not have anything to do with the coccyx, as some authors write in their books. And “raising of kundalini” can be attained neither by beating the coccyx against the floor nor by jerky dancing. Exercises on “raising kundalini” that Rajneesh was teaching his admirers were nothing but jokes.

The true “raising of kundalini” can be performed only after completing preparatory stages of work that were described in the book [11] at special “places of power” (or without them) with help of a competent spiritual Master or directly by a non-incarnate Divine Teacher.

The purpose of the “raising of kundalini” is: first — to merge the accumulated individual Atmic energy with the Creator (Paramatman), second — to perform “burning through” of the body cells with the Atmic energy that heals and transforms them and third — to learn to identify oneself with Atman. The latter becomes possible when kundalini has come through the body (it should be performed in a horizontal position of the body) and formed a new energy accumulation behind sahasrara.

It follows from the above said that before starting to “raise kundalini” one has to think twice. Since if the energy of kundalini is transferred into Paramatman the person, as an individuality, loses it. And the only correct way out of this situation for him is to merge the jiva with the Creator in the current incarnation as well. If this does not happen (for example, if the adept who has not established himself in subtlety enough reverts to coarse emotional states because of a certain reason (which not everybody is able to control) — the next time he incarnates without this invaluable energy potential and has to accumulate it again starting from scratch.

Entering the Abode of the Creator

The Universal Abode of the Creator is saturated with the state of His Great Tender Peace. There is no bright luminosity in It: He manifests Himself in the blazing Fiery Form only in the Creation. But the light in the Abode resembles the state of calm and warm delicate morning sunlight.

This state is opposite to the “black world” of the devil eon that is saturated with “sticky” coarseness and spite, getting stuck in it gives one a false sensation of rude and violent might... This can seduce some people. But we do not need this.

The Abode of the Creator is not a “Void” in the literal sense of this word. “Void” (“Vacuum”) is just an incorrect translation of that Buddhist term that reflects the Reality. And this incorrect translation led many people into temptation — both non-Buddhists and those who consider themselves Buddhists.

It does sound absurd for a sound religious person: to aspire not for God, but into a Void... Even the pope once called Buddhists atheists, which led to an international conflict.

But numerous followers of Buddhist tradition lost in the “Buddhist” terminological labyrinths and not possessing correct understanding of the Truth lose an incentive to strive for the Primordial Consciousness. As a result, the “house” of Buddhism collapsed with time into numerous sects, the majority of which do not have the highest knowledge, while some of them simply turned into “schools of absurd”.

But the term “Void” should be translated in a different way — in this case everything becomes easy to understand for a devotee who stands on a Threshold of the Abode of Adibuddha.

However, the paradox is that neither I nor anyone else should write this word in books. Since neophytes will immediately understand it incorrectly — and will start looking for God in a completely different direction again... So let it remain secret for now, I will say this word only to those who will come up to the Threshold...

The Abode of the Creator is on the other side of a miraculous barrier, which can be compared to a mirror. The Abode is truly in the “Transmirror Realm”¹¹. In order to take a worthy disciple in there a Divine Teacher gives him His “Mahadouble” as a Yidam (an object for autoidentification; this is a Tibetan Buddhist term). And there, where the Mahadouble comes out from, the disciple can merge in Love with the Father of the Universe and gradually cognize His Total Cosmic Universal Greatness...

...This state is quite reversible. The only distinct feature of the body of the man who successfully established in the Abode is that the Light of Love constantly shines out of it and it carries a field of Tranquility around itself.

The devotee feels himself a guest in the Abode first. But he may gradually transform himself into the Host. And then the next phase begins

¹¹ A term “Looking Glass World” can also be found in esoteric literature (a translator’s note). Some authors use this term incorrectly, denoting by it all non-material worlds (eons or lokas). See [13-15,18] for details.

— the phase of serving as the Holy Spirit, as a representative of God-the-Father.

CONCLUSION

This book was written at a request of God, and He blessed its publication. It is a result of efforts of the author who not simply “believes in God”, but knows Him very well, in His Abode, in particular. With his life, the author was able to prove that the Creator not only can be cognized, but He may become a reality perceivable even more clearly than bodies of other people.

Author also knows very well Personal Manifestations of God-the-Father — such Divine Teachers as Jesus Christ, Babaji, Krishna, Huang-Di, Sathya Sai Baba, and many Others. He was receiving initiations into Divine Knowledge from Them in the course of his advancement on the spiritual Path.

And now that he walked that Path up to the Abode of the Creator he shares his knowledge and experience — in his books — with everybody who is willing to accept this help. The one who walked the Path to the end sees very well mistakes of the people who have not finished it yet. And he points out these mistakes and dangerous pitfalls to those who will follow him.

The author understands very well that it is impossible to walk the Path to the end just by reading this training aid: not everything can be written in the book. (For example, the “places of power” that play an important role in the practice of meditation.) But what one can do using these instructions is master all the stages up to the Mergence with the Holy Spirit.

Even easier is to “resettle” into one’s spiritual heart and attainment of perfect health — the only thing that one will have to do is to fulfill all the recommendations given in the beginning of the book; they are too simple and easy to understand for one to fail to accomplish that.

The first goal that everyone may set for themselves is to leave the *tamas guna*. One needs to leave it in every possible way: in one’s nutrition, emotions, speech, any forms of communication with other people and all incarnate or non-incarnate beings... And him who sincerely makes first steps towards God — God Himself comes to meet, reaching out His Hands to help.

And let the key elements of the highest steps of the Path serve those who climb them by themselves as guiding thread and convenient reference points so that they do not get lost.

The author does not suggest anything from himself theoretically: he simply formulated a whole concept about the most important — on the basis of knowledge, which God conveyed to people and personally to him. This synthesis is a result of his long apprenticeship with God and close and fruitful communication with Him, as well as of testing these methods for many years on many people; every one of them reached the

certain stage of their spiritual ascent depending on their abilities at that time.

The author would like all people to correct their religious views and conceptions and reject all sectarian deviations from the course, which God — the Founder of all religious Teachings — proposed and which is one for all people. It would also be great if all people started to walk the trodden road to our common Father — God, Whose name only sounds different in different languages.

Let us restore the original Teaching of God together! And changing ourselves is what we should start with.

There is no need to give up ritual practices already established. We just need to promote correct understanding of the idea that there is Universal God Who is One for all living beings and how we should collaborate with Him in the Process of the Universal Evolution by perfecting ourselves and helping others in this.

But the primary knowledge, which should become the core of everything, is that God is Love and He wants us to become consciousnesses (souls), who always live in the state of love. This is the major Precept of God.

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